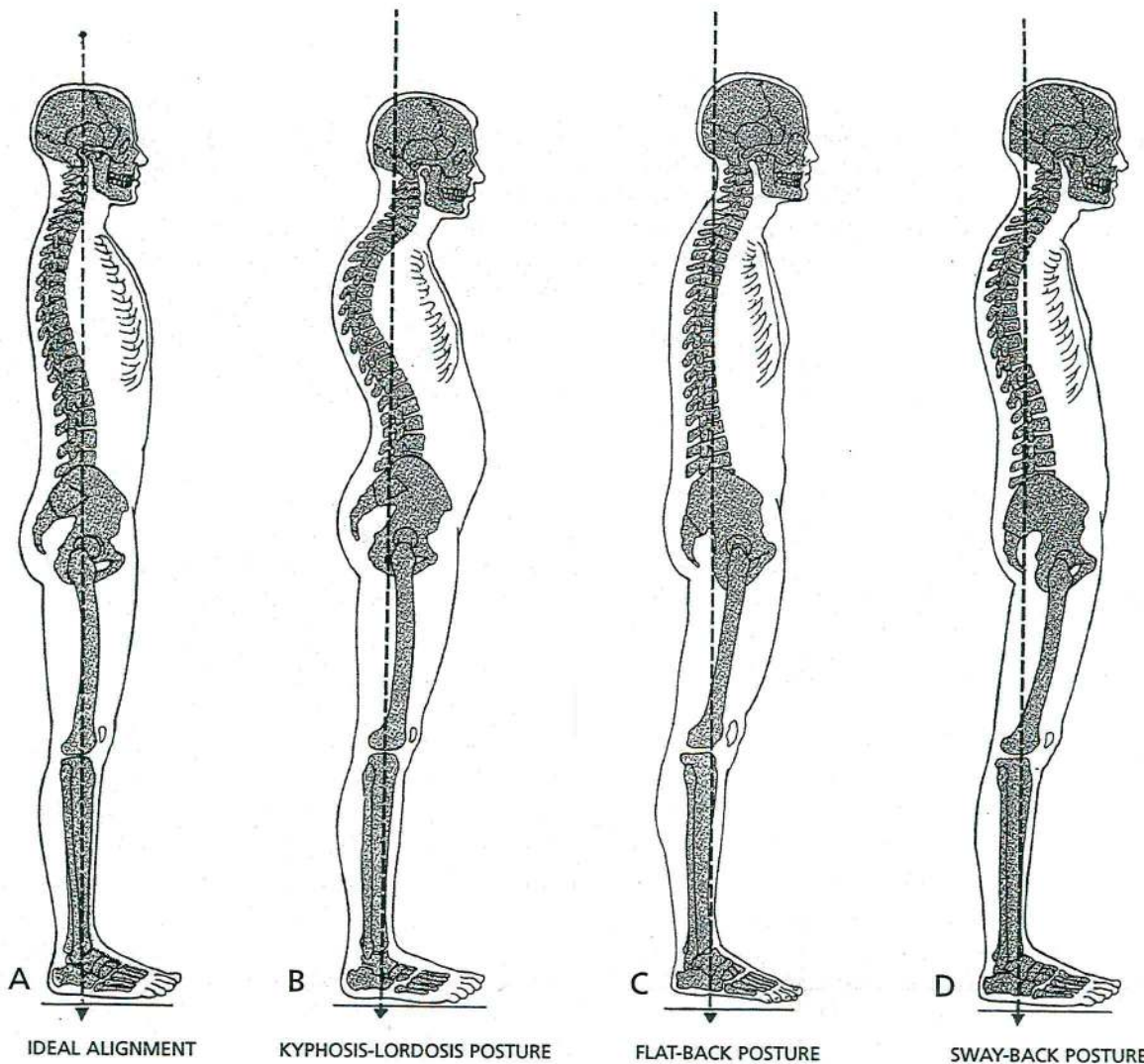


# FOUR TYPES OF POSTURAL ALIGNMENT

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A  
IDEAL ALIGNMENT

B  
KYPHOSIS-LORDOSIS POSTURE

C  
FLAT-BACK POSTURE

D  
SWAY-BACK POSTURE

PART 1: Color in the pictures and the table below showing the short/strong muscles in red and the long/weak in blue.

<b>Kyphosis-Lordosis</b>	<b>Flat-Back</b>	<b>Sway-Back</b>
Neck Extensors	Neck Extensors	Neck Extensors
Neck Flexors	Neck Flexors	Neck Flexors
Erector Spinae (thoracic area)	Erector Spinae (thoracic area)	Erector Spinae (thoracic area)
Erector Spinae & Quadratus Lumborum (lumbar area)	Erector Spinae & Quadratus Lumborum (lumbar area)	Erector Spinae & Quadratus Lumborum
External Oblique	Abdominal Muscles	External Oblique
Rectus Abdominis (upper fibers)		Internal Oblique (upper fibers)
Hip Flexors	One Joint Hip Flexors	One Joint Hip Flexors
Hamstrings	Hamstrings	Hamstrings
	Glutes	Glutes

## TYPES OF POSTURAL ALIGNMENT – PART 2

Review the short/strong and long/weak muscles for the 3 postural types in part 1 of this assignment. List 10 exercises or modifications that would work for each posture type. Be sure to take into account what you learned about a balanced workout, when reviewing the Programming in General section (page 20) of your Support Materials manual.

**Kyphosis-Lordosis:**

**Flat-Back:**

**Sway-Back:**