

Due to your development and historical movement pattern, there is a strong possibility you have lost neutral alignment of your core square. The core square is your pelvis, rib cage, and how you move the limbs attached to them. Recognizing asymmetric patterns and postural alignment can easily identify this loss. If you identify with any of these signs of asymmetry, you are good candidate for postural restoration physical therapy.

Signs of asymmetry:

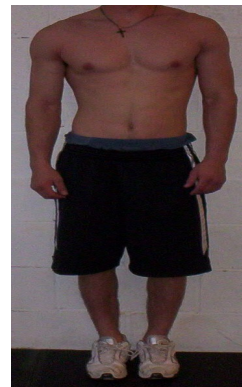
Inability to fully squat and keep your feet flat

like this:



Shoulder height imbalance:

Torso angle imbalance:



Difficulty turning in one direction

while skiing:



Difficulty turning your head equally:



Over developed neck muscles:

Difficulty with yoga or Pilates on one side:



Difficulty reaching one or both of your feet:



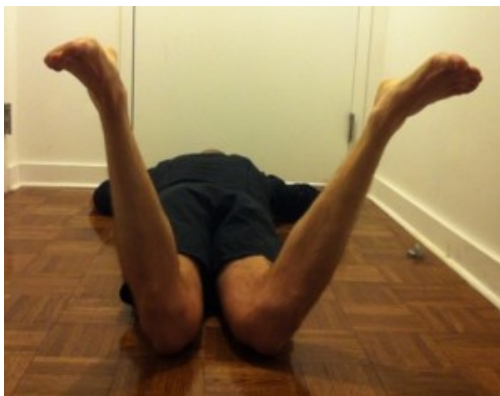
Inability to rotate equally with walking or running:



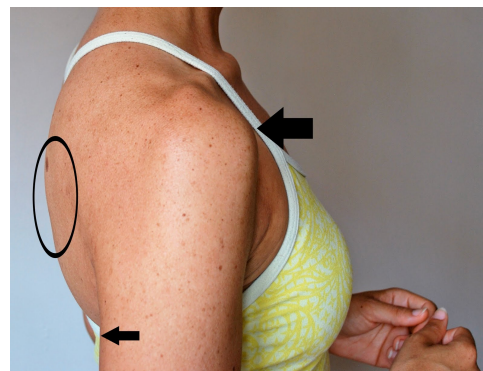
Decreased arm swing on one side:



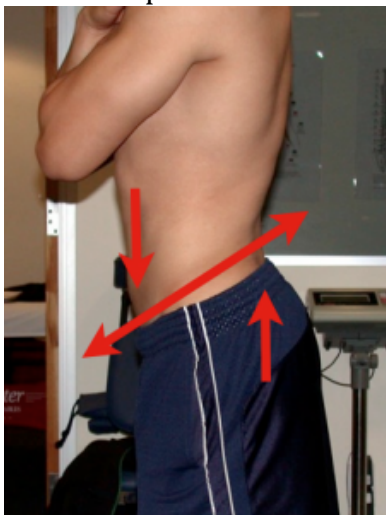
Decreased hip rotation on one side:



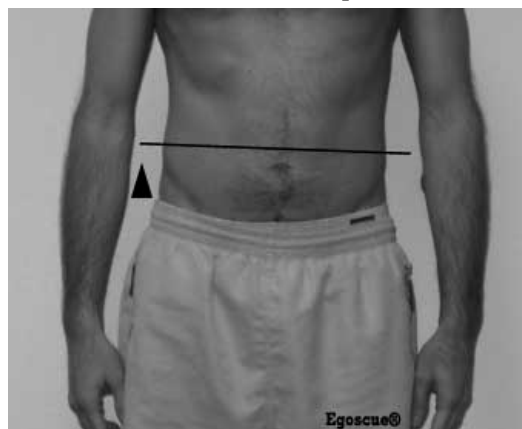
Forward shoulders and or winging shoulder blade:



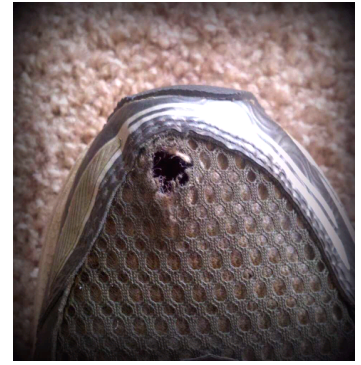
Increased pelvic tilt to front:



Increased pelvic tilt to the side:



Asymmetric shoe wear:



Asymmetric foot turn out standing or lying:



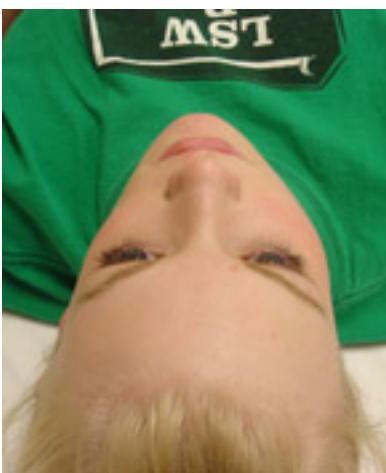
Need of a heel lift for a leg length discrepancy:



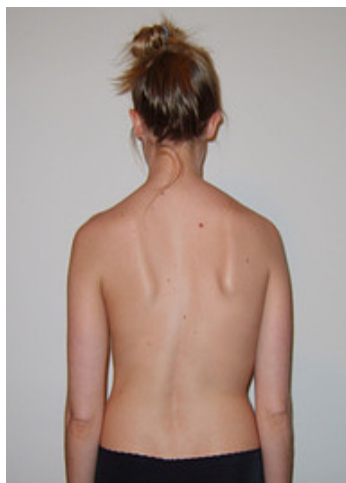
Bunions:



Facial asymmetry:



Spinal curvature:



1 sided or bilateral rib flare:

