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Observable Characteristics of Poor Military Posture. (Viewed in Lateral Plane.)

(Contrast with Illustration X)

1. a. Long axis of the head tilted forward instead of vertical. b. Center of head weight forward. c. Chin is forward to front line of sternum ("breastbone").
2. a. Chest (thorax) is depressed and suggests muscular weakness. b. Breastbone (sternum) should be foremost part of front surface of body.
3. Curve of shoulder exaggerated (kyphosis) and gives the appearance of "slouch" or "stoop."
4. Center of upper arm anterior. Shoulders are adducted.
5. Diaphragm is relatively horizontal. Poor excursion. Viscera forced downward.
6. Upper abdomen depressed, forcing visceral organs to sag deep into abdominal cavity.
7. Lower abdomen protrudes (ptosis). Indicates poor muscular control and muscular weakness.
8. "Small of the back" (lumbar area) has deep curve. Appearance is one of "hollow-back."
9. Pelvic tilt is increased as indicated by angle A-B-C.
10. Buttocks protrude as a result of increased pelvic tilt. Often, fatty accumulation.
11. Knees are slightly flexed, adding to the total impression of a slouched posture. (Sometimes knees are hyperextended).
12. The long axis of the body, x-y, shows malalignment of the related segments. Throws additional strain on supporting muscles.
13. General appearance is one reflecting fatigue, carelessness and slouchiness.

