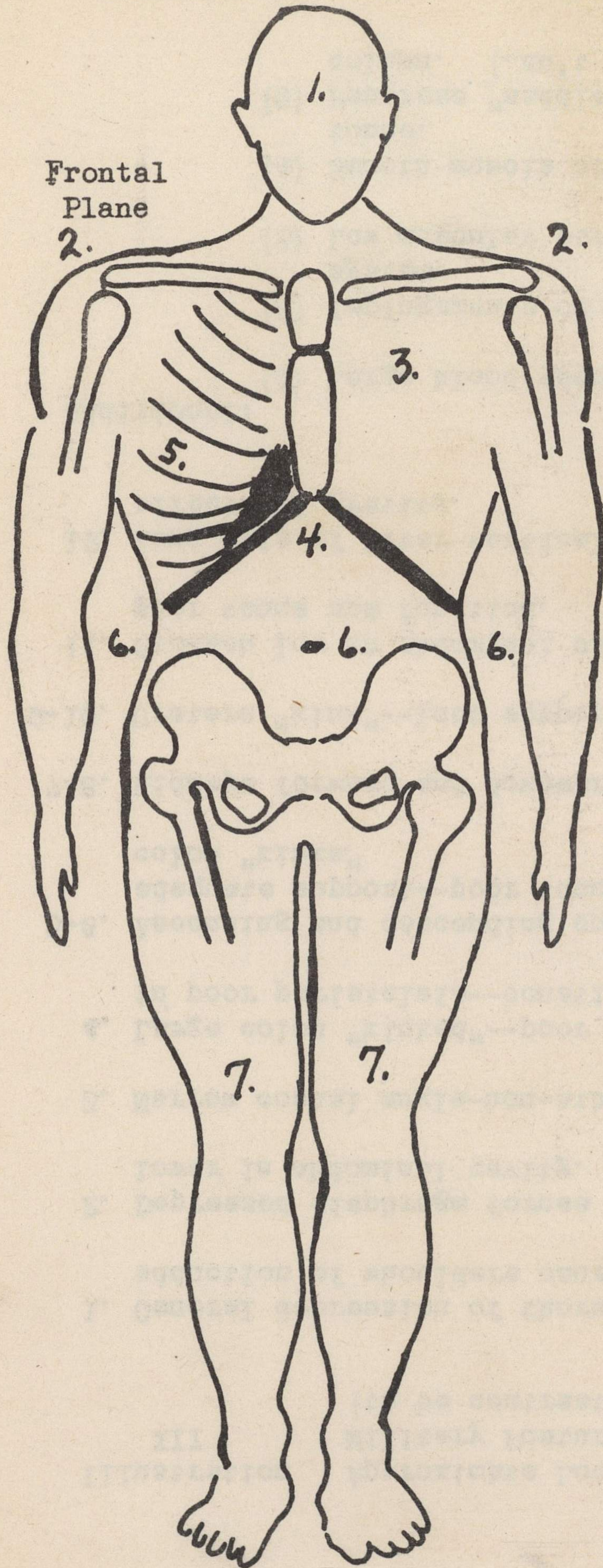


Observable Characteristics of Good Military Posture Viewed in Frontal and Posterior Planes

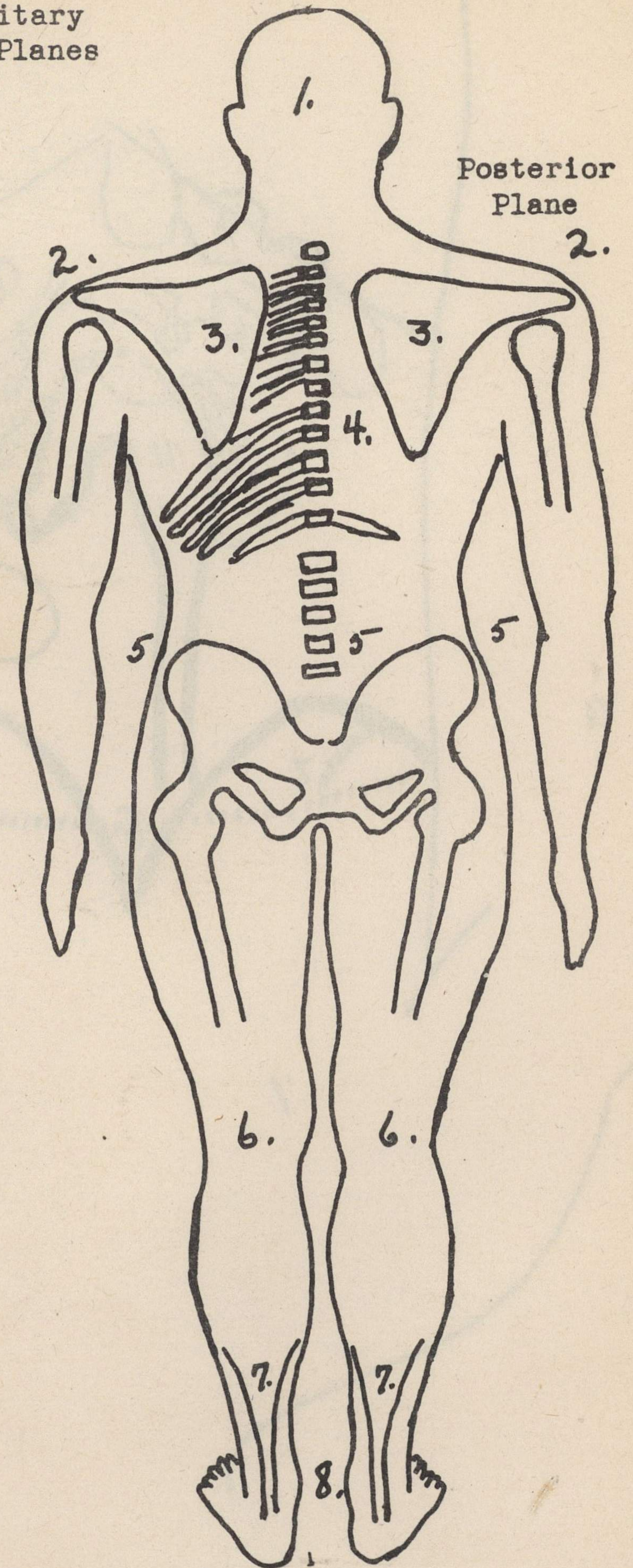


*Frontal Plane*

1. Head centered.
2. Left and right acromions on same level.
3. Elevation of chest (not tense).
4. Costal angle about 90°.
5. Ribs approach (sternum) on relatively horizontal plane.
6. Lateral iliac crests on same level. Also on same level with navel.
7. Legs parallel.
8. Left and right body sections in balance.

*Posterior Plane*

1. Head centered.
2. Left and right acromions on same level.
3. Right and left scapulae (shoulder blades) in balance. No flared or "winged" scapula. Scapulae cover from second to eighth vertebrae.
4. All vertebrae in vertical line. No torsion. No lateral curvature.
5. Lateral iliac crests on same level. Also on level with fourth lumbar vertebra.
6. Legs parallel.
7. Tendons of Achilles in vertical lines.
8. Right and left ankles same size.



*Posterior Plane*