



NEUROTRAINING
INSTITUTE

Posture & Movement Assessments



Posture

- Provides insight into how an individual manages gravity
- Highlights habitual asymmetries and long-term compensation patterns
- Can indicate tendencies toward muscle tightness or weakness on one side vs. the other - left vs. right
- Not something that needs to be “fixed” directly
- Used as an assessment tool to understand neurological strategies and biomechanical organization

Range Of Motion Assessments

- Range of motion assessment help determine how much ROM a client can tolerate
- Guides exercise selection and appropriate training ranges
- Movement reflects nervous system function
- The brain limits or allows movement based on perceived safety
- Key focus is identifying obvious compensations (e.g., foot turnout, excessive flexion or extension)
 - Training should initially stay within ranges perceived as safe by the nervous system
 - Range of motion and strength can be gradually expanded as tolerance and control improve

Squat Assessment

Common compensations:

- Foot turning out
- Hip shift
- Assymmetric squat depth
- Heels lifting off
- Torso falling forward
- Excessive lumbar flexion or extension

