ALIGN • MOVE • PERFORM
NextGEN PERFORMANCE LAB
BUILT ON SCIENCE • DESIGNED FOR ATHLETES
NEXTGENPERFORMANCELAB.COM

There's power in good posture
PROFESSOR POSTURE

THE YOUNG ATHLETE

POSTURE&PERFORMANCE CHECK

7 simple things parents can look for at home

Use thisquick checktonoticeposture,balanceandmovement patterns that may be worth a closer look. Have your athlete stand naturally - do not coach them into a 'better' position.

1 Uneven shoulders

Does one shoulder sit noticeably higher than the other when your athlete is relaxed?

☐ YES



2 Uneven hips / weight shift

Does one hip sit higher, or do they naturally lean more onto one leg?

☐ YES



3 Feet turning in or out

When standing or walking, do one or both feet consistently point inward or outward?

☐ YES



4 Uneven shoe wear

Compare both shoe soles. Is one shoe or one side wearing down noticeably faster?

☐ YES



5 Recurring aches / tightness

Do they often mention back, knee, hip, shoulder or ankle discomfort, tightness or stiffness?

☐ YES



6 Single-leg balance - test each side

Test one leg for 30 seconds, then the other. Count the sign if either side steps down, uses excessive arm movement, or shows obvious foot/ankle wobble.

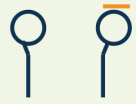
☐ YES



7 Forward head / rounded shoulders

From the side, does the head sit noticeably in front of the shoulders? Do the shoulders round forward? Compare their natural posture - do not ask them to 'stand up straight.'

☐ YES



HOW TO SCORE

Give 1 point for each numbered area where you checked YES. For #6, count 1 point if EITHER SIDE cannot hold the position steadily for 30 seconds. Add your total from 0-7, then use the guide below.

0-2 SIGNS
Keep monitoring
Recheck periodically as your athlete grows.

3-4 SIGNS
Worth watching
Several patterns may be worth discussing during an assessment.

5+ SIGNS
Take a closer look
Consider a professional posture and movement assessment.

READY FOR THE NEXT STEP?

Schedule a NextGen Posture & Performance Assessment

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Educational screening only - not a diagnosis. Persistent or worsening pain, weakness, numbness or recent injury should be evaluated by a qualified healthcare professional.