

Goldsmith Indices® of Body Symmetry

Observation of Results based on Procedures 1, 2 & 3

Name	Date of Birth	Date of measurement
Measurer	Assistant 1	Assistant 2
<p>The above named think that it is inbest interests to have the observations taken today.</p> <p>Signed _____ Print name _____</p>		



Is the individual able to attain the OSP?

Comments:-

ASP 1: Angle the knees could be flexed.

Right Left Comments:-

Procedure 1 (add comments as applicable)

Angle of the Pelvis when the knees are upright -- is the pelvis:-

Right side up?	Level?	Left side up?

Pelvic tilt: is the pelvis :

In anterior tilt?	Neutral?	In posterior tilt?

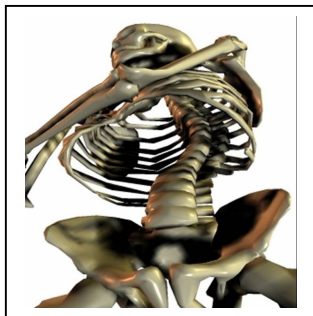
Pelvic obliquity:

Gap between pelvis and ribs smaller on the right?	Gap between pelvis and ribs even both sides?	Gap between pelvis and ribs smaller on the left?

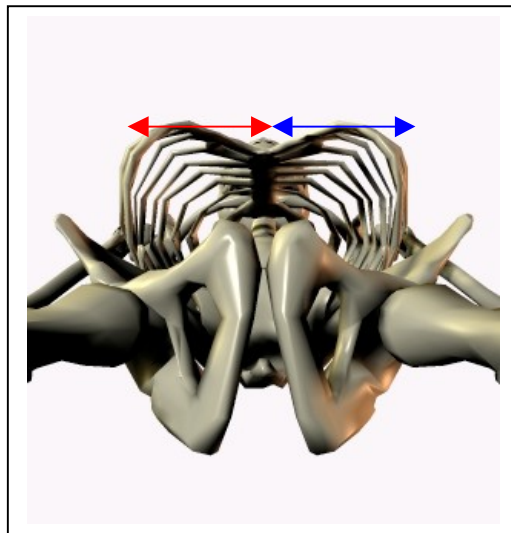


1 / 3: Observation of the distance from the xyphoid process to the lateral border of the chest, each side, with the pelvis and shoulders level

Xyphoid process to lateral border Shorter on the Right?	The same both sides?	Xyphoid process to lateral border Shorter on the Left?



Anticlockwise



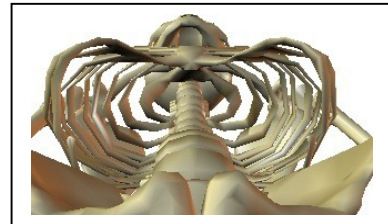
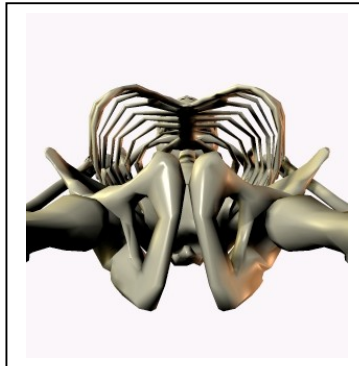
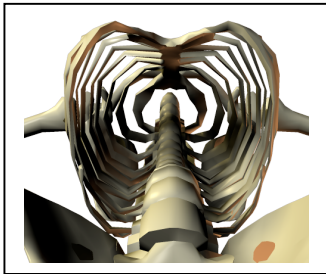
Clockwise

To decide if the chest is symmetrical or rotating Clockwise / Anticlockwise:-

<p>If the distance from xyphoid process to lateral border is shorter on the right the chest is rotating <i>anticlockwise</i></p> <p>Observations:-</p>	<p>If the distance from xyphoid process to lateral border is the same both sides the chest is likely to be <i>symmetrical</i></p> <p>Observations:-</p>	<p>If the distance from xyphoid process to lateral border is shorter on the left the chest is rotating <i>clockwise</i></p> <p>Observations:-</p>
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1 / 4: Observation of the
Depth / Width ratio of the chest at the level of the xyphoid process:
does the chest appear:-

Deep from sternum to spine and narrow from side to side	A normal, rounded chest shape	Flat from sternum to spine and wide from side to side




Depth divided by Width = D / W ratio

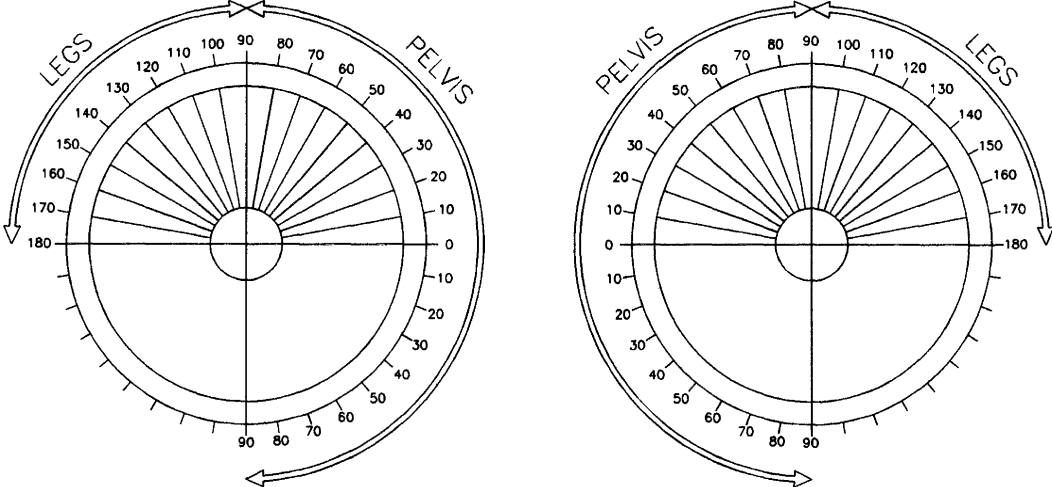
A conventional, chest shape results in a D / W ratio of between 0.65 – 0.85

High Depth / Width Ratio Observations:-	Normal rounded Chest shape Observations:-	Low Depth / Width Ratio Observations:-
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Procedure 2

Observation of rotation of the pelvis as influenced by movement of the flexed knees together in an arc right to left, with the shoulders and feet fixed.

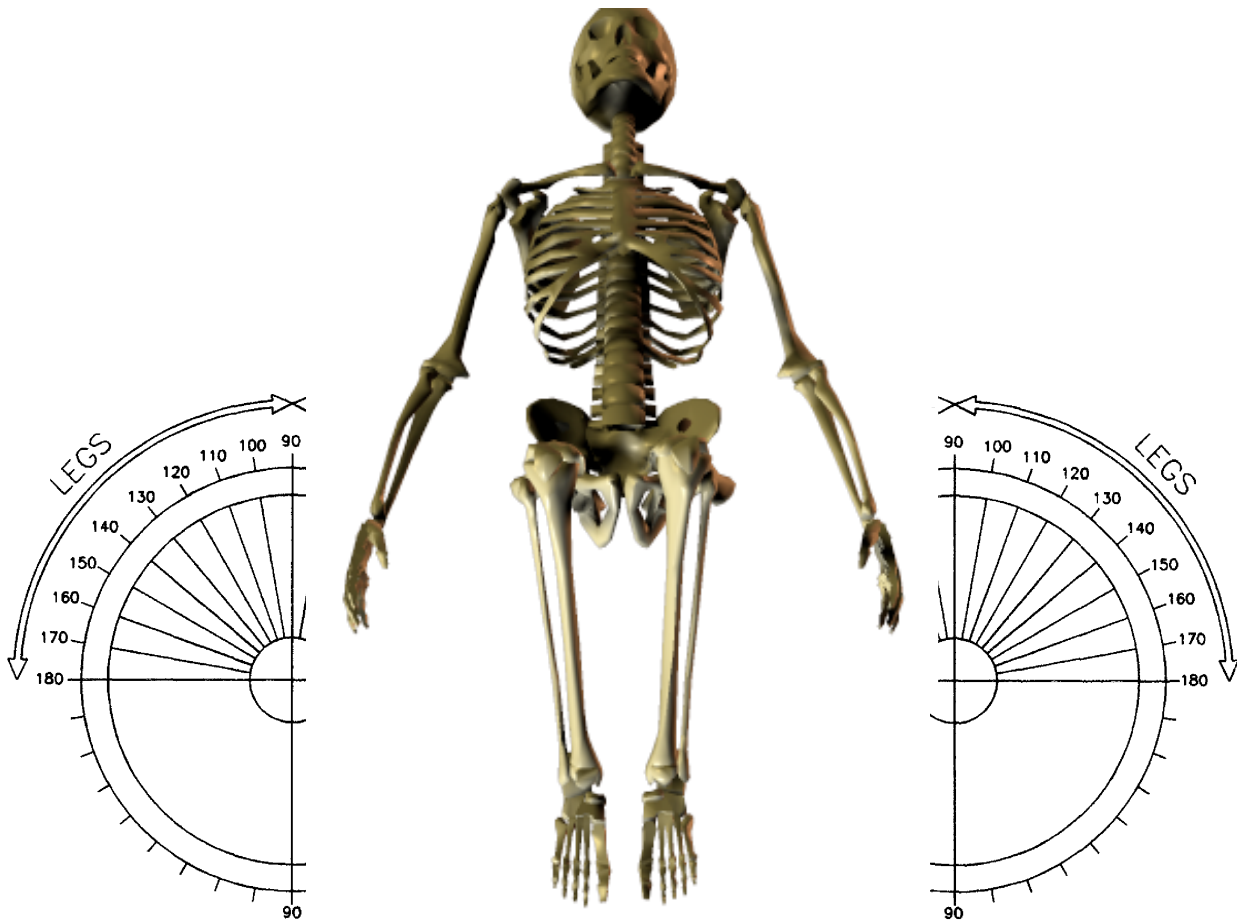
<p>Observe how the knees move to the Right and mark in the approximate angle on the chart below</p> <p>Observe how the pelvis moves in response to the movement of the legs and mark in the approximate angle on the chart below</p>		<p>Observe how the knees move to the Left and mark in the approximate angle on the chart below</p> <p>Observe how the pelvis moves in response to the movement of the legs and mark in the approximate angle on the chart below</p>
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Observations:

Procedure 3

Observation of the segment of an arc described by flexed knee, indicating a range of external rotation / abduction at the hip, with the pelvis fixed level.



Observations:



Notes:

