



INTEGRATIVE MOVEMENT SYSTEM™

Movement Assessment and Observation Form

Head and Neck

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ASSESSMENT	Observation Check List	Rating	Comments/Notes
POSTURE Observe Thoracopelvic Cylinder (TPC) and head/neck alignment - Is thorax (rib cage) aligned over pelvis? - Is TPC aligned over feet? - Is the head aligned over the TPC?	Observe Thoracopelvic Cylinder alignment from each side and from behind? Is the thorax stacked over the pelvis? Is the entire TPC aligned over the ankle joint? Is the head straight and in line with the TPC?	Thoracopelvic Cylinder Rib cage over pelvis alignment: Are they aligned (stacked)? Yes [] or No [] Is the TPC aligned and stacked over the ankle joints? Yes [] or No [] Is the head straight and stacked over the TPC? Yes [] or No [] Left [] or Right []	Thoracopelvic Cylinder > Rib cage over pelvis alignment: Are they aligned (stacked)? Note: _____ Thoracopelvic Cylinder – Is it aligned (stacked) over the ankles? Note: _____ Is the head straight and stacked over the TPC? Note: _____
STANDING HEAD ROTATION / LATERAL FLEXION - TPC aligned, arms by side, feet are together and remain flat on the floor - Rotate head side-to-side being sure to stop in center - Compare range of motion and ease between sides	Optimal – Rotation/Lateral flexion is smooth, relatively symmetrical between sides with no compensation or pain Suboptimal – There is moderate to significant asymmetry between sides or compensations or pain	Optimal Yes [] or No [] Suboptimal Left [] or Right []	If suboptimal, what did you note? Note: _____



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Corrective Exercise Strategy

Head and Neck

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CORRECTIVE EXERCISES	Area of Focus (Muscles Targeted)	Cues
Myofascial release (Equipment: Rollga and Activator by Rollga)	• Thoracic erector spinae • Intercostals and abdominals • Levator scapula, pectoralis minor and latissimus dorsi	Purposeful Specific “Suffer Good” (Mild discomfort <u>NOT</u> pain)
Three-dimensional Breathing	• Diaphragm and Pelvic floor • Intercostals • Deep core muscles	Align TPC / breathe in and out through nose Send breath through TPC Breathe 3-5 breaths
Happy Baby Iso > Heel Lift or Heel Drop Progression	• Core muscles – Deep and Superficial • Respiratory muscles • Hip flexors	Align TPC, head and neck Breath in and out through nose Maintain TPC and breathing with leg movement
Wall Plank	• Head and neck stabilizers • Scapular stabilizers • Core and Respiratory muscles	Align TPC, hips, and lower extremity Maintain alignment and breathing while ‘pulling wall apart’ Breathe through nose – coordinate with movement