

BODY

ALIGNMENT

LORETTA MCGRATH

**Excerpt
Not for Resale**

FOR



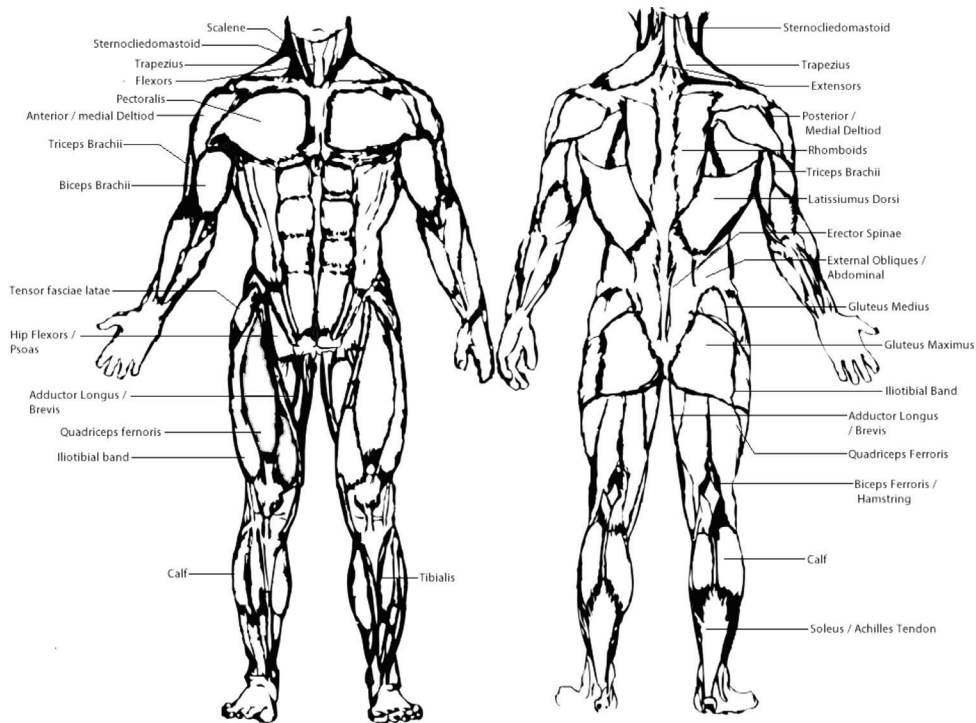
LIFE



Body Alignment For Life

STRENGTH AND FLEXIBILITY IS LONGEVITY®

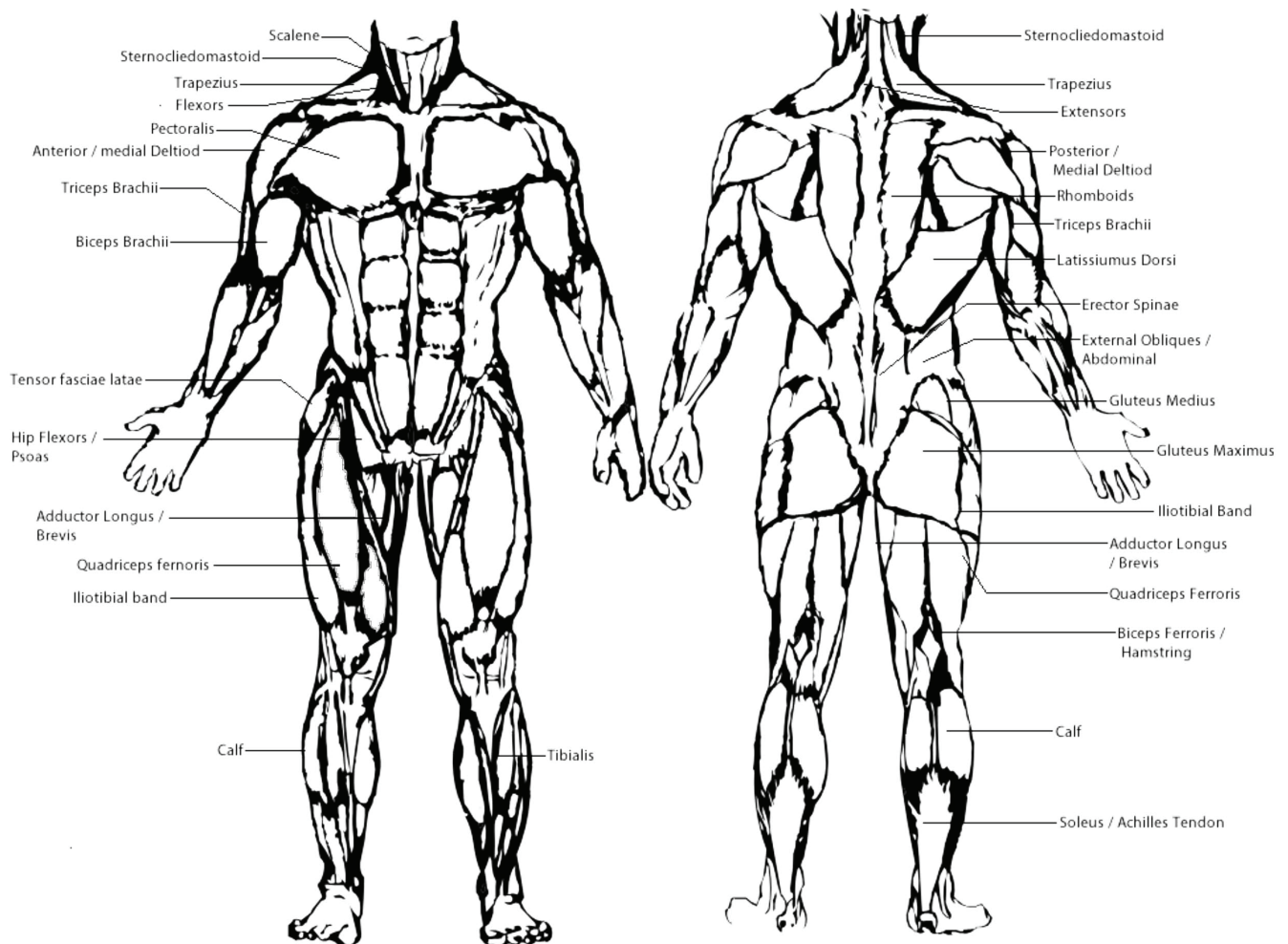
Body Alignment for Life



By Loretta McGrath

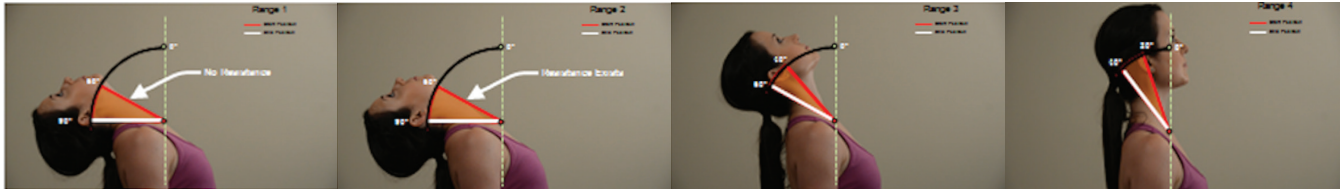
Chapter 6

Range Of Motion Assessment



Remember to color each muscle group with the color (**yellow** (+1, 1, 1-), **green** (-2, 2, 2+), **orange** (-3, 3, 3+), **red** (-4, 4 4+)) that correlates to your range of motion grades on the body chart. More Imbalance Analysis charts are located in the back of the book so you can assess yourself every three months to see your progress.

Neck Flexors



Flexibility Scale



Stretch Comfort



How to do this stretch:

- Stand or sit facing forward with your spine erect, shoulders released.
- Let your chin fall gently forward toward your chest, keeping you shoulders and spine aligned.

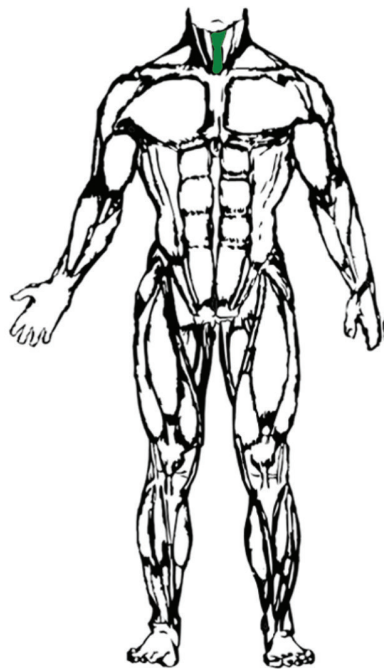
When to grade:

As soon as your head stops moving forward, stop and grade.

Grade your range of motion and choose one of the images that is closest to your current range of motion out of the images (1, 2, 3, or 4). If you are not sure, you may also choose (-) meaning less or (+) meaning more.

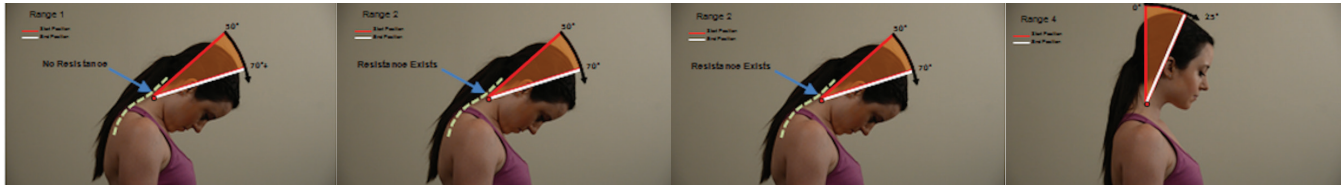
Range of Motion Grade: _____

Stretch Comfort Grade: _____



If you have graded this muscle group with a range of motion score of a -1, 1, or 1+ please use the full-range resistance stretching and exercises. If you have graded this muscle group with a range of motion score of a -3, 3, or 3+ or a -4, 4, or 4+ please use the exercises suggested on page 167 to help correct your imbalances.

Neck Extensors



Flexibility Scale



Stretch Comfort



How to do this stretch:

- Stand with your spine and shoulders erect.
- Look all the way up to the ceiling and let your head fall as far back as it will go without forcing any movement in your sping.

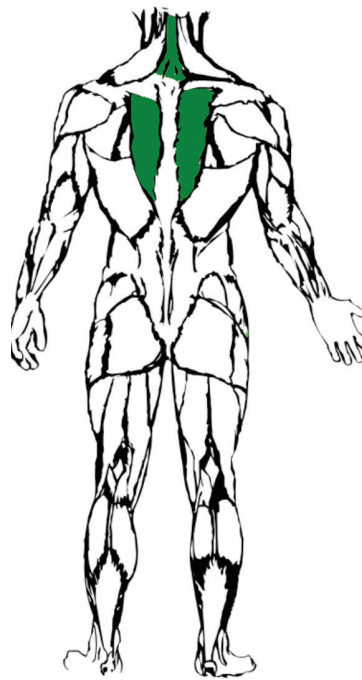
When to grade:

Stop and grade when your head stops moving.

Grade your range of motion and choose one of the images that is closest to your current range of motion out of the images (1, 2, 3, or 4). If you are not sure, you may also choose (-) meaning less or (+) meaning more.

Range of Motion Grade: _____

Stretch Comfort Grade: _____



If you have graded this muscle group with a range of motion score of a -1, 1, or 1+ please use the full-range resistance stretching and exercises. If you have graded this muscle group with a range of motion score of a -3, 3, or 3+ or a -4, 4, or 4+ please use the exercises suggested on page 36, 37, and 168 to help correct your imbalances.