

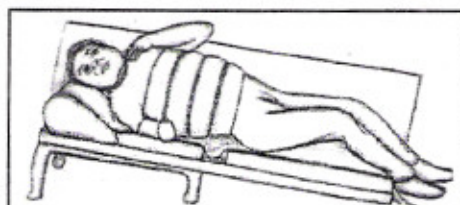
Antelope Valley Union High School District Positioning Students for Proper Body Alignment

These are basic principles of positioning.

Remember that all positions are NOT appropriate for all students.

Head, shoulders, knees, and toes need to all be in the same direction, at the same time.

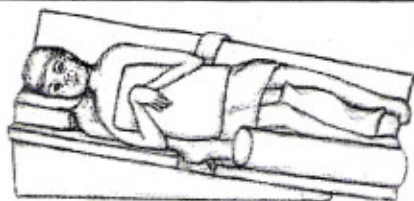
Side-lying Positions



Poor Alignment

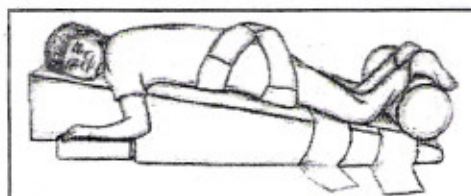


Optimal Alignment

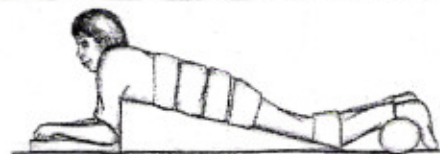


Alignment as corrected as possible
for a difficult-to-align individual

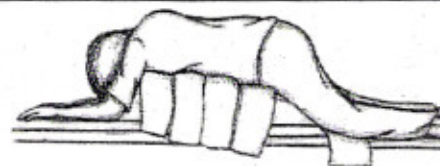
Prone (face down) on forearms



Poor Alignment



Optimal Alignment



Alignment as corrected as possible
for a difficult-to-align individual

Symmetry means that, if you drew a line down the middle of the student, the right and left sides would look about the same. Trace an imaginary line through the student's shoulders and hips. If the student is symmetrical, those imaginary lines would form a rectangle.

In most positions, the legs should be parallel, rather than in a "V". This means that the knees and ankles are separated slightly. Trace an imaginary line down each leg, from the hip to the foot, as these lines should be parallel.