

Posture and figure analysis

Learning objectives

This chapter covers the following:

- **the value of figure analysis**
- **the process of a figure analysis**
- **body shapes**
- **posture and postural faults/weaknesses**
- **examination of muscular condition**
- **simple postural exercises**
- **concluding a figure analysis**

Performing a figure analysis is important if you are offering remedial or more advanced massage techniques, and some of the knowledge can be equally beneficial when used within other treatments. This chapter explains the importance and the benefits of figure analysis including:

- **assessment of the client's figure problems and faults so that you can decide where to concentrate or apply specific techniques**
- **recognizing faults requiring referral for specialized attention**
- **indicating a course of action for an effective treatment and, where applicable, a course of treatments for the client.**