



The Mansfield Checklist

Identifying those in need of body shape protection

- 1) Does the body stay in a limited number of positions?
- 2) Do the knees seem to be drawn usually to one side?
or inwards? or outwards?
- 3) Does the head seem to turn mainly to one side?
- 4) Does the body tend to flex forward?
or extend backwards? or both?
- 5) Is the body shape already asymmetric?