

Due to the wide variety of body types in real life situations, shoulder joints may not align directly over the hip, knee, and ankle joints.

RIGHT

LEFT

SHOULDER JOINTS

All 4 joint levels parallel with one another.

S-curved centered **SPINAL COLUMN**

Designed to bear weight in an upright position and to move the body.

All right (90°) angles at all 8 joints (horizontal, vertical, and front-to-back).

HIP JOINTS

MIRROR IMAGE BILATERAL BODY SYMMETRY:

Equal balance, function, and parts of either side of the center line of gravity and body axis.

KNEE JOINTS

ANKLE JOINTS

GROUND LEVEL

RIGHT FOUR SOCKET POSITION

LEFT FOUR SOCKET POSITION

EGOSCUE METHOD

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