

**Nutritional Comparison (Before/After)**

How to calculate controlled weight? before/after

	<b><u>Before</u></b>	<b><u>After</u></b>
Calculated Kcal/day to maintain controlled weight Find this at <a href="http://www.caloriecontrol.org/calcalcs.html">www.caloriecontrol.org/calcalcs.html</a>	_____	_____
Ratio [Protein: CHO : Fat]	_____	_____
Total Cholesterol (if known)	_____	_____
HDL	_____	_____
Other		
Vitamins, Minerals _____		
Other _____		

**Biomechanical Risk Factors**

Write the findings of an Osteopathic Structural exam here.

1. Postural imbalance (s): \_\_\_\_\_
  - a. Coronal (short leg, scoliosis): \_\_\_\_\_
  - b. Sagittal \_\_\_\_\_  
(Kyphosis, lordosis, spondylolithesis): \_\_\_\_\_
  - c. Horizontal (rib hump, pelvic rotation): \_\_\_\_\_
  
2. Joints (ligamentous laxity, alignment, rigidity, SD, etc)
  - a. Foot/Arch: \_\_\_\_\_

- b. Ankle: \_\_\_\_\_
- c. Knee: \_\_\_\_\_  
     Q-Angle \_\_\_\_\_
- d. Hip: \_\_\_\_\_
- e. Pelvis: \_\_\_\_\_
- f. Spine:  
     Lumbar \_\_\_\_\_  
     Thoracic \_\_\_\_\_  
     Cervical \_\_\_\_\_  
     Costal \_\_\_\_\_
- g. Shoulder \_\_\_\_\_
- h. Elbow \_\_\_\_\_
- i. Wrist \_\_\_\_\_
- j. Hand \_\_\_\_\_

3. Soft Tissues

- a. Flexibility decreased \_\_\_\_\_
- b. Strength decreased \_\_\_\_\_
- c. Stability decreased \_\_\_\_\_
- d. Myofascial TrP's: low back \_\_\_\_\_ pelvis \_\_\_\_\_ shoulders \_\_\_\_\_