

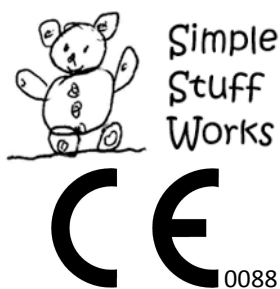
## Goldsmith Indices® of Body Symmetry



“Physiotherapy” April 1992, vol. 78, no 4, 235 – 242.

“Thus it appears that the measurements were mainly determined by real differences between subjects and that there was negligible systematic disagreement between the testers. It can be concluded that the measurements obtained in this way consistently differentiated among subjects even when made by different testers”

These measures are standardised and relate only to Procedures 1, 2 and 3 for use with Anatomical Measuring Instrument (AMI) with Level Box Angle Sensor as Accessories  
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To maintain quality and reliability the measures will only be recognised as valid when carried out by qualified measurers who have achieved:-  
Simple Stuff Works / OCNWMR Level 3 Award in Measurement of Body Symmetry (QCF) - 601/0331/0



## Goldsmith Indices® of Body Symmetry Results: Procedures 1, 2 & 3

Name	Date of Birth	Date of measurement
Measurer	Assistant 1	Assistant 2
The above named think that it is in ..... best interests to have the measurements taken today.		
Signed		Print name

Is the individual able to attain the OSP?      Comments:-

ASP 1: Angle the knees could be flexed.    Right    Left      Comments:-

ASP 2: Direction the knees had to be taken to bring the pelvis level.      Comments:-

### Procedure 1

1 / 1: Angle of the Pelvis when the knees are upright - is the pelvis:-

Result	Right side up?	Level?	Left side up?
1			
2			
3			
4			
Mean			

1 / 2: If the angle of the pelvis is not level when the knees are upright; angle to which the knees must be taken to bring the pelvis level.

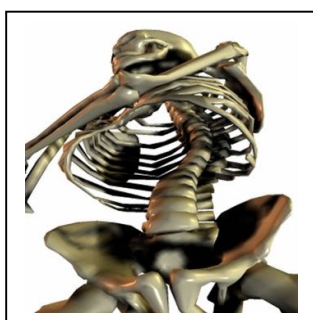
1			2			3			4		
Right	/	Left	Right	/	Left	Right	/	Left	Right	/	Left

Mean angle to which the knees must be taken to bring the pelvis level \_\_\_\_\_

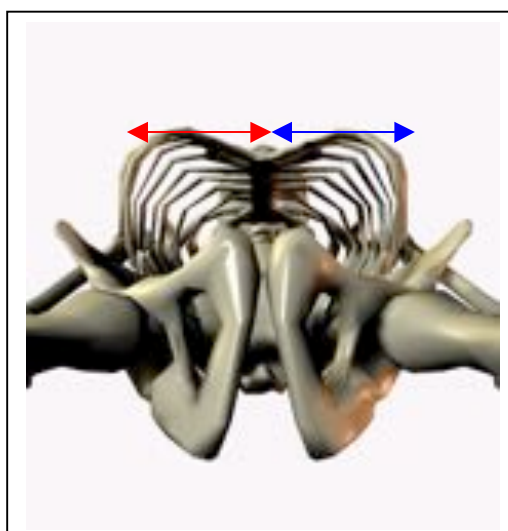


Chest measures taken at level of xyphoid process with the pelvis and shoulders level

Result	xyphoid process to lateral border Right	overall width (xyphoid process to right plus xyphoid process to left)	xyphoid process to lateral border Left	depth of chest at xyphoid process
1				
2				
3				
4				
Mean				



Anticlockwise: (0.?)



Clockwise: (1.?)

1 / 3: Xyphoid process to the lateral border of the chest each side with the pelvis level

To calculate the Right/Left Ratio divide right by left - if the answer is:-

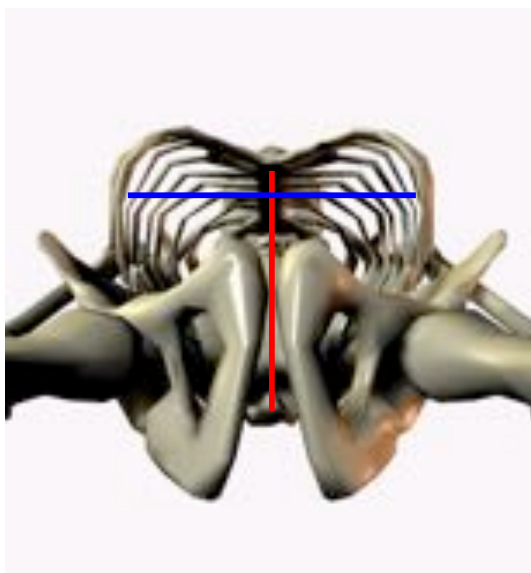
- (1) it means the right equals the left
- (0.something) the direction is anticlockwise
- (1.something) the direction is clockwise

Right /left Ratio =



1 / 4: Depth / Width ratio of the chest at the level of the xyphoid process

Depth of the Chest	Overall Width of the Chest



Depth divided by Width = D / W ratio =

A conventional, chest shape results in a D / W ratio of between 0.65 – 0.85



## Procedure 2

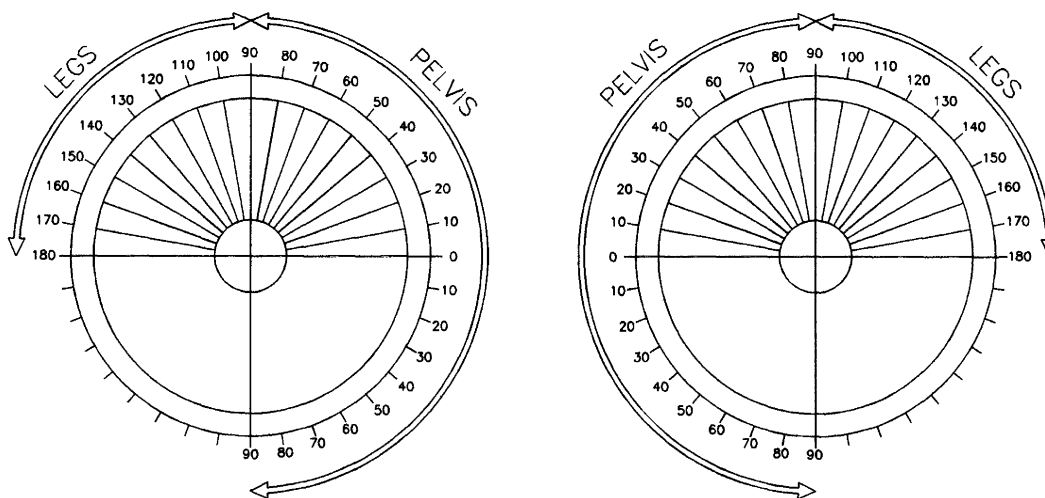
Measurement of rotation of the pelvis as influenced by movement of the flexed knees together in an arc right to left, with the shoulders and feet fixed.

**2 / 1 knees to the right**

$$A+B = C \text{ minus } D = \text{ABLAP}$$

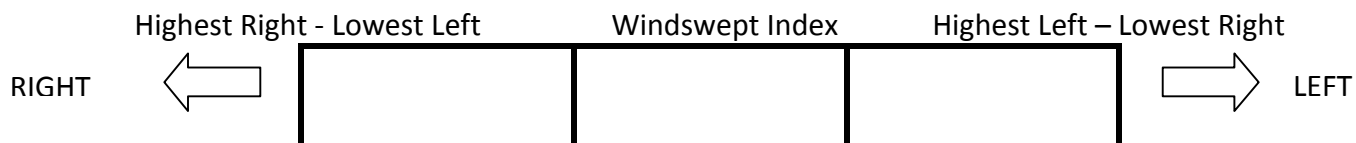
**2 / 2 knees to the left**

A	90 degrees	90	90	90	90	90	90 degrees	90	90	90	90	90
B	Level Box						Level Box					
C	Leg angle						Leg angle					
D	Pelvic angle						Pelvic angle					
ABLAP	ABLAP Right					Mean	ABLAP Left					Mean



Windswept Index

(to be completed for those who are symmetrical or have Classic asymmetry)



### Procedure 3

Measurement of the segment of an arc described by flexed knee, indicating a range of external rotation / abduction at the hip, with the pelvis fixed level.

3 / 1 RIGHT  
External Rotation / Abduction

3 / 2 LEFT  
External Rotation / Abduction

Angle obtained

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Mean

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Mean

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Notes:

