

Measure your own BASMI (with help from a friend)



Number one: how straight is your posture?



Standing bare footed, feet at hips width apart (30cm). Back to a wall with heels touching the wall, knees straight; shoulder blades, buttocks against the wall. Looking straight ahead.

Draw your chin in as far as possible, bringing the back of the head as close to the wall as you can manage.

Helper to measure the distance from the wall to the fold of skin that covers the earhole (this is called the "tragus").

Average the score for each side to get one overall measure.

DISTANCE left = cm right = cm average = cm

Number two: how far can you lean from side to side?



Same starting position as number one, above. Keep arms, fingers and wrists as straight as you can.

Before starting to move (i.e. standing upright), your helper measures distance from tip of your middle finger down to the floor.

Then lean to the side as far as you can, ensuring the back stays close to the wall (i.e. don't lean at all forwards), heels stay on the floor and knees stay straight. Your helper then measures new (shorter) distance from tip of your middle finger to the floor. Subtract this new measure from the original measure (before you leant to the side). Repeat for other side and work out the average of the 2 movement measures.

DISTANCE left = cm right = cm average = cm

Number 3: how far can you bend forwards?



Stand in open space (away from a wall). Ask your helper to gently mark 2 spots along your spine. To place these marks ask them to move along from the top of your hips at your sides and slide until they get to the spine, mark one is 10cm above this (still along the spine), mark 2 is 5cm below.

You can then lean forwards as far as you can go, keeping your knees straight (you may need something beside you to hold onto). Your helper measures the distance between the 2 dots – this measure minus 15 is your distance for bending forwards.

DISTANCE = cm

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Number 4: how wide can you spread your legs?

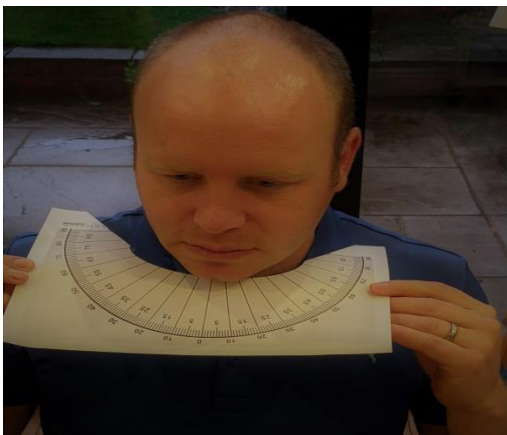


Ideally lie on the floor for this one. Keeping your knees straight and your legs in contact with the floor (i.e. make sure they don't lift up), take your legs as far apart as possible. You may need a pillow under your head in this lying position

Your helper then measures the distance between your legs. Measure from the inner aspect of one ankle to the inner aspect of the other. This bony part that sticks out on the inner aspect of the ankle is called the "medial malleolus".

DISTANCE = cm

Number 5: how far can you turn your head, to one side or other?



You might be measured by your physiotherapist or doctor using a goniometer for this neck turn measurement. For this home do-it-yourself resource we've substituted in a print out for this measure.

Print out the attached template and cut out the neck hole (the black section). This can act as your own low budget goniometer!

Sat in a chair with an upright position and shoulders back, place the goniometer on your neck such that it sits about 5cm below your chin. Your helper stood in front of you can help you move it such that your chin is at the zero degrees point. Now turn your head to one side as far as you can whilst keeping the shoulders static. By reading the goniometer and considering how your chin has moved, ask your helper to measure how far you turn your head, in degrees to one side and then the other. Taking an average of the 2 for your final score.

DEGREES OF MOVEMENT left = ° right = ° average = °



A high-tech alternative to a paper print out could be downloading an app to your phone such as "BubbleLevel" and then holding your phone on your forehead- asking your helper to look at your phone screen for the movement in degrees.

Cut out this black section
and carefully place on your
neck – as per “number 5”

