

# The Goldsmith Indices of body Symmetry

Sarah Clayton

# Who do we measure?

- Children, young people and adults at risk of body shape distortion
- Beware of the form v function trap
- Be mindful of when not to measure

# Why do we measure?

- Provision of an objective baseline
- Reinforcing positive behavioural change
- Direction for equipment provision
- Data regards efficacy of intervention on an individual level
- Data regards efficacy of the service at a commissioner level

Because we are accountable to those we serve,  
commissioned with public money

1 / 1

Measurement in crook lying of the angle of the pelvis when knees are upright



The Optimal Start Position (OSP)

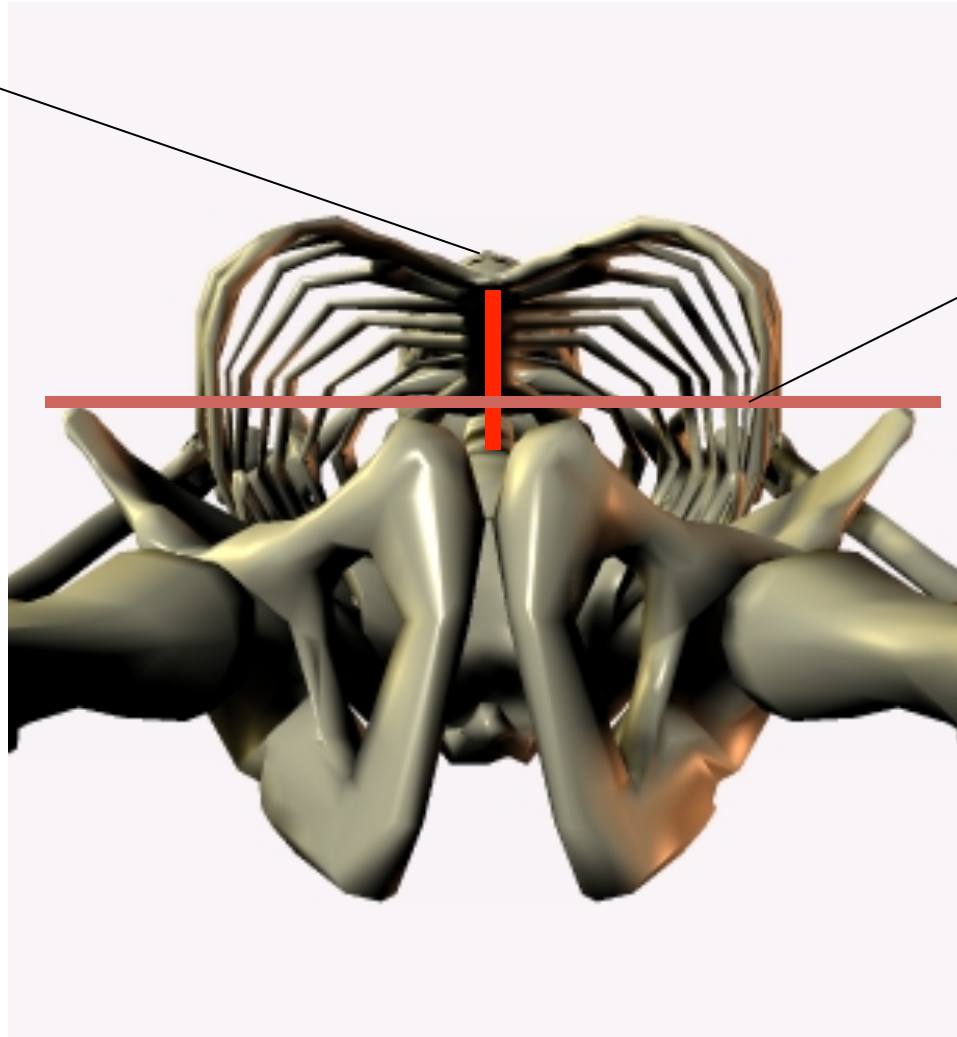
1 / 2

If the angle of the pelvis is not level when the knees are upright - record the angle to which the knees must be taken to bring the pelvis level

The Adapted Start Position (ASP)

# Stable equilibrium in supine

When we lie down our sternum should be central



And our pelvis should be level

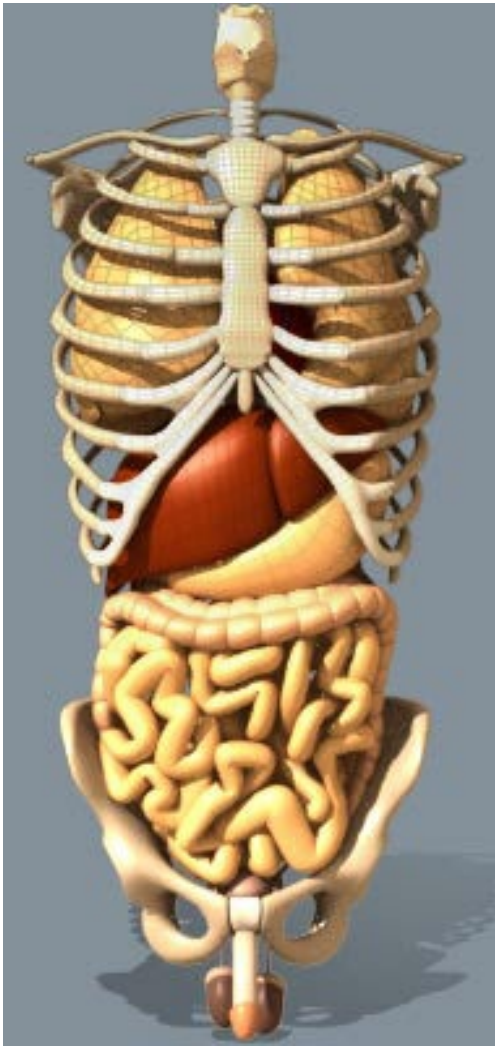
1/3

Measurement of distance from xyphoid process to lateral border of the chest each side at the level of xyphoid process and calculation of right/left ratio. (r/l)



1 / 4

Measurement of depth and width of the chest at the level of xyphoid process and calculation of depth/width ratio. (d/w)



# Symmetrical Compression

Expressed by the

Depth : Width Ratio  
( d : w )

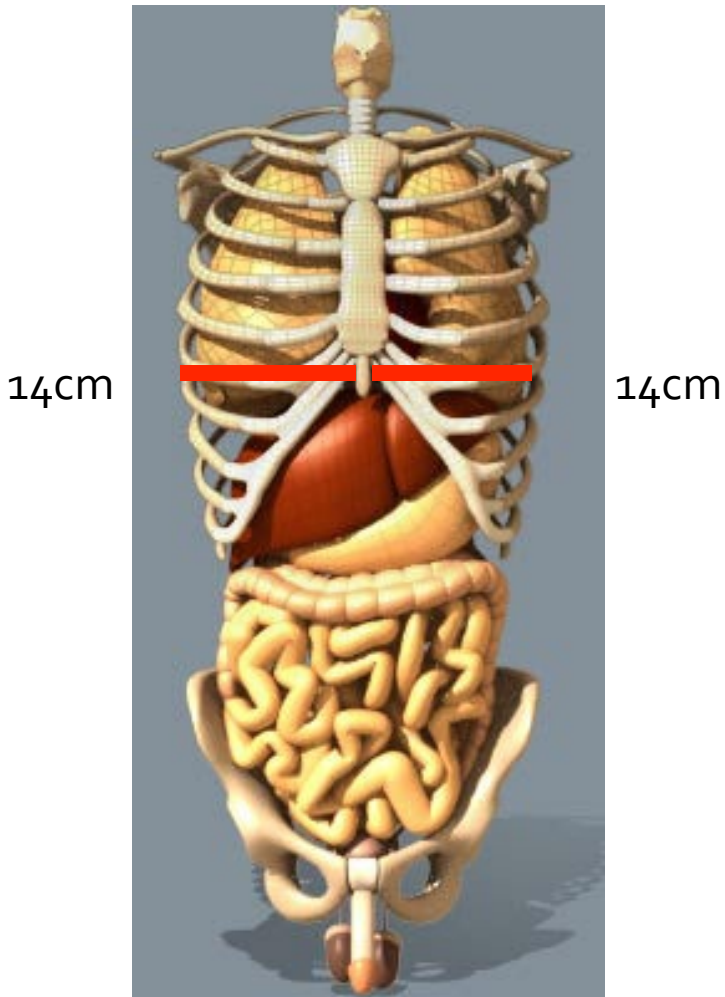
Typical range 0.65 – 0.85

# Rotational Distortion and Measurement

Expressed by the

Right : Left ratio

Symmetry = 1

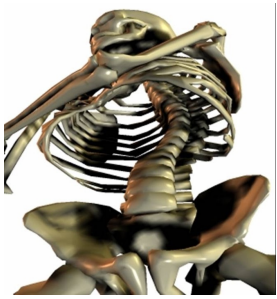




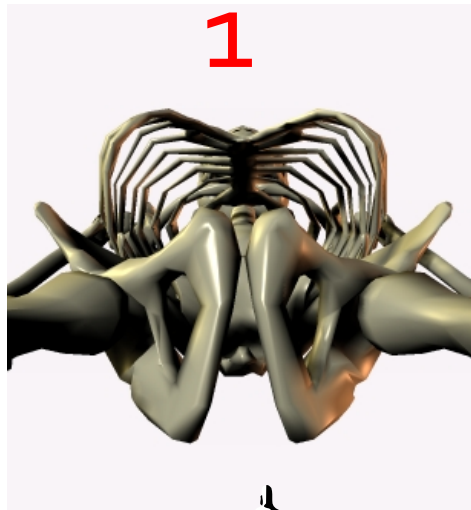
# Goldsmith Indices of Body Symmetry : Procedure 1.3

Measurements are taken from the xyphoid process to the lateral border of the chest each side with the pelvis level

Anticlockwise: (0.?)



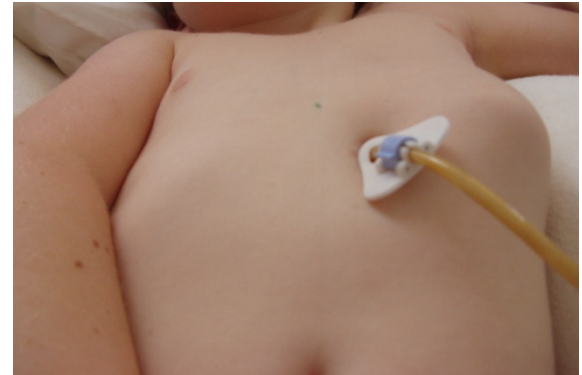
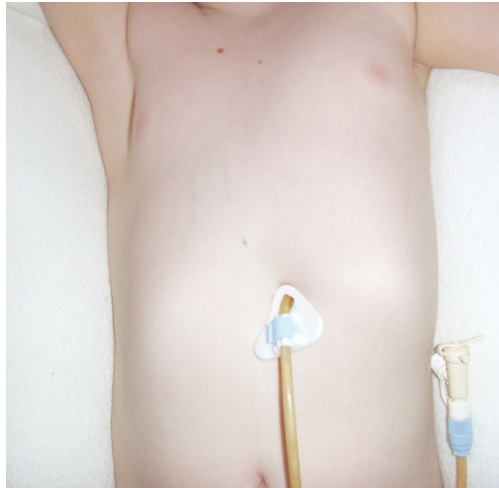
1



Clockwise: (1.?)



# De-rotating the Chest



# De-rotating the Chest



This young man is 25 years old  
The photographs are taken 3 months apart

2

Measurement in crook lying of symmetry 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



## Procedure 2

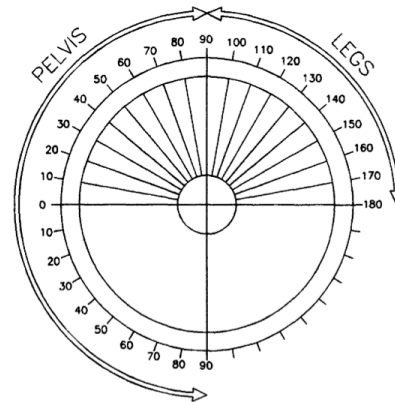
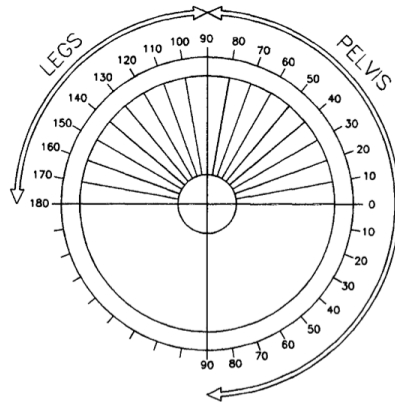
Measurement of rotation of the pelvis as influenced by movement of the flexed knees together in an arc right to left, with the shoulders and feet fixed.

2 / 1 knees to the right

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

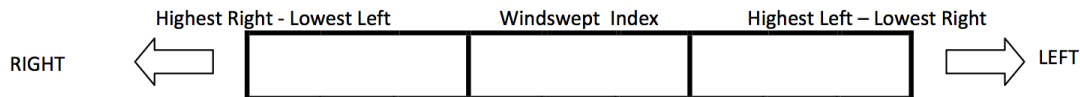
2 / 2 knees to the left

|       |              |    |    |    |    |      |              |    |    |    |    |      |
|-------|--------------|----|----|----|----|------|--------------|----|----|----|----|------|
| 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)

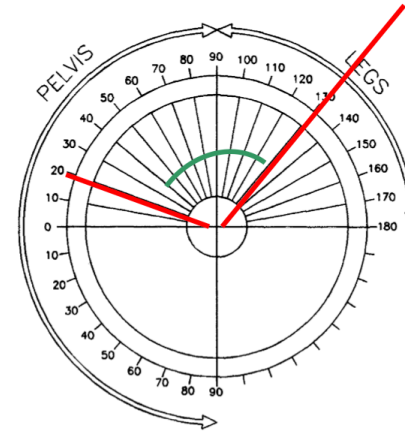
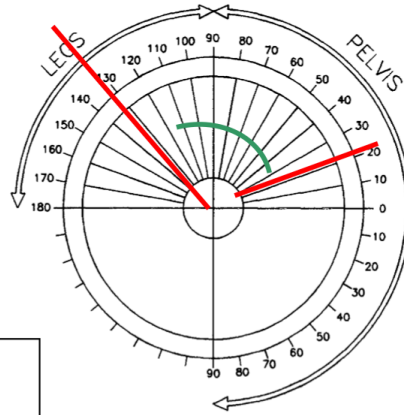


Knees to Right = Leg angle 130 – pelvic angle 20 = ABLAP 110  
 Knees to Left = Leg angle 130 – pelvic angle 20 = ABLAP 110  
 ABLAP to right: 110 minus ABLAP to left: 110 = 0 = Symmetry

Pelvic Angle  
 20 degrees both sides

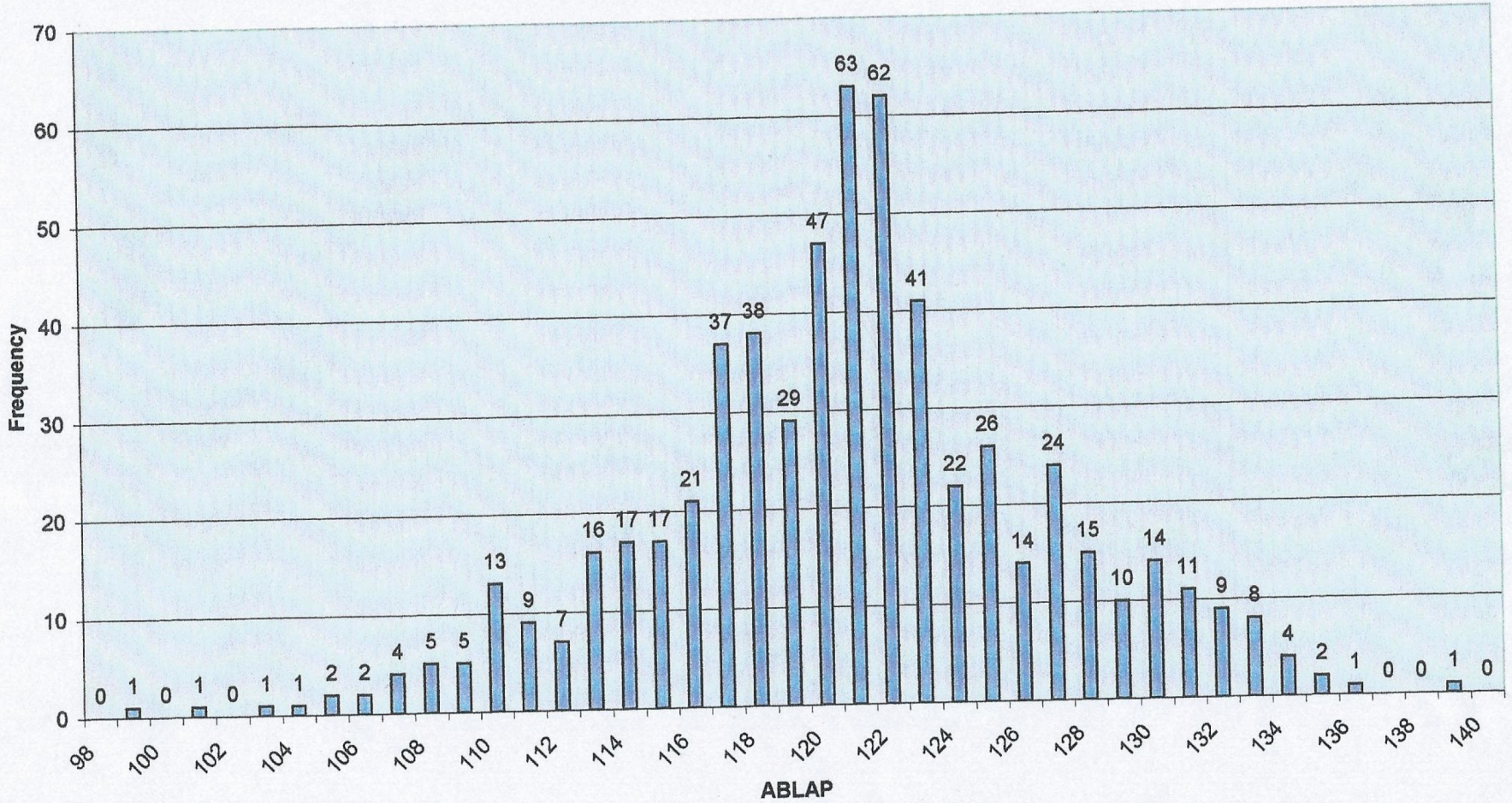
Leg Paddle Angle  
 130 degrees

Leg Paddle Angle  
 130 degrees

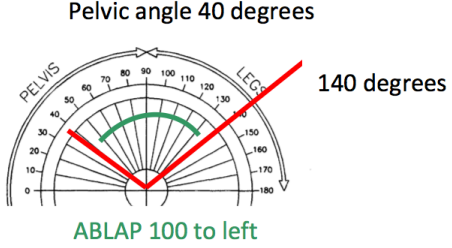
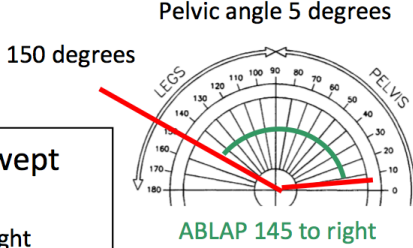


Symmetry

# ABLAP Frequency

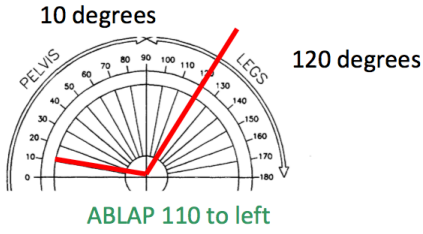
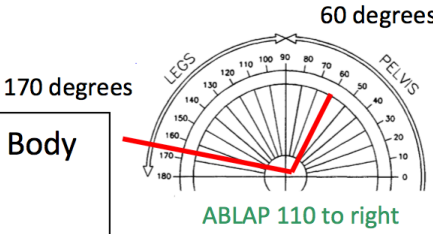


**“Classic” Windswept  
Body Shape**  
45 degrees to the right



$145 - 100 = \text{Windswept Index of } 45 \text{ degrees}$

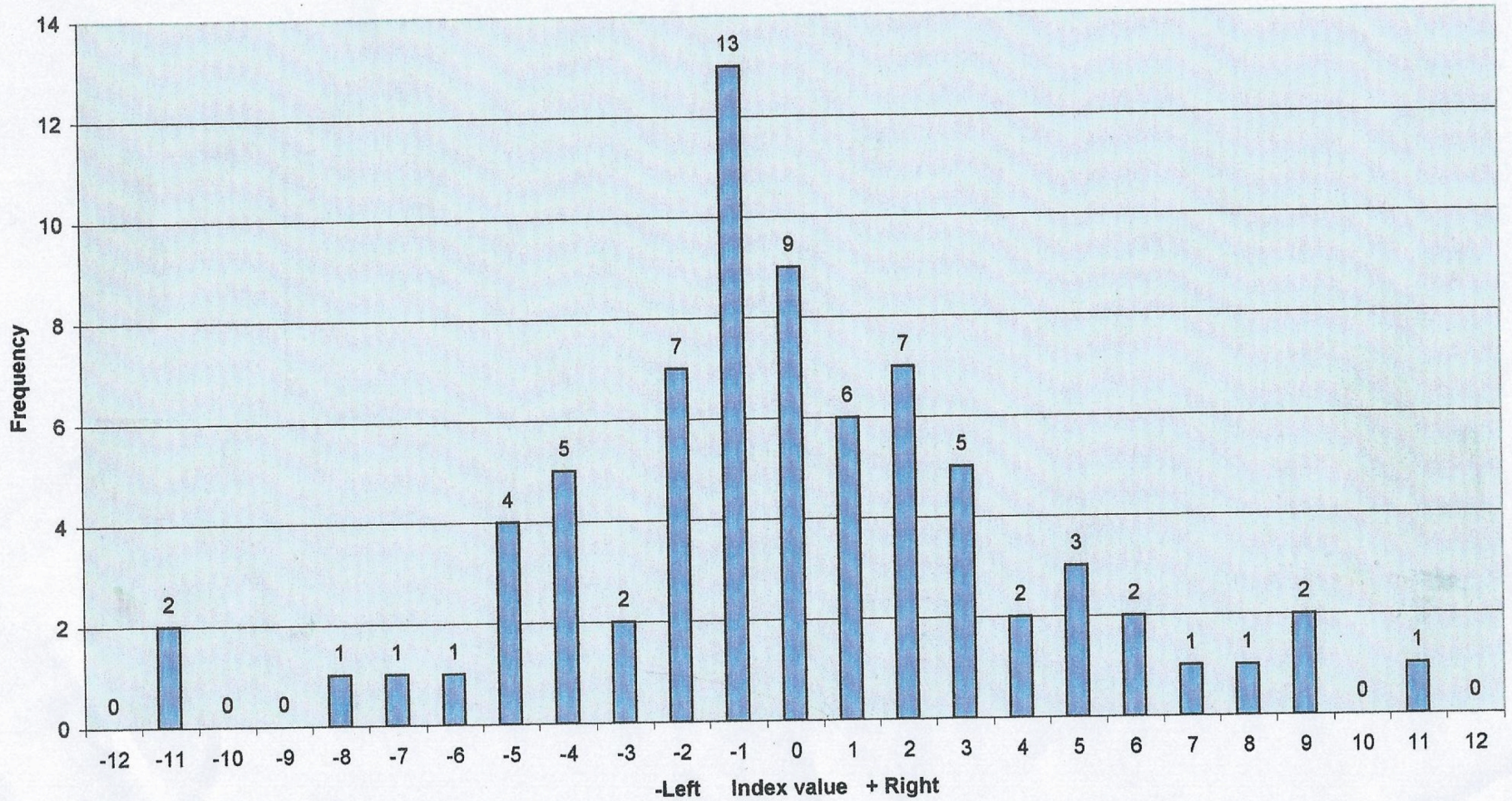
**“Type 1” Windswept Body  
Shape**  
Similar ABLAP but in  
asymmetric range  
Legs and Pelvis move together



The same ABLAP but in different ranges



# Index Frequency

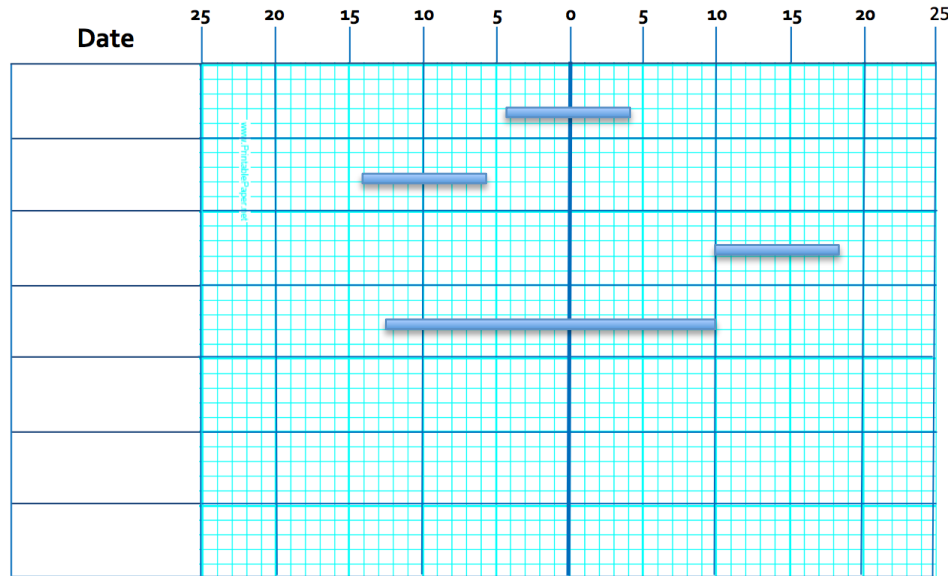


Qualified Measurer Name.....QCF) - 601/0331/0 number.....

### Goldsmith Indices® of Body Symmetry Results: Summary Procedure 2

|             |                      |                 |
|-------------|----------------------|-----------------|
| <b>Name</b> | <b>Date of Birth</b> | <b>Measurer</b> |
|-------------|----------------------|-----------------|

Right



Left



Procedure: ©John and Liz Goldsmith 2013:

AMI with MIE Goniometers as Accessories

0088

Postural Care CIC / OCNWMR Level 3 Award in Measurement of Body Symmetry (QCF) - 601/0331/0



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



# What could possibly go wrong?

Goldsmith, L. Golding, RM. Garstang, RA. Macrae, AW. “A technique to measure windswept deformity” Physiotherapy, 78, 4, 235-242, 1992

Sarah Clayton

07729 552626

01827 307870

[Training@simplestuffworks.co.uk](mailto:Training@simplestuffworks.co.uk)

Level 3 Training 22<sup>nd</sup> September 2015