

How to use a plum bob.

There are many types of plum bob's available. Here are three examples.



How to use a plum bob accurately each time.

1. Ask your patient to close their eyes, march 6 steps and then do NOT move, open their eyes and again reinforce to them that they are not to move.
2. Stand facing them
3. Hold the string of the plum bob about 1 metre up from the ground
4. Slowly let the string out until your hand is above their head.
5. Making sure the plum bob is still between their feet, look to see where the string line passes through the face.

It should pass through the nose.

Abnormal position is anywhere outside the middle of the nose.

If it is at the edge of the medial eye, I regard this as moderately off centre.

If it passes through the middle of the eye, I regard this as an extreme value. I see three or four a year a year in this position. It is rare that the posture is worse.



Plum bob stays midway between the feet.



While keeping the plum bob still, slowly let the string out through your fingers while at the same time raising your hand and stepping back to arms length.



Now the hand is above the head. I am standing at arms length.

Now turn and face them from the **lateral side**.

This time, aim your plum bob at the small depression found just in front of the lateral malleolus



Here is the correct spot. The small depression in front of the lateral malleolus.

Again slowly raise your hand while feeding out the string line. Eventually your hand is above their head.

After checking that the plum bob is in the correct position and you are at arms length looking along your arm, check to see where the plum bob passes relative to the middle of the ear and shoulder.

Any variation presents an incorrect stance.



Here the plum bob is in the correct position while I am raising my arm and feeding out the string line.



The final position at arms length.



The Final position for patient and therapist.

If anyone has any queries regarding the use of the plum bob, please email me at paul@musmed.com.au

Regards to All.
Hope to see you in our UK based workshops. Information regarding these can be found on this website.

Here is the lousy view I have to put up with!



