

POSTURE REPORT - Full Posture

Date: **23/01/2024** Generated by: **Anne Hilarius-Ford t/a Energy Reflexology**

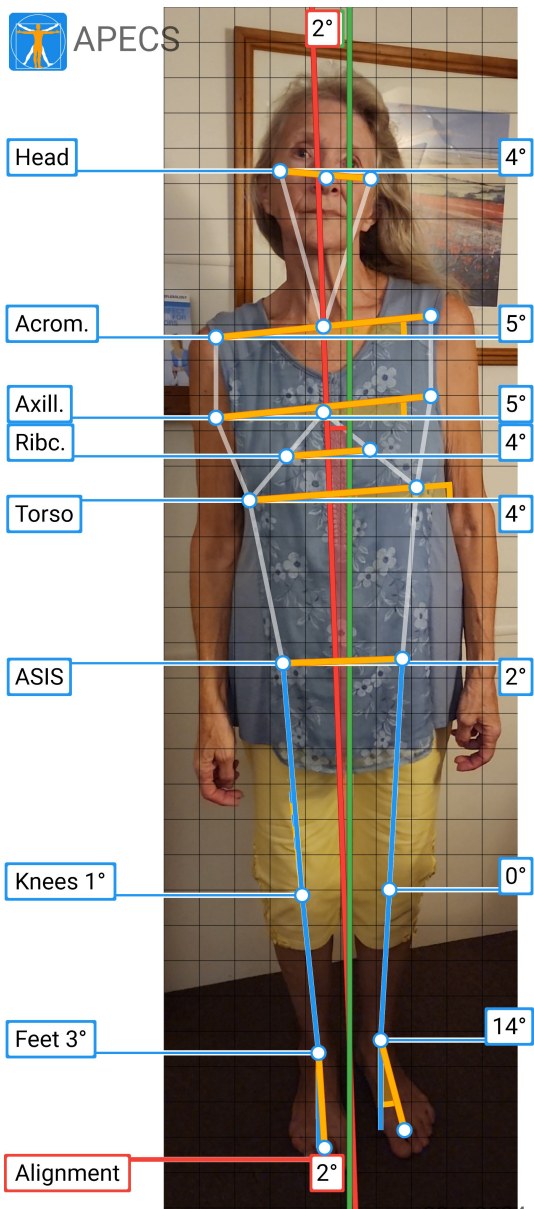
PATIENT DETAILS

Sex: Birthdate: Name: Height: Weight: BMI:
M / F

Complete posture overview

As a result of a photogrammetric analysis of the submitted photo and positioned markers, the changes indicate with high probability a compensatory spinal curve is formed ; Forward Head and Rounded Shoulder Posture (FHRSP) is present. Bow-leg and severe Out-toeing (duck foot) found. Consider consulting a doctor and undergo additional medical tests. Exercises might be advised. For diagnostics, treatment, and verification of detected changes, please consult a medical expert and pass medical checkups.

A. FRONT



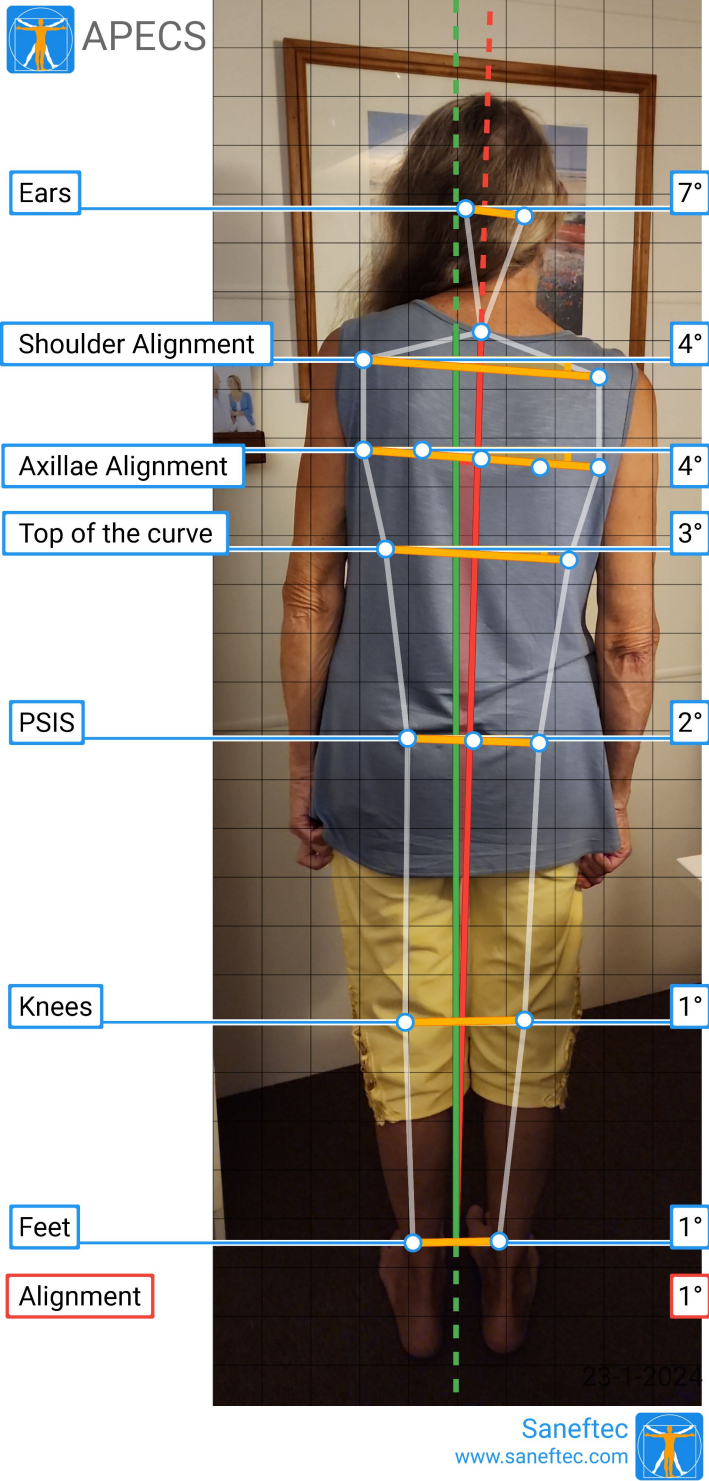
Label	SECTION	VALUE
A1	Body Alignment	2°
A2	Head Tilt	4°
A3	Shoulder Alignment	5°
A4	Axillae Alignment	5°
A5	Ribcage Tilt	4°
A6	Most intended point of the trunk	4°
A7	Pelvic Tilt	2°
A8	Right Knee Angle	1°
A9	Left Knee Angle	0°
A10	Right Foot Rotation	3°
A11	Left Foot Rotation	14°

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B. BACK

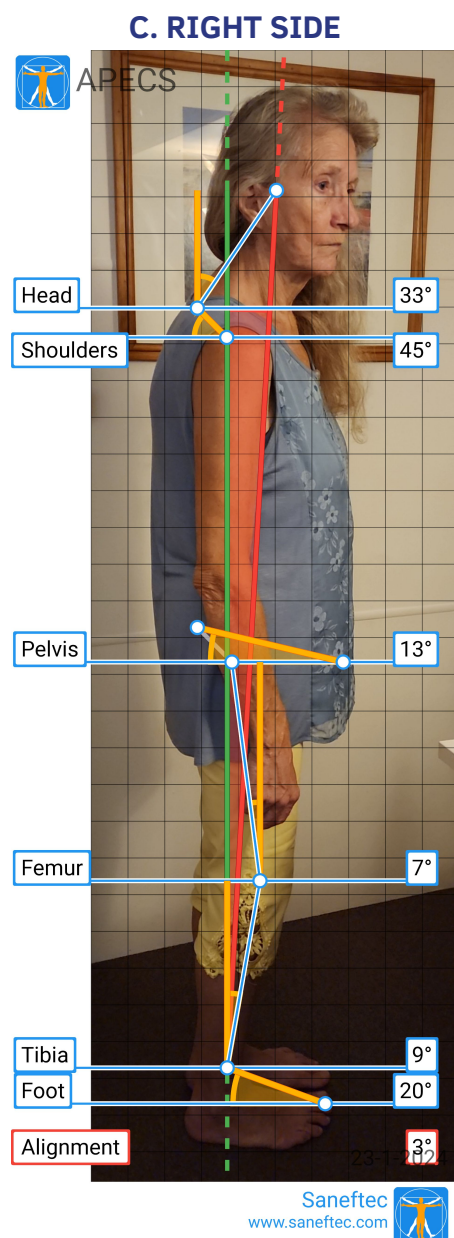


Label	SECTION	VALUE
B1	Body Alignment	1°
B2	Head Tilt	7°
B3	Shoulder Alignment	4°
B4	Axillae Alignment	4°
B5	Most intended point of the trunk	3°
B6	Pelvic Tilt	2°
B7	Knees	1°
B8	Feet	1°

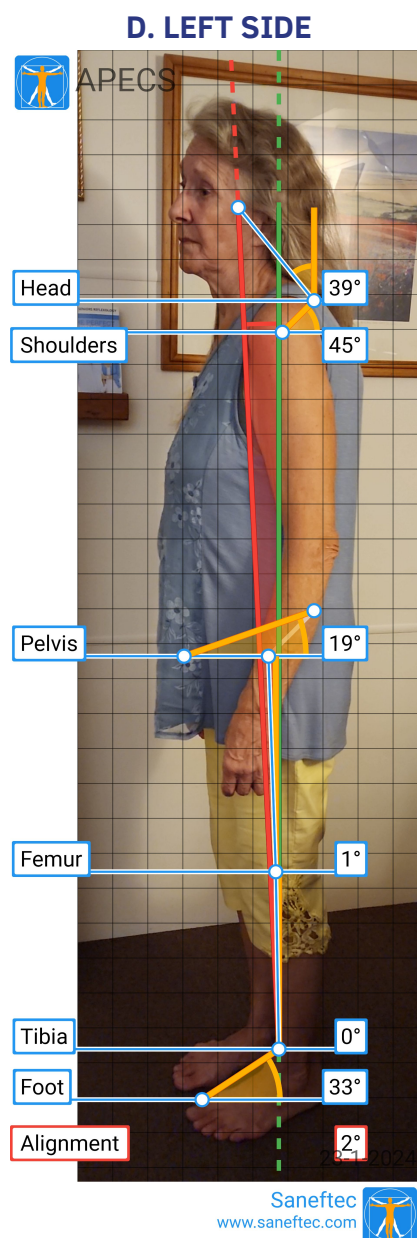
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Label	SECTION	VALUE
C1	Body Alignment	3°
C2	Head Shift	33°
C3	Shoulder angle	45°
C4	Pelvic Tilt	13°
C5	Knee	7°
C6	Tibia	9°
C7	Foot Angle	20°



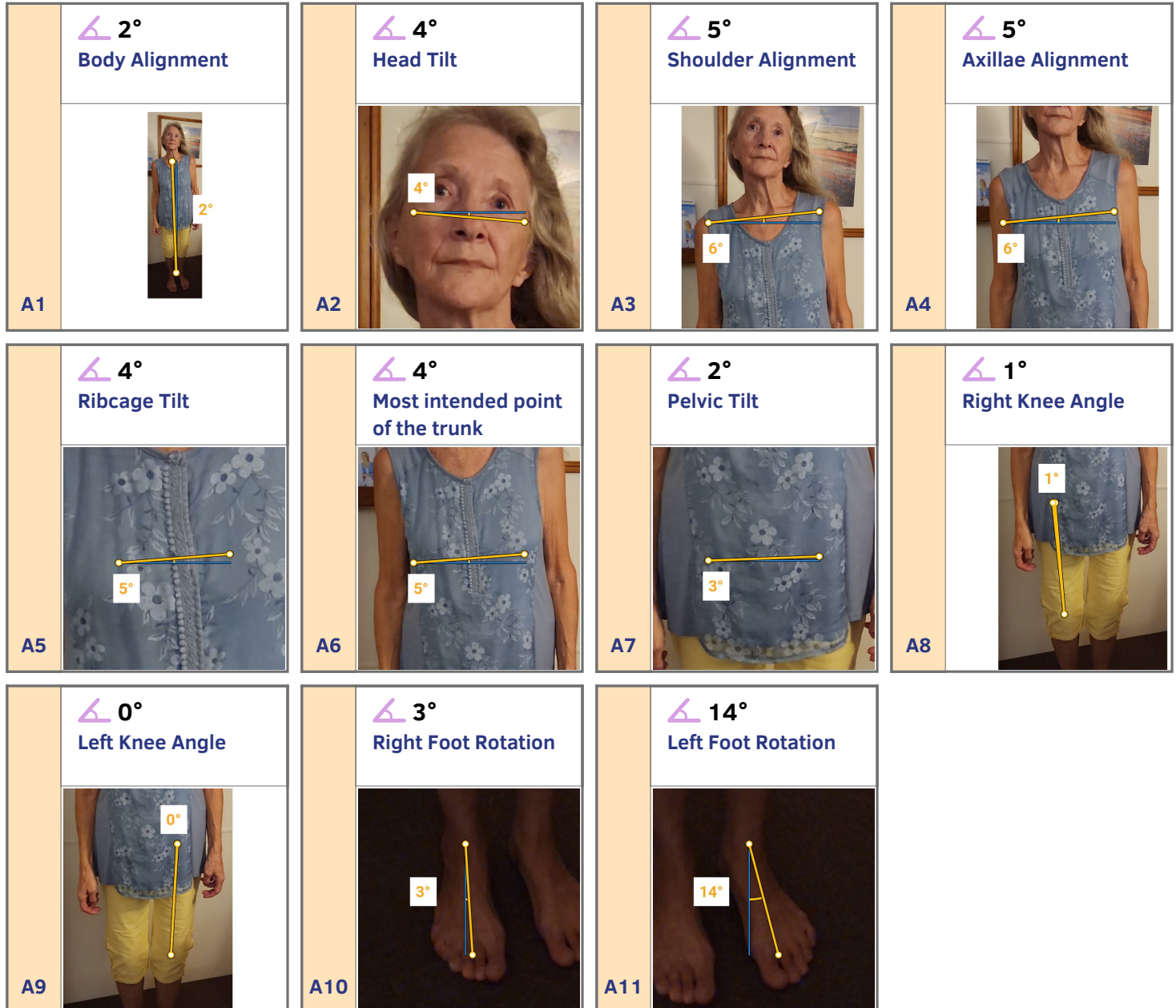
Label	SECTION	VALUE
D1	Body Alignment	2°
D2	Head Shift	39°
D3	Shoulder angle	45°
D4	Pelvic Tilt	19°
D5	Knee	1°
D6	Tibia	0°
D7	Foot Angle	33°

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A. FRONT

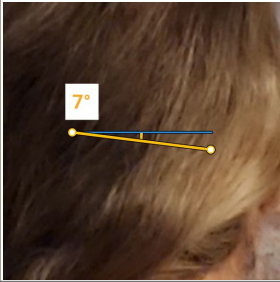
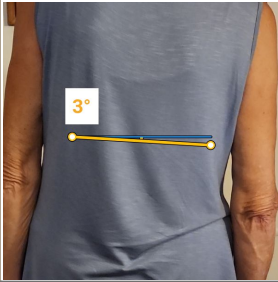
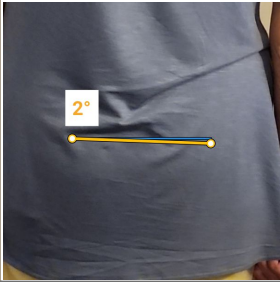
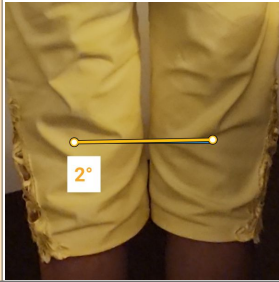
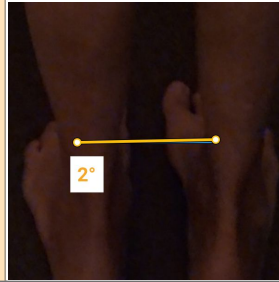


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B. BACK

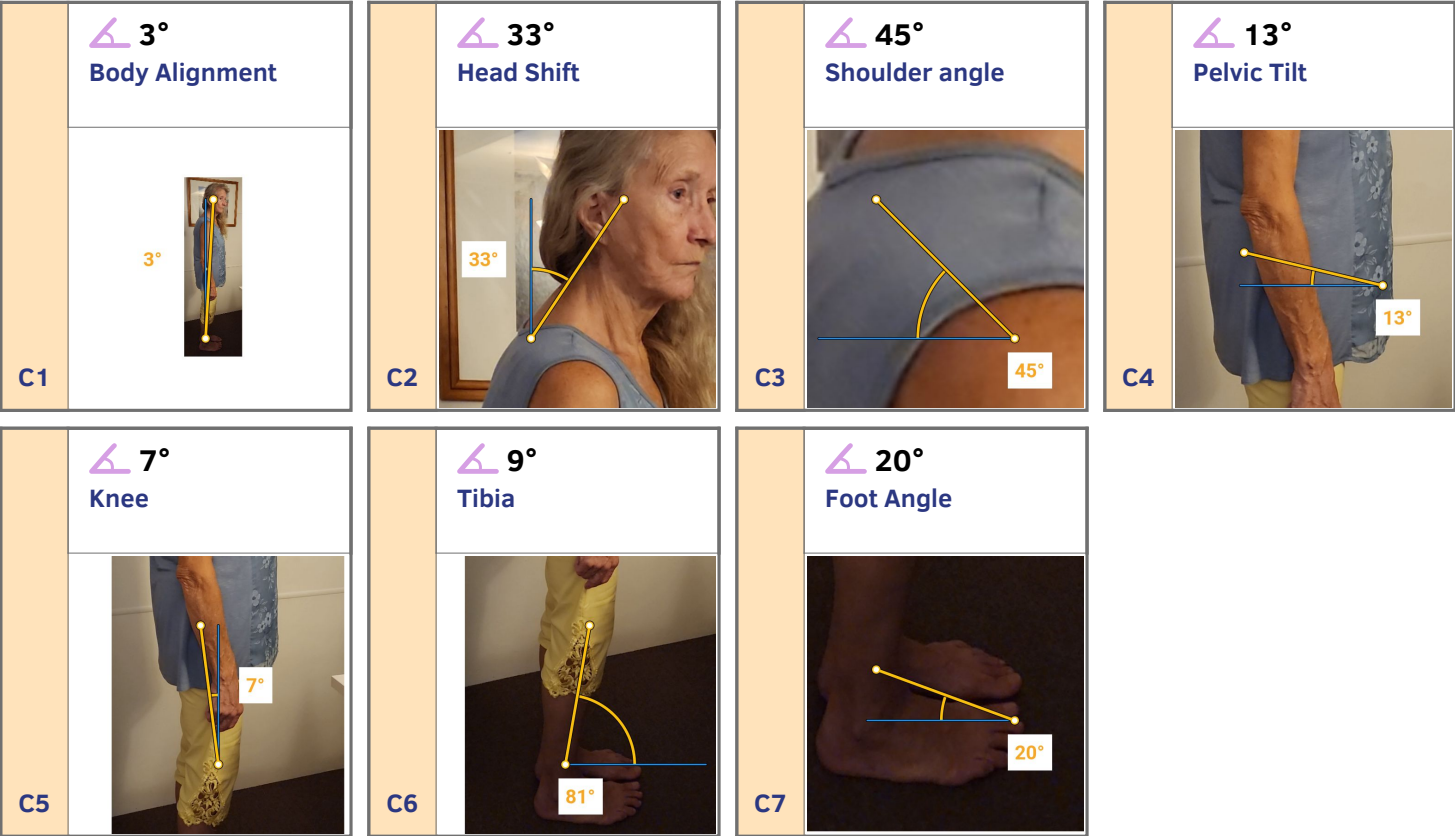
 1° Body Alignment  B1	 7° Head Tilt  B2	 4° Shoulder Alignment  B3	 4° Axillae Alignment  B4
 3° Most intended point of the trunk  B5	 2° Pelvic Tilt  B6	 1° Knees  B7	 1° Feet  B8

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C. RIGHT SIDE

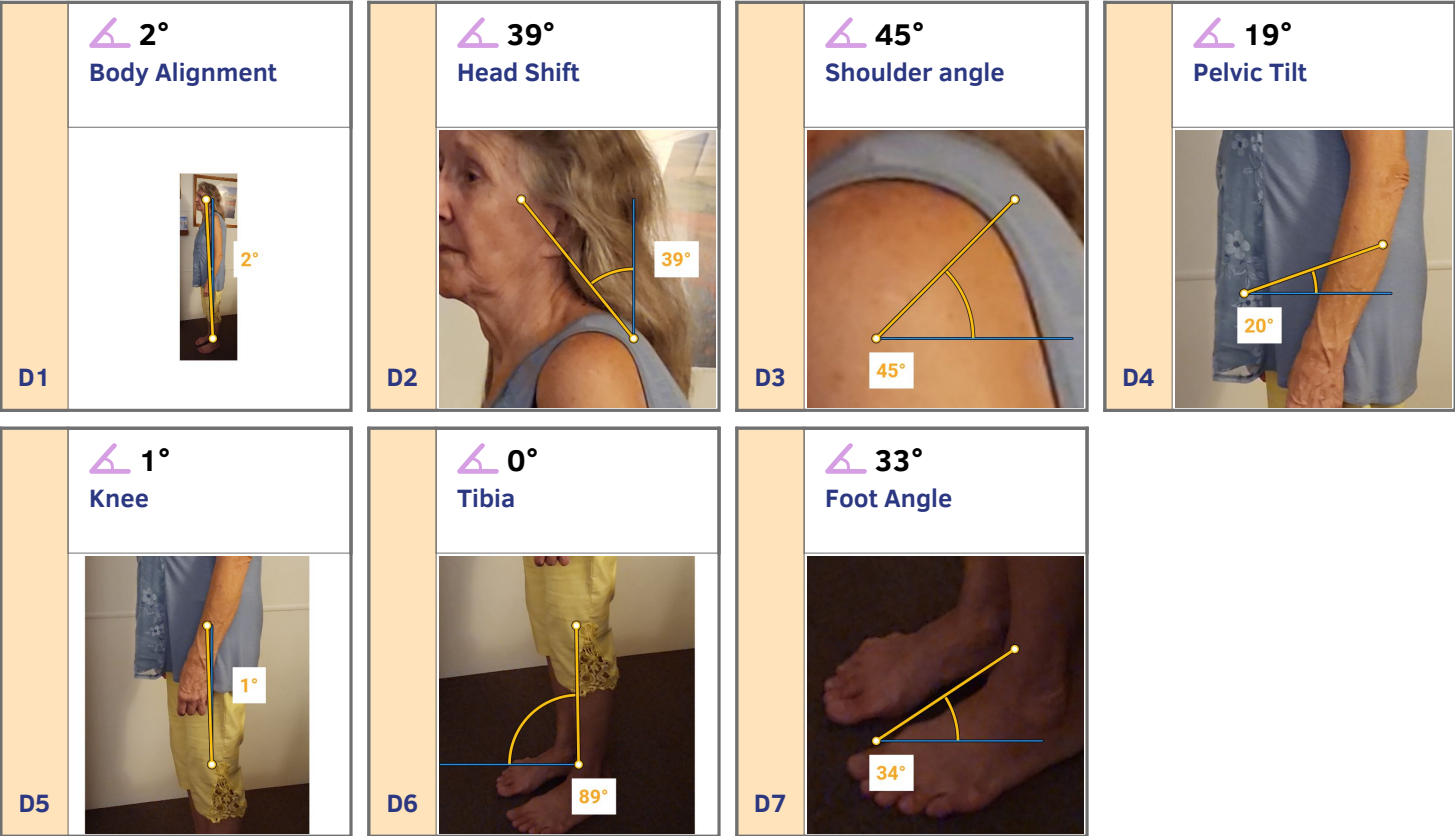


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D. LEFT SIDE



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PATIENT DETAILS

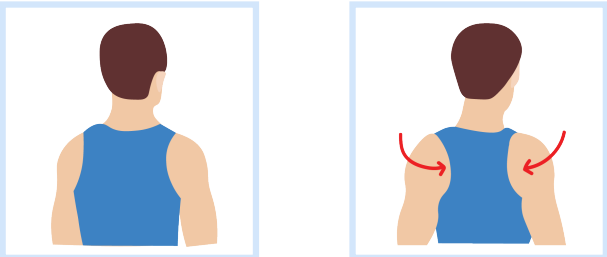
Sex: Birthdate: Name: Height: Weight: BMI:
M / F

Selected exercises

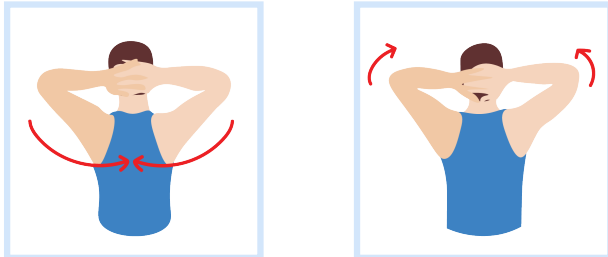
Refer to APECS exercise module for detailed information on each exercise. You can use APECS to see information about sets, reps, and general coach tips, and track progress.

Comment:

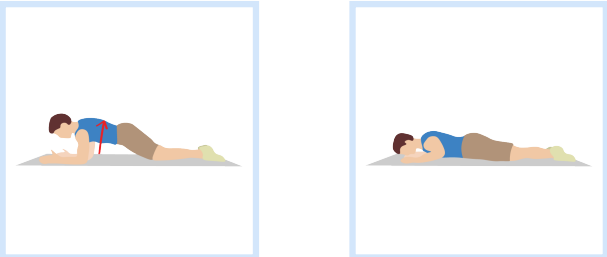
1 Shoulder Blade Squeeze



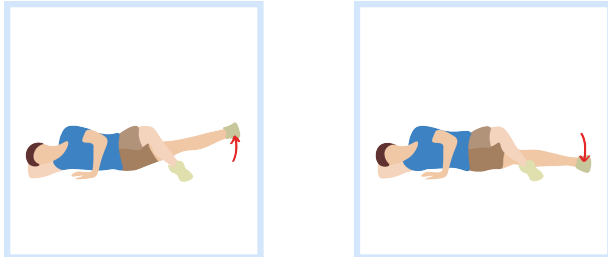
2 Hands behind Head



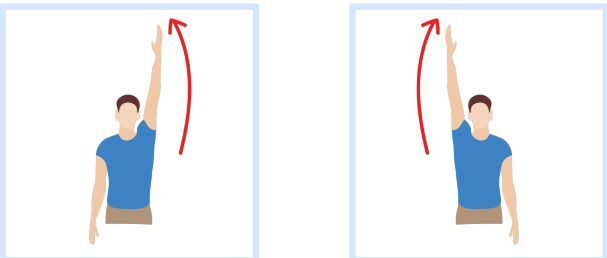
3 Plank Level 1



4 Hip Adduction



5 Alternating Over Head Reach



Find more analyses, tips, exercises, and research articles on APECS here.

