

POSTURE REPORT - Full Posture

Date: **13/02/2024** Generated by: **Anne Hilarius-Ford t/a Energy Reflexology**

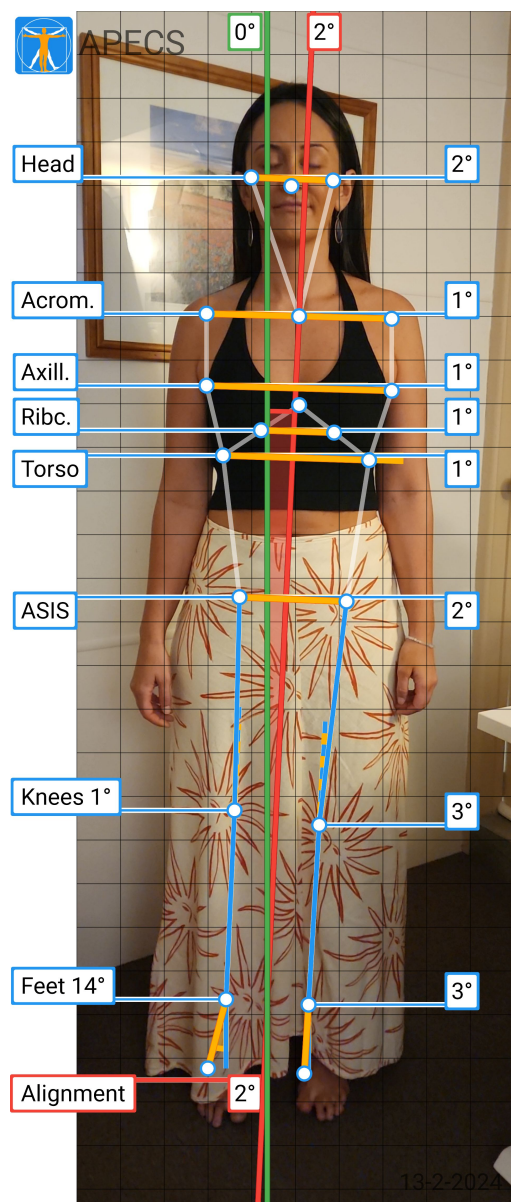
PATIENT DETAILS

Sex: **M / (F)** Birthdate: **11/03/1991** Name: **Laura Mitchell** Height: **173 cm** Weight: **74 kg** BMI: **24.7**

Complete posture overview

As a result of a photogrammetric analysis of the submitted photo and positioned markers, the changes indicate with high probability the presence of early stages of dextroscoliosis thoracic and lumbar levoscoliosis. also a decompensatory to the left. spinal curve is formed to the left; Forward Head and Rounded Shoulder Posture (FHRSP) is present. Bow-leg and severe In-toeing (pigeon toe) 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	2°
A3	Shoulder Alignment	1°
A4	Axillae Alignment	1°
A5	Ribcage Tilt	1°
A6	Most intended point of the trunk	1°
A7	Pelvic Tilt	2°
A8	Right Knee Angle	1°
A9	Left Knee Angle	3°
A10	Right Foot Rotation	14°
A11	Left Foot Rotation	3°

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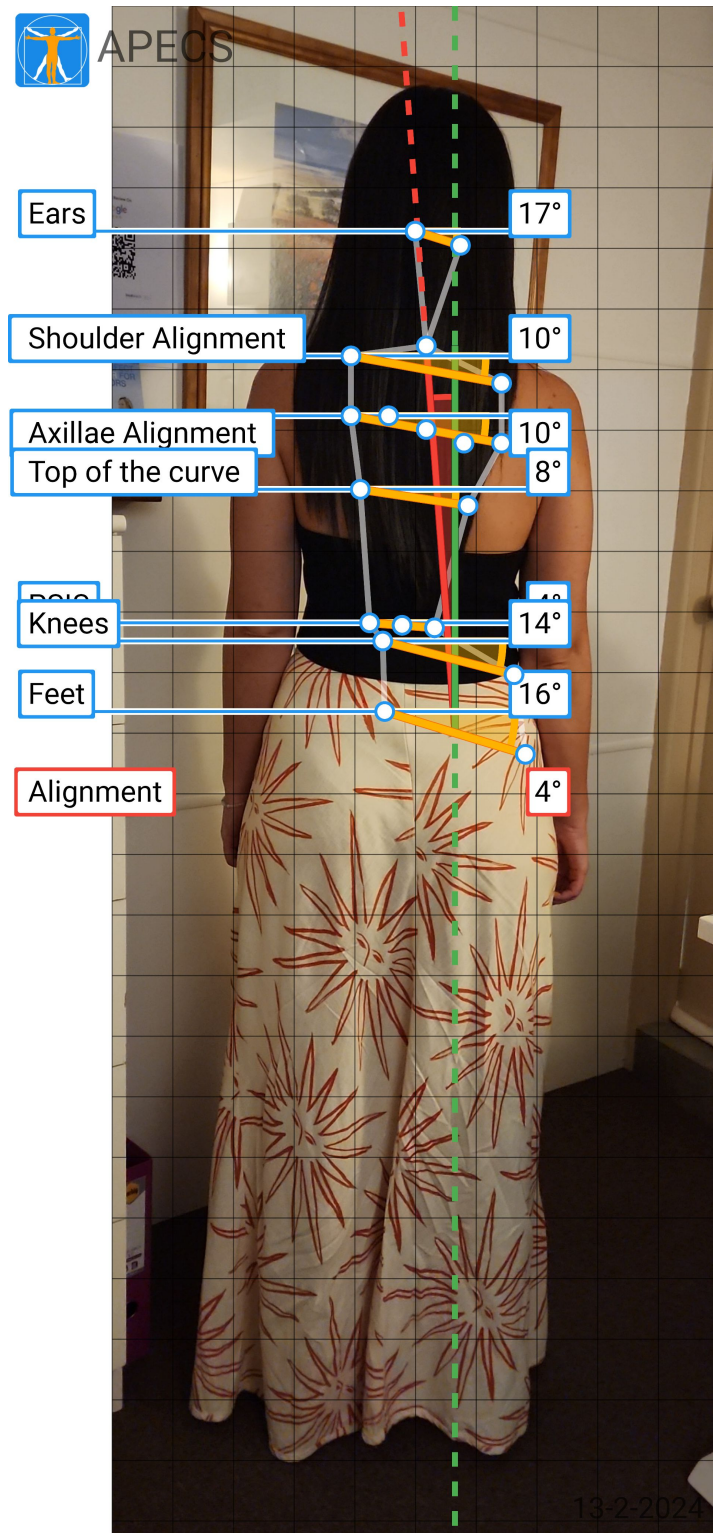
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B. BACK



APECS



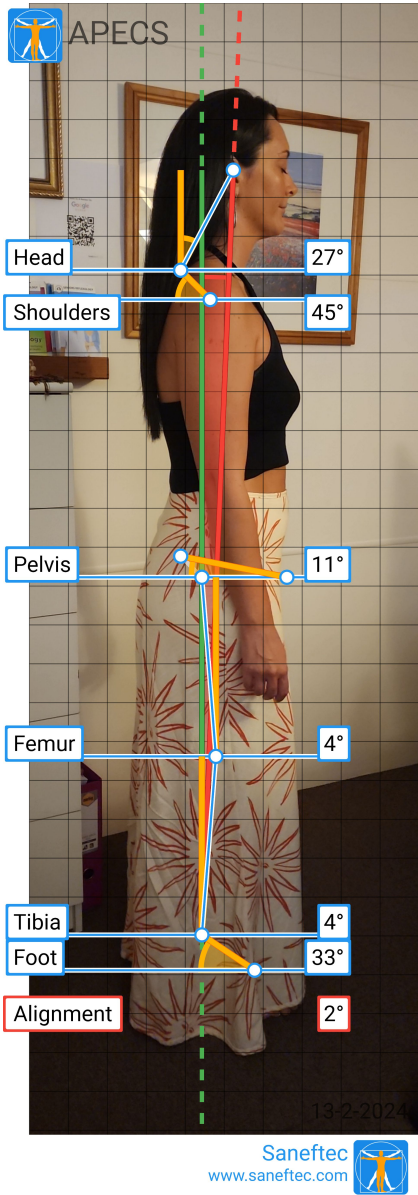
Label	SECTION	VALUE
B1	Body Alignment	4°
B2	Head Tilt	17°
B3	Shoulder Alignment	10°
B4	Axillae Alignment	10°
B5	Most intended point of the trunk	8°
B6	Pelvic Tilt	4°
B7	Knees	14°
B8	Feet	16°

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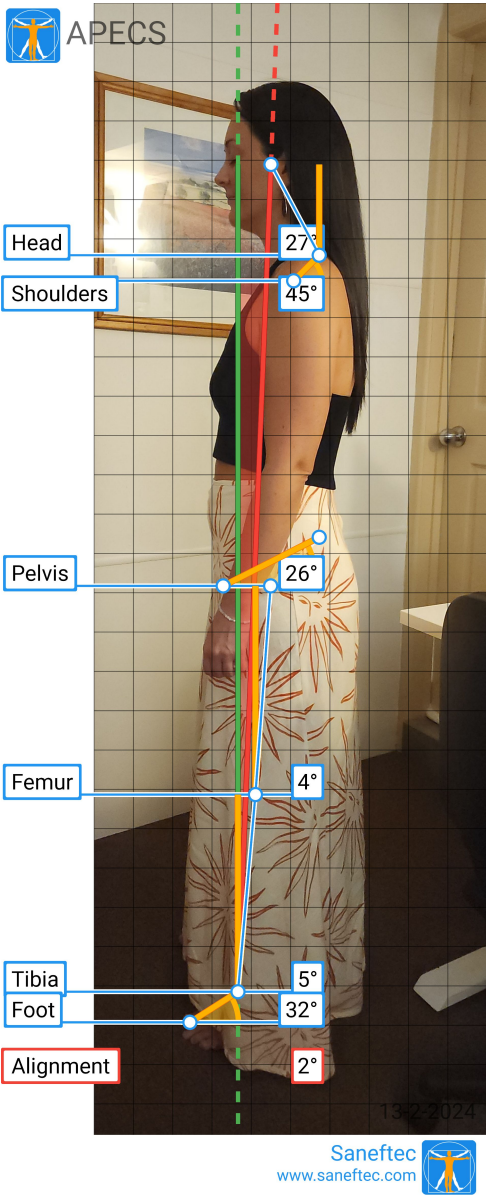
Complete posture overview

C. RIGHT SIDE



Label	SECTION	VALUE
C1	Body Alignment	2°
C2	Head Shift	27°
C3	Shoulder angle	45°
C4	Pelvic Tilt	11°
C5	Knee	4°
C6	Tibia	4°
C7	Foot Angle	33°

D. LEFT SIDE



Label	SECTION	VALUE
D1	Body Alignment	2°
D2	Head Shift	27°
D3	Shoulder angle	45°
D4	Pelvic Tilt	26°
D5	Knee	4°
D6	Tibia	5°
D7	Foot Angle	32°

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E. BEND



Label	SECTION	VALUE
E1	Bend	4°

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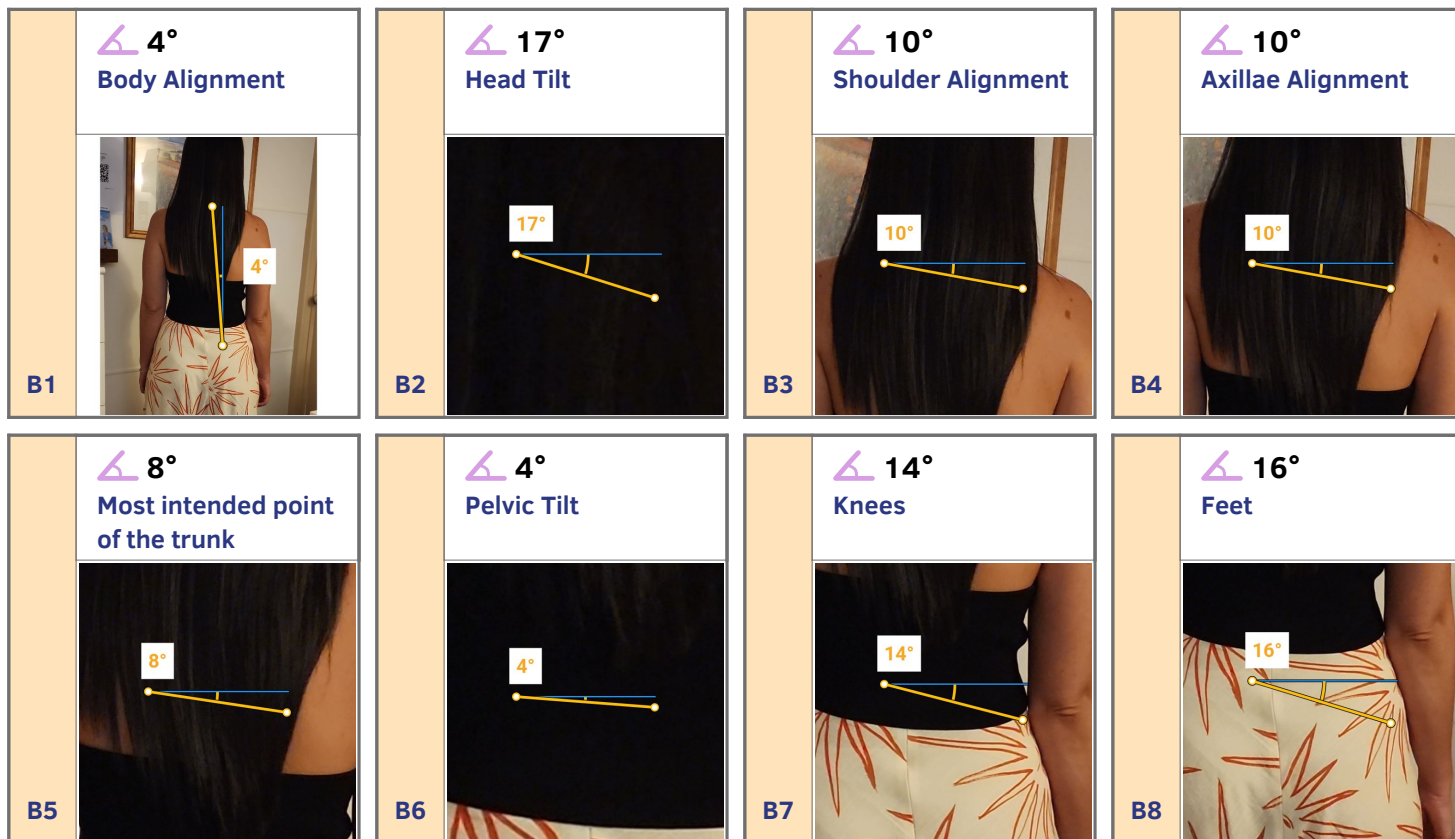


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B. BACK

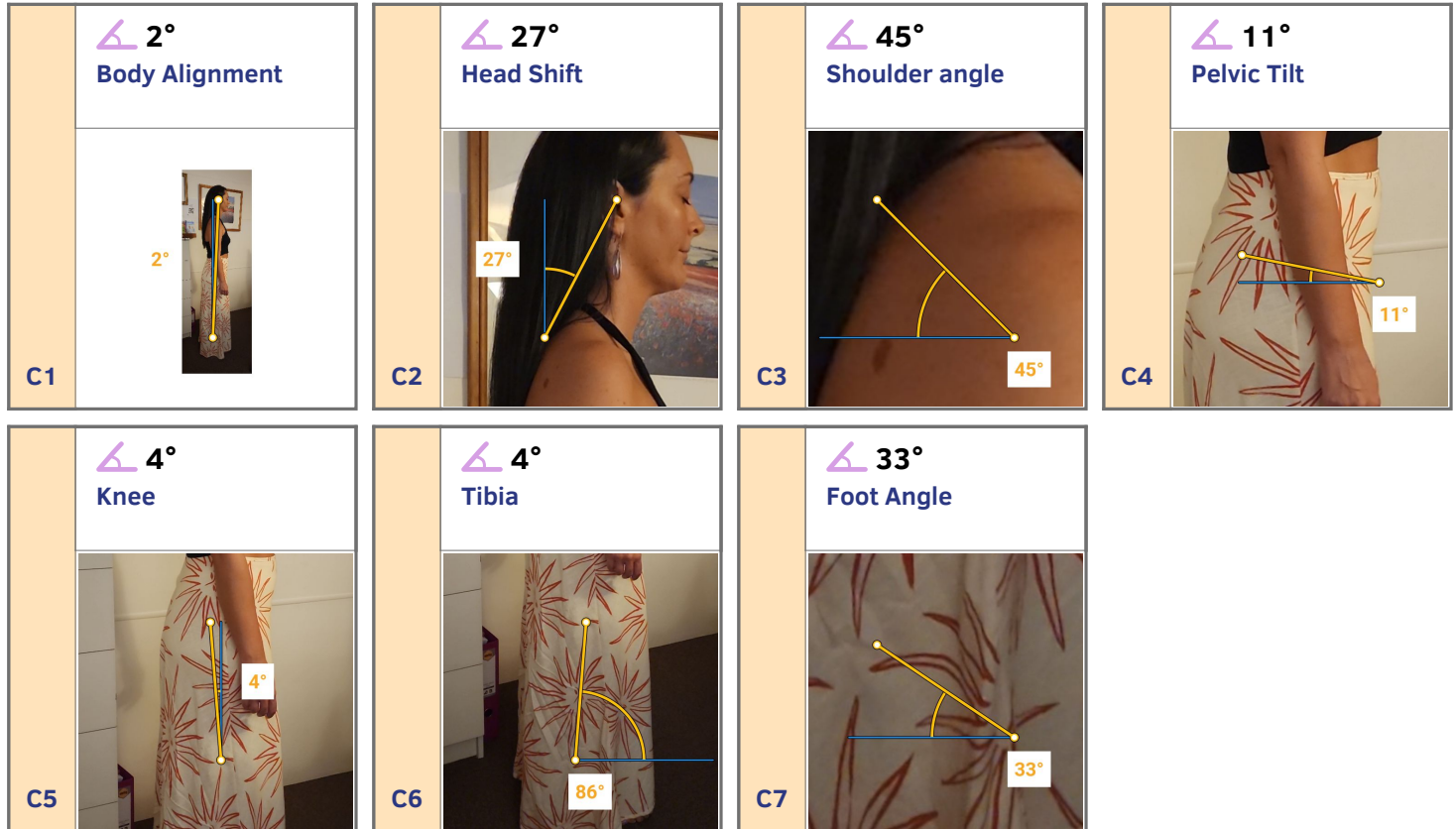


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C. RIGHT SIDE

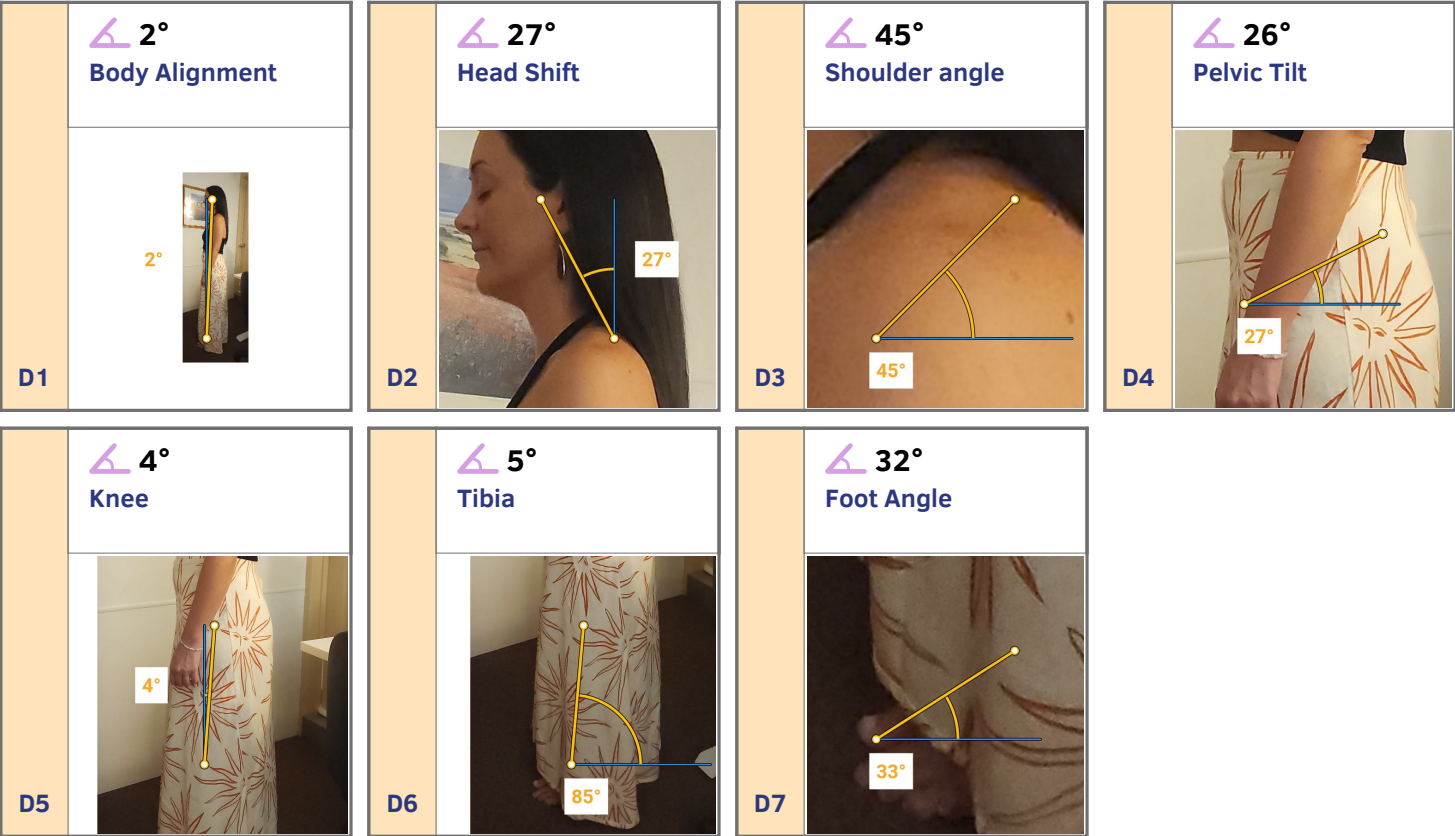


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D. LEFT SIDE

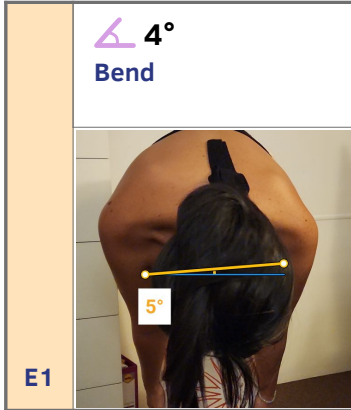


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E. BEND



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PATIENT DETAILS

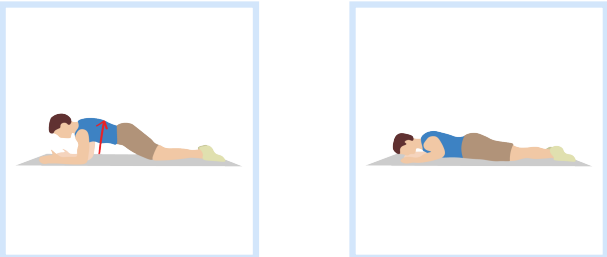
Sex:	Birthdate:	Name:	Height:	Weight:	BMI:
M / F	11/03/1991	Laura Mitchell	173 cm	74 kg	24.7

Selected exercises

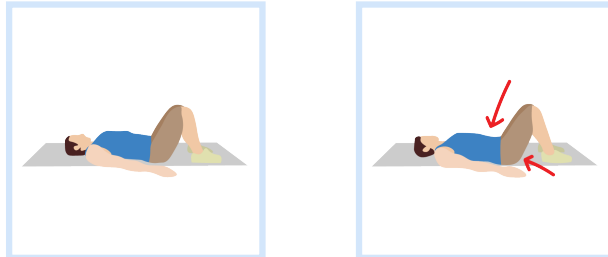
Refer to APECS exercise module for detailed information on each exercise. You can use APECS to see information about sets, reps, and general coach tips, and track progress.

Comment:

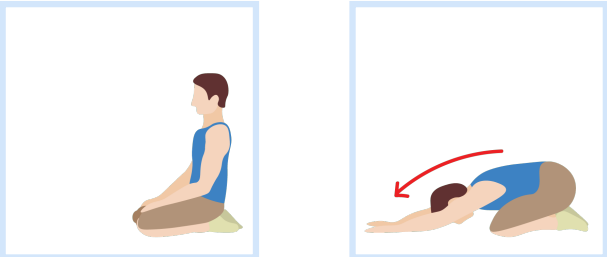
1 Plank Level 1



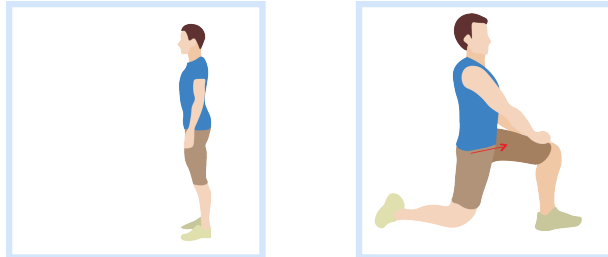
2 Pelvic Tilts



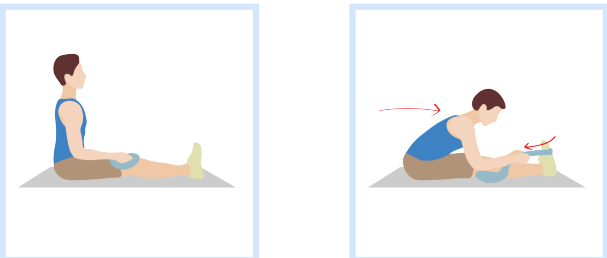
3 Back Stretch



4 Hip Flexor Stretch 1



5 Hamstring Stretch 2



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

