

POSTURE REPORT - Full Posture

Date: **17/02/2024** Generated by: **Anne Hilarius-Ford t/a Energy Reflexology**

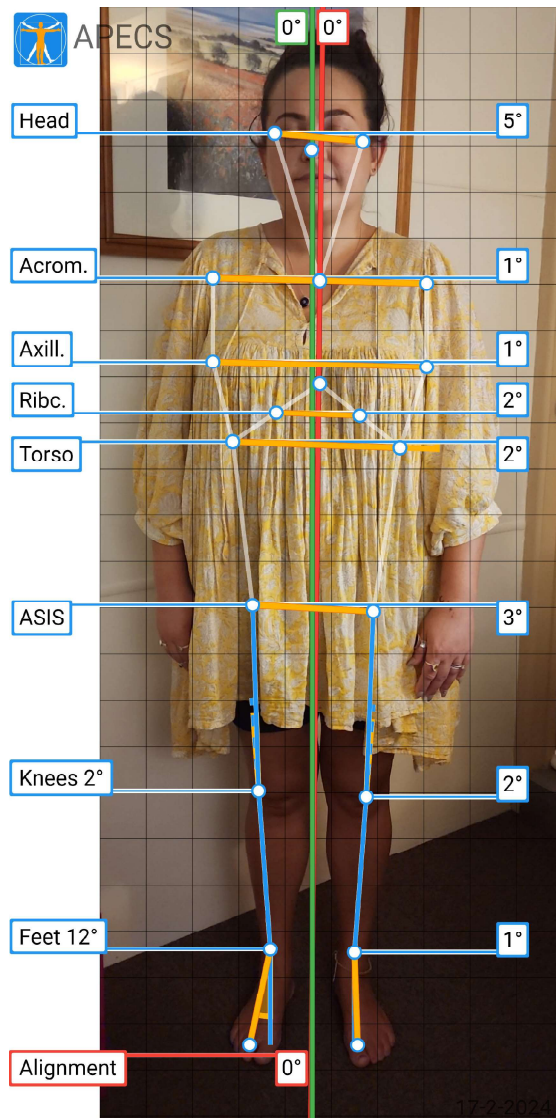
PATIENT DETAILS

Sex: M / **F** **Birthdate:** 21/11/1984 **Name:** Sandra Poole **Height:** 167 cm **Weight:** 79 kg **BMI:** 28.3

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 moderate dextroscoliosis thoracic and lumbar levoscoliosis. also a compensatory spinal curve is formed ; Rounded Shoulder Posture is present. Bow-leg and severe In-toeing (pigeon toe) found. A consultation with a doctor along with additional medical tests are urged to verify the situation. Exercises and bracing 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	0°
A2	Head Tilt	5°
A3	Shoulder Alignment	1°
A4	Axillae Alignment	1°
A5	Ribcage Tilt	2°
A6	Most intended point of the trunk	2°
A7	Pelvic Tilt	3°
A8	Right Knee Angle	2°
A9	Left Knee Angle	2°
A10	Right Foot Rotation	12°
A11	Left Foot Rotation	1°

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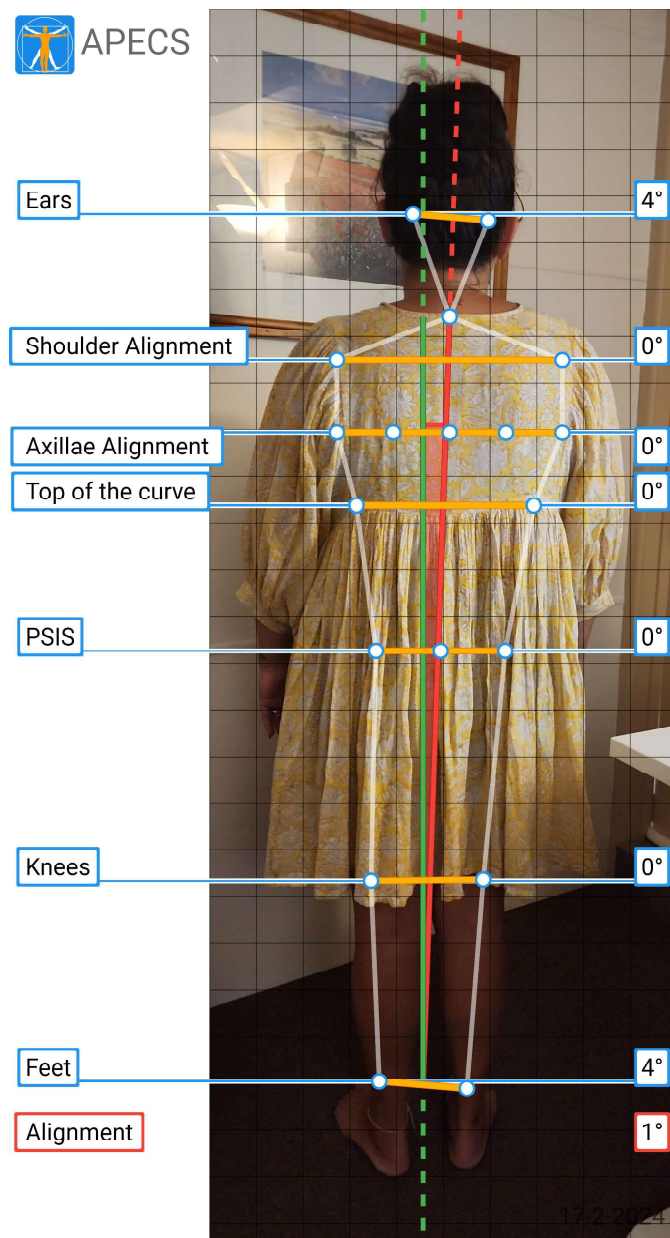
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B. BACK



APECS



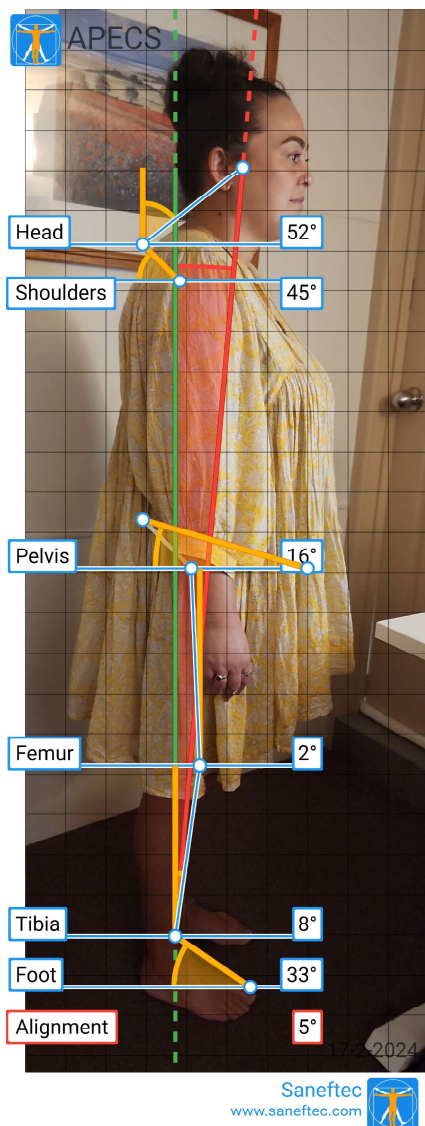
Label	SECTION	VALUE
B1	Body Alignment	1°
B2	Head Tilt	4°
B3	Shoulder Alignment	0°
B4	Axillae Alignment	0°
B5	Most intended point of the trunk	0°
B6	Pelvic Tilt	0°
B7	Knees	0°
B8	Feet	4°

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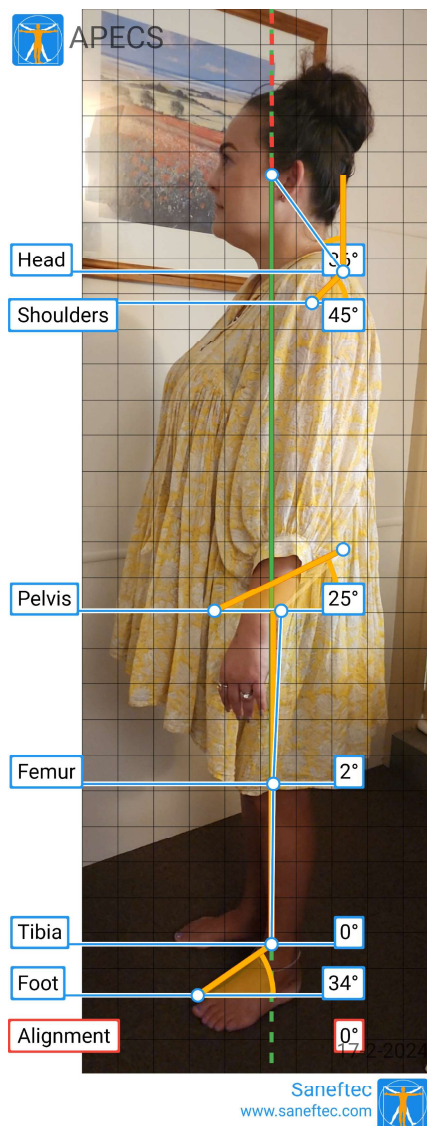
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C. RIGHT SIDE



D. LEFT SIDE



Label	SECTION	VALUE
C1	Body Alignment	5°
C2	Head Shift	52°
C3	Shoulder angle	45°
C4	Pelvic Tilt	16°
C5	Knee	2°
C6	Tibia	8°
C7	Foot Angle	33°

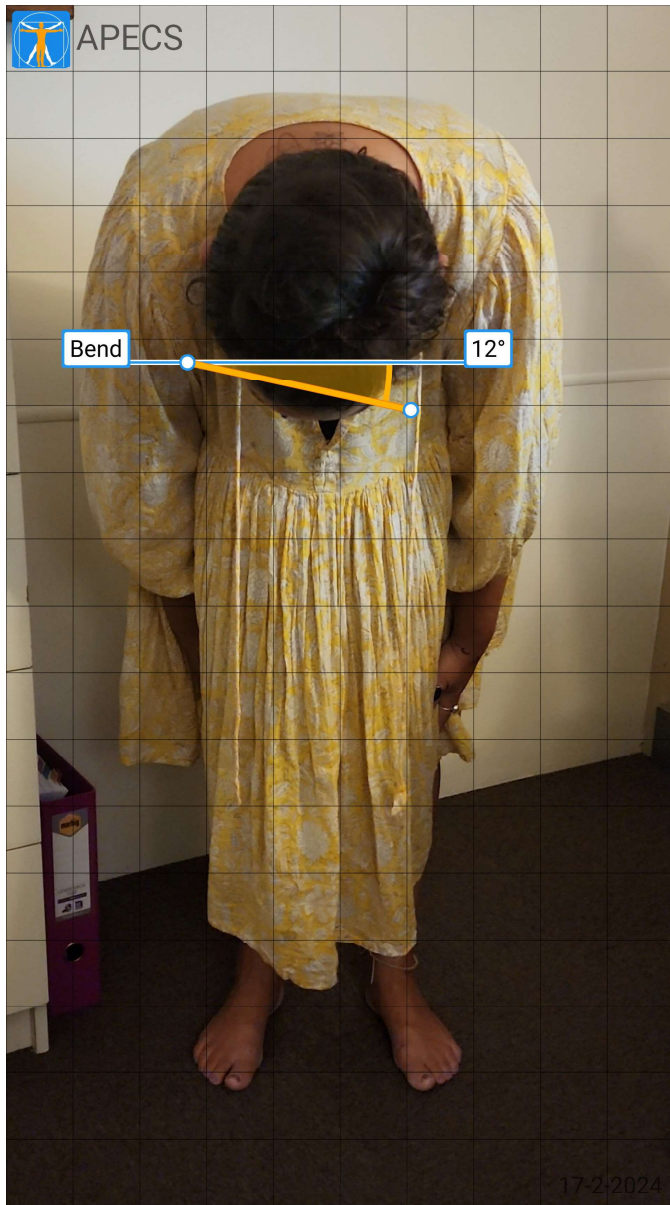
Label	SECTION	VALUE
D1	Body Alignment	0°
D2	Head Shift	36°
D3	Shoulder angle	45°
D4	Pelvic Tilt	25°
D5	Knee	2°
D6	Tibia	0°
D7	Foot Angle	34°

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E. BEND



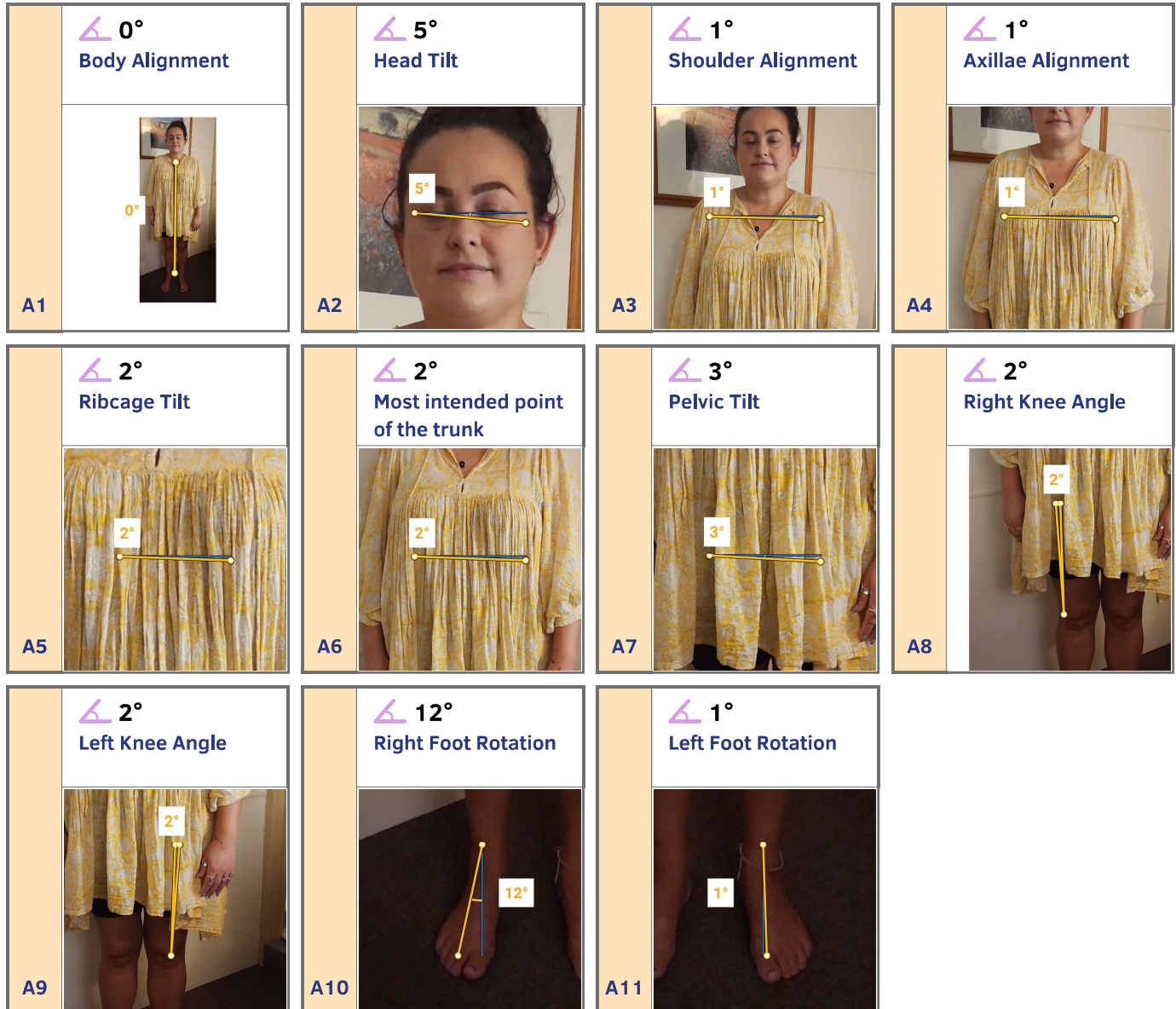
Label	SECTION	VALUE
E1	Bend	12°

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A. FRONT

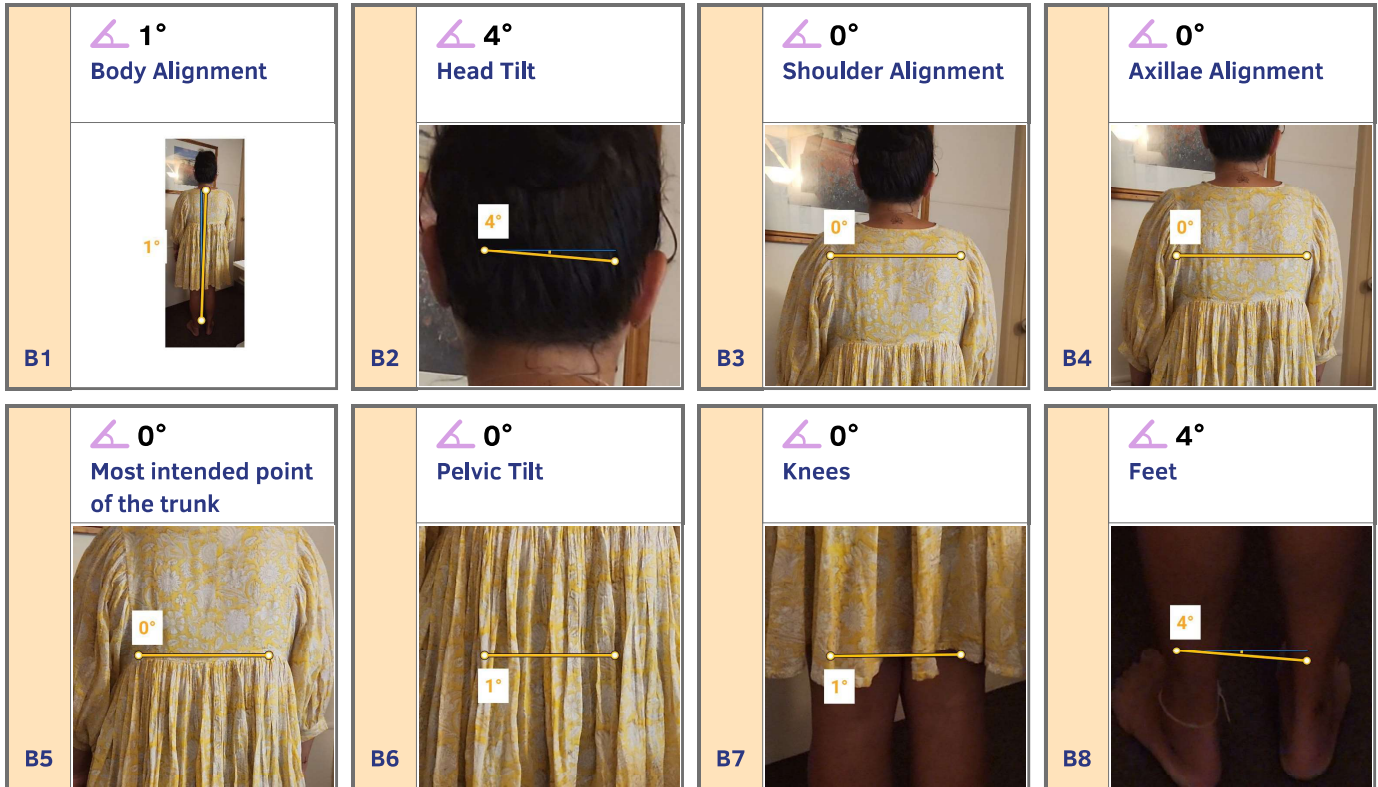


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B. BACK

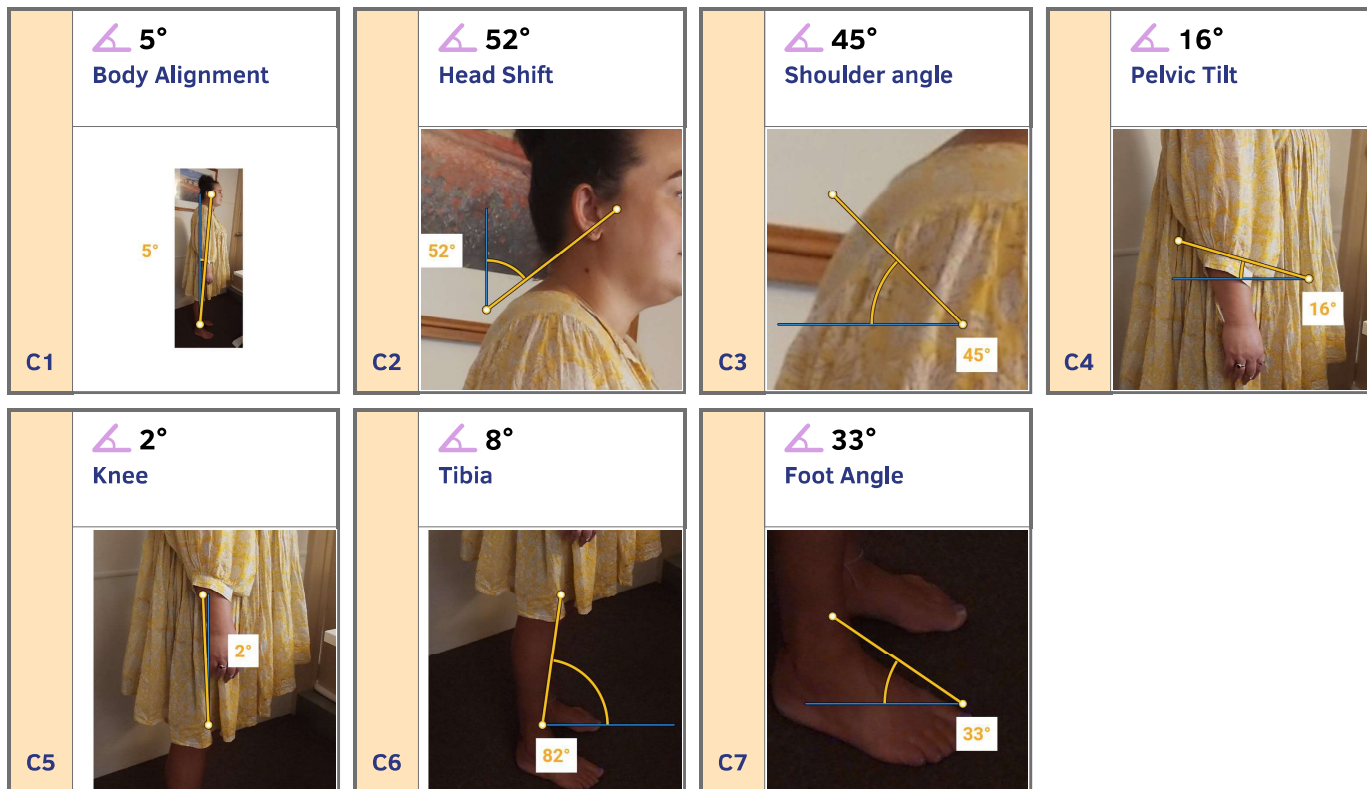


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C. RIGHT SIDE

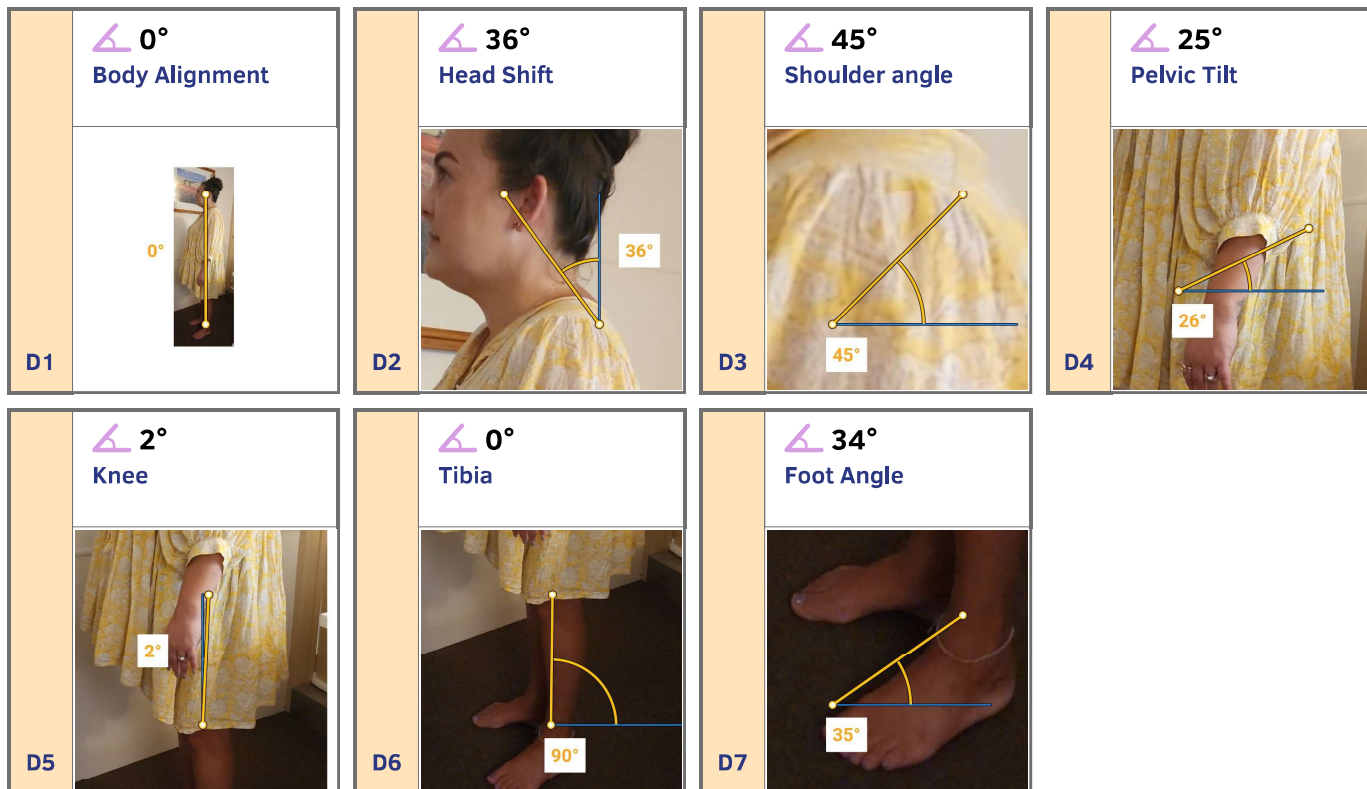


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D. LEFT SIDE

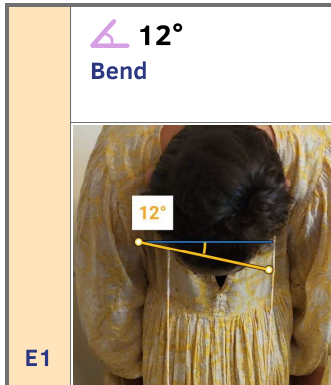


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E. BEND



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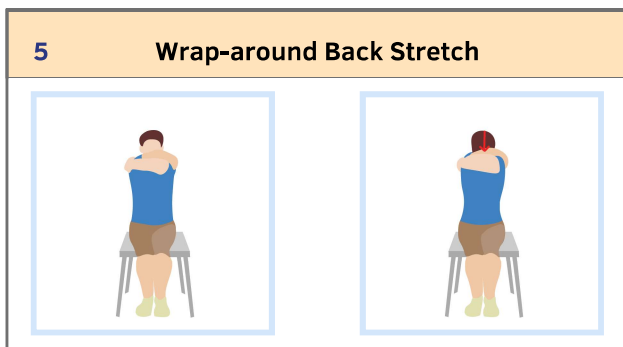
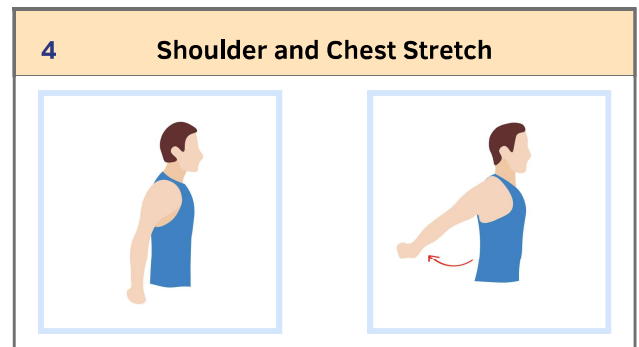
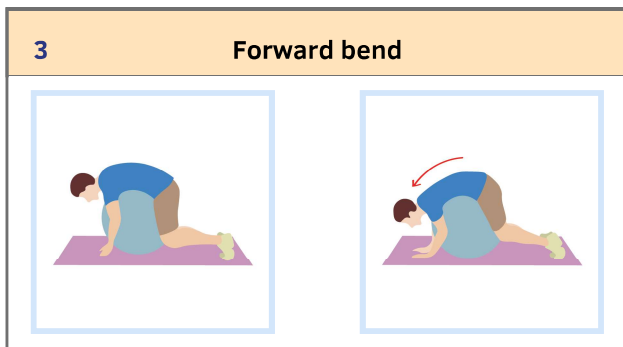
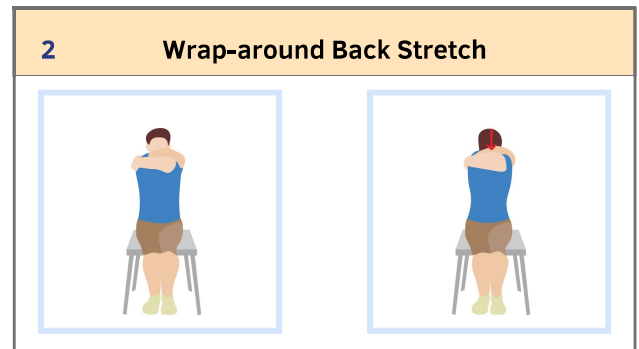
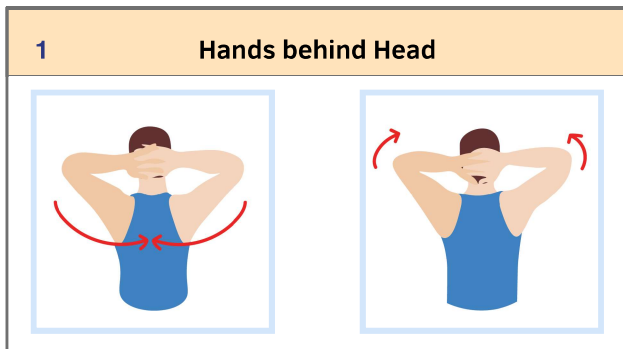
PATIENT DETAILS

Sex:	Birthdate:	Name:	Height:	Weight:	BMI:
M / F	21/11/1984	Sandra Poole	167 cm	79 kg	28.3

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:



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

