

POSTURE REPORT - Full Posture

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

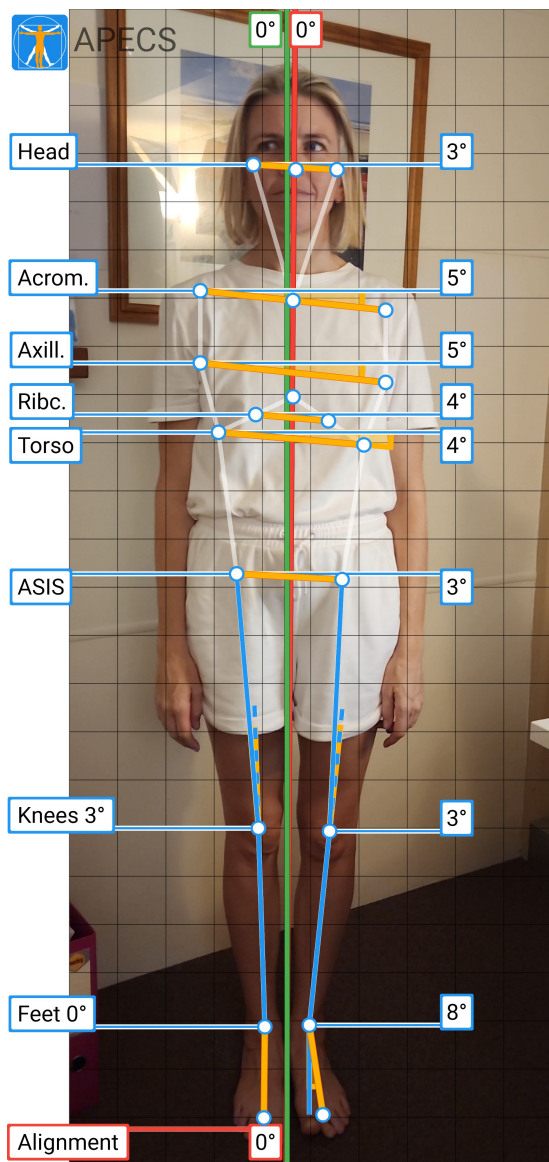
PATIENT DETAILS

Sex: **M / (F)** Birthdate: **14/12/1973** Name: **Zoe Macfarlane** Height: **168 cm** Weight: **52 kg** BMI: **18.4**

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 mild dextroscoliosis thoracic and lumbar levoscoliosis. also a compensatory spinal curve is formed ; Forward Head and Rounded Shoulder Posture (FHRSP) is present. Bow-leg and moderate 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	0°
A2	Head Tilt	3°
A3	Shoulder Alignment	5°
A4	Axillae Alignment	5°
A5	Ribcage Tilt	4°
A6	Most intended point of the trunk	4°
A7	Pelvic Tilt	3°
A8	Right Knee Angle	3°
A9	Left Knee Angle	3°
A10	Right Foot Rotation	0°
A11	Left Foot Rotation	8°

17-2-2024

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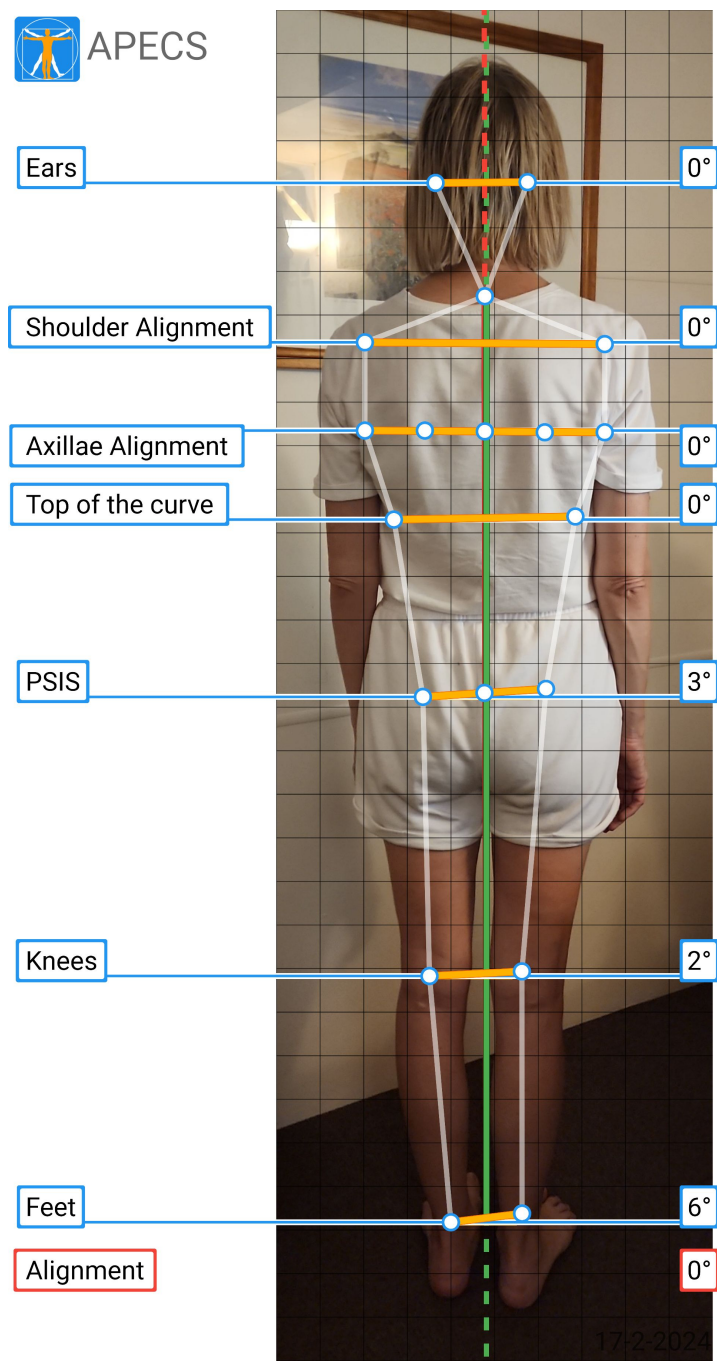
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B. BACK



APECS



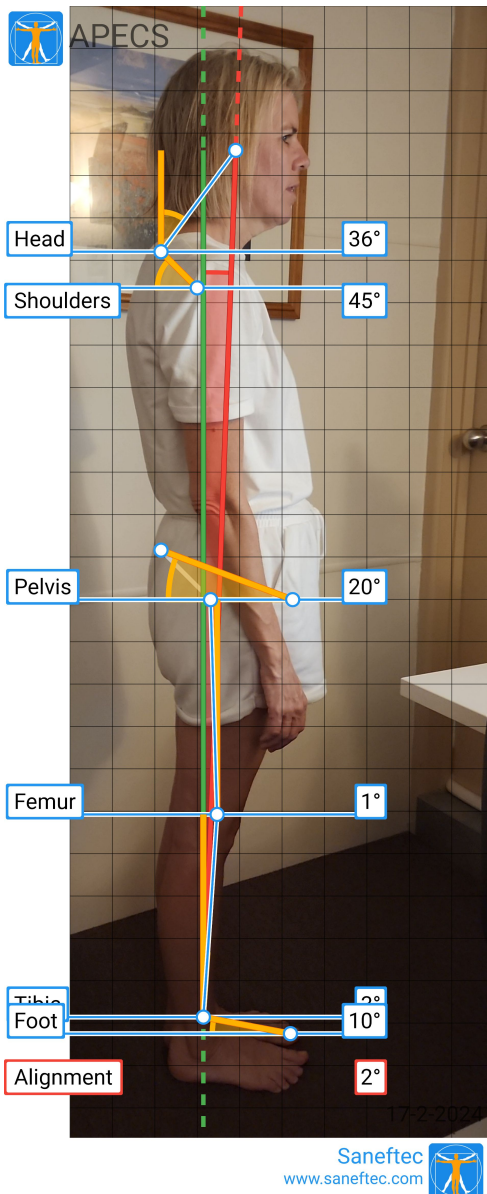
Label	SECTION	VALUE
B1	Body Alignment	0°
B2	Head Tilt	0°
B3	Shoulder Alignment	0°
B4	Axillae Alignment	0°
B5	Most intended point of the trunk	0°
B6	Pelvic Tilt	3°
B7	Knees	2°
B8	Feet	6°

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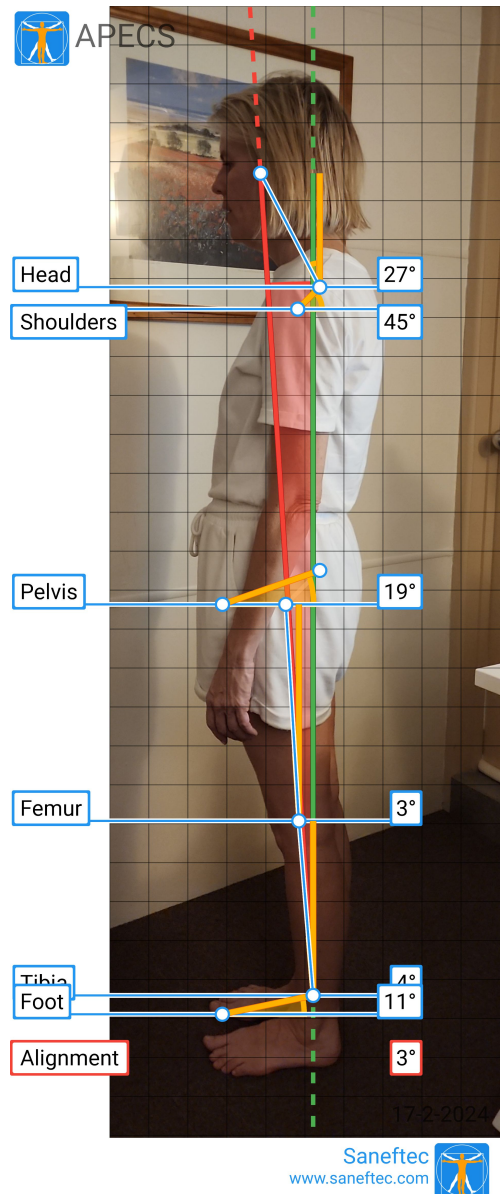
Complete posture overview

C. RIGHT SIDE



Label	SECTION	VALUE
C1	Body Alignment	2°
C2	Head Shift	36°
C3	Shoulder angle	45°
C4	Pelvic Tilt	20°
C5	Knee	1°
C6	Tibia	3°
C7	Foot Angle	10°

D. LEFT SIDE



Label	SECTION	VALUE
D1	Body Alignment	3°
D2	Head Shift	27°
D3	Shoulder angle	45°
D4	Pelvic Tilt	19°
D5	Knee	3°
D6	Tibia	4°
D7	Foot Angle	11°

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E. BEND



Label	SECTION	VALUE
E1	Bend	10°

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A. FRONT

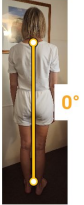
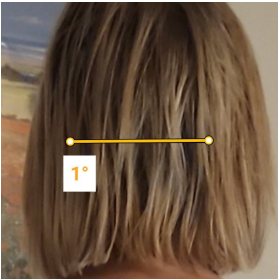
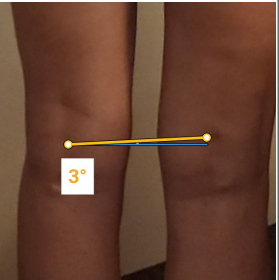
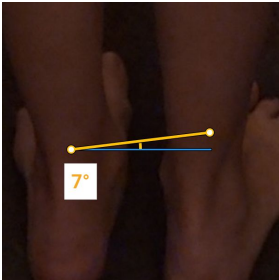


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B. BACK

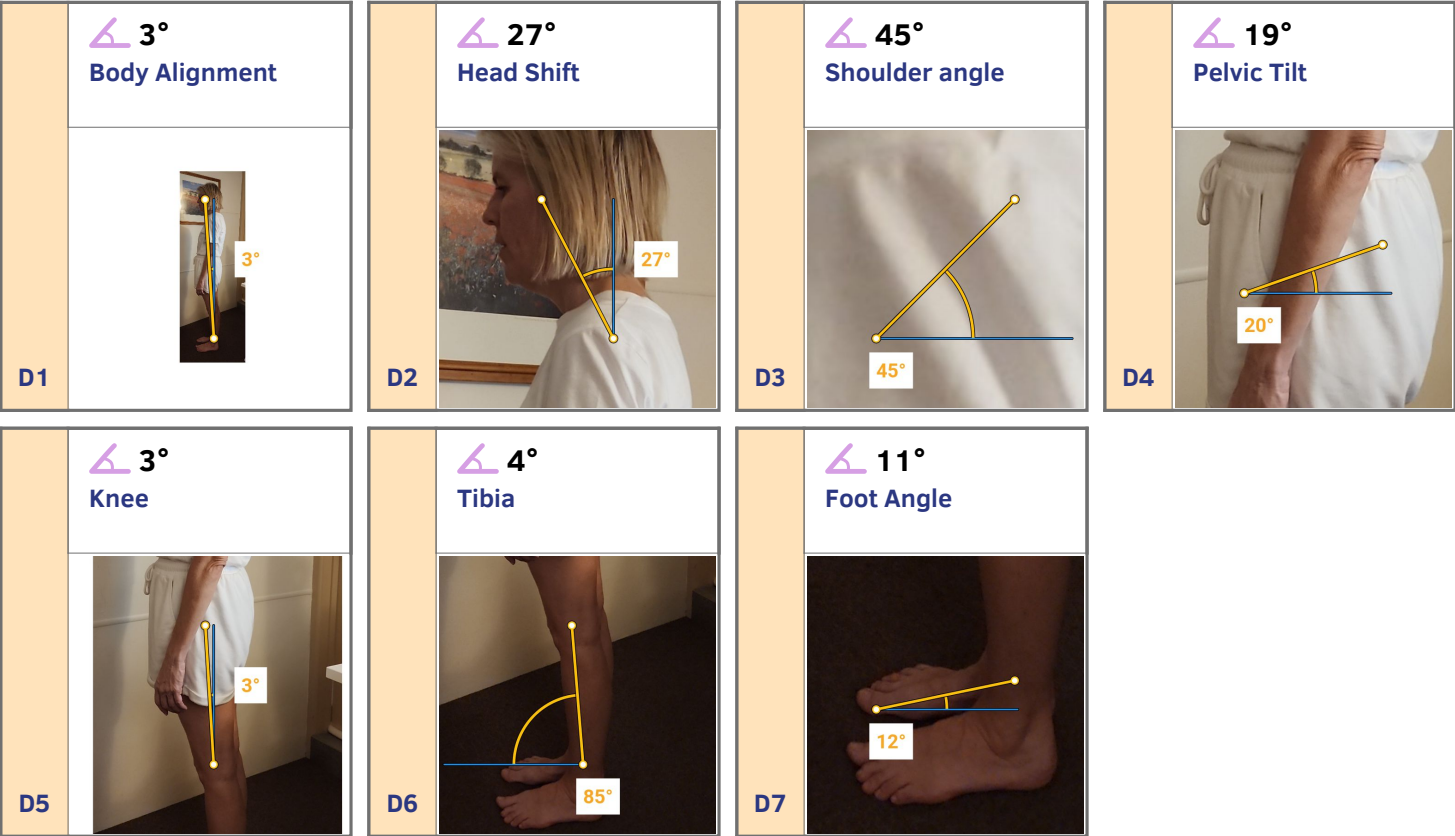
 0° Body Alignment  B1	 0° Head Tilt  B2	 0° Shoulder Alignment  B3	 0° Axillae Alignment  B4
 0° Most intended point of the trunk  B5	 3° Pelvic Tilt  B6	 2° Knees  B7	 6° Feet  B8

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D. LEFT SIDE

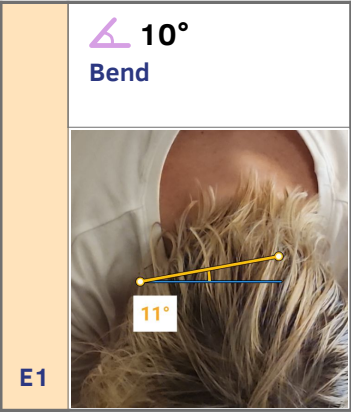


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E. BEND



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PATIENT DETAILS

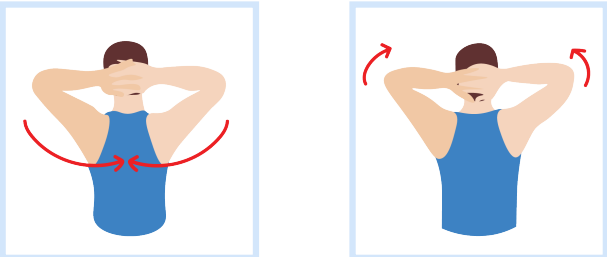
Sex:	Birthdate:	Name:	Height:	Weight:	BMI:
M / F	14/12/1973	Zoe Macfarlane	168 cm	52 kg	18.4

Selected exercises

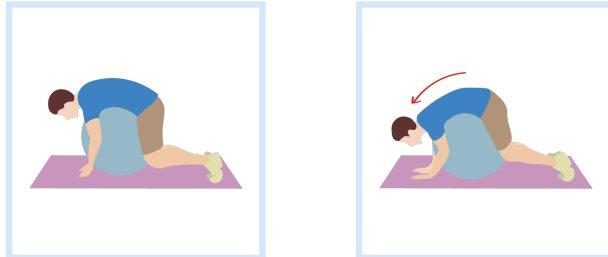
Refer to APECS exercise module for detailed information on each exercise. You can use APECS to see information about sets, reps, and general coach tips, and track progress.

Comment:

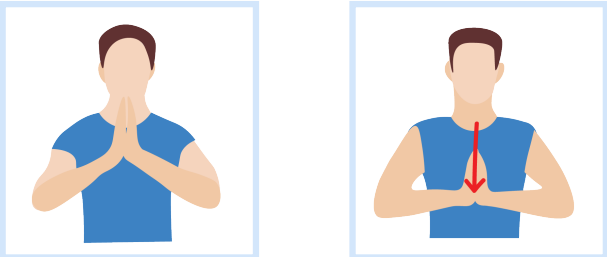
1 Hands behind Head



2 Forward bend



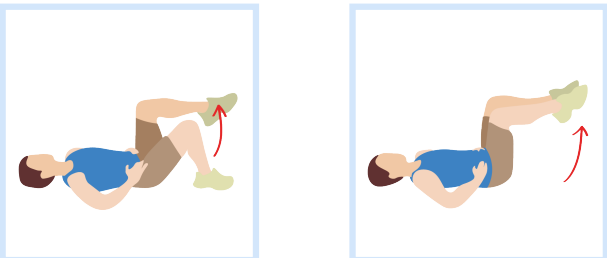
3 Wrist Stretch



4 Calf Stretch



5 Lower Abdominal Strengthening



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

