

POSTURE REPORT - Full Posture

Date: **16/05/2024** Generated by: **Anne Hilarius-Ford t/a Energy Reflexology**

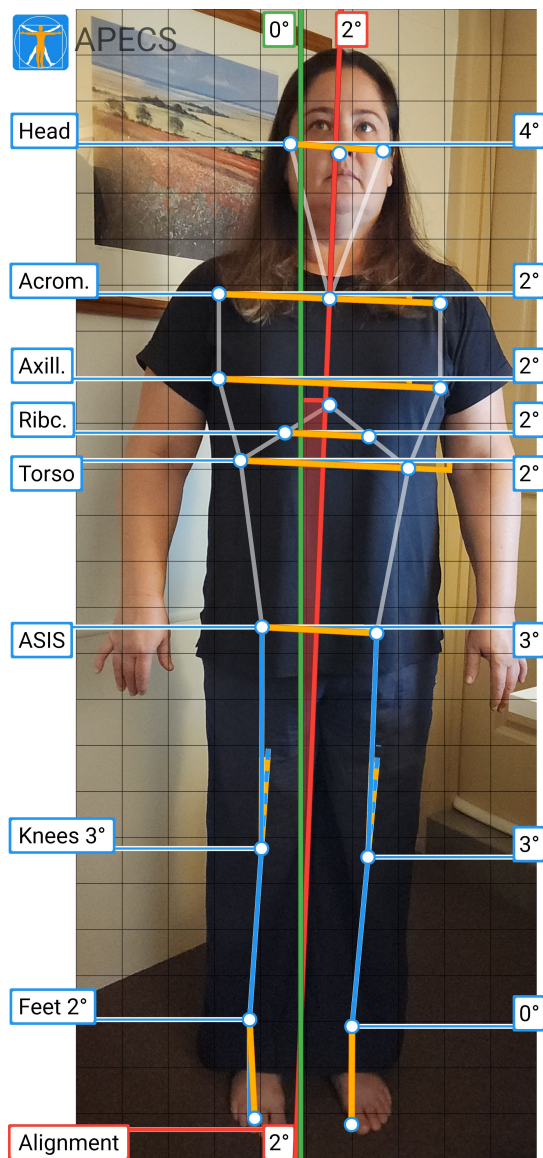
PATIENT DETAILS

Sex: **M / (F)** Birthdate: **29/08/1975** Name: **Alison Harrison** Height: **165 cm** Weight: **86 kg** BMI: **31.6**

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 compensatory spinal curve is formed ; Forward Head and Rounded Shoulder Posture (FHRSP) is present. Bow-leg and no 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	2°
A4	Axillae Alignment	2°
A5	Ribcage Tilt	2°
A6	Most intended point of the trunk	2°
A7	Pelvic Tilt	3°
A8	Right Knee Angle	3°
A9	Left Knee Angle	3°
A10	Right Foot Rotation	2°
A11	Left Foot Rotation	0°

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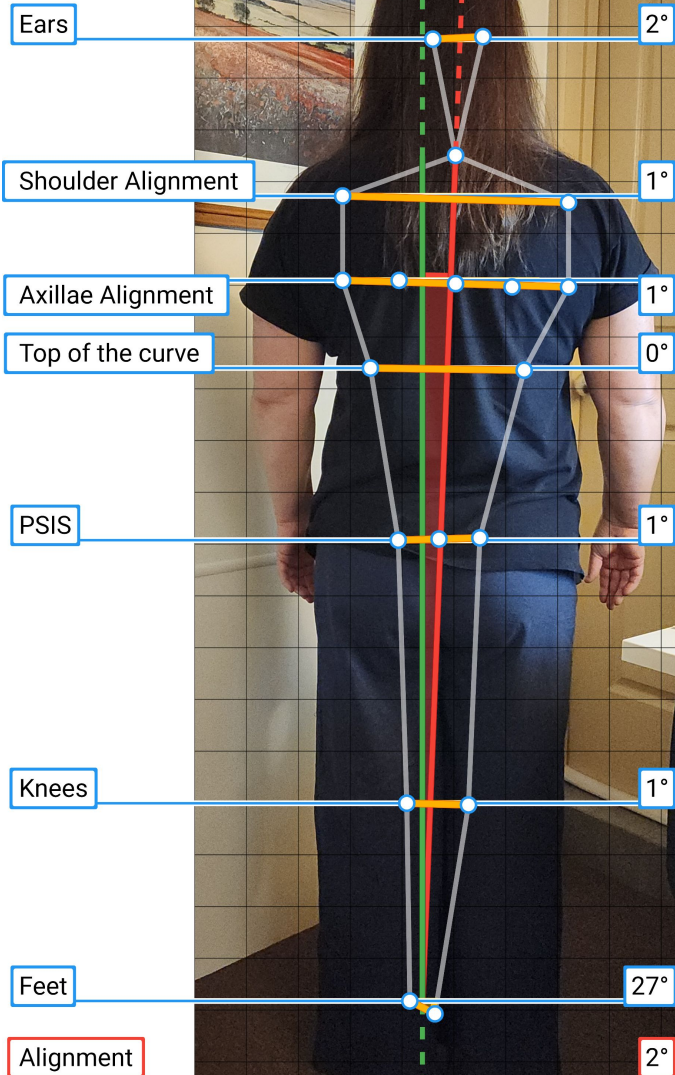
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B. BACK



APECS



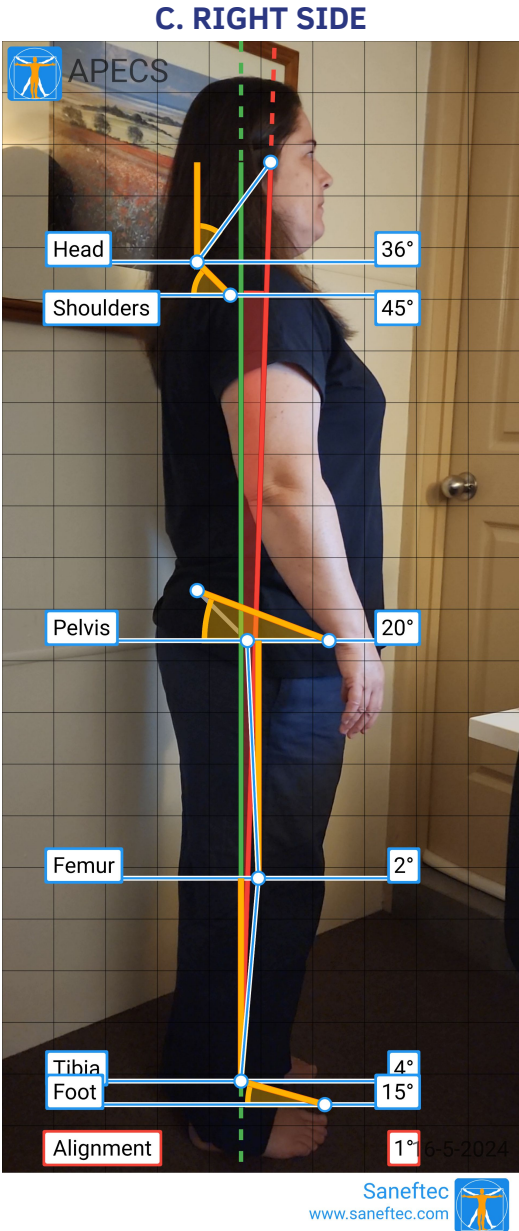
Label	SECTION	VALUE
B1	Body Alignment	2°
B2	Head Tilt	2°
B3	Shoulder Alignment	1°
B4	Axillae Alignment	1°
B5	Most intended point of the trunk	0°
B6	Pelvic Tilt	1°
B7	Knees	1°
B8	Feet	27°



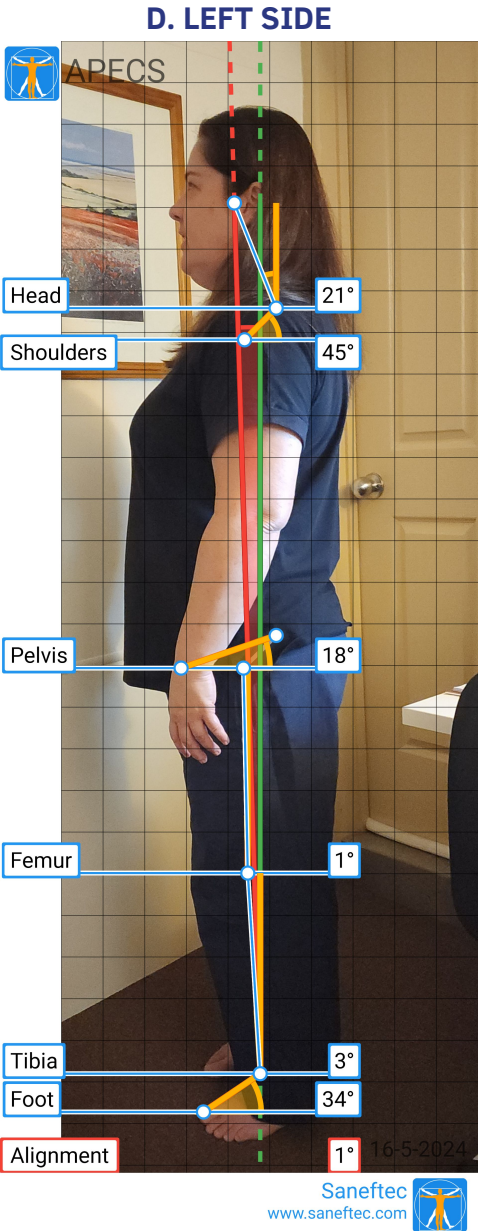
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Label	SECTION	VALUE
C1	Body Alignment	1°
C2	Head Shift	36°
C3	Shoulder angle	45°
C4	Pelvic Tilt	20°
C5	Knee	2°
C6	Tibia	4°
C7	Foot Angle	15°



Label	SECTION	VALUE
D1	Body Alignment	1°
D2	Head Shift	21°
D3	Shoulder angle	45°
D4	Pelvic Tilt	18°
D5	Knee	1°
D6	Tibia	3°
D7	Foot Angle	34°

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E. BEND



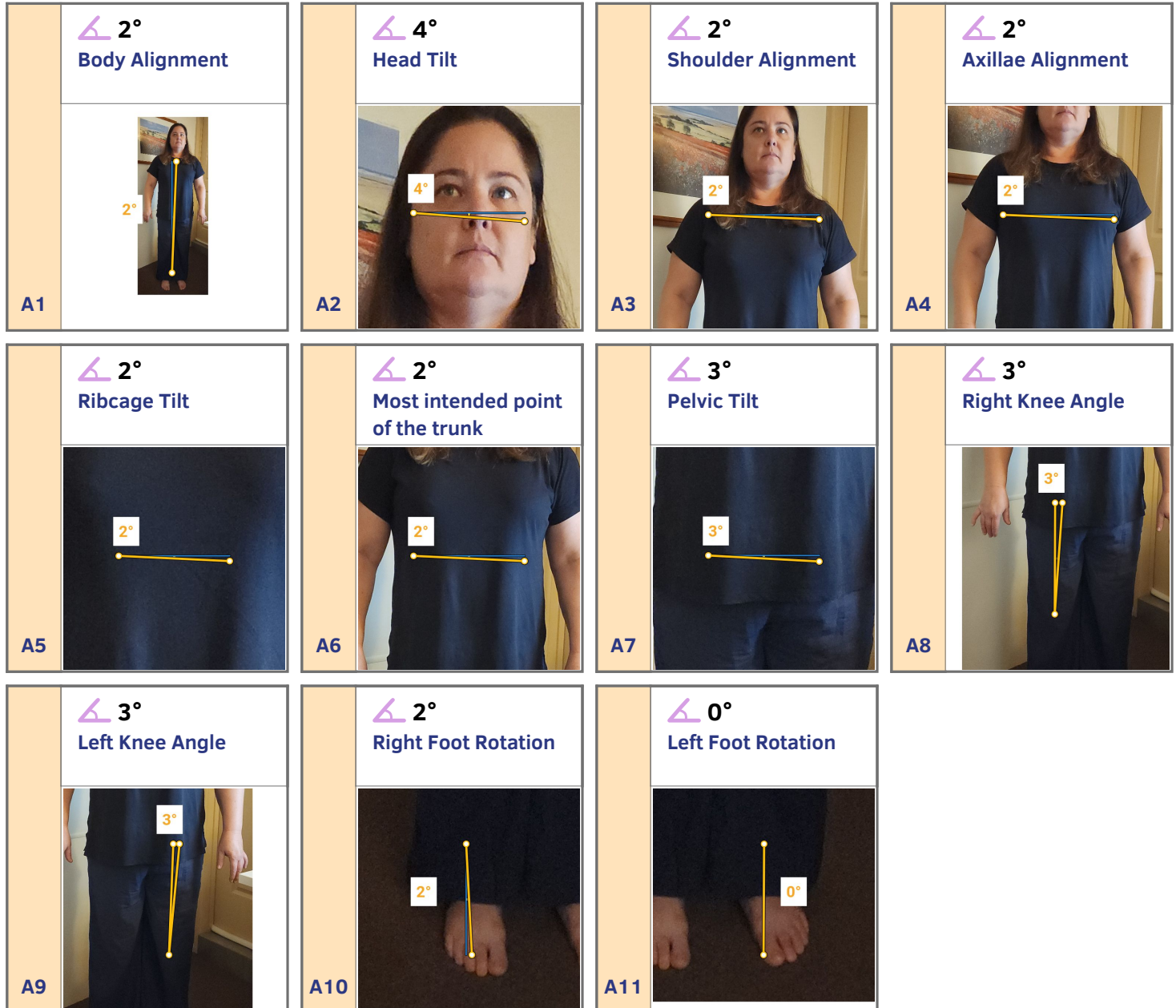
Label	SECTION	VALUE
E1	Bend	4°

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A. FRONT

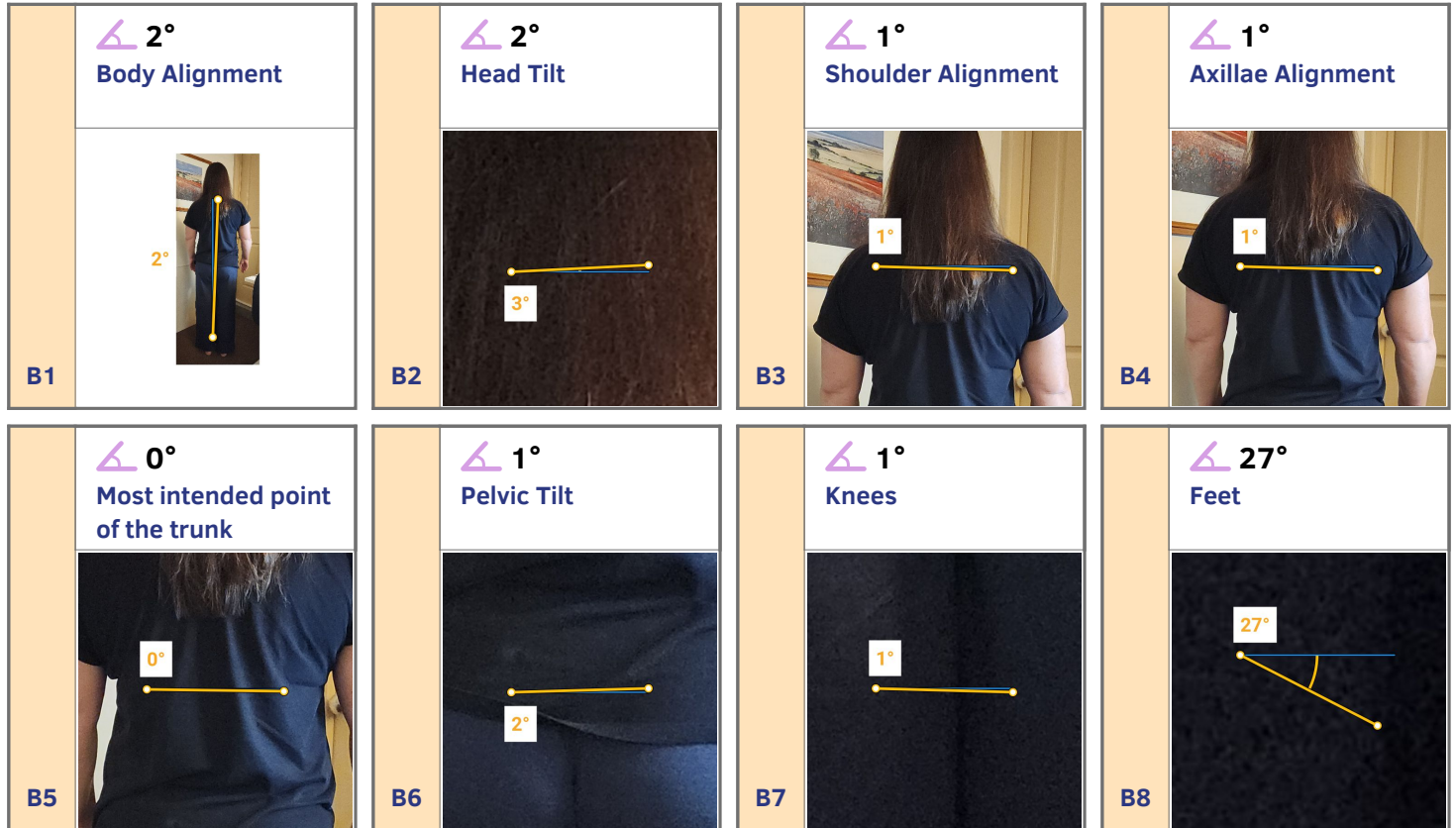


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B. BACK

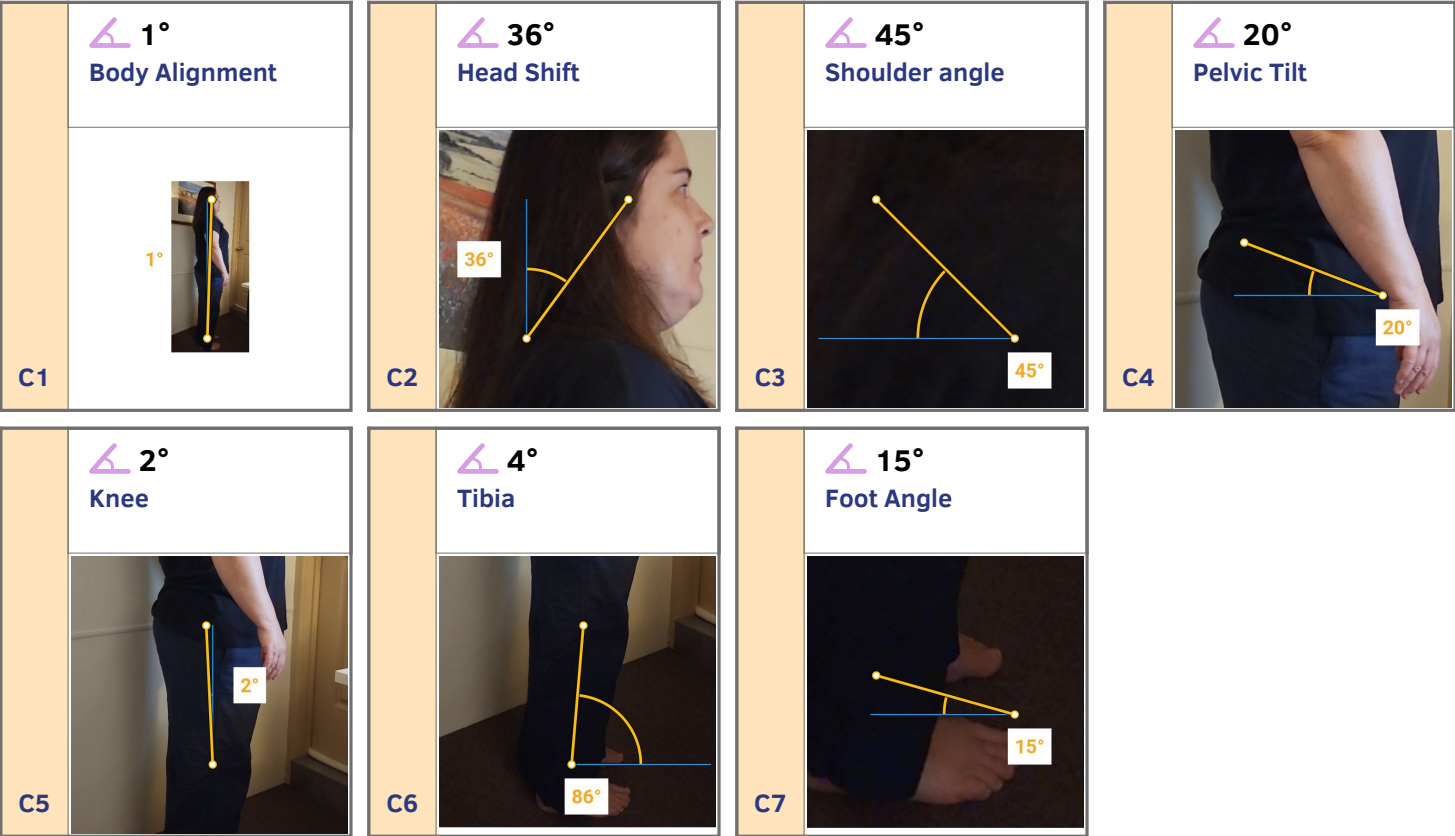


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C. RIGHT SIDE

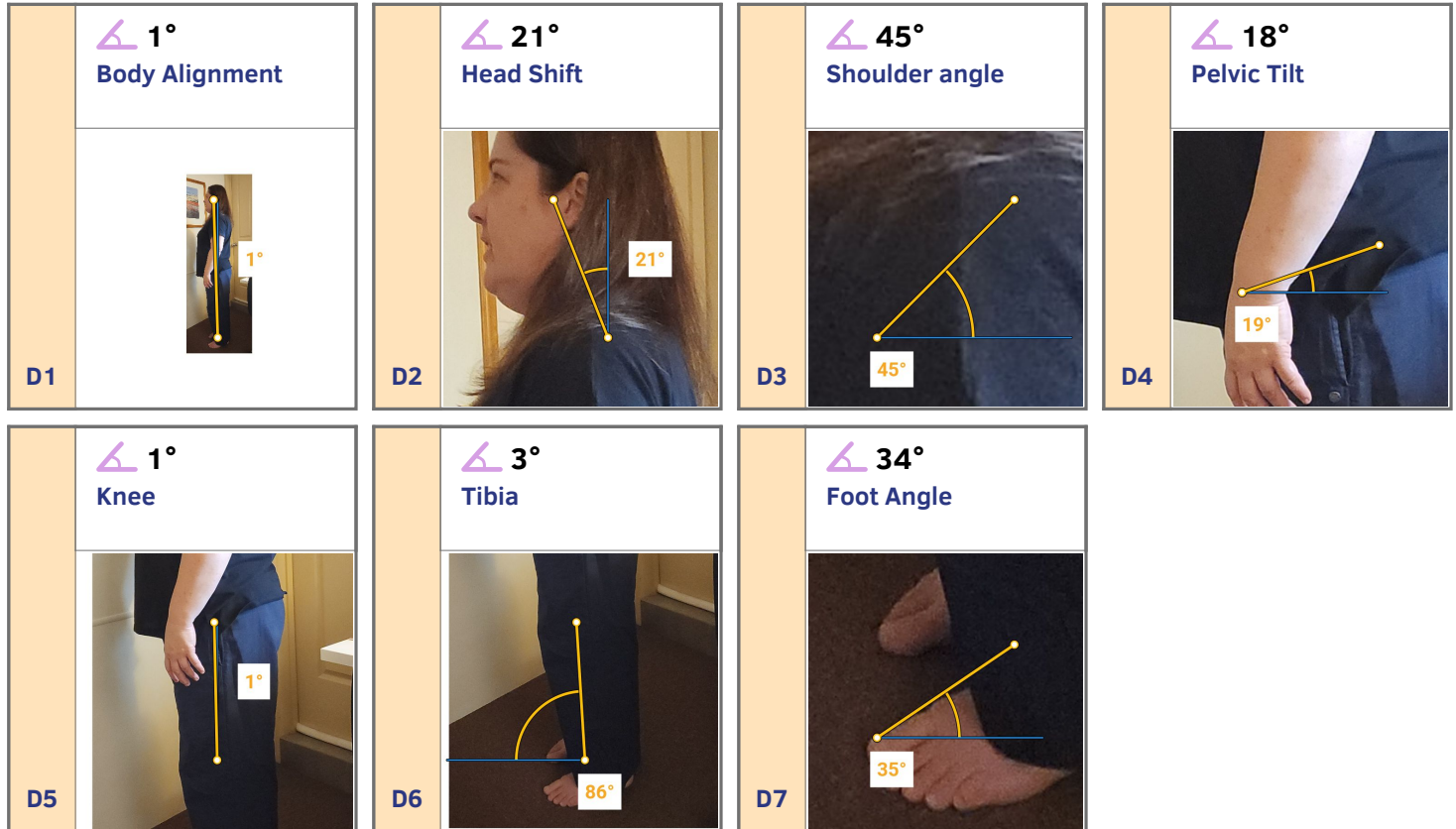


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D. LEFT SIDE



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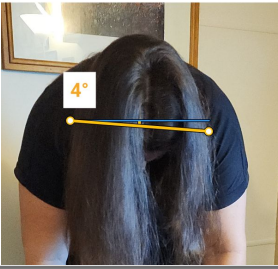
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E. BEND



4°
Bend



4°

E1

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M / F	29/08/1975	Alison Harrison	165 cm	86 kg	31.6

Selected exercises

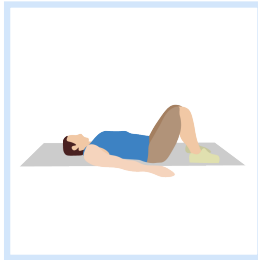
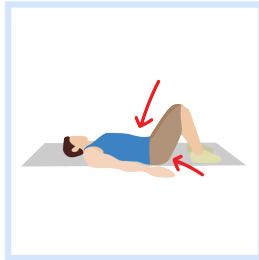
Refer to APECS exercise module for detailed information on each exercise. You can use APECS to see information about sets, reps, and general coach tips, and track progress.

Comment:

1 Wrist Stretch



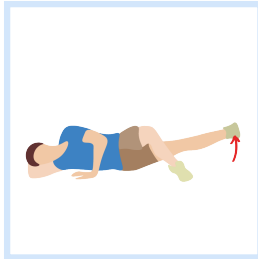
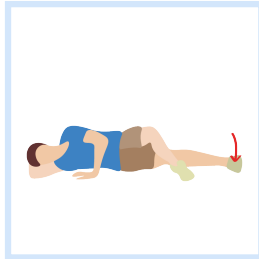

2 Pelvic Tilts

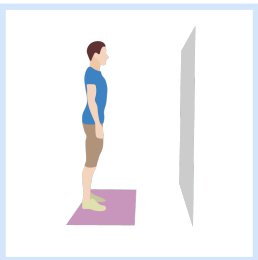
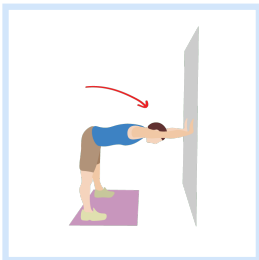
3 Wrap-around Back Stretch




4 Hip Adduction

5 Groin and Hamstring Stretch

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

