

POSTURE REPORT - Quick Analysis

Date: **13/08/2024** Generated by: **Anne Hilarius-Ford**

PATIENT DETAILS

Sex: **M / F** Birthdate: **29/09/1970** Name: **Lisa Williams** Height: Weight: BMI:

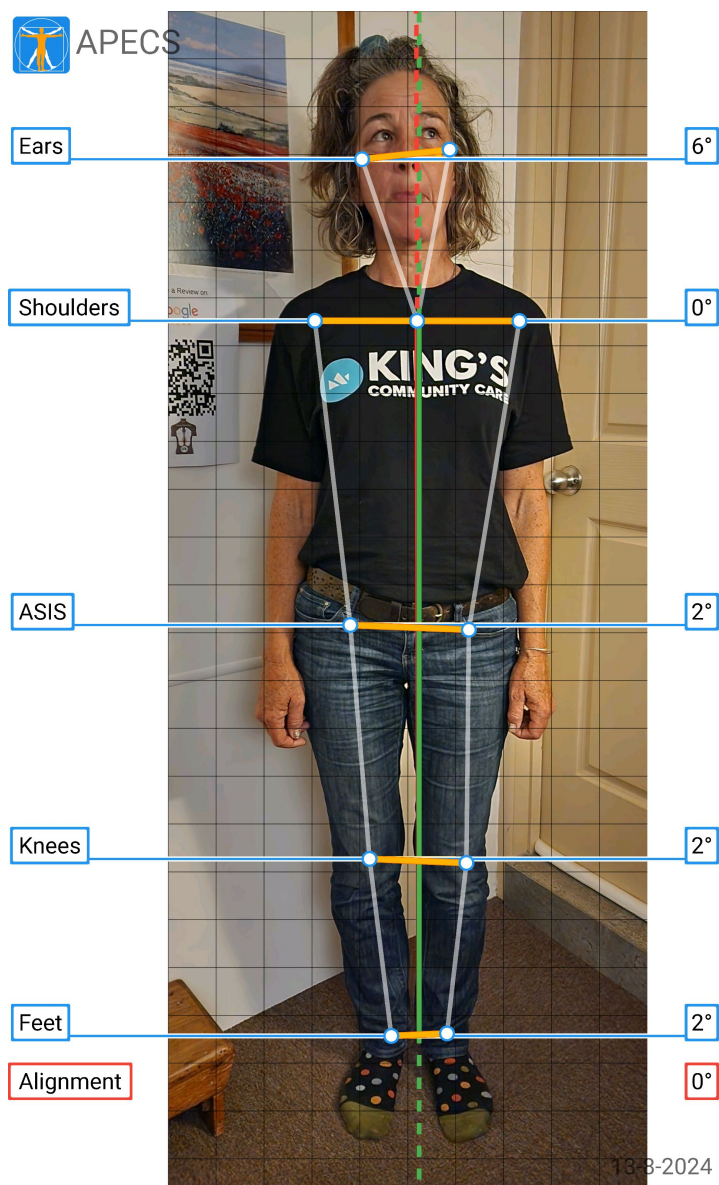
Complete posture overview

With high probability we have detected body misalignments. Please take deeper posture assessments and further consultaitons with your specialist.

A. FRONT



APECS



Label	SECTION	VALUE
A1	Body Alignment	0°
A2	Head Tilt	6°
A3	Shoulder Alignment	0°
A4	Pelvic Tilt	2°
A5	Knees	2°
A6	Feet	2°



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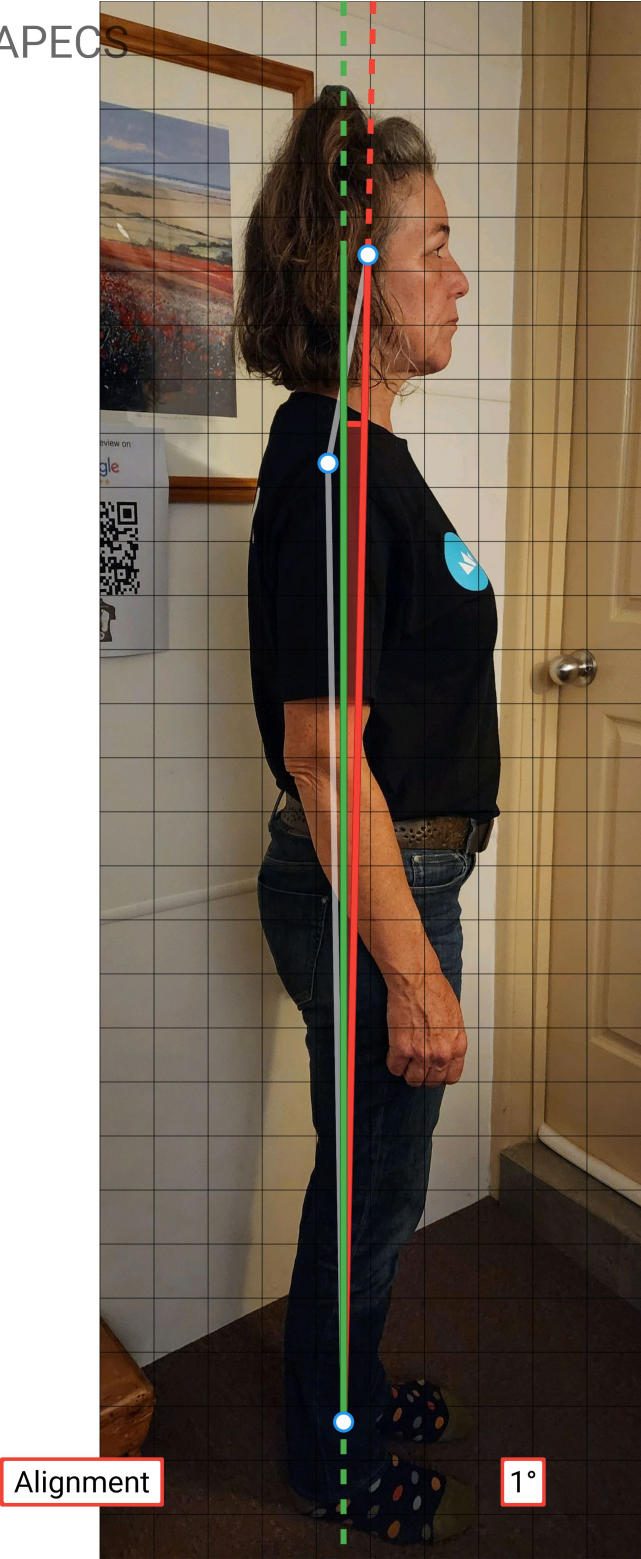
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Complete posture overview

B. RIGHT SIDE

APECS

Label	SECTION	VALUE
B1	Body Alignment	1°



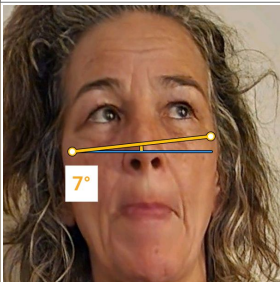
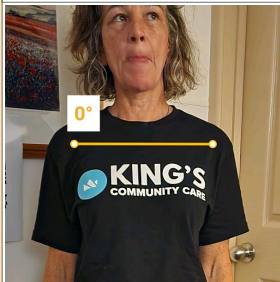
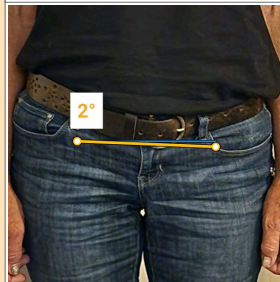
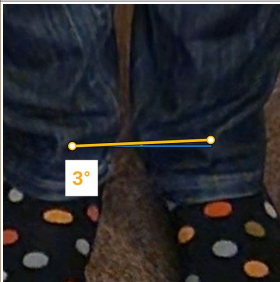
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A. FRONT

 0° Body Alignment  A1	 6° Head Tilt  A2	 0° Shoulder Alignment  A3	 2° Pelvic Tilt  A4
 2° Knees  A5	 2° Feet  A6		

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B. RIGHT SIDE


1°
Body Alignment


0°

B1

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PATIENT DETAILS

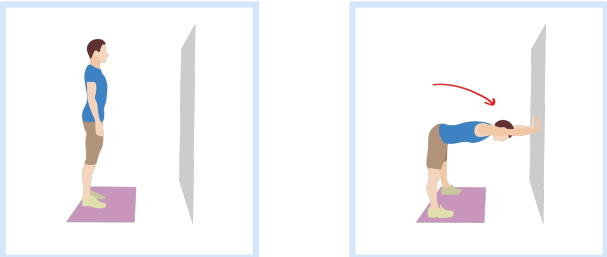
Sex: **M / F** Birthdate: **29/09/1970** Name: **Lisa Williams** Height: Weight: BMI:

Selected exercises

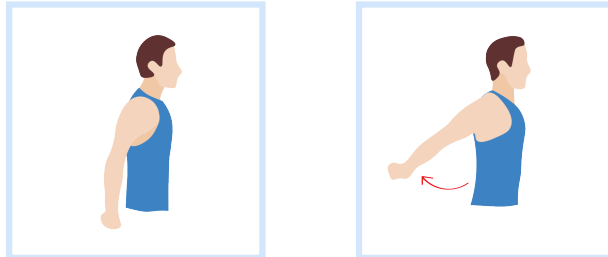
Refer to APECS exercise module for detailed information on each exercise. You can use APECS to see information about sets, reps, and general coach tips, and track progress.

Comment:

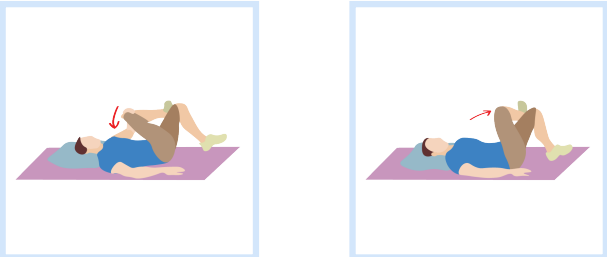
1 Groin and Hamstring Stretch



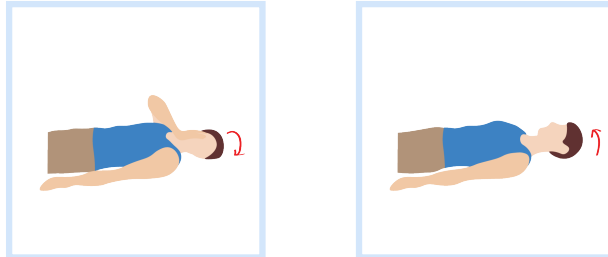
2 Shoulder and Chest Stretch



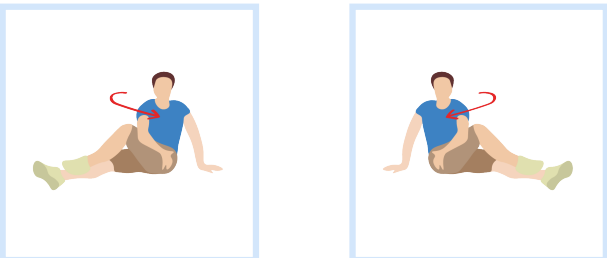
3 Piriformis Stretch 1



4 Neck Stretch 2



5 Seated Rotation Stretch



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

