

POSTURE REPORT - Full Posture

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

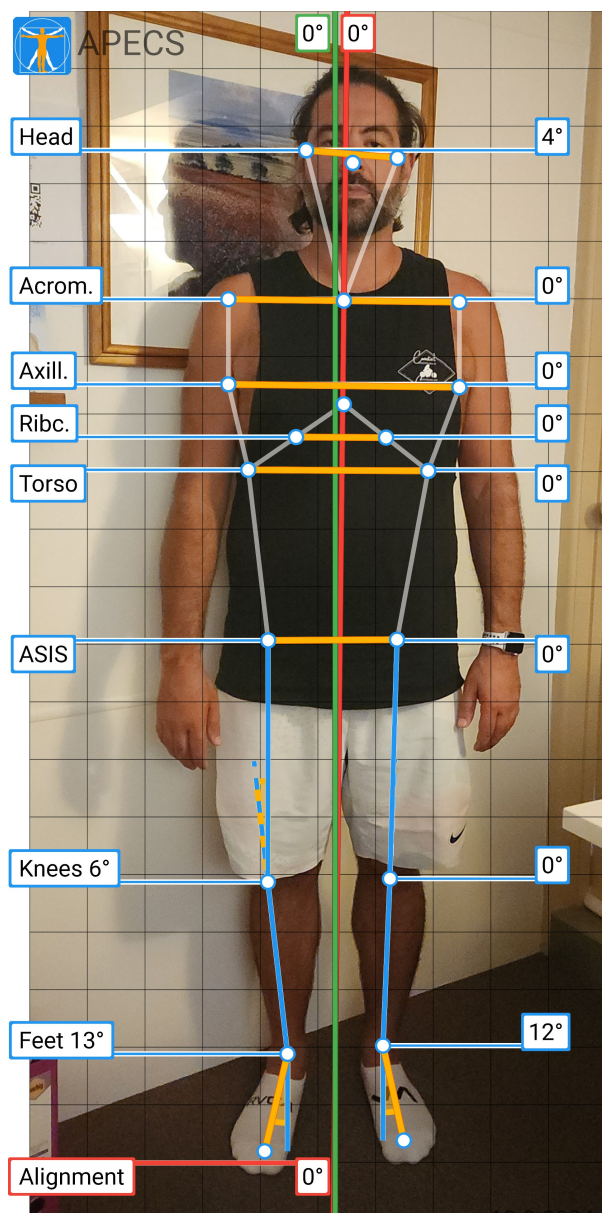
PATIENT DETAILS

Sex: **(M) / F** Birthdate: **24/03/1983** Name: **John Chris** Height: **179 cm** Weight: **92 kg** BMI: **28.7**

Complete posture overview

As a result of a photogrammetric analysis of the submitted photo and positioned markers, the changes indicate with high probability no abnormalities also a compensatory spinal curve is formed ; Forward Head and Rounded Shoulder Posture (FHRSP) is present. Bow-leg and severe In-toeing (pigeon toe) found. Continue with periodic postural check-ups, and remain physically active to keep yourself in good health. For verification of absence of changes, please consult a medical expert.

A. FRONT



Label	SECTION	VALUE
A1	Body Alignment	0°
A2	Head Tilt	4°
A3	Shoulder Alignment	0°
A4	Axillae Alignment	0°
A5	Ribcage Tilt	0°
A6	Most intended point of the trunk	0°
A7	Pelvic Tilt	0°
A8	Right Knee Angle	6°
A9	Left Knee Angle	0°
A10	Right Foot Rotation	13°
A11	Left Foot Rotation	12°

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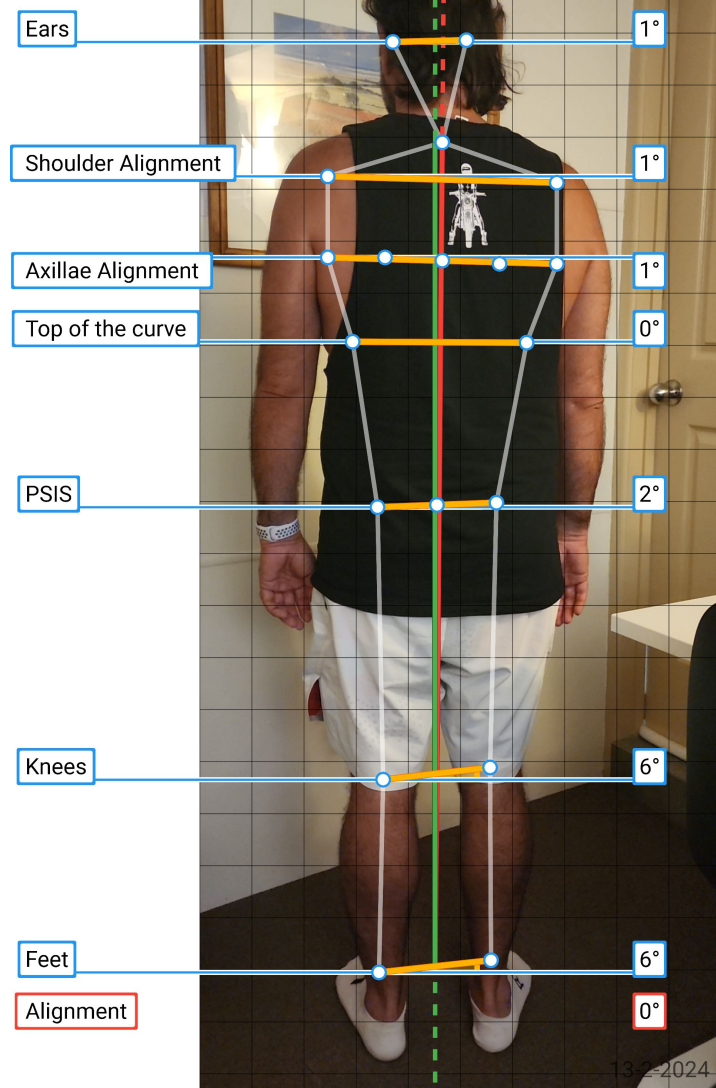
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Complete posture overview

B. BACK



APECS



Label	SECTION	VALUE
B1	Body Alignment	0°
B2	Head Tilt	1°
B3	Shoulder Alignment	1°
B4	Axillae Alignment	1°
B5	Most intended point of the trunk	0°
B6	Pelvic Tilt	2°
B7	Knees	6°
B8	Feet	6°

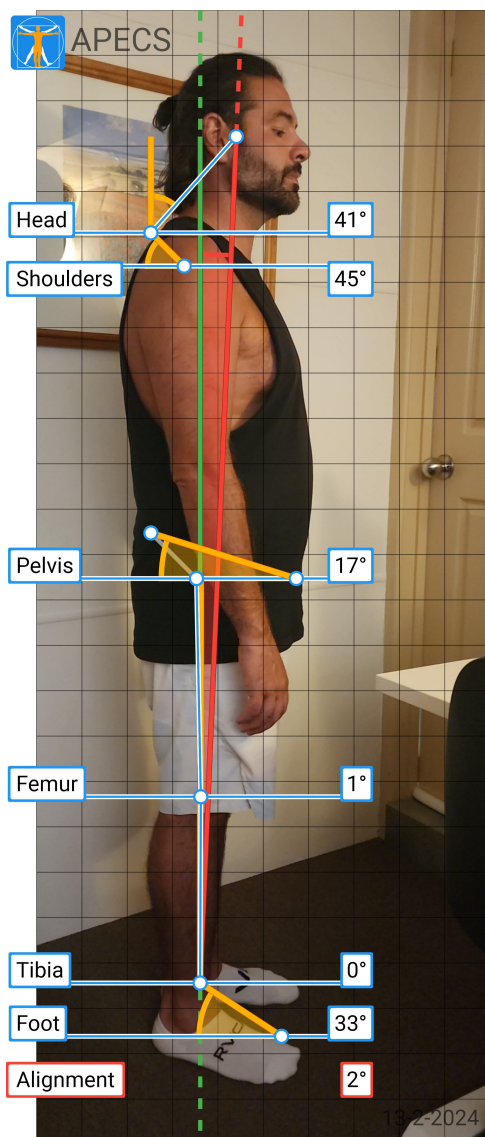


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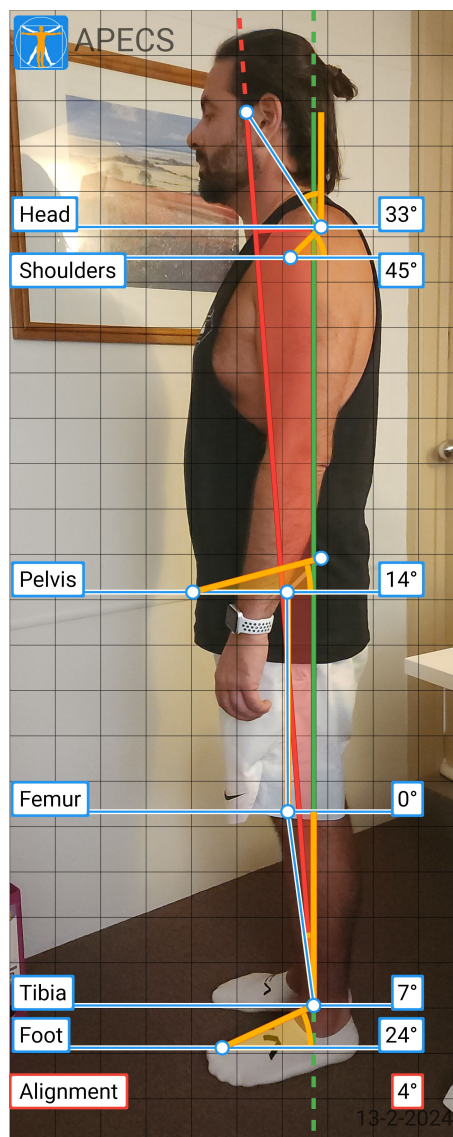
C. RIGHT SIDE



Saneftec
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Label	SECTION	VALUE
C1	Body Alignment	2°
C2	Head Shift	41°
C3	Shoulder angle	45°
C4	Pelvic Tilt	17°
C5	Knee	1°
C6	Tibia	0°
C7	Foot Angle	33°

D. LEFT SIDE



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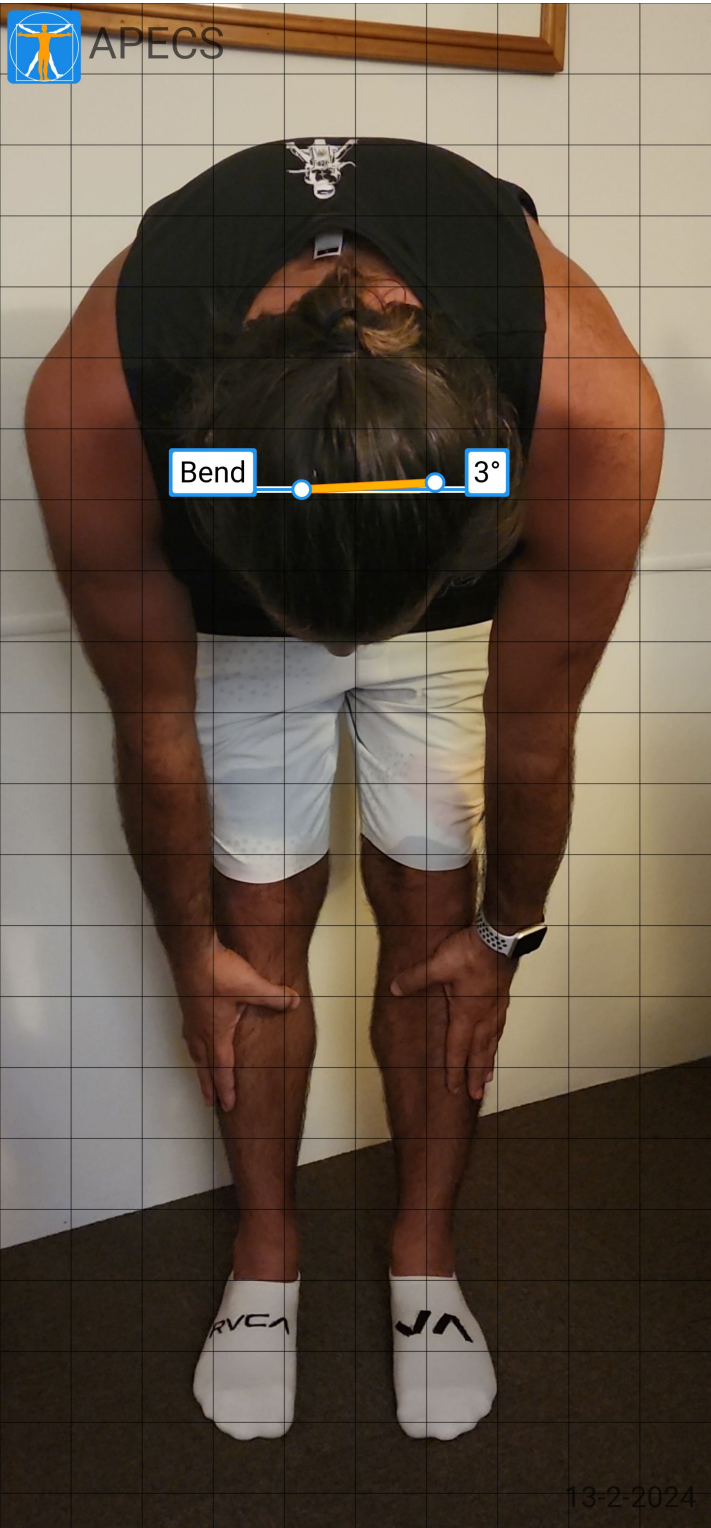

Label	SECTION	VALUE
D1	Body Alignment	4°
D2	Head Shift	33°
D3	Shoulder angle	45°
D4	Pelvic Tilt	14°
D5	Knee	0°
D6	Tibia	7°
D7	Foot Angle	24°

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E. BEND



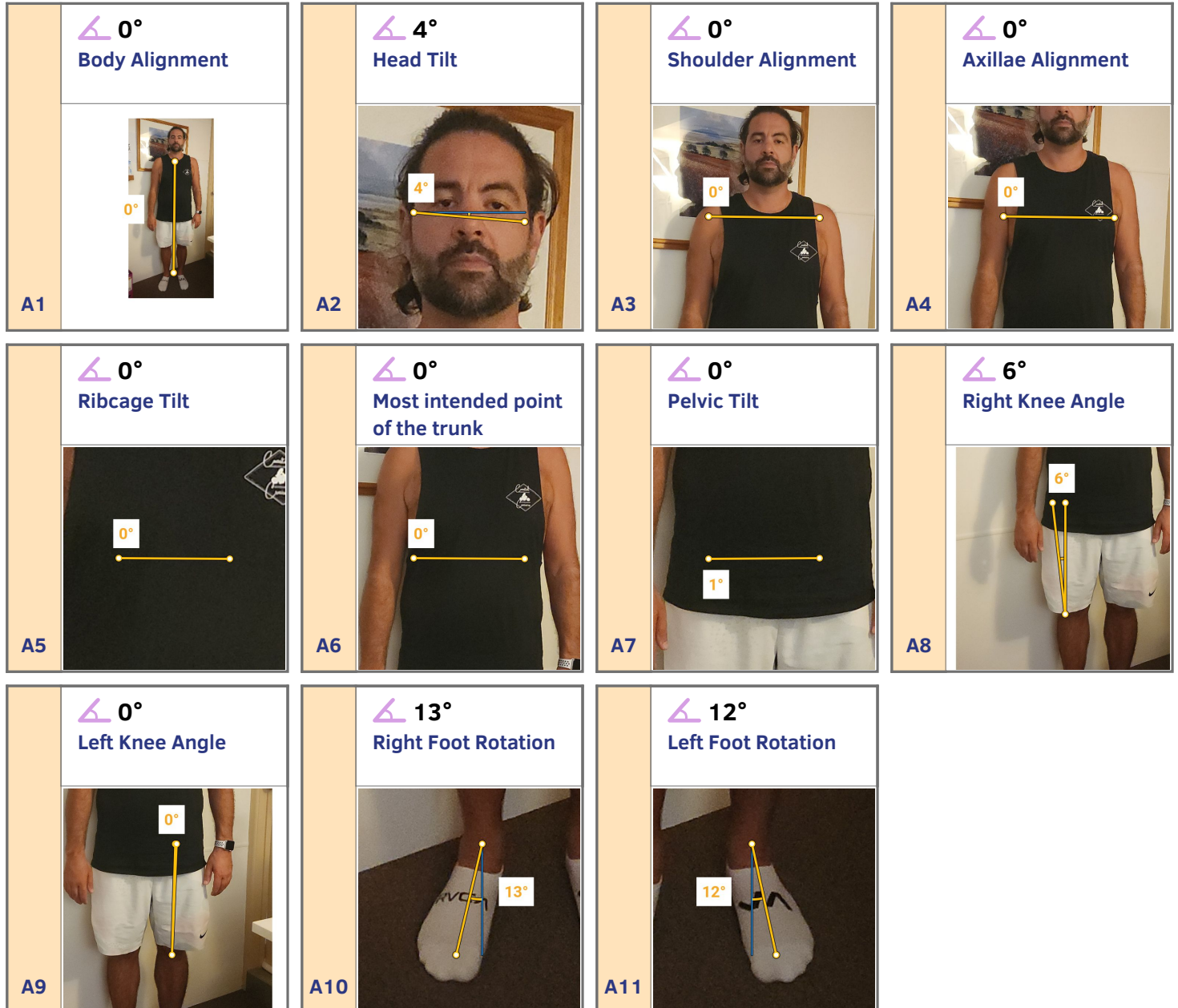
Label	SECTION	VALUE
E1	Bend	3°

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A. FRONT

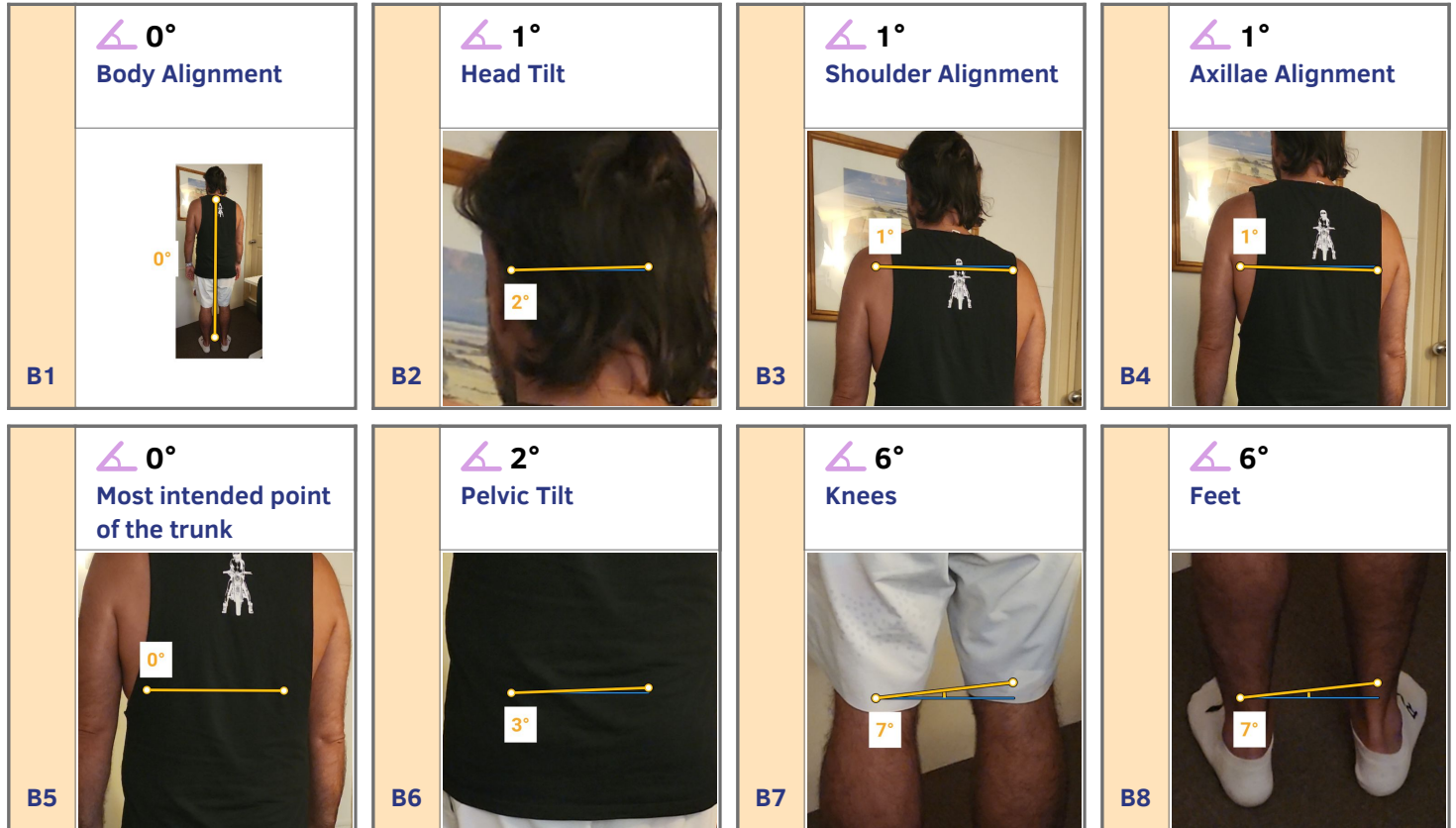


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B. BACK

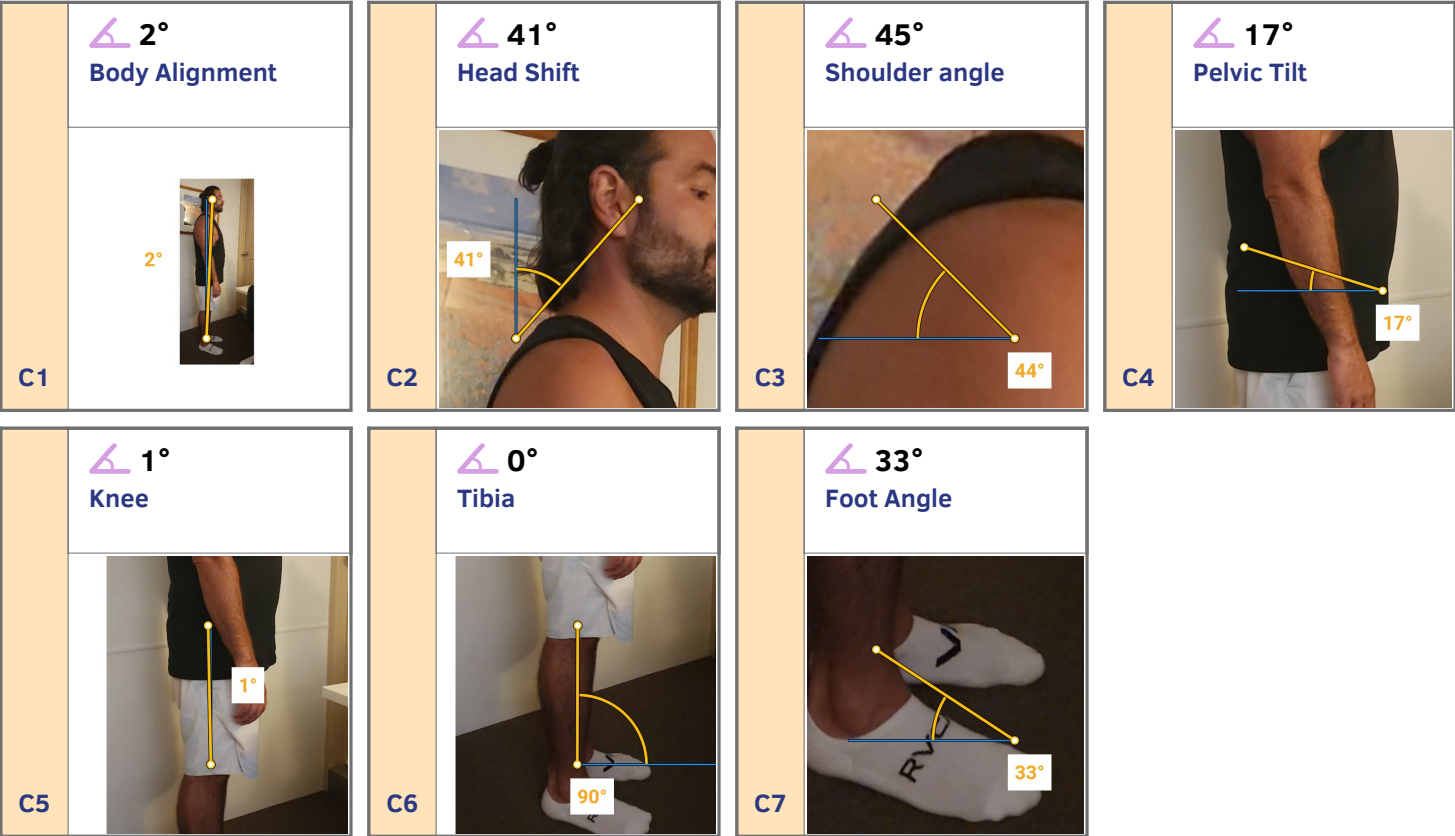


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C. RIGHT SIDE

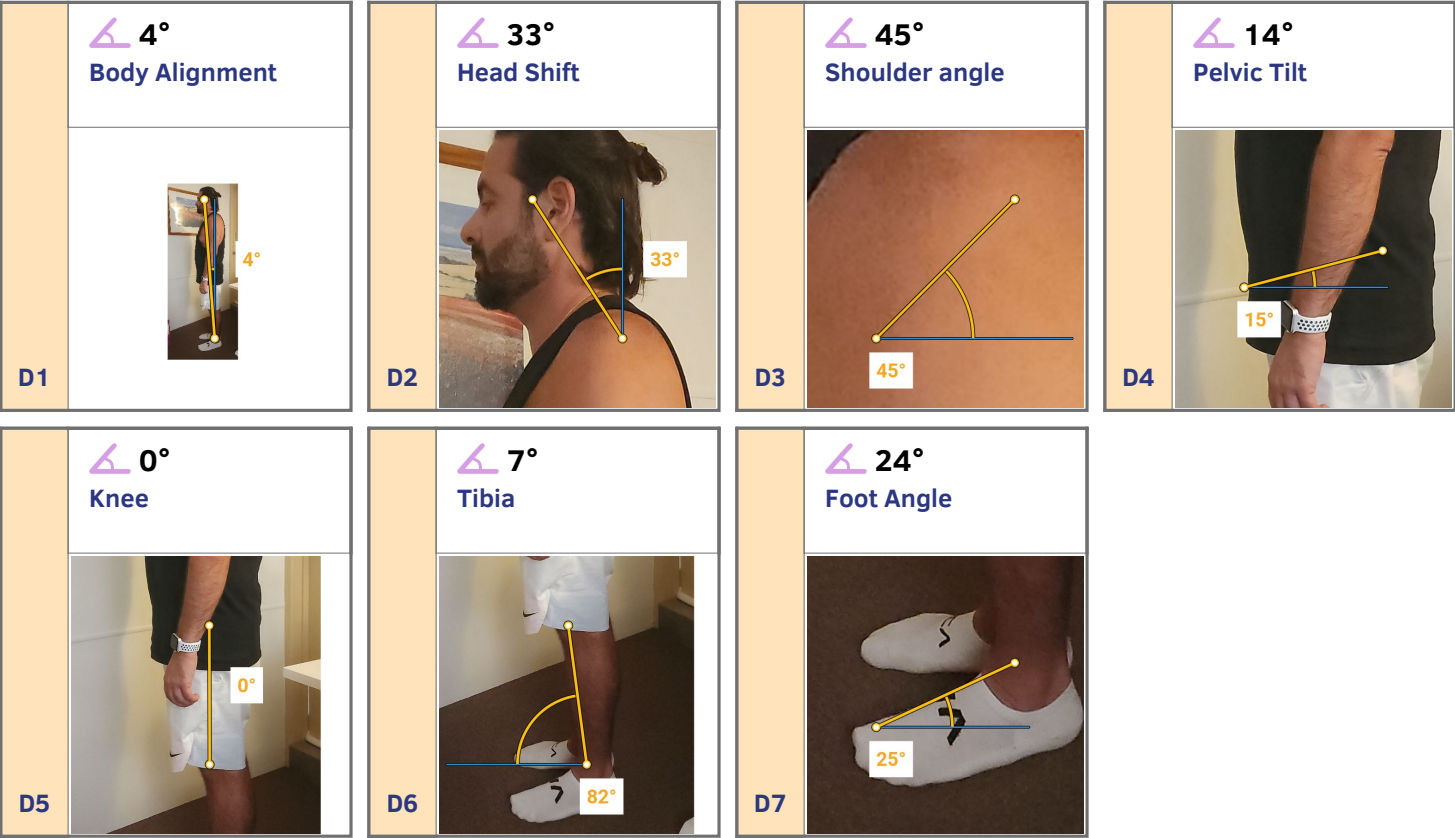


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D. LEFT SIDE

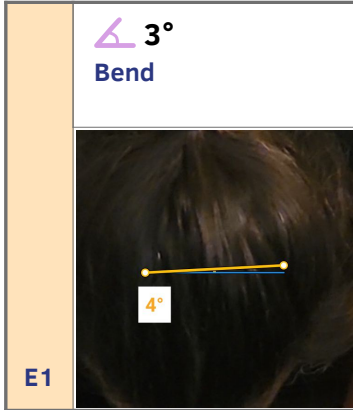


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E. BEND



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Sex:	Birthdate:	Name:	Height:	Weight:	BMI:
(M) / F	24/03/1983	John Chris	179 cm	92 kg	28.7

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:

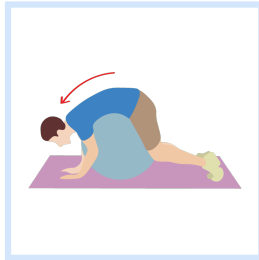
1

Wrap-around Back Stretch



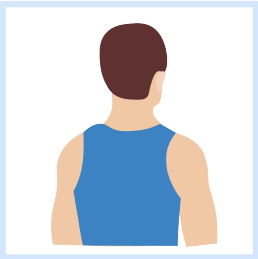
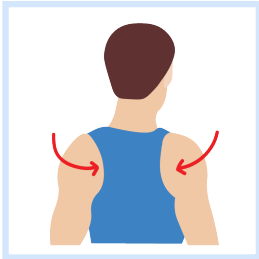

2

Forward bend

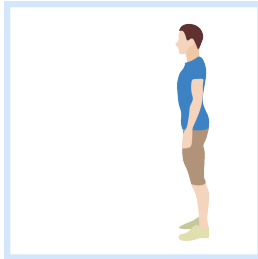
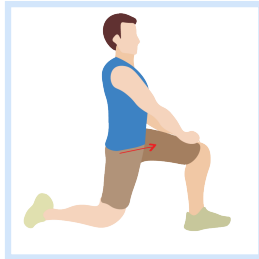
3

Shoulder Blade Squeeze

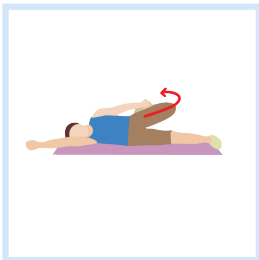
4

Hip Flexor Stretch 1

5

Quad Stretch

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

