

POSTURE REPORT - Quick Analysis

Date: **25/07/2024** Generated by: **Anne Hilarius-Ford**

PATIENT DETAILS

Sex: **M / F** Birthdate: **25/07/1983** Name: **Katie Moubarak** Height: Weight: BMI:

Complete posture overview

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

A. FRONT



APECS

Ears

0°

Shoulders

0°

ASIS

2°

Knees

2°

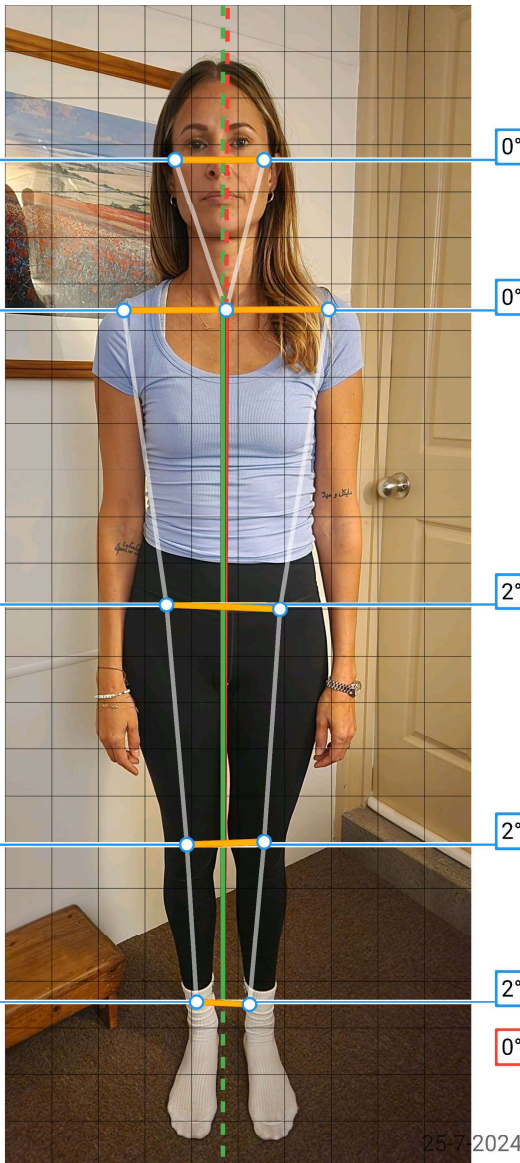
Feet

2°

Alignment

0°

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



25-7-2024



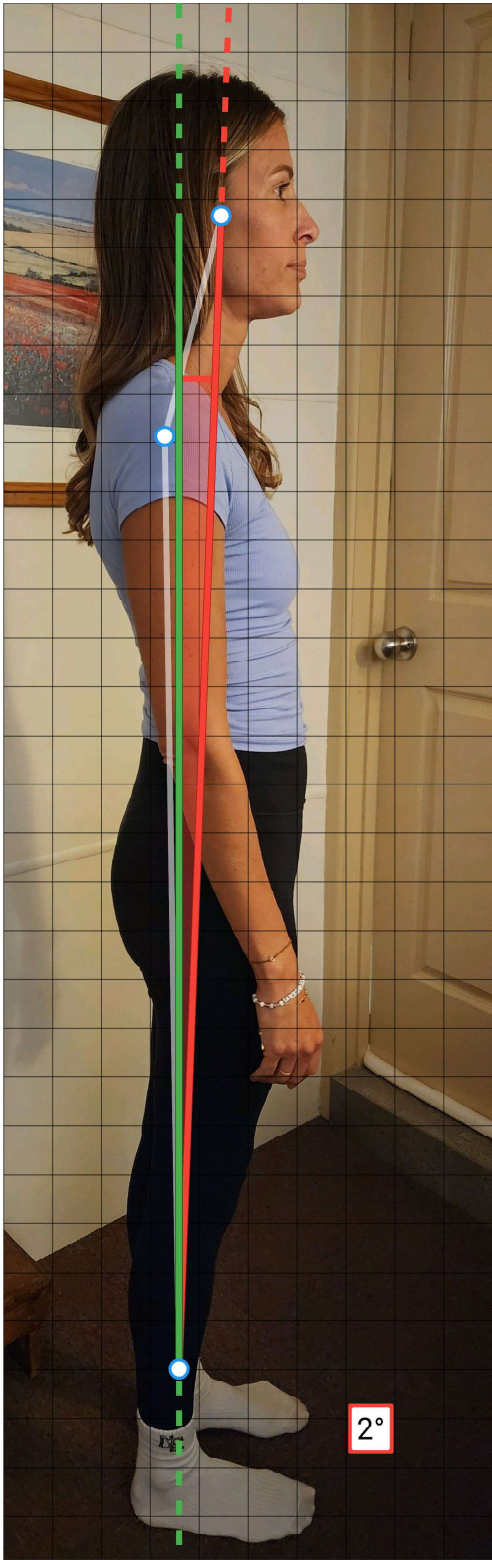
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B. RIGHT SIDE

CS



Alignment

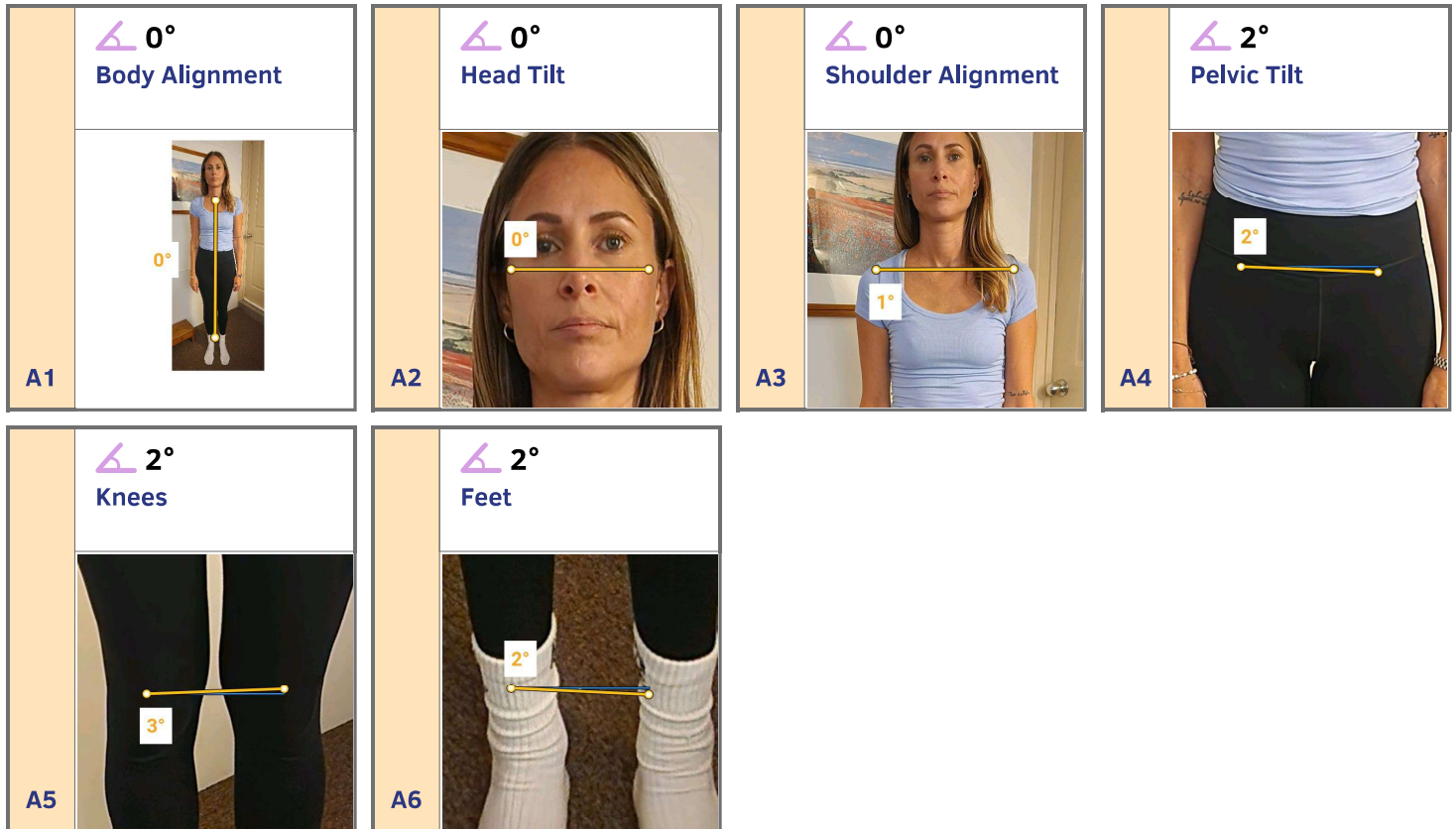
Label	SECTION	VALUE
B1	Body Alignment	2°

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A. FRONT

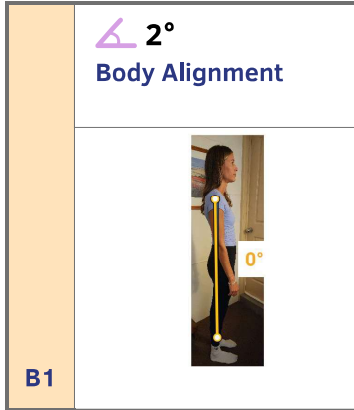


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B. RIGHT SIDE



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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 Clamshells

2 Alternating Over Head Reach

3 Lower Abdominal Strengthening

4 Groin and Hamstring Stretch

5 Hands behind Head

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

