

POSTURE REPORT - Full Posture

Date: **15/01/2024** Generated by: **Anne Hilarius-Ford t/a Energy Reflexology**

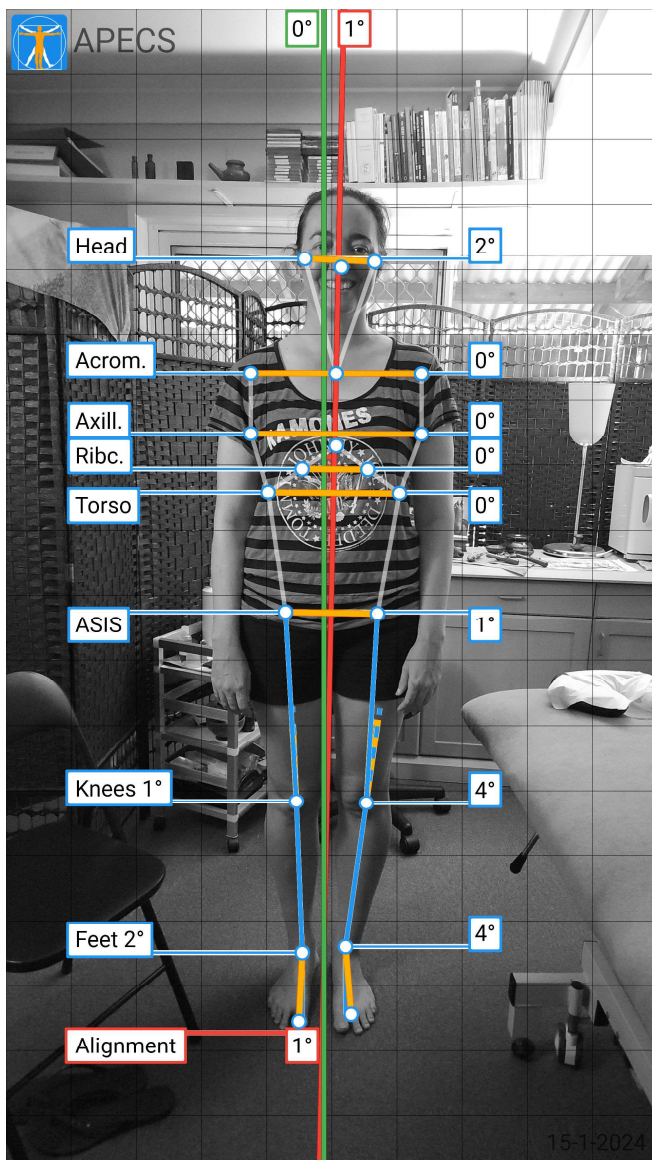
PATIENT DETAILS

Sex: **M / (F)** Birthdate: **12/04/1985** Name: **Alisha Croft** Height: **179 cm** Weight: **76 kg** BMI: **23.7**

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 no 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



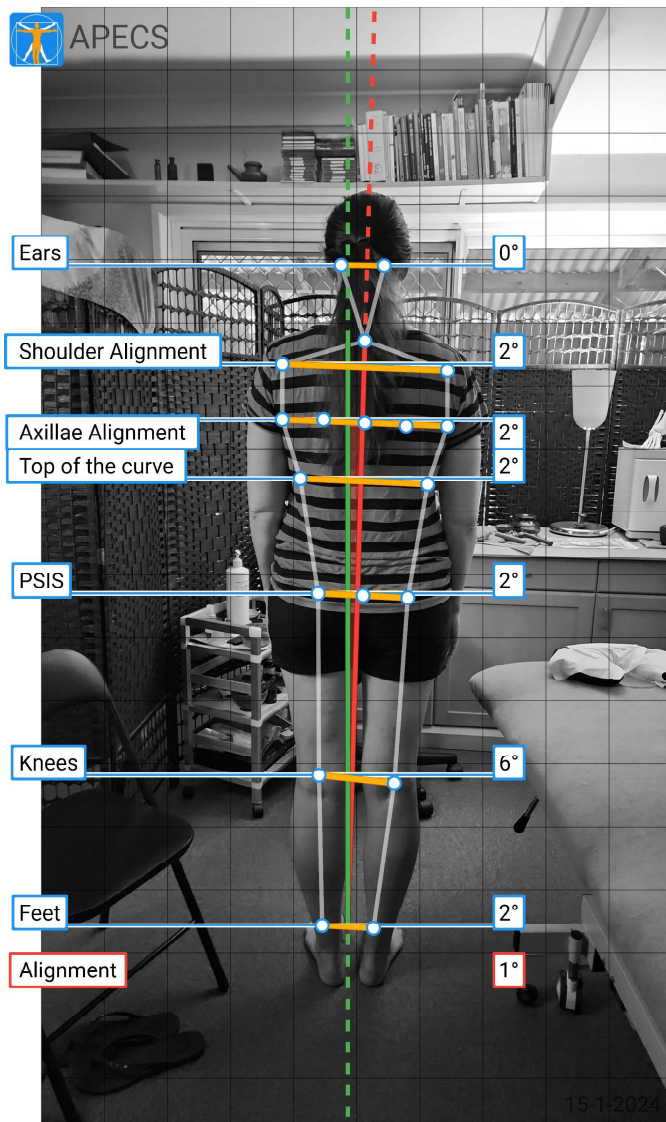
Label	SECTION	VALUE
A1	Body Alignment	1°
A2	Head Tilt	2°
A3	Shoulder Alignment	0°
A4	Axillae Alignment	0°
A5	Ribcage Tilt	0°
A6	Most intended point of the trunk	0°
A7	Pelvic Tilt	1°
A8	Right Knee Angle	1°
A9	Left Knee Angle	4°
A10	Right Foot Rotation	2°
A11	Left Foot Rotation	4°

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B. BACK



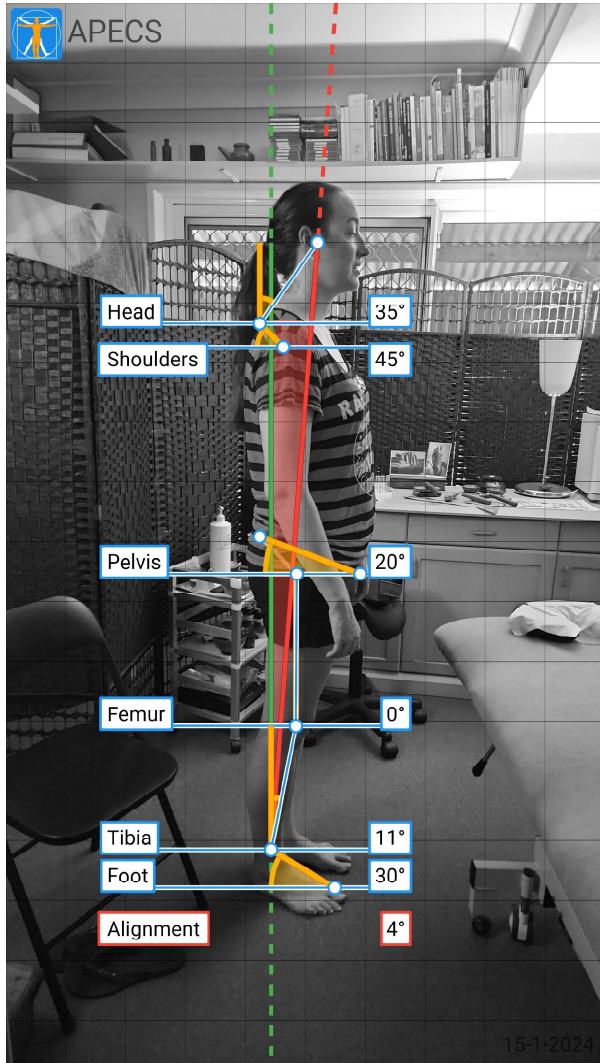
Label	SECTION	VALUE
B1	Body Alignment	1°
B2	Head Tilt	0°
B3	Shoulder Alignment	2°
B4	Axillae Alignment	2°
B5	Most intended point of the trunk	2°
B6	Pelvic Tilt	2°
B7	Knees	6°
B8	Feet	2°

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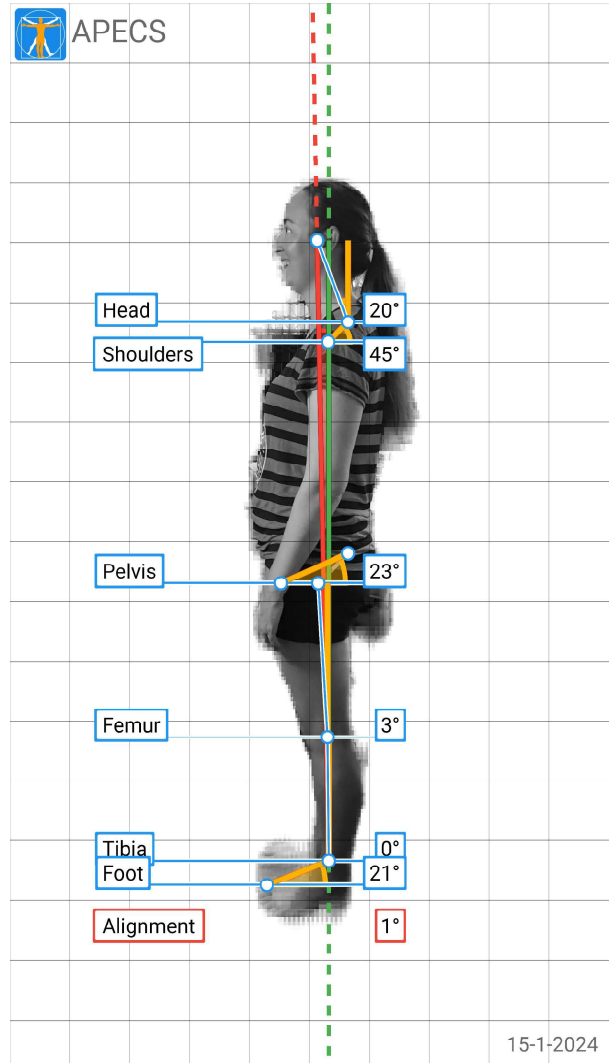
Complete posture overview

C. RIGHT SIDE



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D. LEFT SIDE



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Label	SECTION	VALUE
C1	Body Alignment	4°
C2	Head Shift	35°
C3	Shoulder angle	45°
C4	Pelvic Tilt	20°
C5	Knee	0°
C6	Tibia	11°
C7	Foot Angle	30°

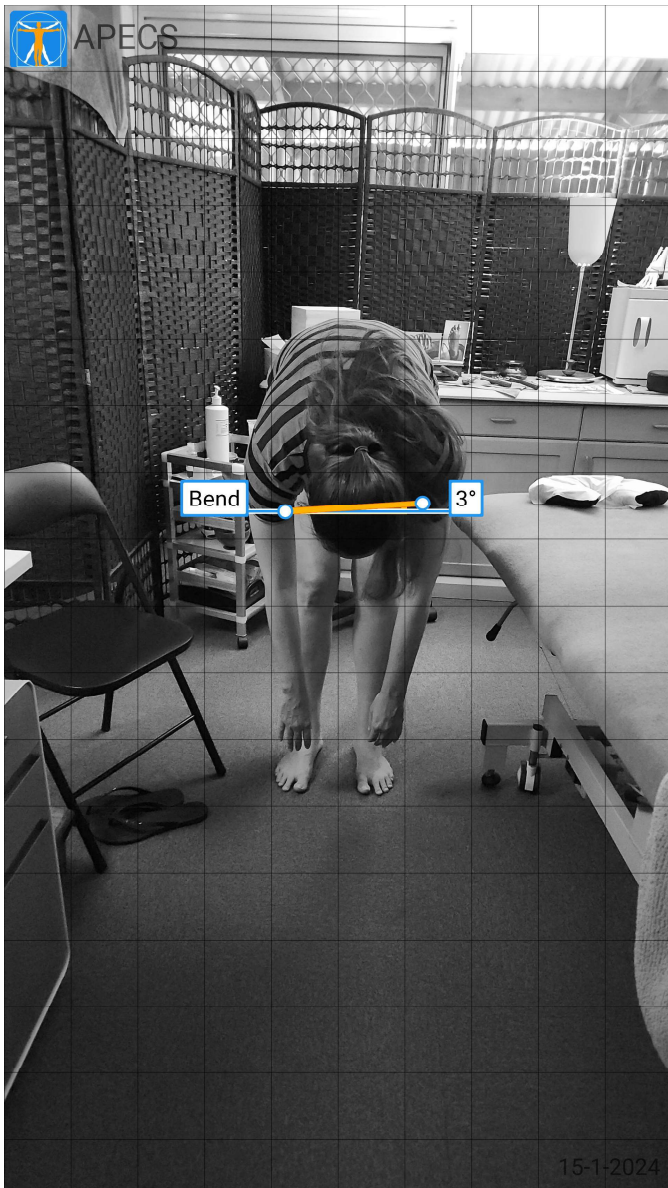
Label	SECTION	VALUE
D1	Body Alignment	1°
D2	Head Shift	20°
D3	Shoulder angle	45°
D4	Pelvic Tilt	23°
D5	Knee	3°
D6	Tibia	0°
D7	Foot Angle	21°

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E. BEND



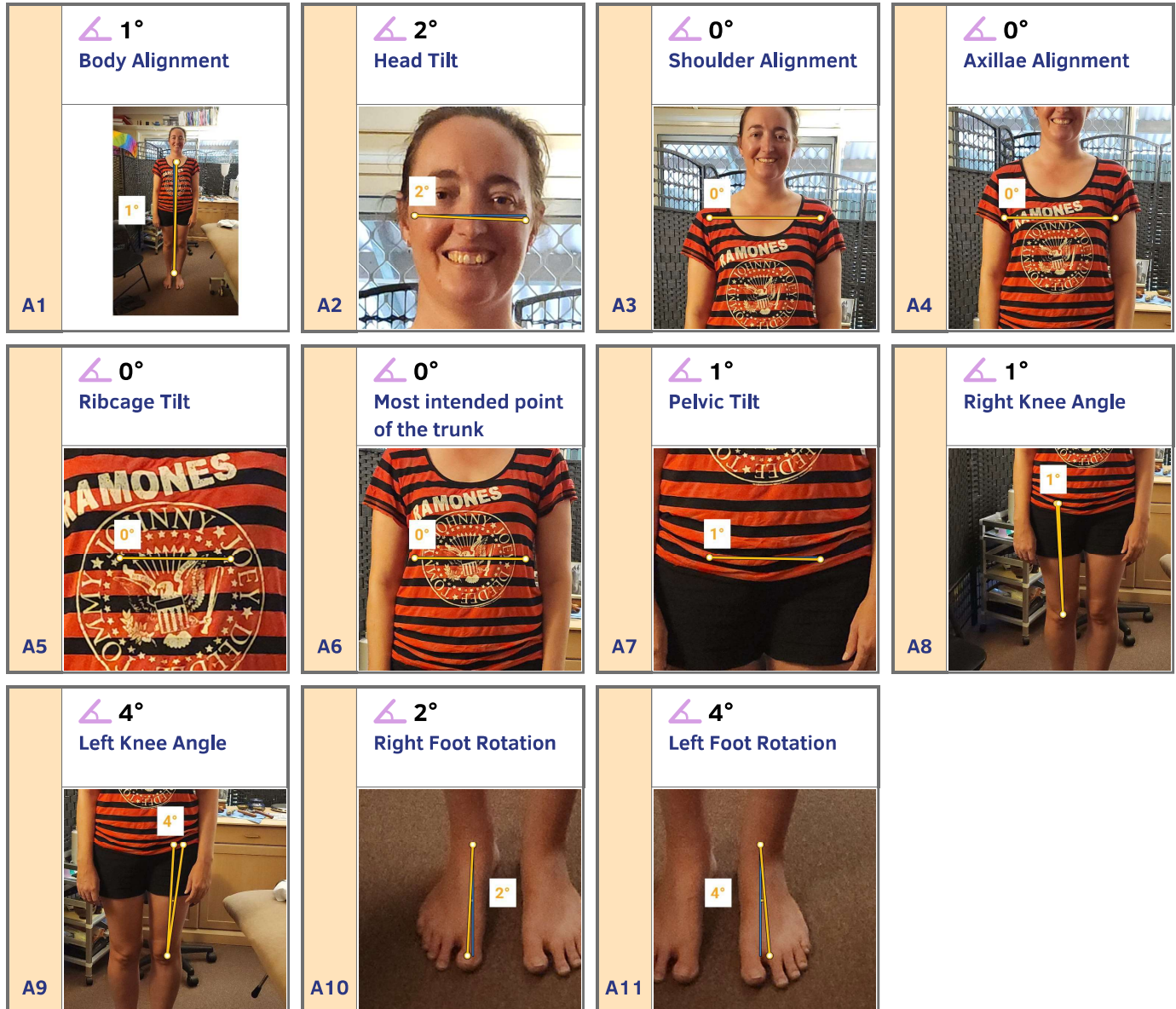
Label	SECTION	VALUE
E1	Bend	3°

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A. FRONT

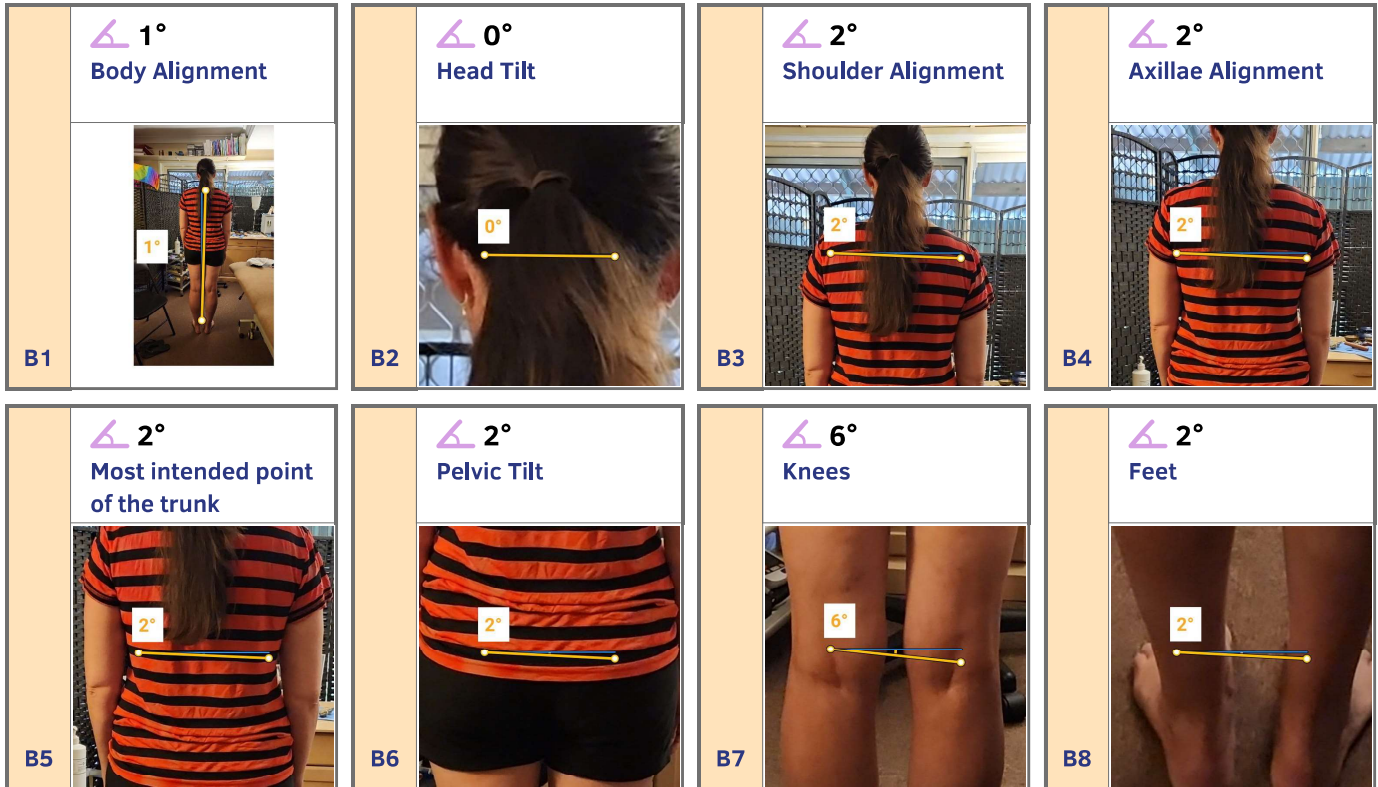


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B. BACK

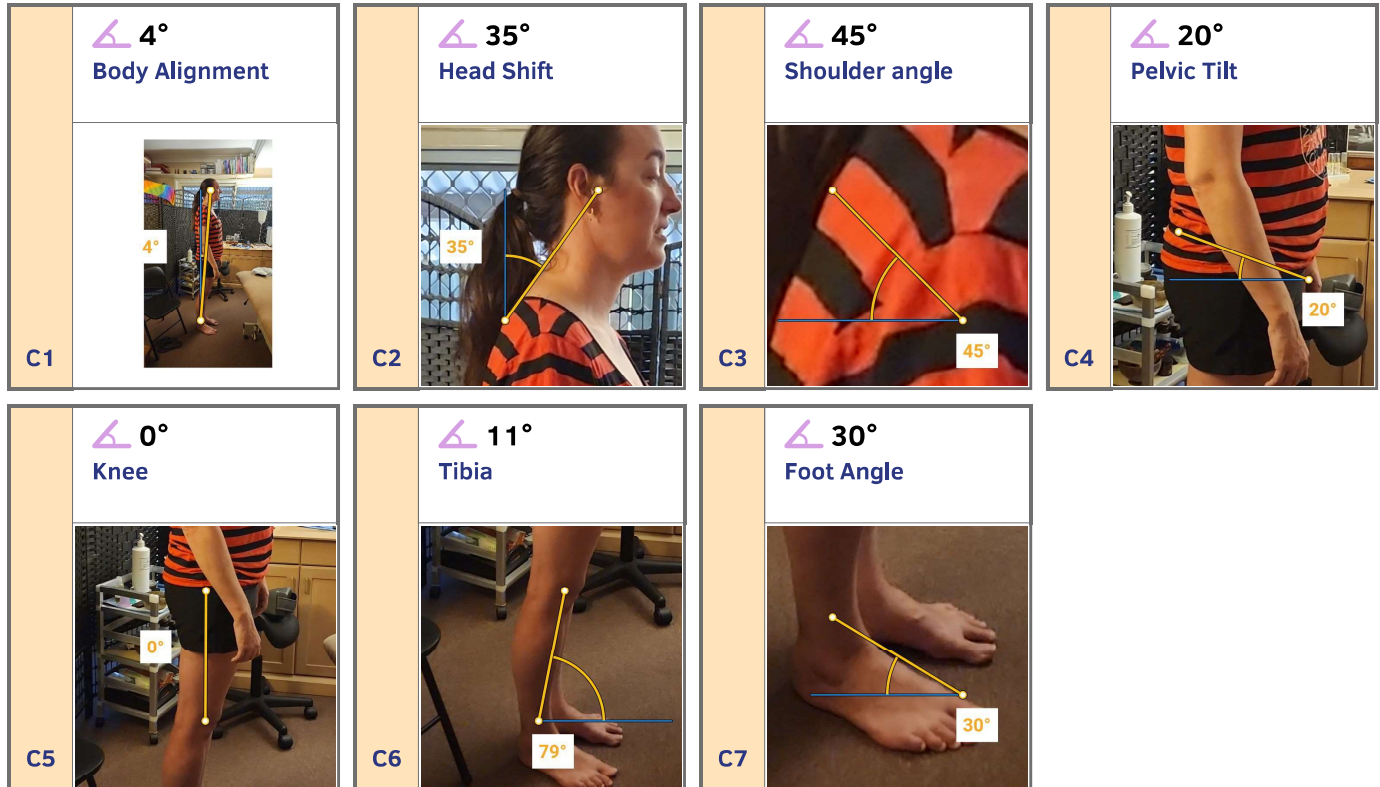


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C. RIGHT SIDE

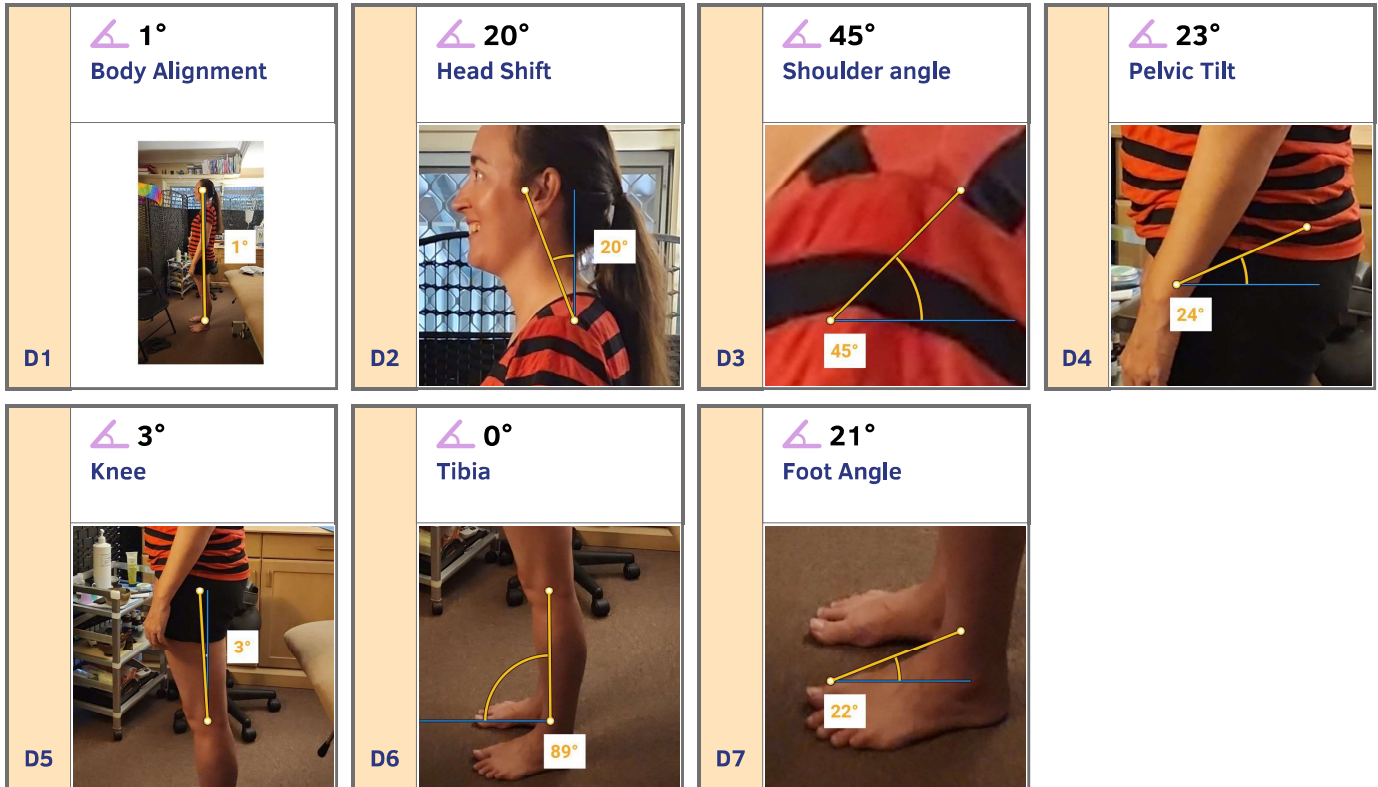


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D. LEFT SIDE

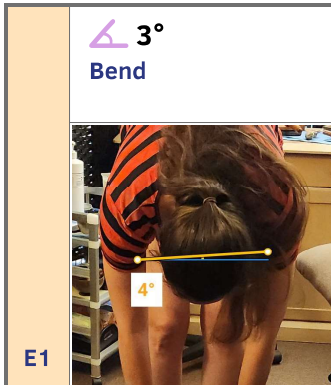


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E. BEND



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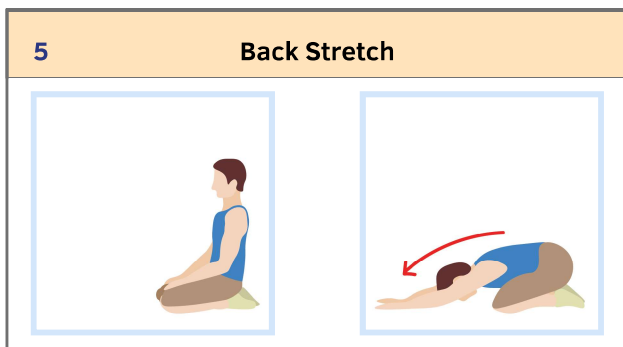
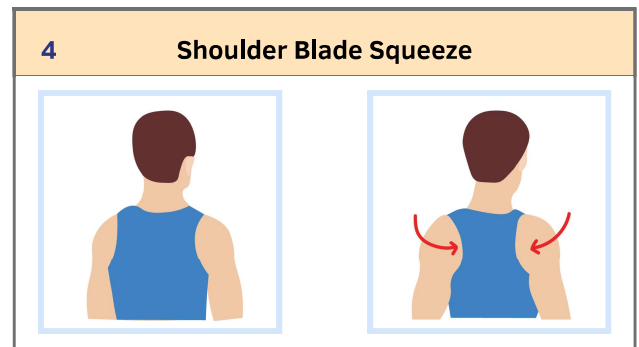
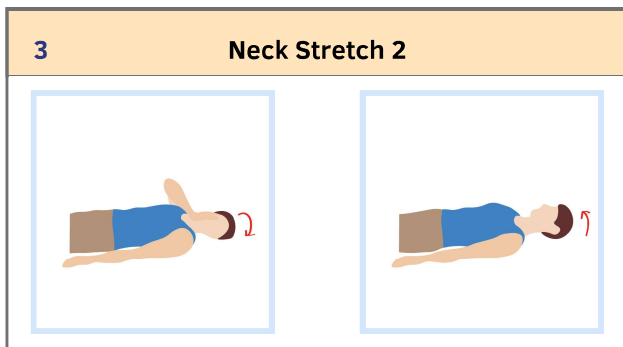
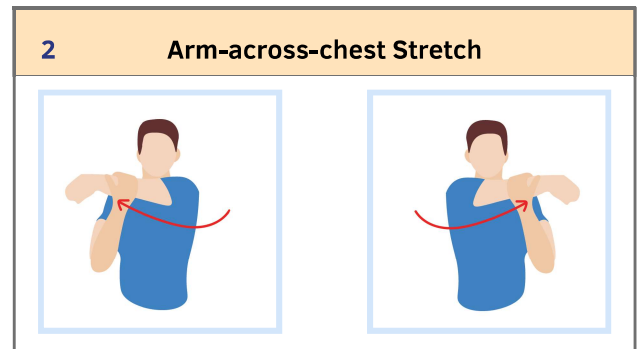
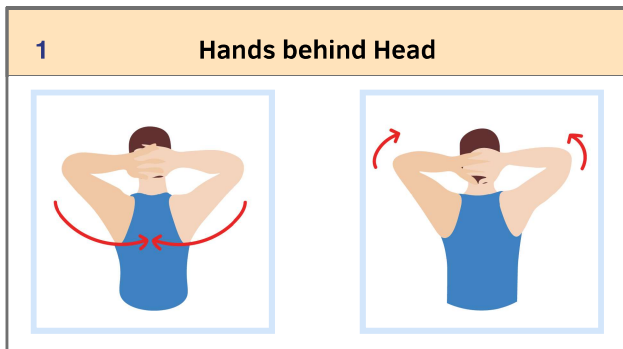
PATIENT DETAILS

Sex:	Birthdate:	Name:	Height:	Weight:	BMI:
M / F	12/04/1985	Alisha Croft	179 cm	76 kg	23.7

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:



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

