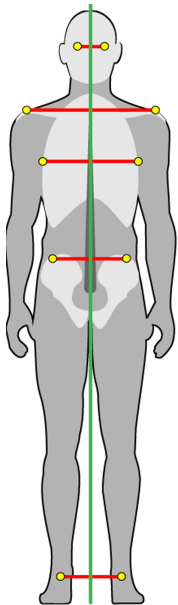


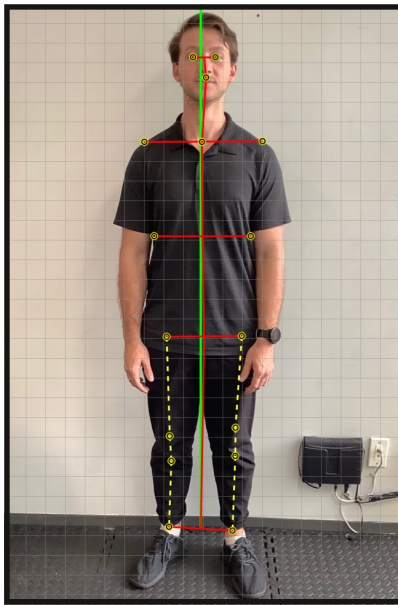
## Exam for John Smith performed on 2020-09-24

Good posture is simple and eloquent by design in form and function. The body is designed to have the head, rib cage, and pelvis perfectly balanced upon one another in both the front and side views. If the posture is deviated from normal, then the spine is also deviated from the normal healthy position. Unfortunately, abnormal posture has been associated with the development and progression of many spinal conditions and injuries including: increased muscle activity and disc injury, scoliosis, work lifting injuries, sports injuries, back pain, neck pain, headaches, carpal tunnel symptoms, shoulder and ankle injuries as well as many other conditions. Additionally, postural abnormalities in adolescent years have been recognized as one of the sources of pain syndromes and early arthritis in adulthood. Therefore, posture should be checked and corrected in children before more serious problems can occur.

### Normal



### Your Posture Viewed from the Front



Head is shifted 0.7 cm left. Head is not tilted.

Shoulders are shifted 0.1 cm right. Shoulders are not tilted.

Ribcage is shifted 0.6 cm right.

Hips are shifted 1.0 cm left. Hips are not tilted.

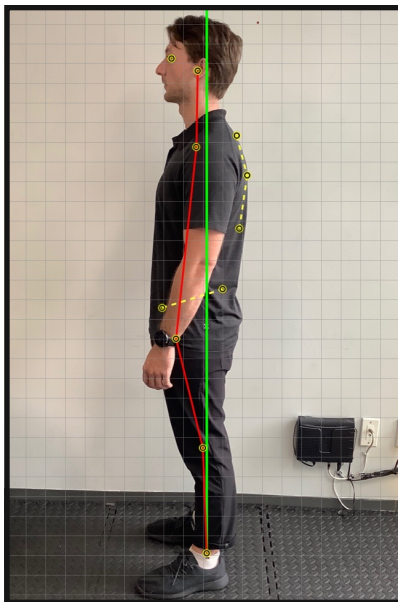
#### Posture Index<sup>®</sup> Values: Front View

<b>Total Shifts</b>	2.41cm
<b>Total Tilts</b>	0.0°

### Normal



### Your Posture Viewed from the Side



Your head weighs approximately 6.0 kg. It is shifted 0.4 cm forward, 1.0° off vertical.

Based on physics, your head now effectively weighs 10.4 kg instead of 6.0 kg.

Shoulders are shifted 6.1 cm forward, 6.1° off vertical.

Hips are shifted 8.0 cm backward, 13.8° off vertical.

Knees are shifted 1.2 cm backward, 2.1° off vertical.

#### Posture Index<sup>®</sup> Values: Side View

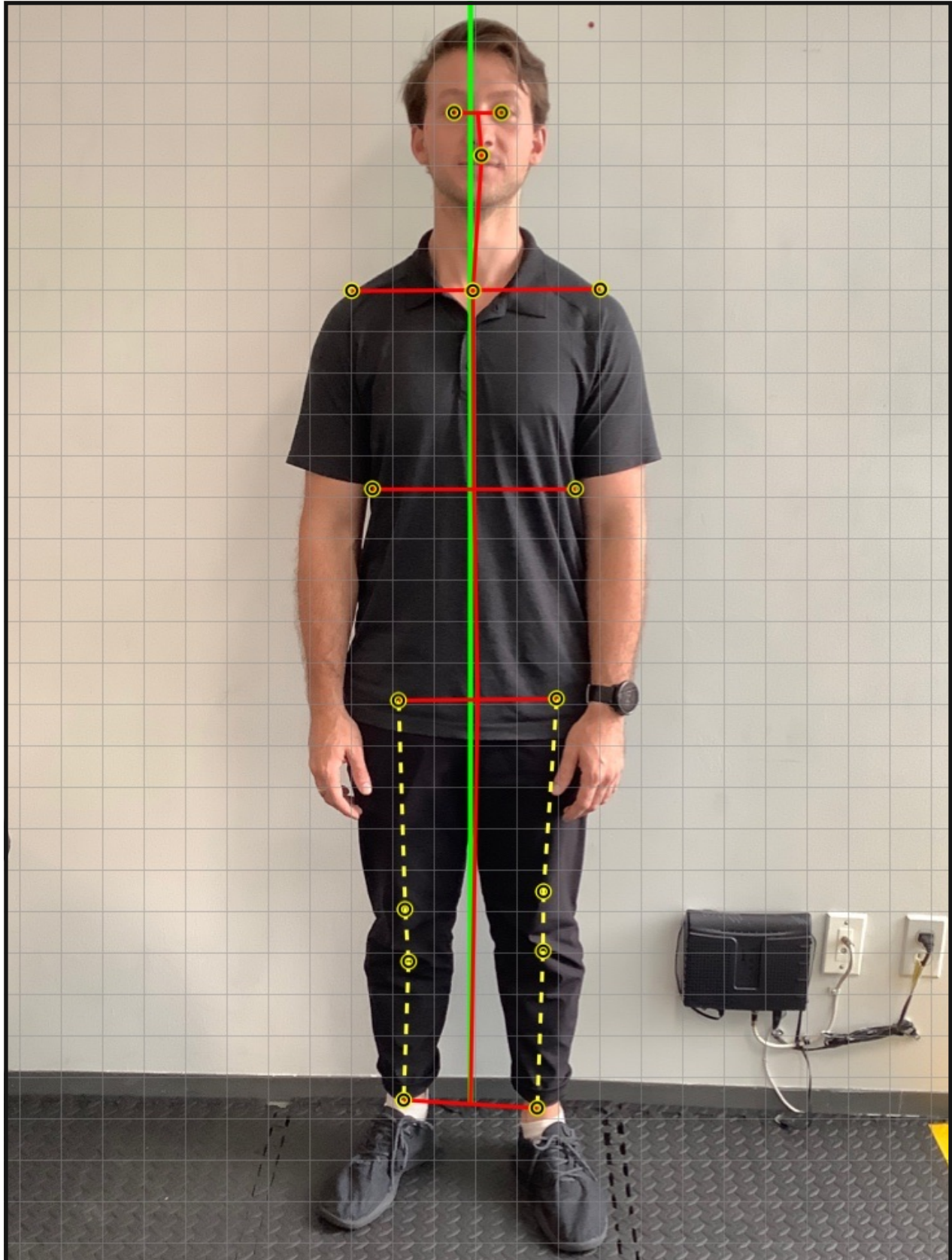
<b>Total Shifts</b>	15.69cm
<b>Total Tilts</b>	22.0°

**Effective Head Weight**  
**10.4 kg**

Your PostureScreen evaluation demonstrates that you have postural abnormalities. In the future, structural deviations could cause you symptoms of pain as well as a myriad of other health problems. Consequently, it is advised that you complete a thorough clinical evaluation with a health care and/or fitness professional trained in postural corrective techniques.

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### Anterior View





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### Lateral View

