

Picture Posture Analysis Report

(This is how your report will look)

Thank you for purchasing your Picture Posture Analysis. The main focus of this analysis is to report our posture findings to you.

Disclaimer

Before embarking on any exercise programme, it is your responsibility to discuss it with your doctor. If you think you may have a medical emergency, call your doctor immediately. Except as expressly stated, Paula Moore The Chiropractor does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned in this report or in her videos. Reliance on any information in this report is solely at your own risk.

(You will receive an image like this one, for your own body and posture)



Posture Analysis (I will provide a detailed written explanation of your analysis)

Your front view shows that your neck is well within normal alignment. Your right shoulder drops down lower than your left. The other most noteworthy finding on this view is that your right hip drops lower than your left side and this may be due to your right foot arch as you can see that your right knee also turns inward. This can cause pelvic trouble as your body weight distribution will usually be affected by your foot position.

Your backward view again suggests the difference in your left and right foot. The right ankle is very clearly rolling inward causing you to stand out of symmetry from left to right. You can really see that your right ankle is causing the knee angle to become more pronounced on the right. This may be part of the reason your hip drops down on this side. The lower hip will be the likely reason there is a difference to the musculature in the lower back. Notice the red arrow indicating the extreme tightening of the lower back musculature on the right side.

The side view very clearly shows that your thorax (the part of your spine between your shoulder blades) has an increased curvature (hyperkyphosis posture Type B). The rounding in your spine in the thorax is causing some forward head positioning but it isn't severe. You can also get a sense that your buttock protrudes when looking at you from the side view. This often suggests a weak core (stomach musculature). Weak buttock (gluteal muscles) and weak stomach muscles often cause the pelvis to tip forward. Picture a bucket tipping water out and that is the position of your pelvis. You may experience lower back pain with this posture.

Recommendations (This is where you will be advised on what to do next)

This is where I include my personal recommendations for your unique posture issues . I may advise a very specific type of practitioner for you to visit (chiropractor, podiatrist, personal trainer etc) and what specifically they need to address to help you. I may also suggest certain specific exercises you may find beneficial or certain exercises you must avoid. Occasionally I recommend specific support products I like and provide links to them.

A handwritten signature in cursive script that reads "Paula". The signature is written in black ink and is positioned in the lower-left quadrant of the page. It features a long, sweeping underline that extends to the right.