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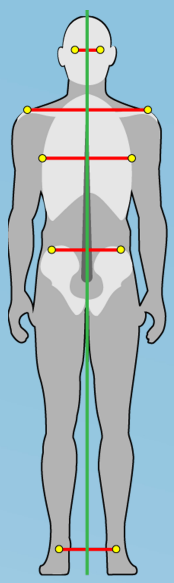
PostureScreen Mobile™
Accurate Postural Assessment

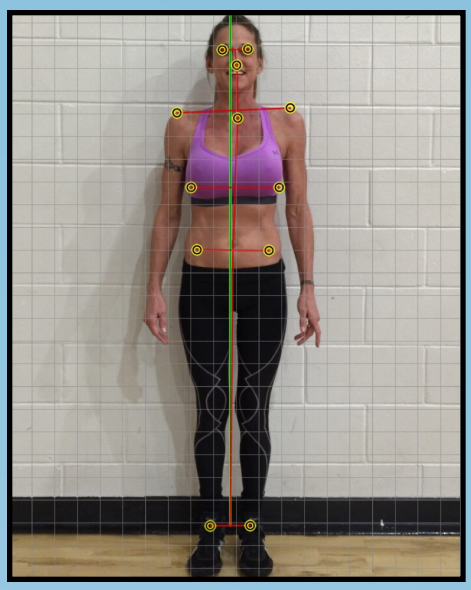
Exam for Kelly Smith performed on 11/28/14

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 from Front

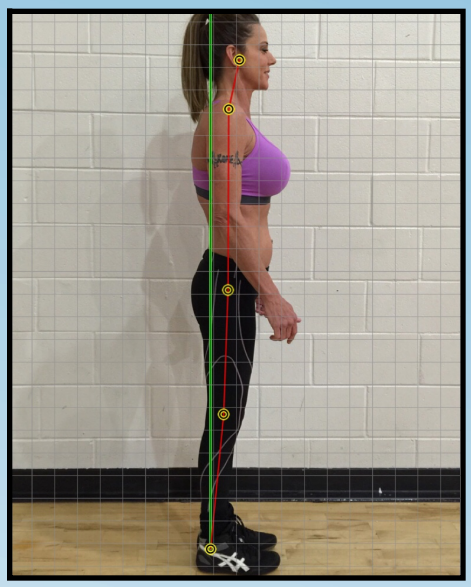


Your Posture Viewed from the Front
Head is shifted 0.32" right. Head is tilted 2.0° right.
Shoulders are shifted 0.30" left. Shoulders are tilted 2.5° right.
Ribcage is shifted 0.28" left.
Hips are shifted 0.35" left. Hips are not tilted.

Any measurable deviation from normal posture causes weakening of the spine as well as increased stress on the nervous system which can adversely affect overall health.

Normal

Your Posture from Side



Your Posture Viewed from the Side
Your head weighs approximately 9.0 lb. It is shifted 1.35" forward.
Based on physics, your head now effectively weighs 19.4 lb instead of 9.0 lb.
Shoulders are not shifted significantly.
Hips are shifted 0.55" forward.
Knees are shifted 1.67" forward.

0 1 2 3 4 5 6 7 8 9 10

During this assessment, you noted that your pain was 0 out of 10 (worst possible pain). Remember that pain and symptoms can be directly associated with abnormal faulty body structure - ie. Abnormal Posture

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.

US Patent No. 8,721,567 B2 with other Patents Pending Internationally © PostureCo, Inc. www.PostureAnalysis.com

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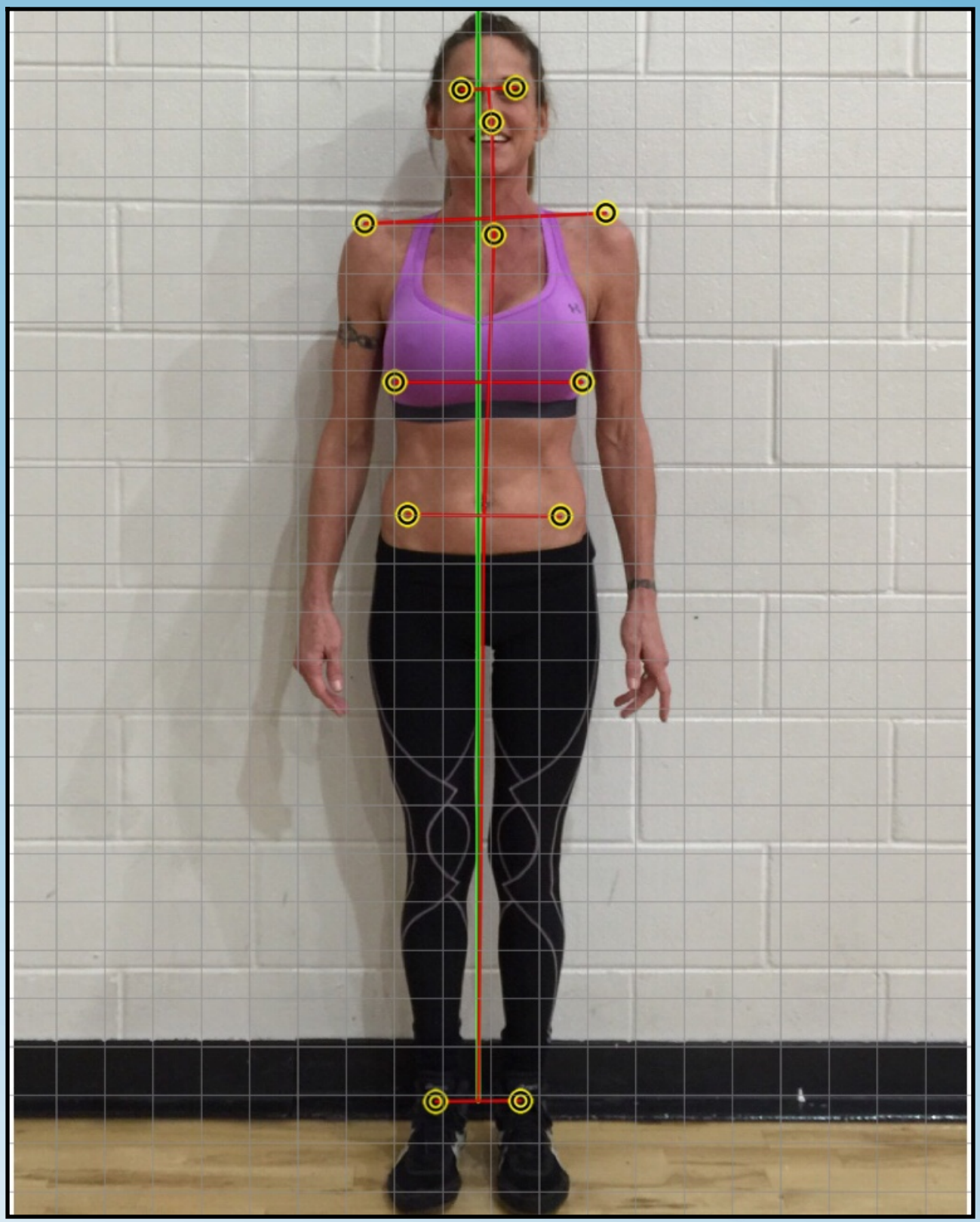

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