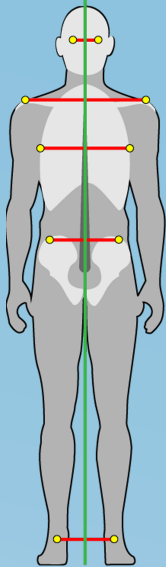


## PostureScreen Exam for Cheryl Smith performed on 7/12/12

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

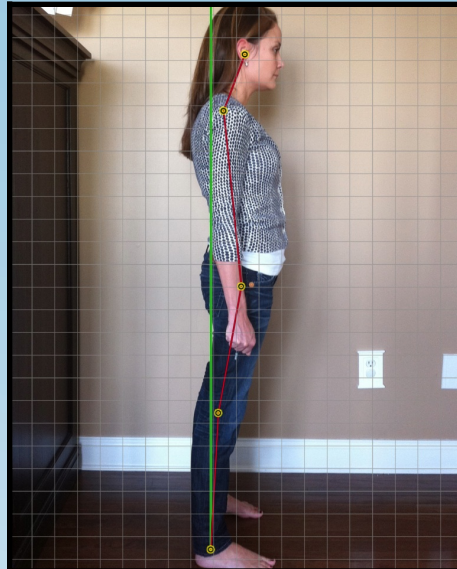
- Head is shifted 0.65" left and is not tilted
- Shoulders are shifted 0.22" right and are tilted 5.2° left
- Ribcage is shifted 0.41" right
- Hips are shifted 1.51" left and are not tilted

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 9.5 lb and is shifted 2.33" forward
- Based on physics, your head now effectively weighs 31.7 lb instead of 9.5 lb
- Shoulders are shifted 1.94" backward
- Hips are shifted 2.51" forward
- Knees are shifted 0.83" forward

### PAIN SCALE



During this assessment, you noted that your pain was 5 out of 10 (worst possible pain). Remember that pain and symptoms can be directly associated 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.