

PostureScreen Comparison Report for [REDACTED] performed on 11/10/25 and 1/7/26

The purpose of this PostureScreen report is to objectively demonstrate the measurable changes in your standing neutral posture. Since posture can be considered the window to the spine, specific abnormal postural displacements are associated with specific spinal positions. If your posture is left uncorrected, then your spine skeletal system, discs, ligaments, blood vessels, muscles and spinal nerves will be under constant asymmetrical stress and will eventually adapt with pathological changes. The benefits of near normal posture is obvious. It is advisable to continue to seek corrective type care until your posture (and spinal alignment) is as close to normal as possible.

Your Posture Comparison from the Front View

11/10/25

1/7/26



Body Region	Shift (Translation)		Rotation	
	11/10/2025	1/7/2026	11/10/2025	1/7/2026
Head	0.29 in left	0.40 in right	0°	0°
Shoulders	0.70 in right	0"	1.4° left	0°
Ribcage	1.03 in left	0.36 in right	n/a	n/a
Hips/Pelvis	1.10 in left	0.18 in left	1.2° left	0°
Total Deviations	3.12 in	0.94 in	2.6°	0.0°

Your Posture Comparison from the Side View

11/10/25

1/7/26



Body Region	Shift (Translation)	
	11/10/2025	1/7/2026
Head	2.43 in forward	0.82 in forward
Shoulder	0.52 in backward	0.49 in forward
Hips/Pelvis	1.24 in forward	0.74 in forward
Knees	0.92 in forward	0.70 in forward
Total Deviations	5.11 in	2.75 in

Your head weighs approximately 10 lbs, however, due to the physics of your postural deviations, your 'effective head weight' changes, which means it 'feels heavier' to your body. The effective weight of your head for the exam on 11/10/25 was 35 lbs and on the follow-up exam dated 1/7/26 it weighed 19 lbs, accounting for a total change of 46.9%.

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Anterior View



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Lateral View

