

Client Name: Dave

2024-08-07, 12:43:54

Code: 00066

BodyType: man

Weight: 81.0 kg

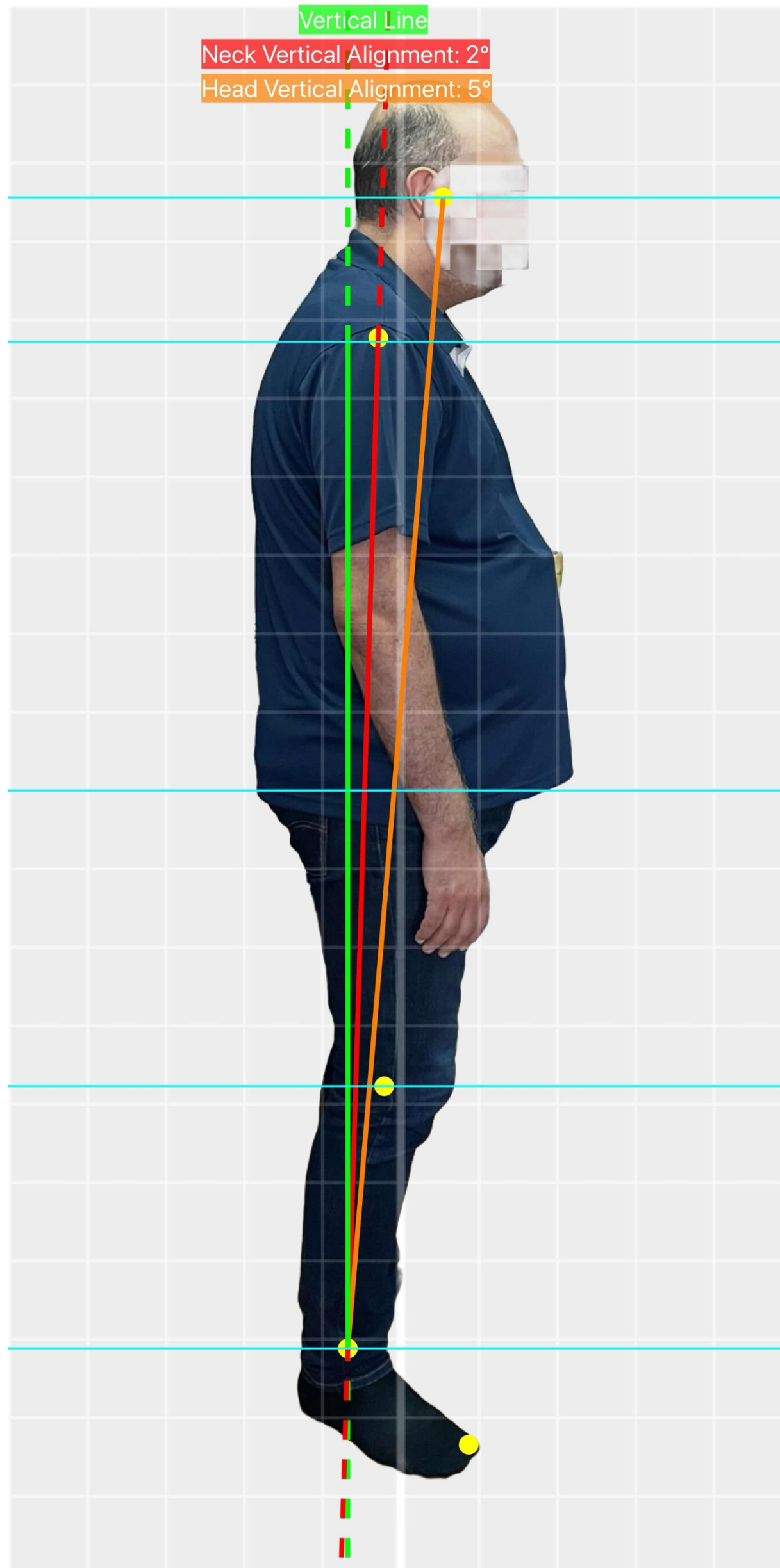
Height: 170.0 cm

BMI: 28

Age: 35

Referral Reason: -

Abnormality Summary: **Forward Head**



### Alignments

Neck Vertical Alignment	2°	Ankle Flexion/Extension	59°
Head Vertical Alignment	5°	Trunk Forward Inclination	3°

## Head Detected Abnormalities:

Based on the provided data and image, the most significant abnormality detected is '**Forward Head**'. This is due to the fact that the head alignment is notably above the average threshold value of 3.0 degree.

## Head Exercise:

Below are the recommended exercises for the predicted abnormality of 'Forward Head'. The exercise data references are provided as per the camera viewpoint (left/right-side) analysis.



Chin Tucks

Count: ... , Reps: ...



Crunch Neck Flexion

Count: ... , Reps: ...



Neck Retraction

Count: ... , Reps: ...



Neck Rotation

Count: ... , Reps: ...



Seated Extensor Stretch

Count: ... , Reps: ...



Seated Levator Scapulae Stretch

Count: ... , Reps: ...



Shoulder Blade Squeezes

Count: ... , Reps: ...



Neck Flexion

Count: ... , Reps: ...