

Client Name: Ana

2024-08-07 , 12:24:16

Code: 0000075

BodyType: woman

Weight: 64.0 kg

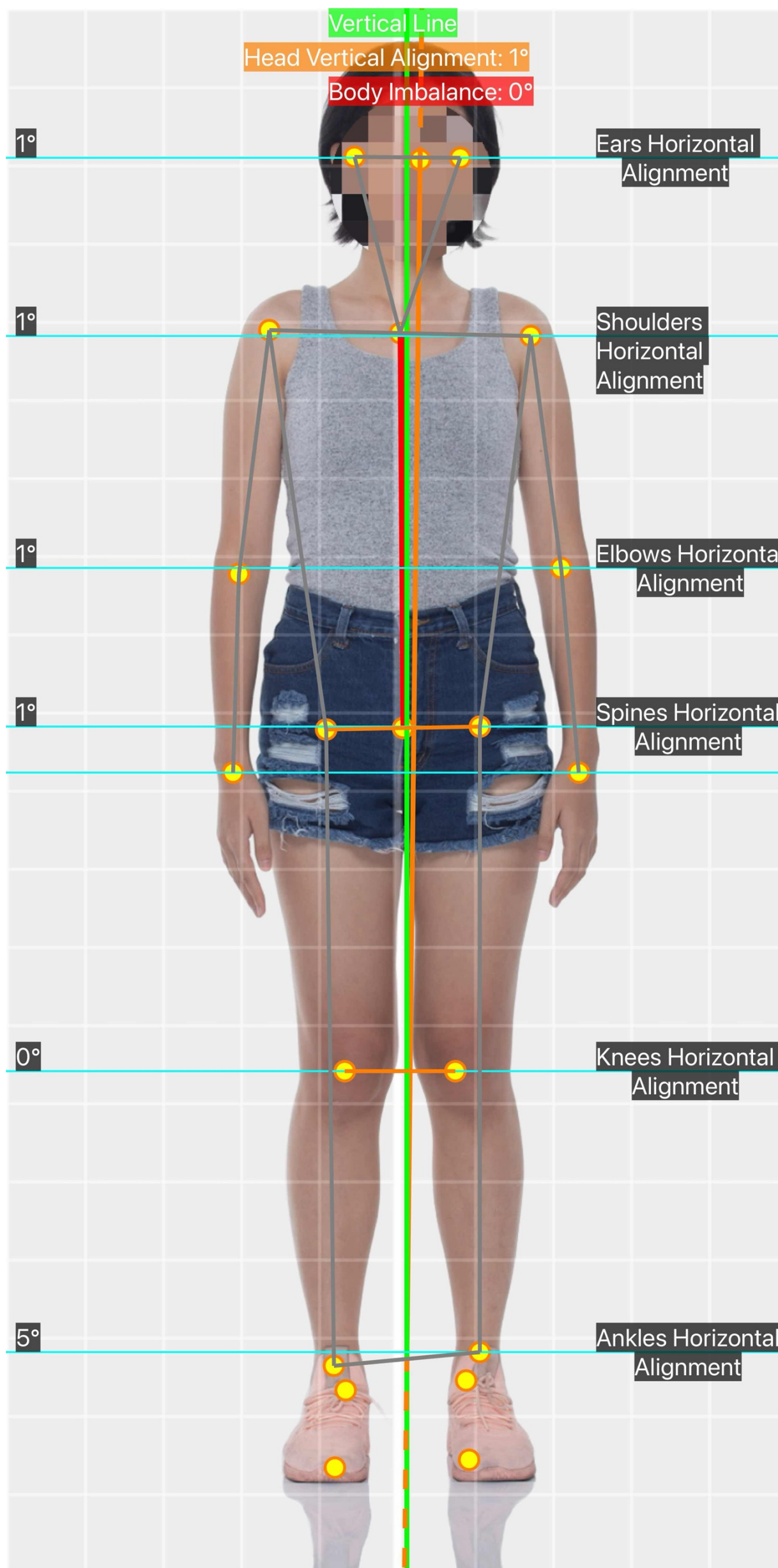
Height: 166.0 cm

BMI: 23

Age: 25

Referral Reason: -

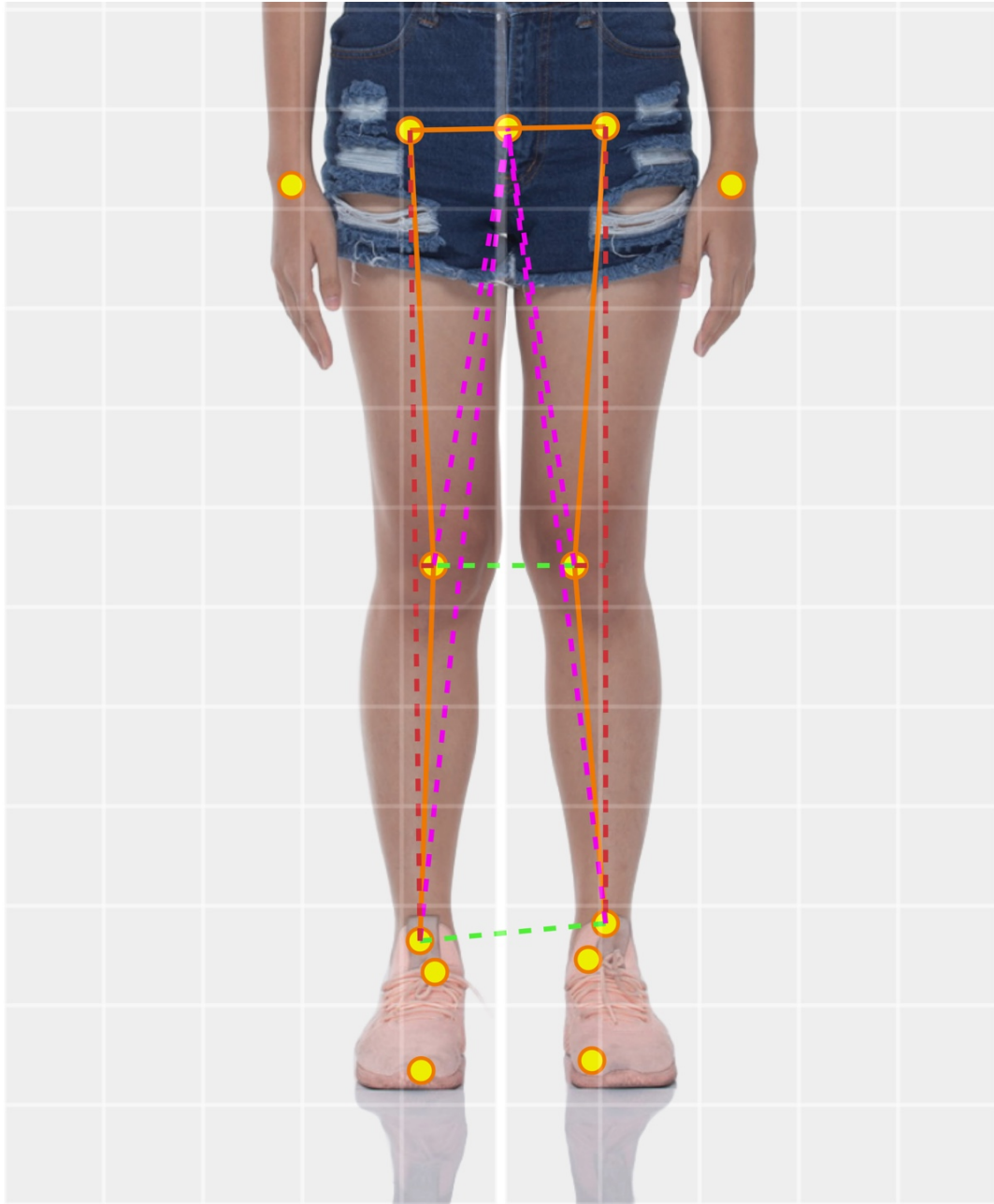
Abnormality Summary: **Knock Knees, -**



Alignments

Neck Vertical Alignment	0°	Shoulders Horizontal Alignment	1°	Ankles Horizontal Alignment	5°	Body Imbalance	0°
Head Vertical Alignment	1°	Knees Horizontal Alignment	0°	Elbows Horizontal Alignment	1°		
Ears Horizontal Alignment	1°	Hips Horizontal Alignment	1°	Wrists Horizontal Alignment	0°		

Lower Body Analysis



Knee-Sacrum-Knee Angle	18°	Ankles Distance	149 px
Ankle-Sacrum-Ankle Angle	13°	Knees Distance	113 px
Left HKA (Knee Varus/Valgus)	4°	Right Knee Deviation	25.0 px
Right HKA (Knee Varus/Valgus)	2°	Left Knee Deviation	14.7 px
Legs Distance Ratio	0.76		

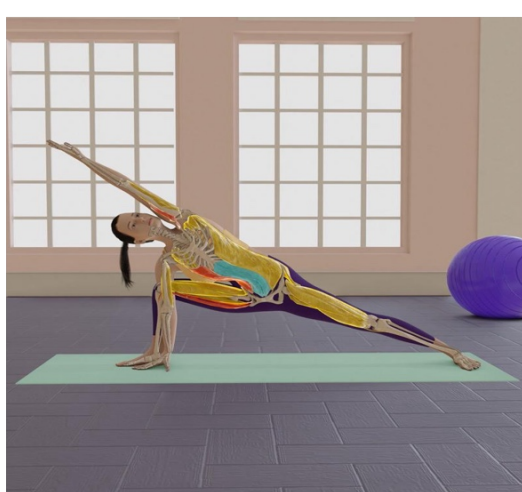
* Please refer to the notes section on page 4 for additional information.

Knee Detected Abnormalities:

Based on the provided data and image, '**Knock Knees**' or 'genu valgum' is identified as the most significant abnormality. This is due to the fact that the Legs Distance Ratio is notably above the average threshold value of 1.5.

Knee Exercise:

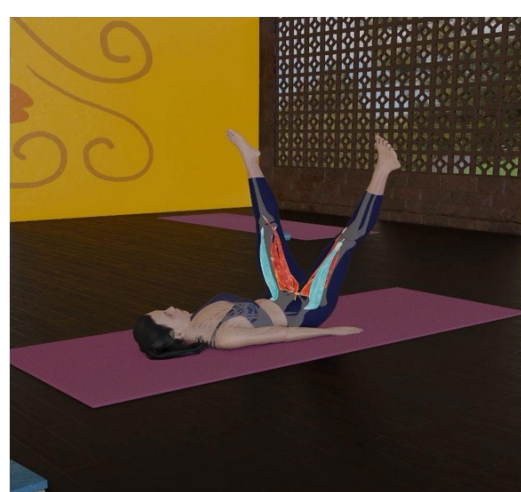
Below are the recommended exercises for the predicted abnormality of 'Knock Knees.' The exercise data references are provided based on the camera viewpoint (front-side) analysis.



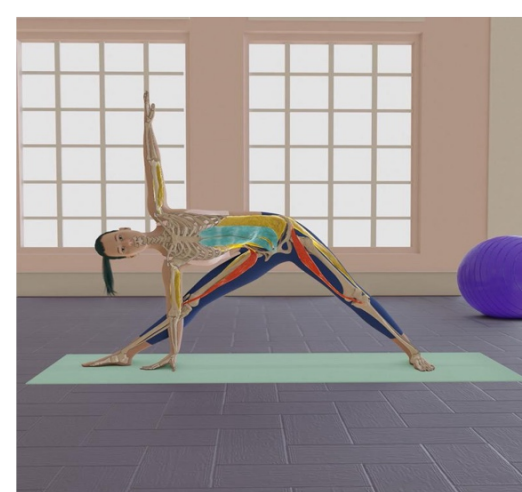
Extended Side Angle
Count: ... , Reps: ...



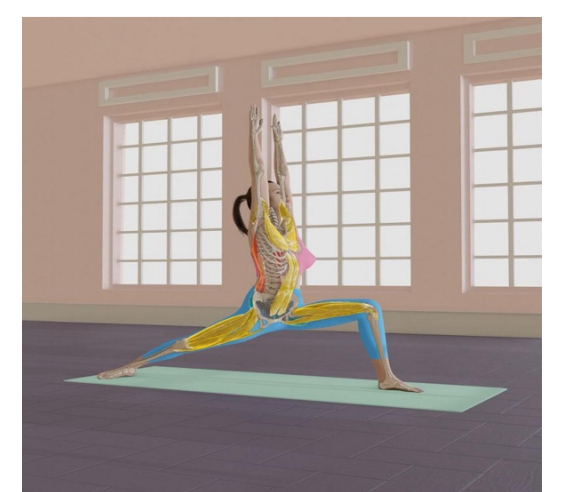
WARRIOR I
Count: ... , Reps: ...



Triangle
Count: ... , Reps: ...



Shoulder Bridge
Count: ... , Reps: ...



Russian Twist
Count: ... , Reps: ...



Inner Thigh Lift
Count: ... , Reps: ...

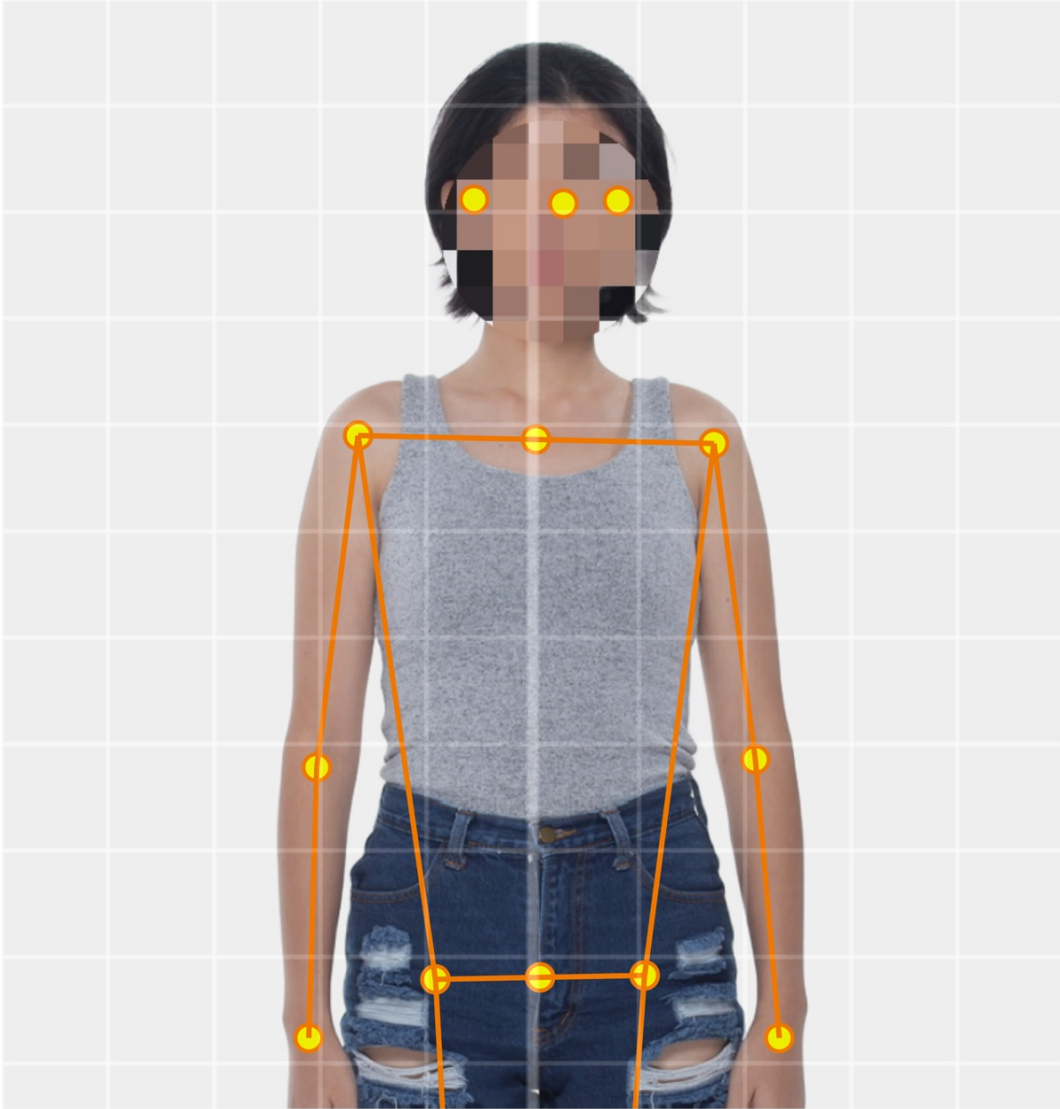


Side Kick Series
Count: ... , Reps: ...



Straight Leg Abduction
Count: ... , Reps: ...

Upper Body Analysis



Left Shoulder Abduction/Adduction	15°	Right Elbow Flexion/Extension	5°
Right Shoulder Abduction/Adduction	15°	Left Hip Abduction/Adduction	3°
Left Elbow Flexion/Extension	3°	Right Hip Abduction/Adduction	5°

Shoulder Detected Abnormalities:

Based on the data provided, **No Significant Shoulder Abnormality** is detected. The client's overall posture is healthy and well-aligned.

Shoulder Exercise:

As no substantial abnormality has been identified, there is no specific exercise recommendation at this time. However, it's important for the client to maintain their good posture by regularly engaging in general fitness and flexibility exercises, posture check-ins, and employing ergonomic furniture and practices if possible. Keep in mind to always maintain a balanced diet, proper hydration, and sufficient sleep to complement the physical efforts.

Note:

In the provided Posture Analysis report:

- The image illustrates the vertical and horizontal alignment of the detected body joints.
- The subsequent table provides information on angles, extended angles, and lines that can be added by the expert.
- The second page includes separate lower body and upper body analyses with their specific analytical data.

Here are some definitions to clarify professional terms throughout the report:

- HKA: The angle formed by the three joints of the Hip, Knee, and Ankle.
- Ankle-Sacrum-Ankle: The angle in degrees between the three joints of the left Ankle, Sacrum, and right Ankle.
- Knee-Sacrum-Knee: The angle in degrees between the three joints of the left Knee, Sacrum, and right Knee.
- Knee Distance: The distance in pixels between the left and right knees.
- Ankle Distance: The distance in pixels between the left and right ankles.
- Legs Distance Ratio: The ratio of Knee Distance to Ankle Distance.
- Knee Deviation: The deviation in pixels of each knee relative to a straight line connecting the hip to the ankle.



Knee-Sacrum-Knee

Ankle-Sacrum-Ankle

HKA

Ankle Distance

Knee Distance

Knee Deviation

Expert Comment:

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