PhysioScan
DIE ZUKUNFT DER HALTUNGSKORREKTUR

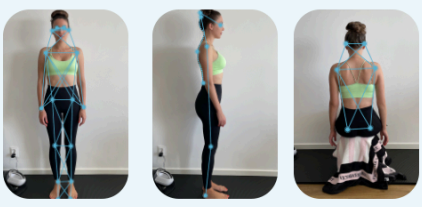
AI-based posture report

Patient	Jane Cooper	Date	01.04.2023

Your most pronounced postural weakness

Head tilted to the right while standing and straight again while seated:
This combined postural weakness may indicate that an issue further down is being compensated for through the spine up into the shoulder and neck area, causing problems there.

20% 35% 50% 65%



Your posture score **77%** ↑ 01.04.2023

Congratulations on your exceptional posture score! Your dedication and effort are paying off, and your commitment to good posture is commendable. By continuing your current programme, you will certainly achieve even better results and further improve your posture. Keep it up and stay motivated to make continuous progress.

Previous scan results



Your posture score **70%** 01.03.2023

Great job achieving an above-average posture score! It is great to see that you are already on the right track. Although there is still room for improvement, I have good news for you. By spending just 3 minutes a day on the routine provided in the app, you can make significant progress in a short time.

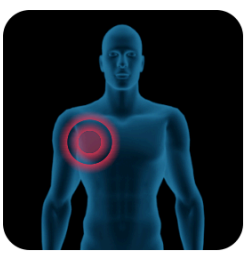
Signs of postural imbalances



1 Head tilted to the right while standing

Possible symptoms:

- Stiff neck on the right side
- Headaches
- Tight jaw muscles on the right side



2 Left shoulder is higher while standing

Possible symptoms:

- Stiff neck on the right side
- Tension between the shoulder blades
- Tight muscles in the left lower back



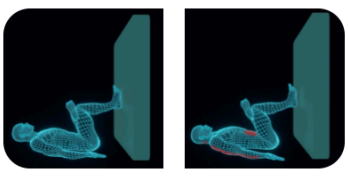
3 Right hip is higher while standing

Possible symptoms:

- Pain in the left knee
- Tight pelvic muscles on the right side
- Tight muscles in the left lower back

Your 3-minute exercise routine

START END



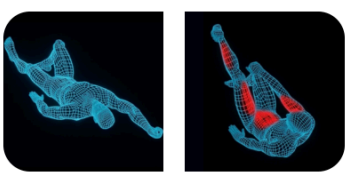
RIGHT LEG 7
LEFT LEG 5

1 Full Body-Mobilizer

This exercise helps strengthen the back and posture by stabilising the body from the front. Make sure you pull the toes of the crossed leg towards you. It is also important to press your lower back into the floor.

EXERCISE DETAILS

START END



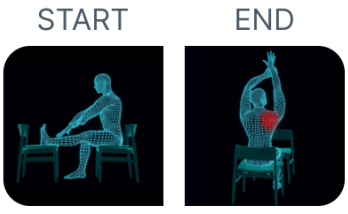
RIGHT ARM 7
LEFT ARM 5

2 Smart Postural-Stimulator

This exercise reprogrammes the front diagonal muscle chain to support your healthy posture. Make sure your toes are pulled towards you and the heel of your extended leg is turned inward.

EXERCISE DETAILS

START END



RIGHT ARM 5
LEFT ARM 7

3 Upper Back-Stretcher

This exercise is very effective for improving mobility in the hips and upper back, relieving back pain and improving posture. Keep your fingers spread and your feet tense during the tension phase.

EXERCISE DETAILS