

Posture Evaluation Overview

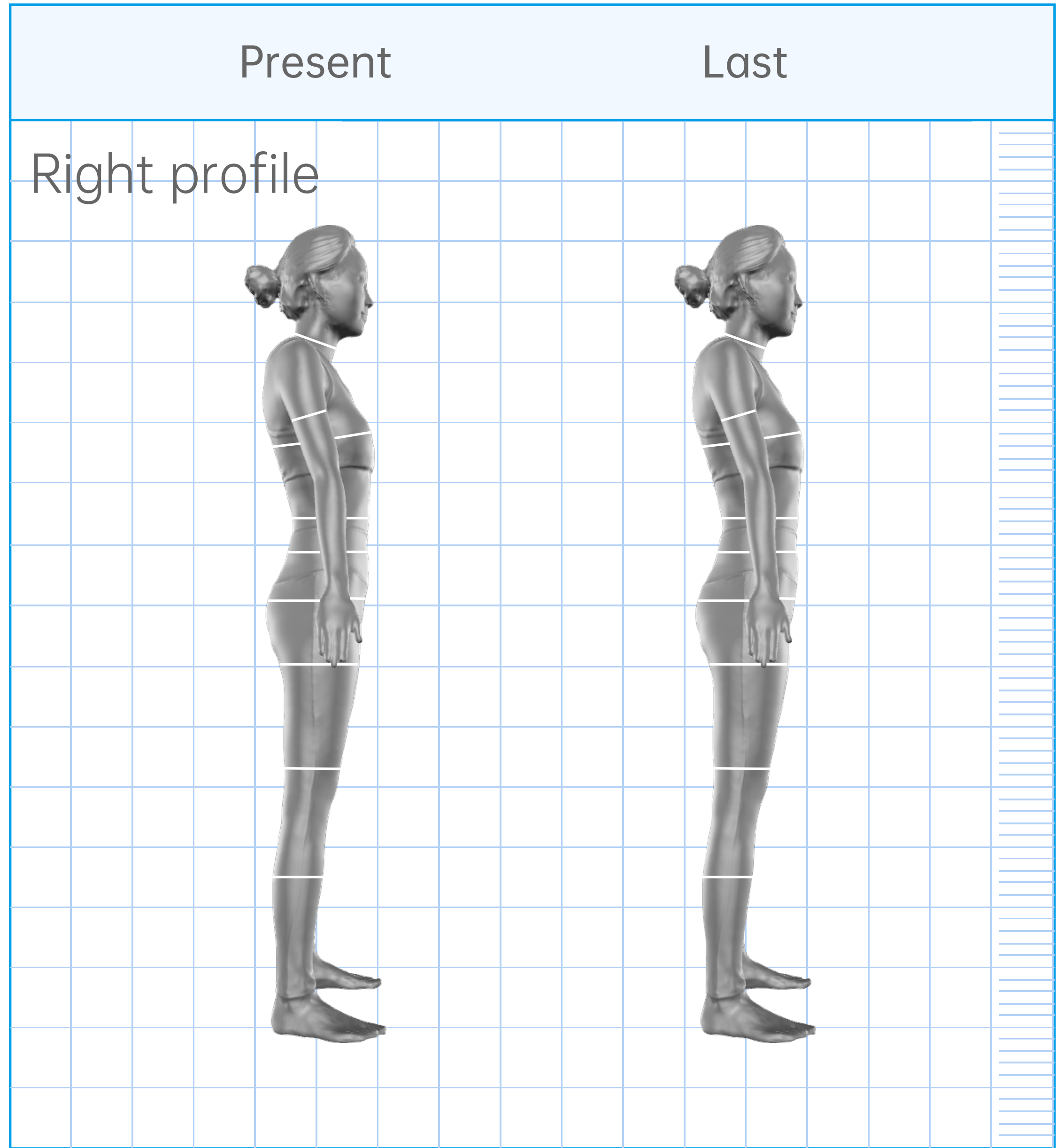
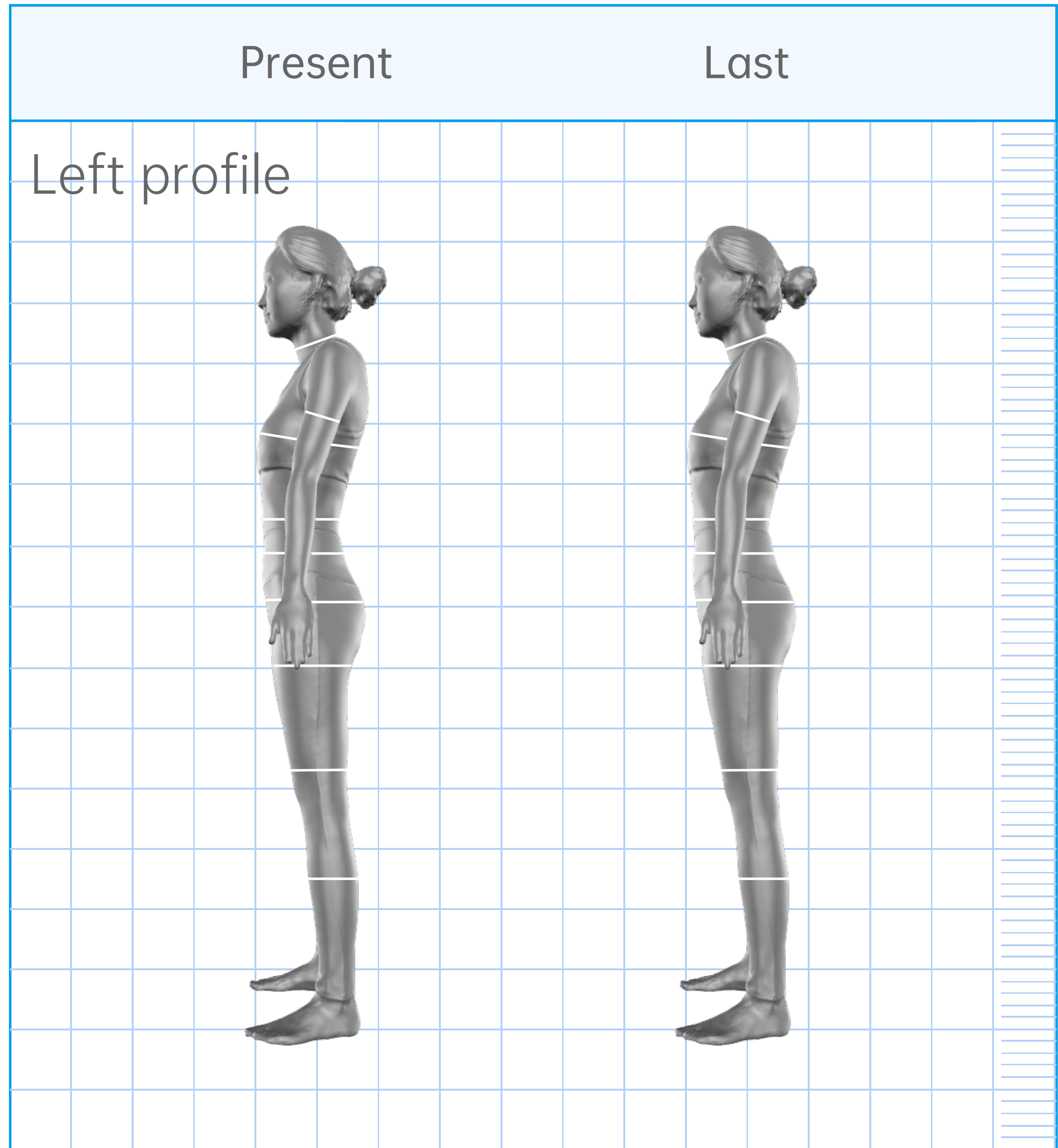
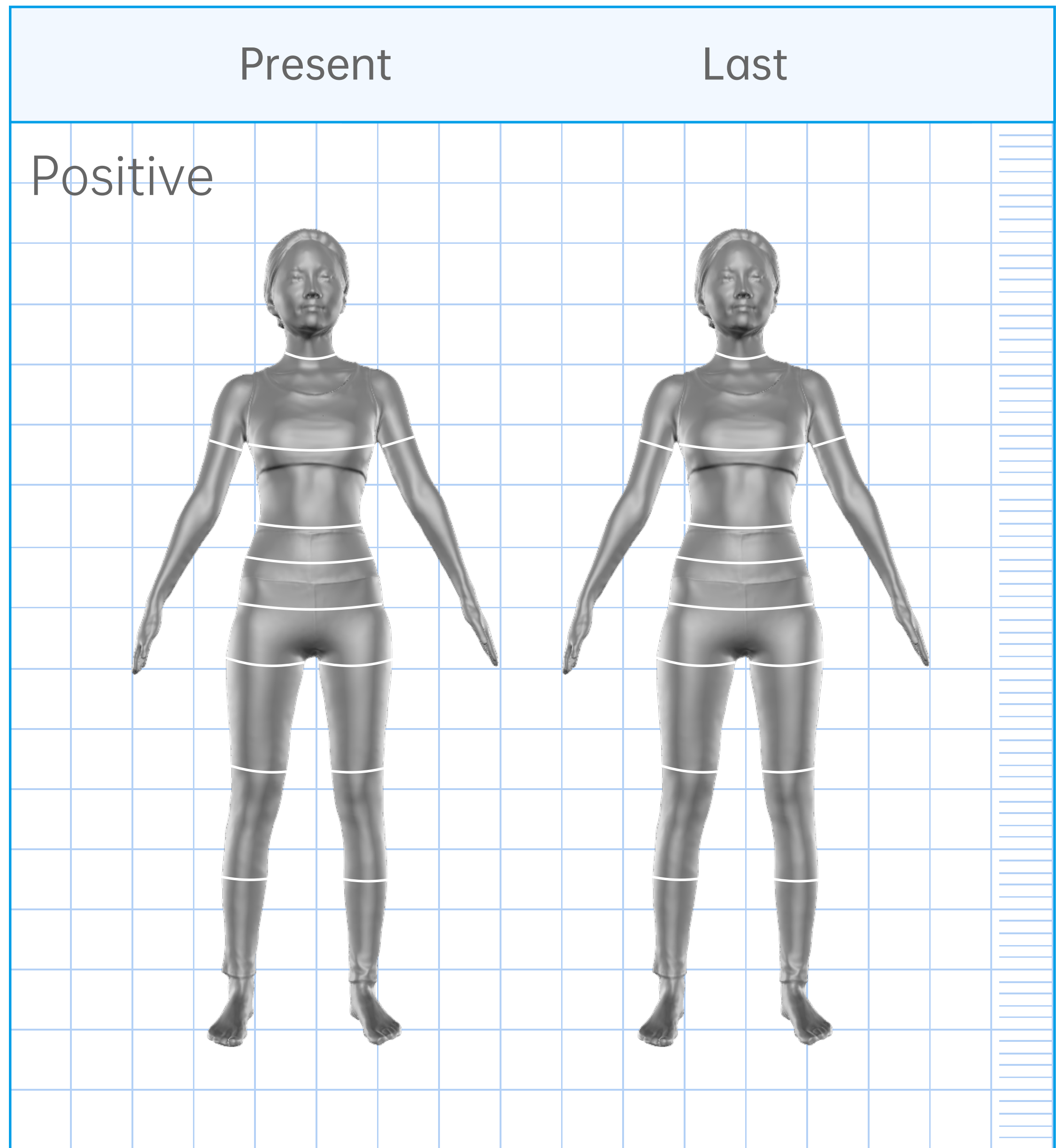
\* To ensure the data's accuracy, please wear tight clothes

	Values	Evaluation Conclusion	Risk Warning
Forward Head Posture	20.0°	Possible Forward Head posture	Forward head may lead to pain and discomfort of neck and shoulders, even cervical degeneration and physiological curvature change if the symptom lasts for a long time.
Head Tilt	2.3°	Possible Head tilt (Left Side)	Head tilt may lead to unilateral neck discomfort, migraine and the numbness and weakness of the arms.
Rounded Shoulders Posture(left side)	20.0°	Possible Rounded Shoulders (Left Side)	Rounded shoulders posture may reduce the chest volume, restrict the diaphragm movement, affect the respiratory, cardiovascular systems and the absorption. It may lead to symptoms such as chest distress, dizziness and shortness of breath.
Rounded Shoulders Posture(right side)	20.0°	Possible Rounded Shoulders (Right Side)	
Uneven Shoulders	3.0cm	Possible Uneven Shoulders (Left High)	Uneven shoulders may lead to chronic pain of neck and shoulders, accompanied by the symptoms such as scoliosis, pelvic displacement and leg length discrepancy.
Anterior Pelvic Tilt/ Posterior Pelvic Tilt	174.5°	Possible Anterior Pelvic Tilt	Anterior pelvic tilt/posterior pelvic tilt may lead to lumbar muscle strain, organ ptosis and pelvic floor muscle weakness.
Left Knee Evaluation	187.0°	Normal	--
Right Knee Evaluation	184.8°	Normal	
Leg Type	Left leg: 183.6° Right leg: 183.0°	Normal	--



# Body Circumference Report

ID: is\*\*\*ey@grover.biz    Gender: Female  
Height: 170cm    Weight: 52.0 kg    Age: 26    Test Date/Time: Mar 25, 2023, 16:34



## Body Circumference cm

Item	Present	Last	Net
Neck circumference	30.2	30.2	➡ 0.0
Left upper arm	21.8	21.8	➡ 0.0
Right upper arm	23.4	23.4	➡ 0.0
Chest	81.5	81.5	➡ 0.0
High waist	68.6	68.7	⬇ 0.1
Mid waist	75.6	75.7	⬇ 0.1
Hipline	89.0	89.1	⬇ 0.1
Left thigh	46.2	46.3	⬇ 0.1
Minimum circumference of left thigh	33.8	33.9	⬇ 0.1
Right thigh	46.5	46.6	⬇ 0.1
Minimum circumference of right thigh	35.1	35.2	⬇ 0.1
Left calf circumference	30.7	30.8	⬇ 0.1
Right calf circumference	31.0	31.1	⬇ 0.1

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## Shoulder Function Assessment

	Item	Values	Standard Range	Evaluation Conclusion	Net
	Abduction and upthrow - left hand	143.0°	[150.0°~180.0°]	Limited range of motion	⬆ 3.2°
	Abduction and upthrow - right hand	177.0°	[150.0°~180.0°]	Normal	⬆ 5.0°
	Anteflexion and upthrow - left hand	117.0°	[120.0°~180.0°]	Limited range of motion	⬆ 1.8°
	Anteflexion and upthrow - right hand	117.6.0°	[120.0°~180.0°]	Limited range of motion	⬇ 10.0°

## Shoulder Function Assessment Result

Abduction and upthrow - left hand、Anteflexion and upthrow - left hand 、Anteflexion and upthrow - right hand   Range of motion of the shoulder joint is restricted.

Analysis: The motion of the shoulder joint is restricted is mostly caused by nervous muscles, insufficient range of motion of clavicle and scapula, and neck scapula not in the neutral position. It may influence the normal motion mode (leading to sports injury) and related pathological problems (Such as scapulohumeral periarthritis, hunchback, aching cervical vertebra). Long-term neglect may lead to various shoulder joint diseases .

**Suggestion:** Please invite professionals to further seek for concrete reasons.

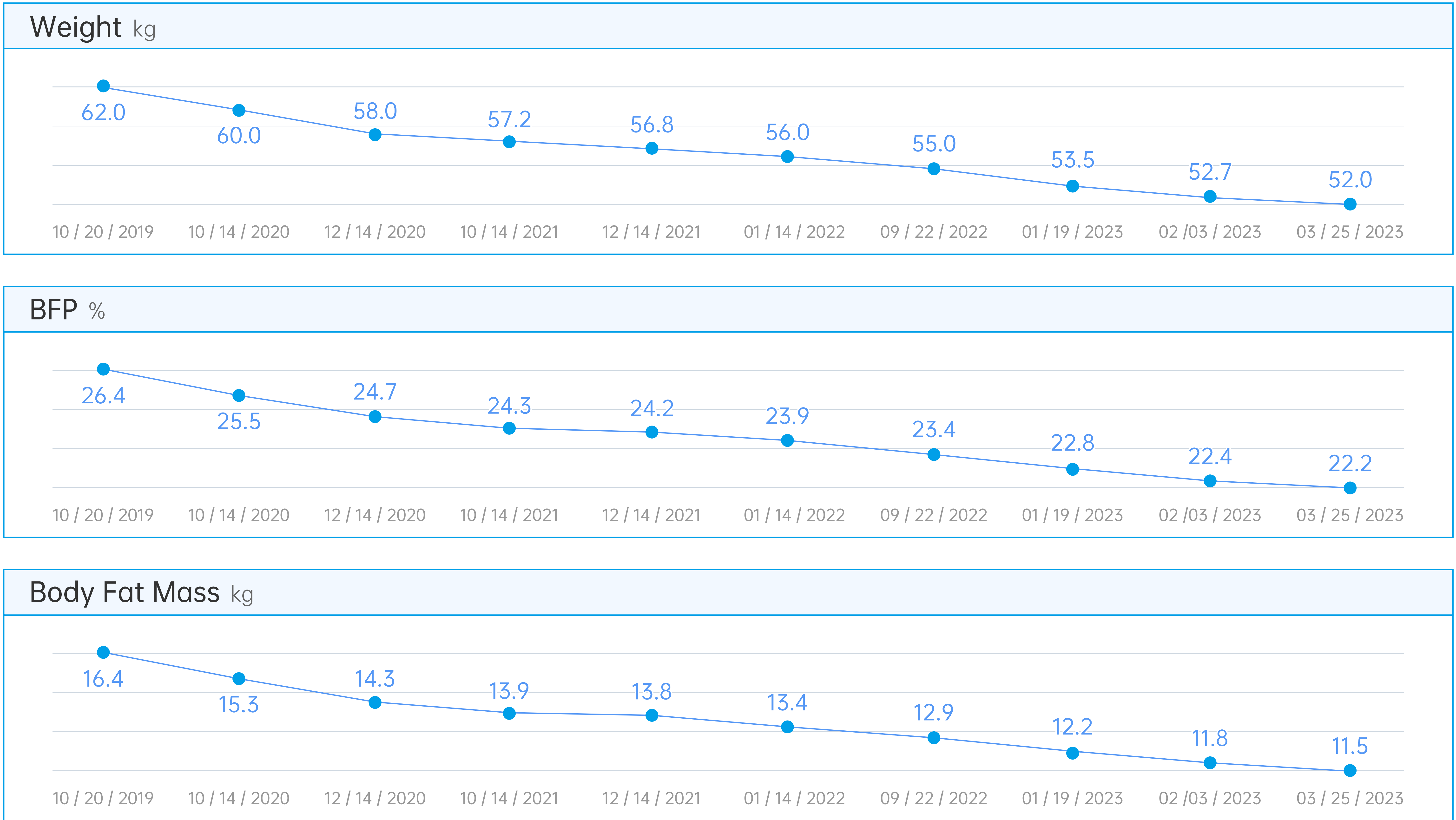


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Body Composition Overview

	Low	Normal	High	Standard Range	Net
Weight kg	<div><div></div></div> 52.0			[54.6~66.8]	↓ 0.7
BFP %	<div><div></div></div> 22.2			[18.0~28.0]	↓ 0.2
Body Fat Mass kg	<div><div></div></div> 11.5			[11.2~22.3]	↓ 0.3
Lean Body Mass kg	<div><div></div></div> 40.5			[38.4~49.5]	↓ 0.4

Body Composition History



**Weight:** Weight is the sum of body water, protein, inorganic salt and body weight.

**BFP (Body Fat Percentage):** BFP is a measurement of body composition telling how much of the body weight is fat.

**Body Fat Mass:** Body Fat mass is the sum of subcutaneous fat, visceral fat and muscle fat.

**Lean Body Mass:** Lean Body Mass is the total body weight without fat.