Full Assessment

Prepared for:

Frank Marotte

January 20, 2025

Biotonix Posture

25 Rue Ste Catherine, Montreal, Quebec, Canada

Evaluator:

My Evaluator

The findings in this report are intended to provide a biomechanical assessment of your posture. This report is not intended to diagnose serious neck or spinal diseases or injuries. If you suspect that you have any injury or disease affecting your neck or spine, notify your Healthcare Practitioner immediately.

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Identification

Client #: MARF950519-00
Name: Frank Marotte
Birthdate: May 19, 1995
Height: 73 in
Weight: 193 lb

Sex: Male
Activity Level: High
Evaluator: My Evaluator

Note:
left knee pain

Your Postural Assessment: The Straight Facts

Have you noticed how a tree trunk grows straight up, and that the branches tend to be symmetrical around the solid core? This “posture” gives the tree the strength to withstand the effects of wind and gravity.

Posture

Optimal posture allows us to function most efficiently. In correct posture (side view), a line, similar to a plumb line used in building, dropped from the level of your ear will fall straight to your shoulder, through the middle of your pelvis, knees and feet. Your head, trunk, pelvis and knees are “stacked”, one on top of the other. Deviations from this positioning can have negative consequences on your health and well-being. Correcting postural asymmetry may make you feel and look better.

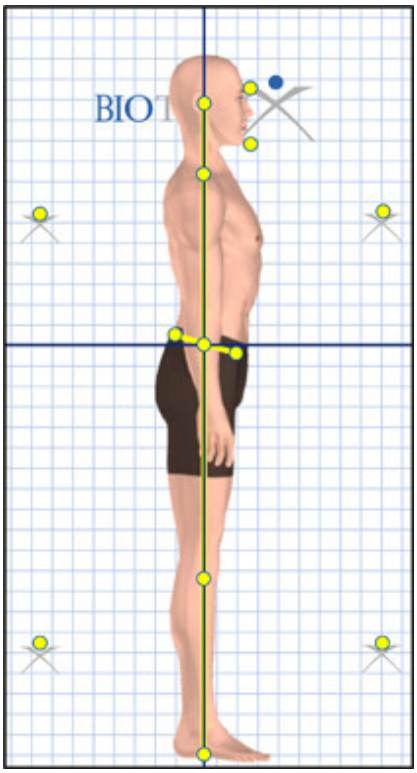
Your Postural Evaluation

Your postural deviations are detailed in the first section of this report. You will see photos of yourself from the side, front and back. Corresponding measures indicate how far you are from plumb, which appears in your photographs as solid lines. Your center of gravity, or how your body is balanced over your feet, is also illustrated.
Review your results with your Healthcare Professional to ensure you understand the evaluation.
This software is a biomechanical assessment system that analyzes posture using innovative technology and recommends personalized corrective exercise programs. This Report is not intended to diagnose or treat serious neck or spinal diseases or injuries. If you experience any unusual pain while performing the recommended stretching and exercise routines, or if you suspect that you have an injury or disease affecting your neck or spine, notify your Healthcare Practitioner immediately.

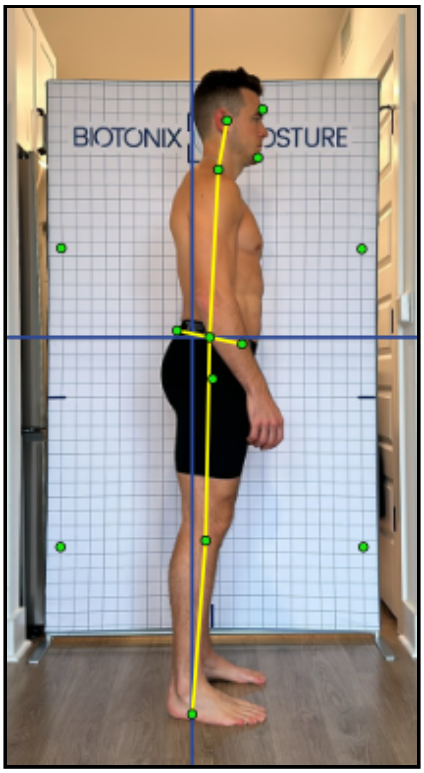
Your Customized Exercise Program

The second section of this report is your individualized 10-week exercise (strengthening and stretching) program. This routine is designed to target the root of the deviations listed in order or priority in your report. The goal is to balance the activity of opposing muscle groups acting on your joints and/or body segments in order to return you to correct posture. Problems in posture may be related to some muscles being over-developed and needing to be stretched, and others being weak and needing to be strengthened.
Carefully review your program with your Healthcare Professional to ensure you understand the form and intensity of the suggested exercises. Maximum benefit occurs when the exercises are done correctly. Warm up prior to performing your exercises. Drink water while exercising, wear comfortable clothing and breathe naturally.

View from the Side (lateral)



Ideal Posture

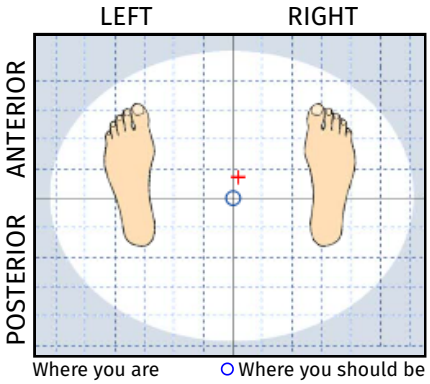


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How many degrees you are from vertical	Angle
Head to Shoulders	10.1° Anterior
Shoulders to Pelvis	3° Anterior
Hips to Knees	2.5° Anterior
Knees to Feet	4.4° Anterior
How many degrees you are from horizontal	**Angle**
Pelvis	11.7° Anterior
How far are you from vertical	**Distance**
Head	9.3 cm Anterior
Shoulders	7 cm Anterior
Pelvis	4.7 cm Anterior
Hips	5.5 cm Anterior
Knees	3.6 cm Anterior

Note: There is a normal forward angle between the anterior and posterior pelvic markers of 10°. Angles greater than 15° indicate anterior pelvic tilt - angles less than 5° indicate posterior pelvic tilt

Your Projected Center Of Gravity

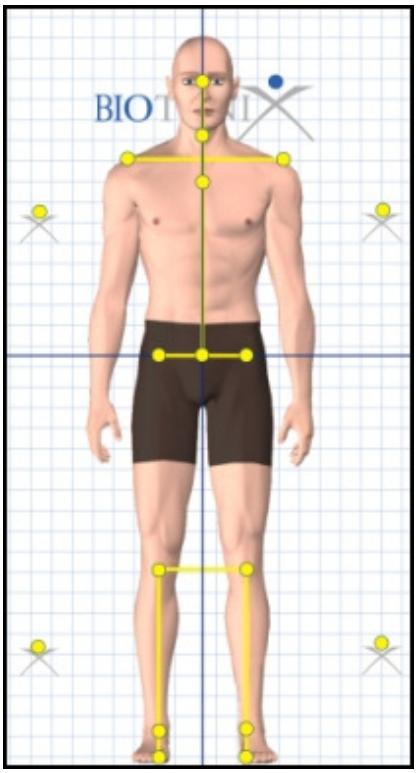


Displacement	Direction	Distance
Left-right	1.3 cm	Right
Anterior-posterior	5.3 cm	Anterior
Displacement	5.5 cm	-

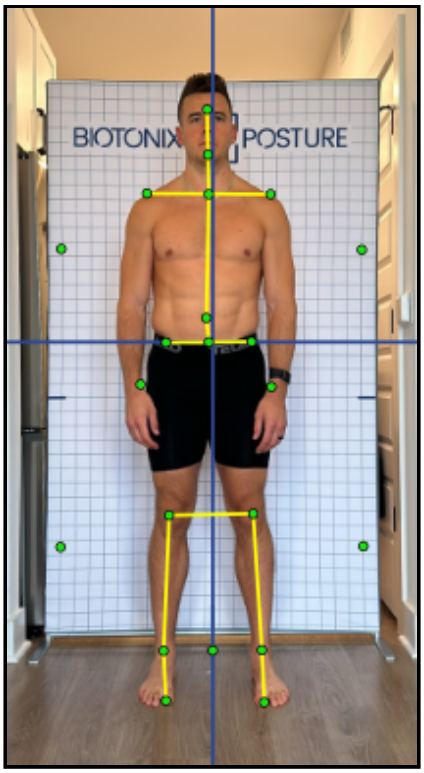
Moments of Force and Reaction Forces

Segment	Actual weight	Lever arm	Moment of force	Joint reaction force	Effective weight
Head	7.1 kg	2.3 cm	1.6 Nm	110 N	11.2 kg
Head and Trunk	50.6 kg	1.1 cm	5.5 Nm	606.8 N	61.9 kg

View from the Front (anterior)



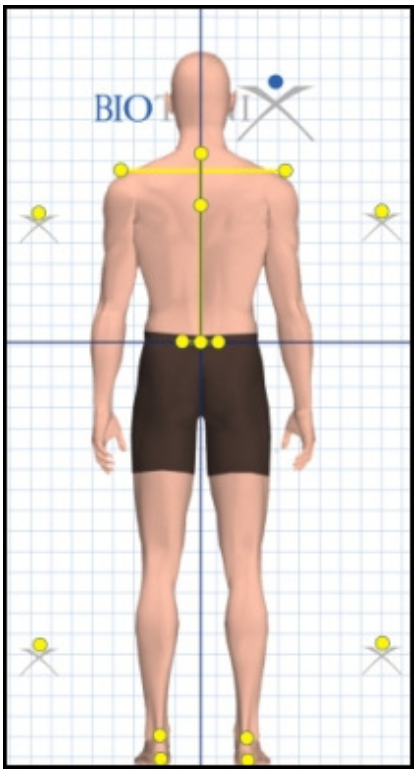
Ideal Posture



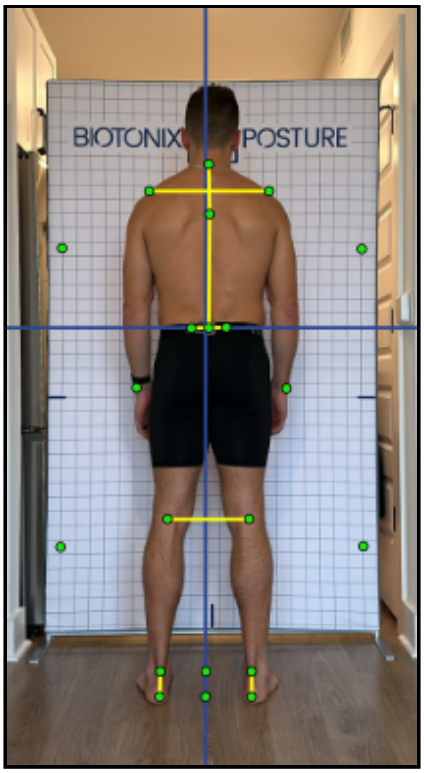
January 20, 2025

How many degrees you are from horizontal	Elevated Side
Shoulders	0.4° Right
Pelvis	0.5° Left
Knees	1.1° Left
How far are you from vertical	**Distance**
Forehead	1.7 cm Right
Shoulders	1.2 cm Right
Umbilicus	2 cm Right
Pelvis	1.2 cm Right
Knees	0.5 cm Right
Toes	0.7 cm Left
How many degrees your feet are rotated	**Angle**
Left foot	2.3° External Rotation
Right foot	2.3° Internal Rotation

View from the Back (posterior)



Ideal Posture



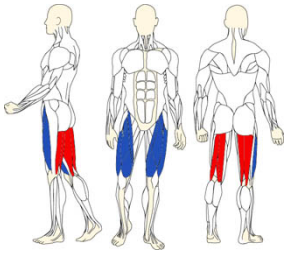
January 20, 2025

How many degrees you are from horizontal	Elevated Side
Shoulders	0° None
Pelvis	1.3° Right
Knees	0° None
How far are you from vertical	**Distance**
Shoulders	1.1 cm Right
7th Cervical	1 cm Right
5th Thoracic	1.2 cm Right
Pelvis	1 cm Right
Knees	0.9 cm Right
Ankles	0.1 cm Right
How many degrees are your feet are from vertical	**Angle**
Left foot	1.8° Pronation
Right foot	0° None

Body Alignment Goals

1

Your pelvis is shifted forward



You need to:

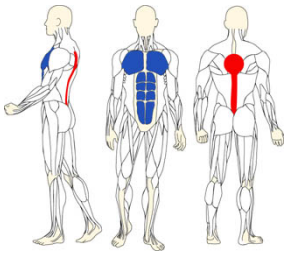
- Strengthen: The back of your thighs
- Stretch: The front of your thighs

Also remember the following tips throughout the day:

- Stand straight with your stomach pulled in, knees slightly bent and bodyweight evenly distributed on your feet.

2

Your back is rounded



You need to:

- Strengthen: Your upper back
- Stretch: Your abdominals and chest

Also remember the following tips throughout the day:

- Your workplace should be adjusted in order to prevent you from leaning forward.
- Sit or stand comfortably with your head centered directly over your shoulders, your stomach pulled in.

Exercise and Stretching Schedule

Session 1

Strengthening

Standing leg lift back with weight - LEFT

3 x 15 rep.



Position

Attach a weight around your left ankle. Stand and balance yourself while facing a stationary object for support. Contract your abdominal muscles to help keep your lower back supported throughout the exercise.

Action

Slowly press your heel and the back of the left thigh toward the back. Return slowly to the starting position and repeat.

Strengthening

Standing leg lift back with weight - RIGHT

3 x 15 rep.



Position

Attach a weight around your right ankle. Stand and balance yourself while facing a stationary object for support. Contract your abdominal muscles to help keep your lower back supported throughout the exercise.

Action

Slowly press your heel and the back of the right thigh toward the back. Return slowly to the starting position and repeat.

Stretching

Quad stretch - LEFT

3 x 30 sec.



Position

Lie on the floor on your right side with your head resting on your right forearm. Bend your right leg and bring it slightly forward on the floor for balance. Bend your left leg and hold onto the lower leg, above your ankle, with your left hand.

Action

Gently pull your leg back and press your left hip forward until you feel a stretch in the front of your hip and thigh. Hold for 30 seconds and slowly return to the starting position. Repeat.

Stretching

Quad stretch - RIGHT

3 x 30 sec.



Position

Lie on the floor on your left side with your head resting on your left forearm. Bend your left leg and bring it slightly forward on the floor for balance. Bend your right leg and hold onto the lower leg, above your ankle, with your right hand.

Action

Gently pull your leg back and press your right hip forward until you feel a stretch in the front of your hip and thigh. Hold for 30 seconds and slowly return to the starting position. Repeat.

Strengthening

Standing shoulder pull-back with band - BILATERAL

3 x 15 rep.

Position

Stand facing a stationary object on which an elastic resistance band can be securely attached at shoulder height. Raise both arms front and hold on to the ends of the band with each hand, palm facing down. Make sure there is sufficient tension in the band so it can provide adequate resistance.

Action

Pull the elastic by squeezing the muscles in between your shoulder blades. Return slowly to the starting position and repeat.



Stretching

Pec stretch - BILATERAL

3 x 30 sec.

Position

Stand facing a corner. Raise both of your arms up in an L shape with your elbows at shoulder height. Place your forearms and elbows against the walls.

Action

Lean your bodyweight forward until you start to feel a pulling sensation in the shoulder and chest area. Hold the stretch for 30 seconds. Slowly return to the starting position and repeat.



Strengthening

Back extension

3 x 15 rep.

Position

Lie face down on your stomach. Relax both of your arms along the side of your body.

Action

While lifting your head and chest off the floor, open your chest, rotate your arms from the shoulder and squeeze the muscles in your upper back. The palms of your hands will face the floor and your thumbs will point out. Return slowly to the starting position and repeat. *Note: Make sure your feet remain in contact with the floor throughout the exercise.



Stretching

Cobra

3 x 30 sec.

Position

Lie on your stomach with your face down. Place both hands beside your shoulders.

Action

Lift your head and chest off the floor by extending your elbows. Your hips remain on the floor. Hold the stretch for 30 seconds. Return slowly to the starting position and repeat. *Note: Make sure both shoulders are relaxed and your neck is long while performing the exercise.



Exercise and Stretching Schedule

Session 2

Strengthening

Standing leg lift back with band - LEFT

3 x 15 rep.



Position

Stand and balance yourself while facing a stationary object on which one end of an elastic resistance band can be securely attached at ground level. Place the other end of the elastic around the left ankle. Make sure there is sufficient tension in the band so it can provide adequate resistance.

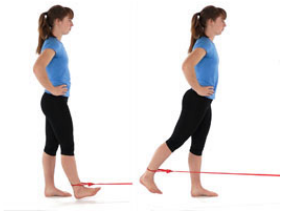
Action

Against the resistance, pull the left leg back, keeping the knee straight. Return slowly to the starting position and repeat.

Strengthening

Standing leg lift back with band - RIGHT

3 x 15 rep.



Position

Stand and balance yourself while facing a stationary object on which one end of an elastic resistance band can be securely attached at ground level. Place the other end of the elastic around the right ankle. Make sure there is sufficient tension in the band so it can provide adequate resistance.

Action

Against the resistance, pull the right leg back, keeping the knee straight. Return slowly to the starting position and repeat.

Stretching

Quad stretch - LEFT

3 x 30 sec.



Position

Lie on the floor on your right side with your head resting on your right forearm. Bend your right leg and bring it slightly forward on the floor for balance. Bend your left leg and hold onto the lower leg, above your ankle, with your left hand.

Action

Gently pull your leg back and press your left hip forward until you feel a stretch in the front of your hip and thigh. Hold for 30 seconds and slowly return to the starting position. Repeat.

Stretching

Quad stretch - RIGHT

3 x 30 sec.



Position

Lie on the floor on your left side with your head resting on your left forearm. Bend your left leg and bring it slightly forward on the floor for balance. Bend your right leg and hold onto the lower leg, above your ankle, with your right hand.

Action

Gently pull your leg back and press your right hip forward until you feel a stretch in the front of your hip and thigh. Hold for 30 seconds and slowly return to the starting position. Repeat.

Strengthening

Standing shoulder pull-back with band - BILATERAL

3 x 15 rep.

Position

Stand facing a stationary object on which an elastic resistance band can be securely attached at shoulder height. Raise both arms front and hold on to the ends of the band with each hand, palm facing down. Make sure there is sufficient tension in the band so it can provide adequate resistance.

Action

Pull the elastic by squeezing the muscles in between your shoulder blades. Return slowly to the starting position and repeat.



Stretching

Pec stretch - BILATERAL

3 x 30 sec.

Position

Stand facing a corner. Raise both of your arms up in an L shape with your elbows at shoulder height. Place your forearms and elbows against the walls.

Action

Lean your bodyweight forward until you start to feel a pulling sensation in the shoulder and chest area. Hold the stretch for 30 seconds. Slowly return to the starting position and repeat.



Strengthening

Back extension, hands beside head

3 x 15 rep.

Position

Lie face down on your stomach. Place both of your hands beside your head with the palms facing the floor.

Action

While maintaining this hand position, slowly lift your head, chest and arms off the floor. Return slowly to the starting position and repeat. *Note: Make sure your feet remain in contact with the floor throughout the exercise





Stretching

Cobra

3 x 30 sec.

Position

Lie on your stomach with your face down. Place both hands beside your shoulders.

Action

Lift your head and chest off the floor by extending your elbows. Your hips remain on the floor. Hold the stretch for 30 seconds. Return slowly to the starting position and repeat. *Note: Make sure both shoulders are relaxed and your neck is long while performing the exercise.



Exercise and Stretching Schedule

Session 3

Strengthening

Standing leg lift back with band - LEFT

3 x 15 rep.



Position

Stand and balance yourself while facing a stationary object on which one end of an elastic resistance band can be securely attached at ground level. Place the other end of the elastic around the left ankle. Make sure there is sufficient tension in the band so it can provide adequate resistance.

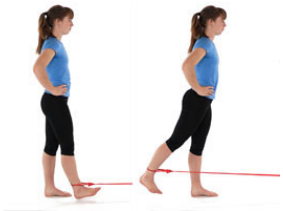
Action

Against the resistance, pull the left leg back, keeping the knee straight. Return slowly to the starting position and repeat.

Strengthening

Standing leg lift back with band - RIGHT

3 x 15 rep.



Position

Stand and balance yourself while facing a stationary object on which one end of an elastic resistance band can be securely attached at ground level. Place the other end of the elastic around the right ankle. Make sure there is sufficient tension in the band so it can provide adequate resistance.

Action

Against the resistance, pull the right leg back, keeping the knee straight. Return slowly to the starting position and repeat.

Stretching

Quad stretch - LEFT

3 x 30 sec.



Position

Lie on the floor on your right side with your head resting on your right forearm. Bend your right leg and bring it slightly forward on the floor for balance. Bend your left leg and hold onto the lower leg, above your ankle, with your left hand.

Action

Gently pull your leg back and press your left hip forward until you feel a stretch in the front of your hip and thigh. Hold for 30 seconds and slowly return to the starting position. Repeat.

Stretching

Quad stretch - RIGHT

3 x 30 sec.



Position

Lie on the floor on your left side with your head resting on your left forearm. Bend your left leg and bring it slightly forward on the floor for balance. Bend your right leg and hold onto the lower leg, above your ankle, with your right hand.

Action

Gently pull your leg back and press your right hip forward until you feel a stretch in the front of your hip and thigh. Hold for 30 seconds and slowly return to the starting position. Repeat.

Strengthening

Standing shoulder pull-back with band - BILATERAL

3 x 15 rep.

Position

Stand facing a stationary object on which an elastic resistance band can be securely attached at shoulder height. Raise both arms front and hold on to the ends of the band with each hand, palm facing down. Make sure there is sufficient tension in the band so it can provide adequate resistance.

Action

Pull the elastic by squeezing the muscles in between your shoulder blades. Return slowly to the starting position and repeat.



Stretching

Pec stretch - BILATERAL

3 x 30 sec.

Position

Stand facing a corner. Raise both of your arms up in an L shape with your elbows at shoulder height. Place your forearms and elbows against the walls.

Action

Lean your bodyweight forward until you start to feel a pulling sensation in the shoulder and chest area. Hold the stretch for 30 seconds. Slowly return to the starting position and repeat.



Strengthening

Back extension with band

3 x 15 rep.

Position

Stand with feet hip width apart and step on an elastic band and loop it over your shoulders.

Action

Bend forward at the hips pushing your buttock bacwards and sligthly bending the knees. Stop when your torso is parallel to the floor. Return slowly to the starting position and repeat.

*Note: Make sure keep back flat and chest out throughout the exercise.



Stretching

Cobra

3 x 30 sec.

Position

Lie on your stomach with your face down. Place both hands beside your shoulders.

Action

Lift your head and chest off the floor by extending your elbows. Your hips remain on the floor. Hold the stretch for 30 seconds. Return slowly to the starting position and repeat.

*Note: Make sure both shoulders are relaxed and your neck is long while performing the exercise.



Exercise and Stretching Schedule

Session 1

Week 1



Week 2



Week 3



Week 4



Session 2

Week 5



Week 6



Week 7



Session 3

Week 8



Week 9



Week 10

