BIOTONIX POSTURE

Full Assessment

Prepared for:

Frank Marotte

July 4, 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: 191 lb

Sex: Male
Activity Level: High
Evaluator: My Evaluator

Note:
none

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.

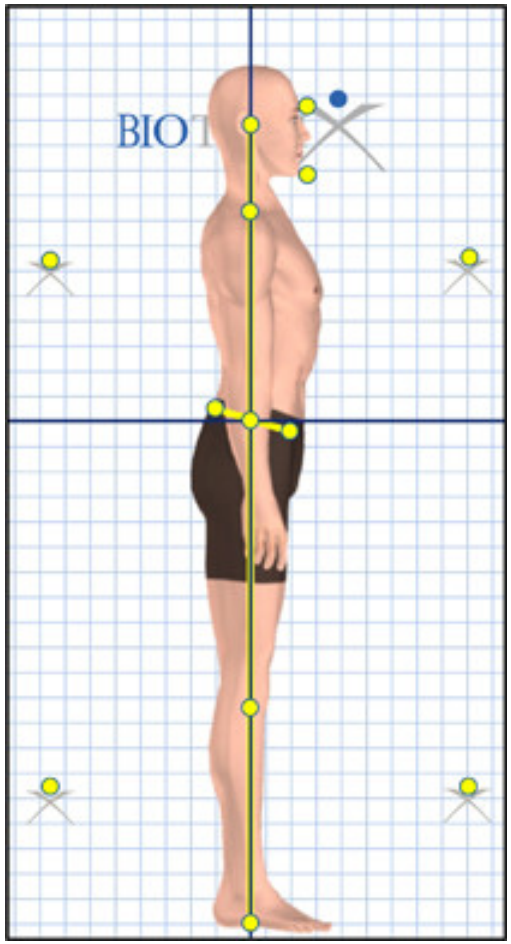
Posture

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.

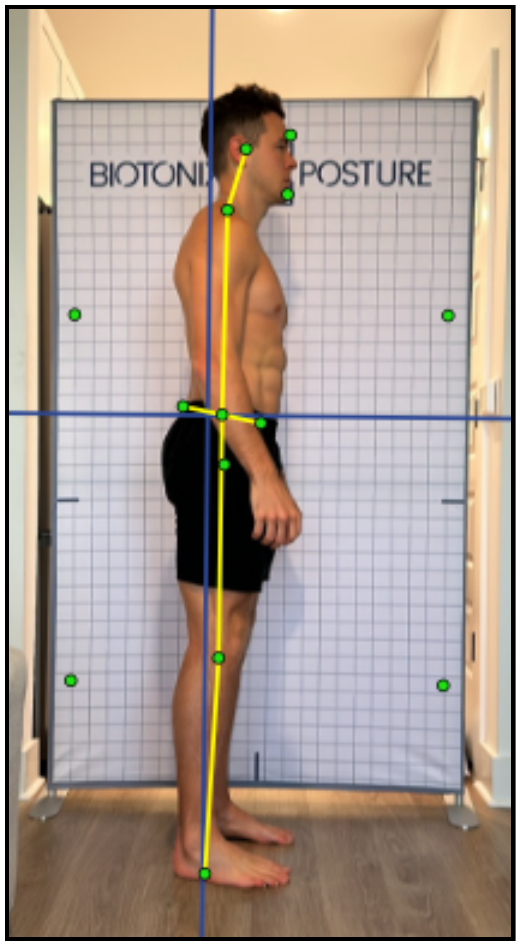
Your Postural Evaluation

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.

View from the Side (lateral)



Ideal Posture



July 4, 2025

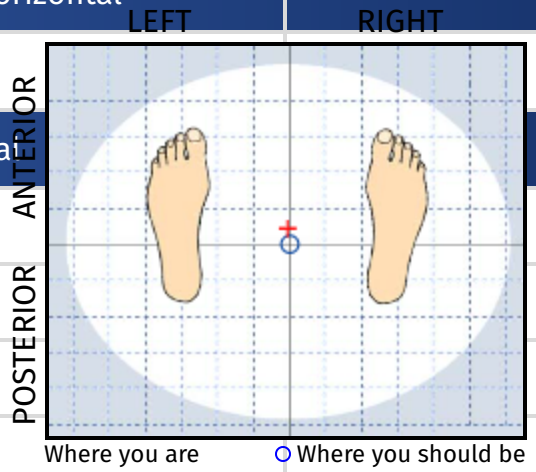
How many degrees you are from vertical	Angle
Head to Shoulders	16.5° Anterior
Shoulders to Pelvis	1° Anterior

How many degrees you are from vertical	Angle
Hips to Knees	1.2° Anterior
Knees to Feet	3.1° Anterior

Your Projected Center Of Gravity

How many degrees you are from horizontal	Angle
Pelvis	11.6° Anterior

How far are you from vertical	Distance
Head	7.5 cm Anterior
Shoulders	3.6 cm Anterior
Pelvis	2.8 cm Anterior
Hips	3.4 cm Anterior



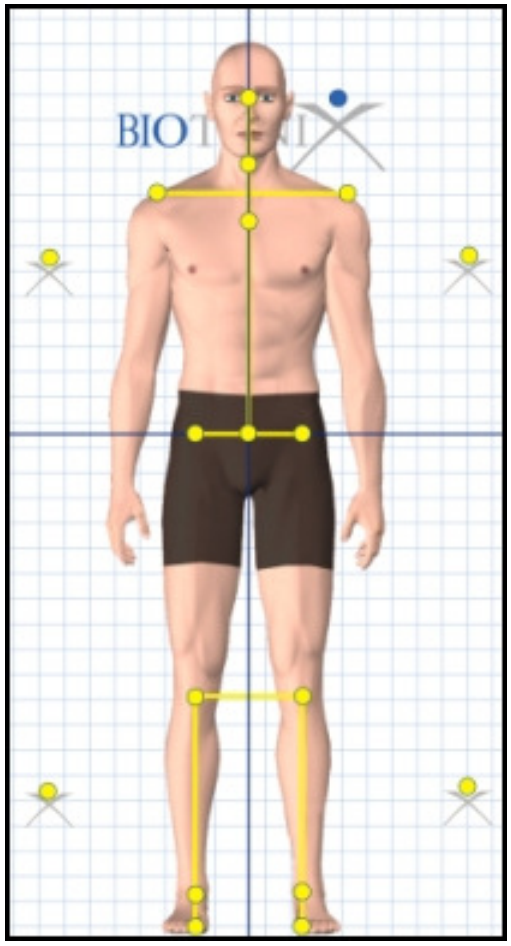
Displacement	Direction	Distance
Left-right	0.5 cm	Left
Anterior-posterior	3.3 cm	Anterior
Displacement	3.3 cm	-

Moments of Force and Reaction Forces

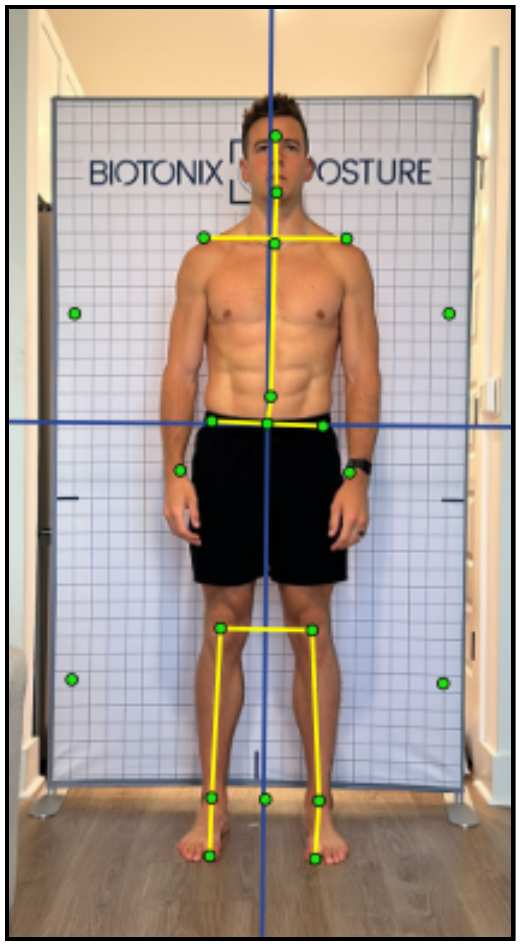
Segment	Actual weight	Lever arm	Moment of force	Joint reaction force	Effective weight
Head	7 kg	3.9 cm	2.7 Nm	136.4 N	13.9 kg

Head and Trunk	50.1 kg	0.6 cm	3 Nm	551.8 N	56.3 kg

View from the Front (anterior)



Ideal Posture



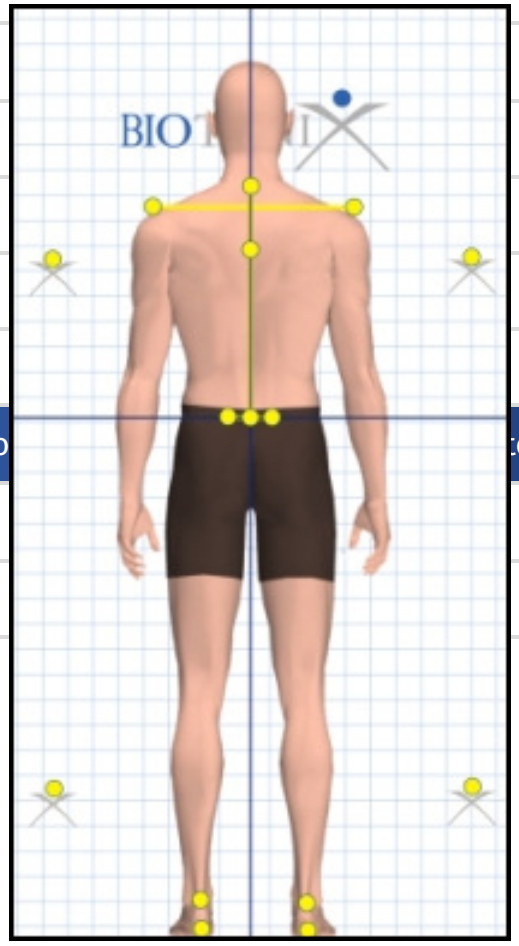
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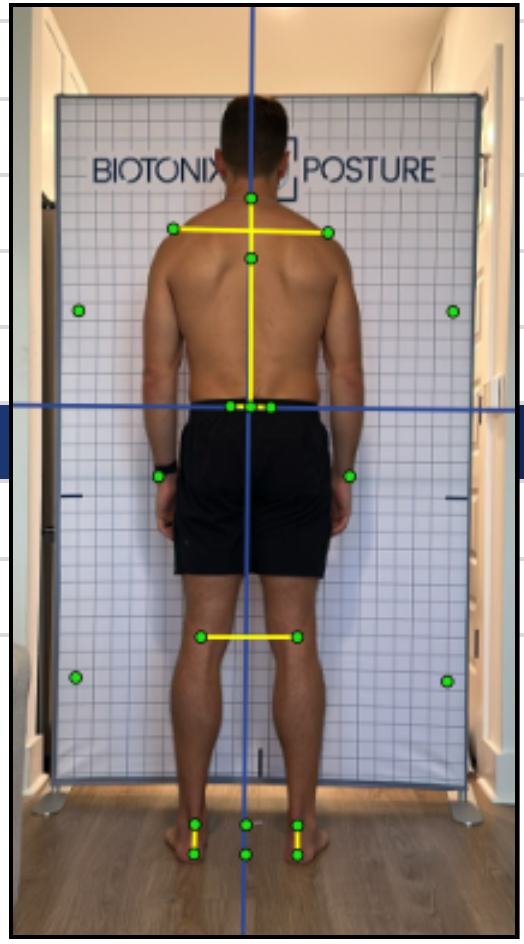
How many degrees you are from horizontal	Elevated Side
Shoulders	0.1° Left
Pelvis	2° Right

How many degrees you are from horizontal	Elevated Side
Knees	0.7° Right

View from the Back (posterior)

How far are you from vertical	Distance
Forehead	1.2 cm Left





Ideal Posture

July 4, 2025

How many degrees you are from horizontal	Elevated Side
Shoulders	1° Left
Pelvis	0.9° Left

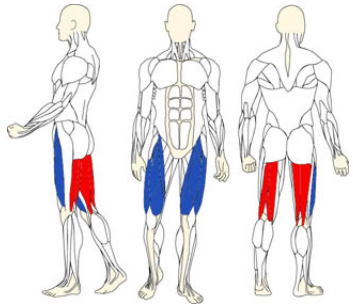
How many degrees you are from horizontal	Elevated Side
Knees	0.5° Right

Body Alignment Goals

How far are you from vertical	Distance
Shoulders	0.1 cm Left
7th Cervical	0.1 cm Left

1

Your pelvis is shifted forward



You need to:

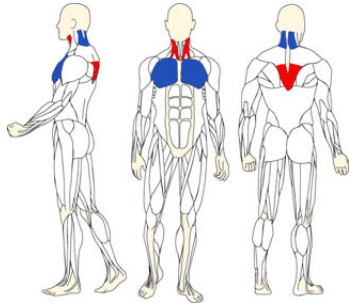
- Strengthen: The back of your thighs
- Stretch: The front of your thighs

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 head is forward



You need to:

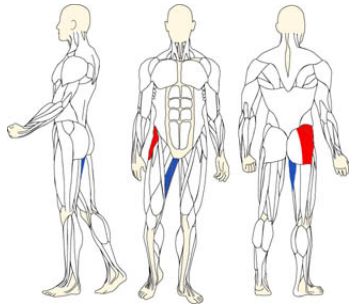
- Strengthen: The front of your neck and between your shoulder blades
- Stretch: The back of your neck and the front of your chest

Also remember the following tips throughout the day:

- Sit or stand straight with your neck and arms relaxed, your head centered directly over your shoulders.
- Light your workplace adequately to avoid squinting and moving your head forward.

3

Your right knee is angled in



You need to:

- Strengthen: The right side of your hip
- Stretch: The inside of your right thigh

Also remember the following tips throughout the day:

- Avoid crossing your legs when seated. Use a chair that provides proper back support and allows your feet to rest flat on the floor.