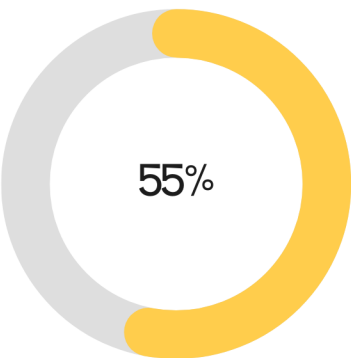


Summary

PhyScore



Moderate risk | good function

Focus on balance and stability while preparing for strength and maintenance. Improve anatomical deviations towards optimization.

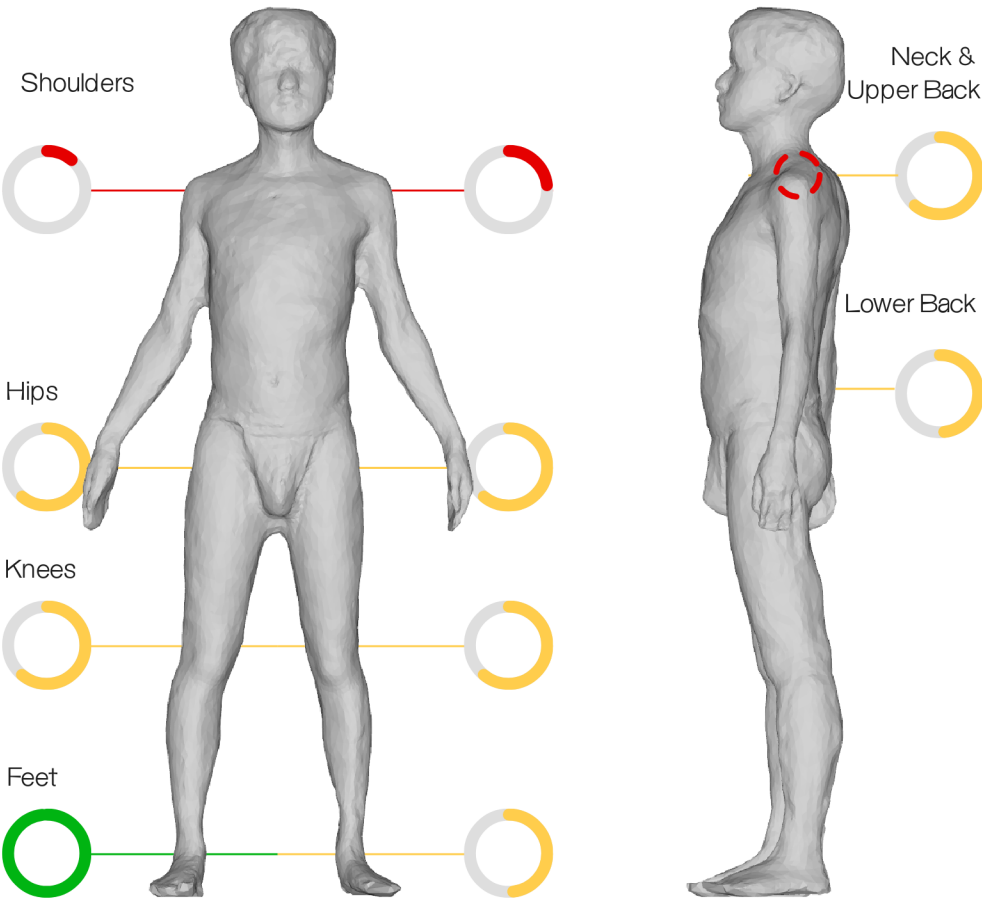
Phy Goals

- 1

Reduce severely forward position of the hips in relation to the shoulders.
- 2

Decrease left to right thoracic rotation.
- 3

Decrease severe toeing out of the left foot.



Body Zones

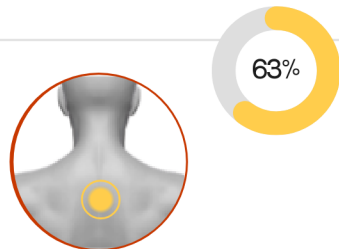
Each body zone score is calculated using millions of data points throughout your kinetic chain.

Immediate attention

Needs Focus

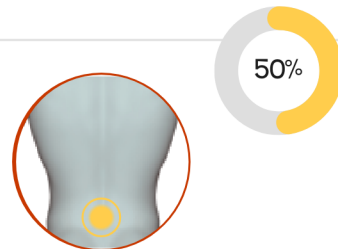
Optimize

Neck & Upper Back



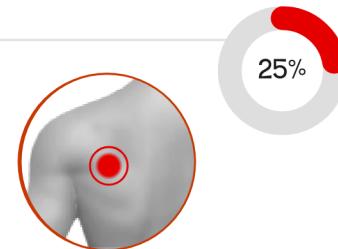
- Moderately curved spine from neck to upper back.
- Optimal head position in relation to weight bearing joints throughout body.

Lower Back



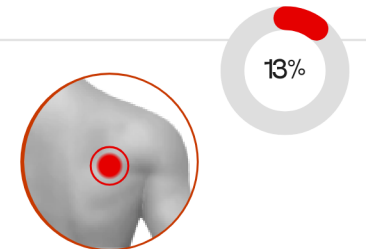
- Moderate left-to-right pelvic rotation.
- Moderately flat lumbar spine.

Shoulder (Left)



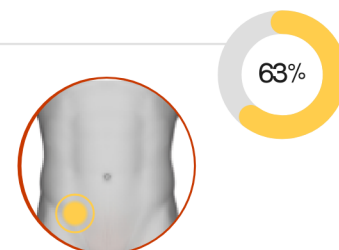
- Moderately backward shoulder position in relation to weight bearing joints throughout body.
- Optimal vertical position of left scapula.
- Moderate internal rotation of left scapula.

Shoulder (Right)



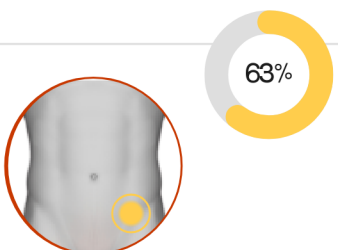
- Moderate anterior tilt of right scapula.
- Severe external rotation of right scapula.

Hip (Right)

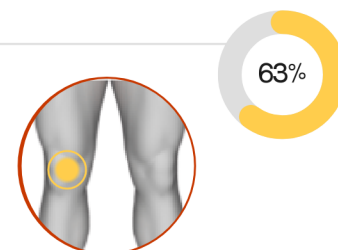


- Hip position is significantly forward of the shoulders, signifying an extended hip position and compression throughout the back of the lower body.
- Moderately forward hip position in relation to weight bearing joints throughout body.

Hip (Left)

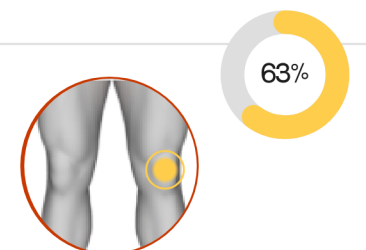


Knee (Right)



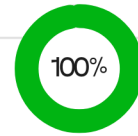
- Severely backward knee position in relation to weight bearing joints throughout body.
- Optimal right knee position in relation to the hip and knee.

Knee (Left)

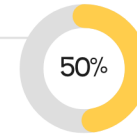


- Optimal left knee position in relation to the hip and knee.

Foot (Right)



Foot (Left)



- Optimal weight distribution from toe-to-heel.
- Optimal feet position.
- Left foot severely turning out.

Body Analytics

Immediate attention

Needs Focus

Optimize



Phy Goals:

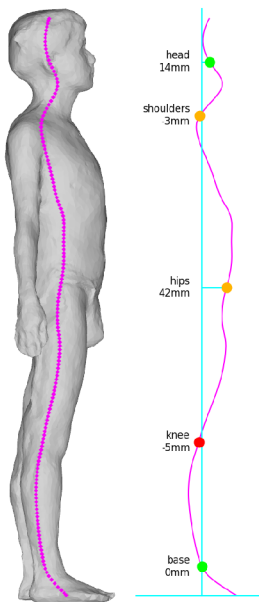
Your top three goals to focus on:

1. Restore optimal vertical alignment of weight bearing joints by reducing the severely forward position of the hips in relation to the shoulders.
2. Decrease left to right thoracic rotation to restore balance, optimal breathing mechanics, and postural stability.
3. Decrease severe toeing out of the left foot to allow it to return to a more neutral position.

Vertical Load (VL)

🎯 Restore optimal vertical alignment of weight bearing joints by reducing the severely forward position of the hips in relation to the shoulders.

Analysis	Result	Unit	Risk
VL Head	14	mm	<div></div>
VL Shoulders	-3	mm	<div></div>
VL Hips	42	mm	<div></div>
VL Knees	-5	mm	<div></div>
Head-to-Shoulder Angle	6.6	° (degree)	<div></div>
Shoulder-to-Hip Angle	-5.6	° (degree)	<div></div> Goal #1
Head-to-Feet Angle	0.6	° (degree)	<div></div>

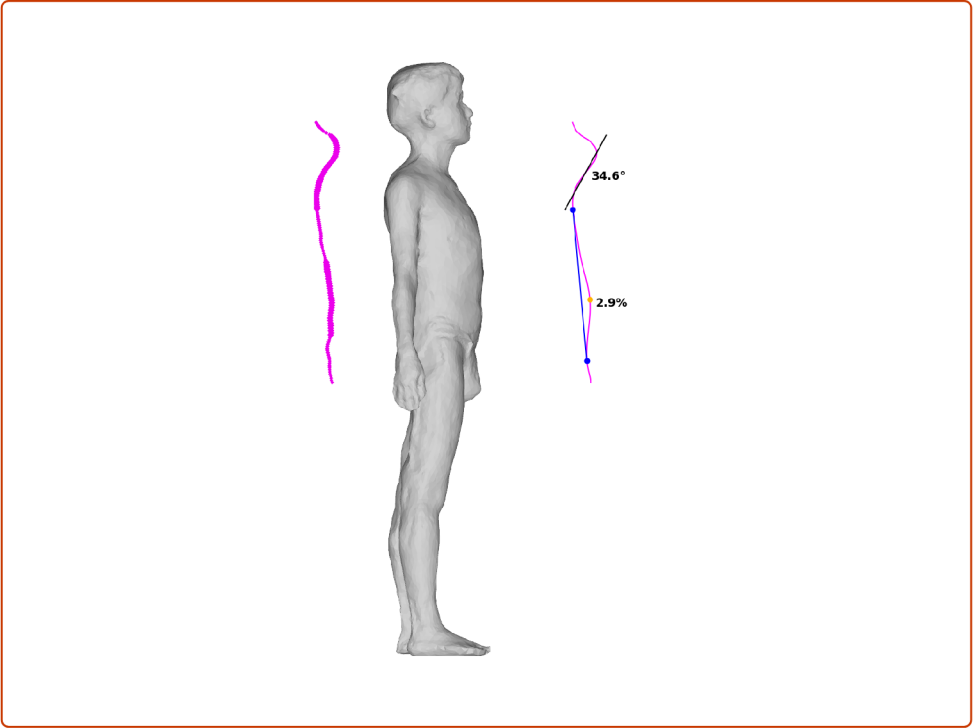


Spinal Curvature

Analysis	Result	Unit	Risk
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Cervical–Thoracic Curvature34.6° (degree)

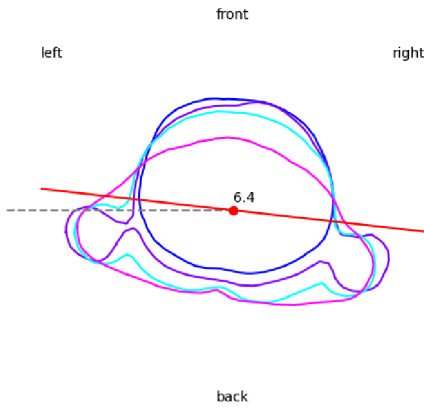
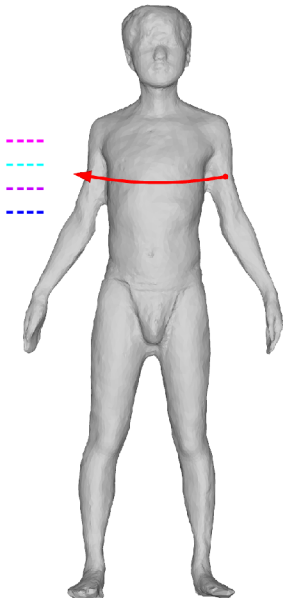
Lumbar Curvature2.9%



Ribcage Rotation (Thoracic)

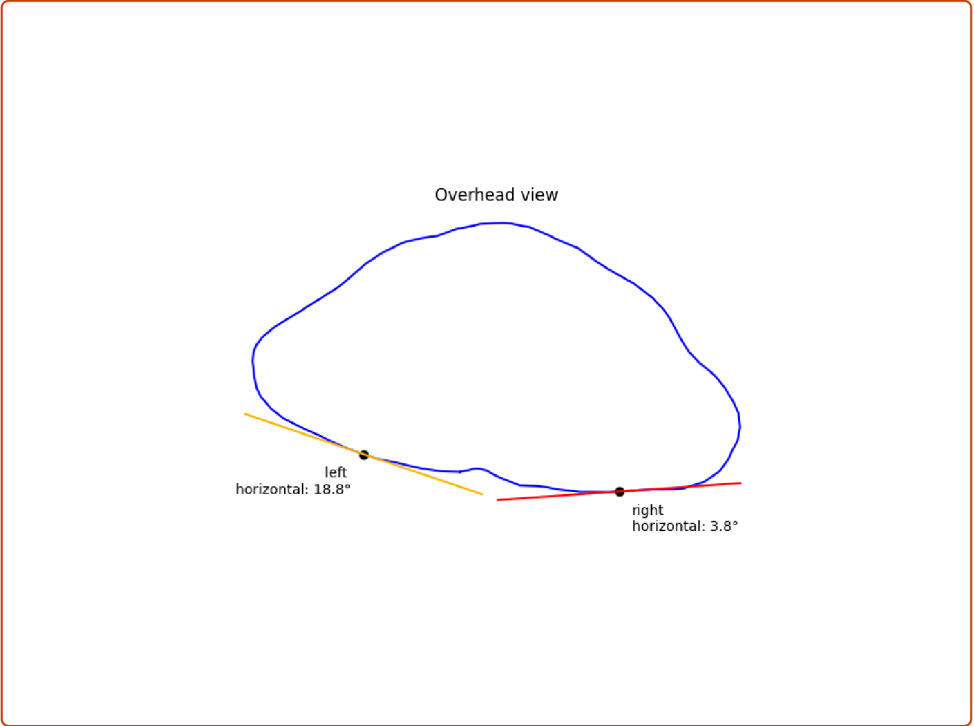
🎯 Decrease left to right thoracic rotation to restore balance, optimal breathing mechanics, and postural stability.

Analysis	Result	Unit	Risk
Left-to-Right Rotation	6.4	° (degree)	<div></div> Goal #2
Clavicular Notch Level Rotation	7.3	° (degree)	<div></div>
Sternum Middle Level Rotation	6.4	° (degree)	<div></div>
T6 / T7 Level Rotation	6	° (degree)	<div></div>
11th Rib Level Rotation	5.5	° (degree)	<div></div>



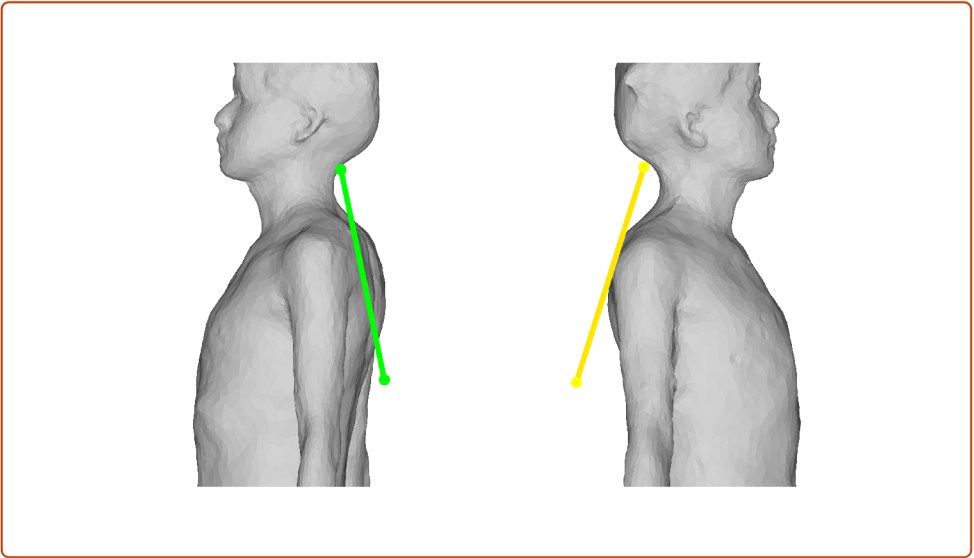
Shoulder Blades Position – Horizontal (Scapulae)

Analysis	Result	Unit	Risk
Left Scapula	18.8	° (degree)	<div></div>
Right Scapula	3.8	° (degree)	<div></div>



Shoulder Blades Position – Vertical (Scapulae)

Analysis	Result	Unit	Risk
Left Scapula	11.6	° (degree)	<div></div>
Right Scapula	17.2	° (degree)	<div></div>



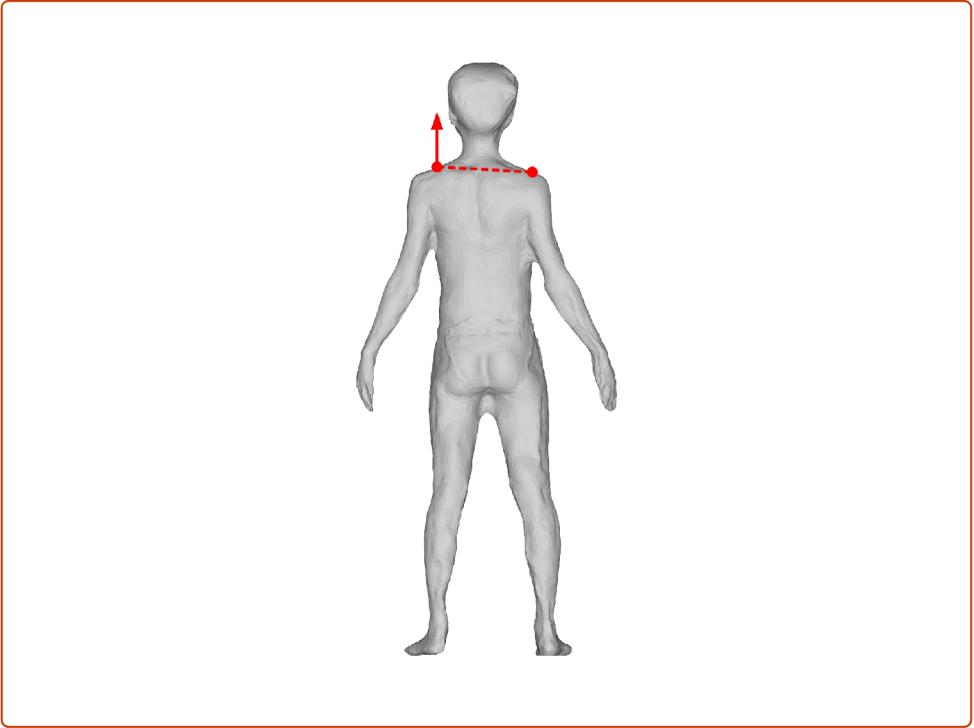
Shoulder Elevation

Analysis	Result	Unit	Risk
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Left Shoulder Elevated

14

mm



Pelvic Rotation

Analysis	Result	Unit	Risk
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Left-to-Right Pelvic Rotation

2.7

° (degree)

Pelvic Level Rotation

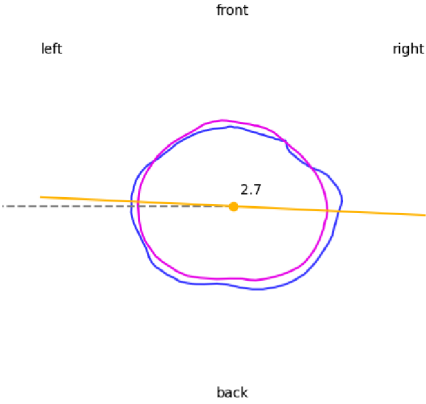
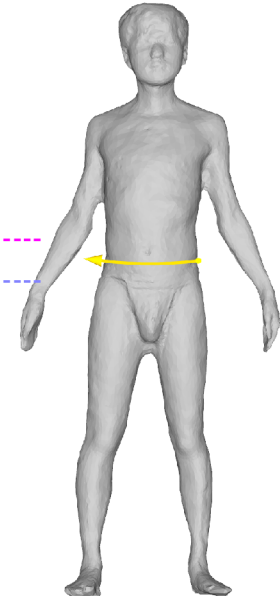
2.6

° (degree)

Left-to-Right Femur Rotation

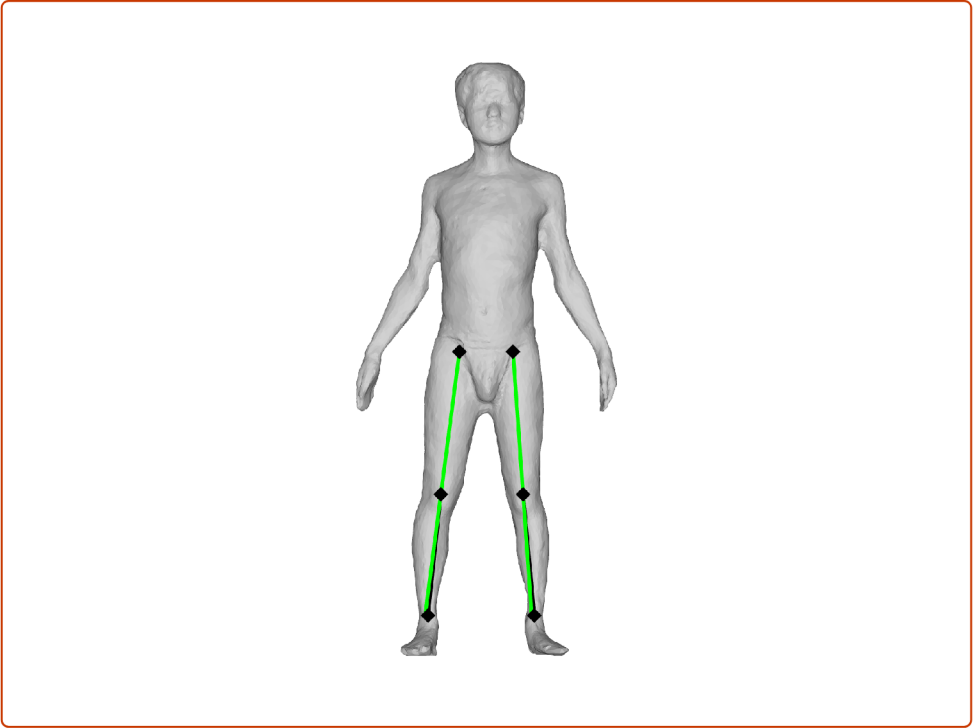
2.8

° (degree)



Knee Alignment

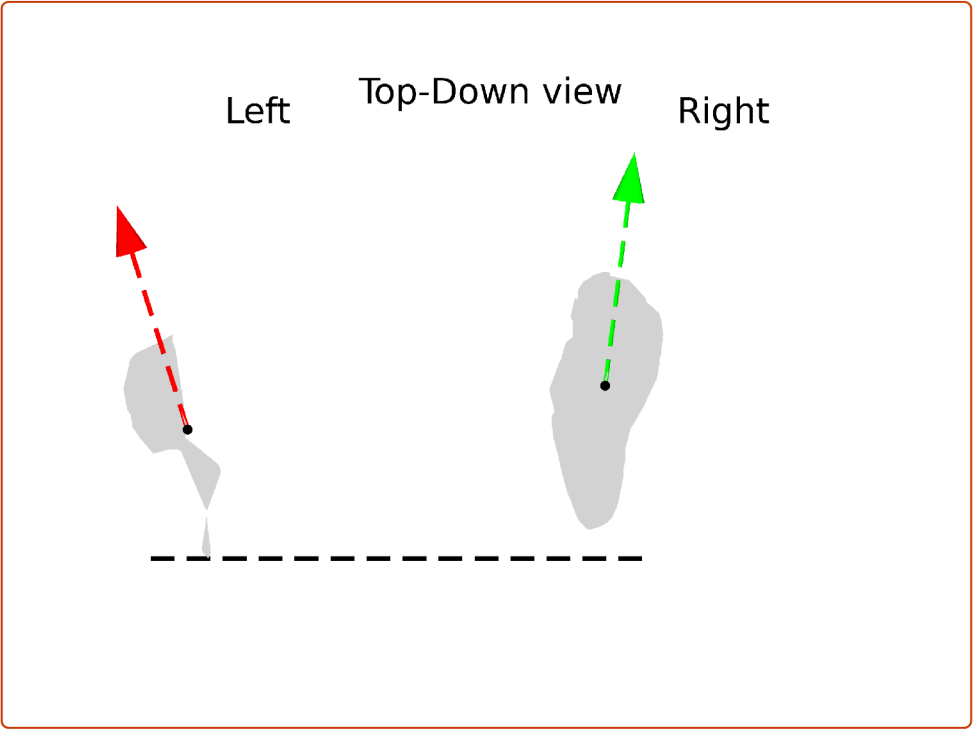
Analysis	Result	Unit	Risk
Left Knee – Going Inward	−1.3	° (degree)	<div></div>
Right Knee – Going Outward	1.4	° (degree)	<div></div>



Feet Position

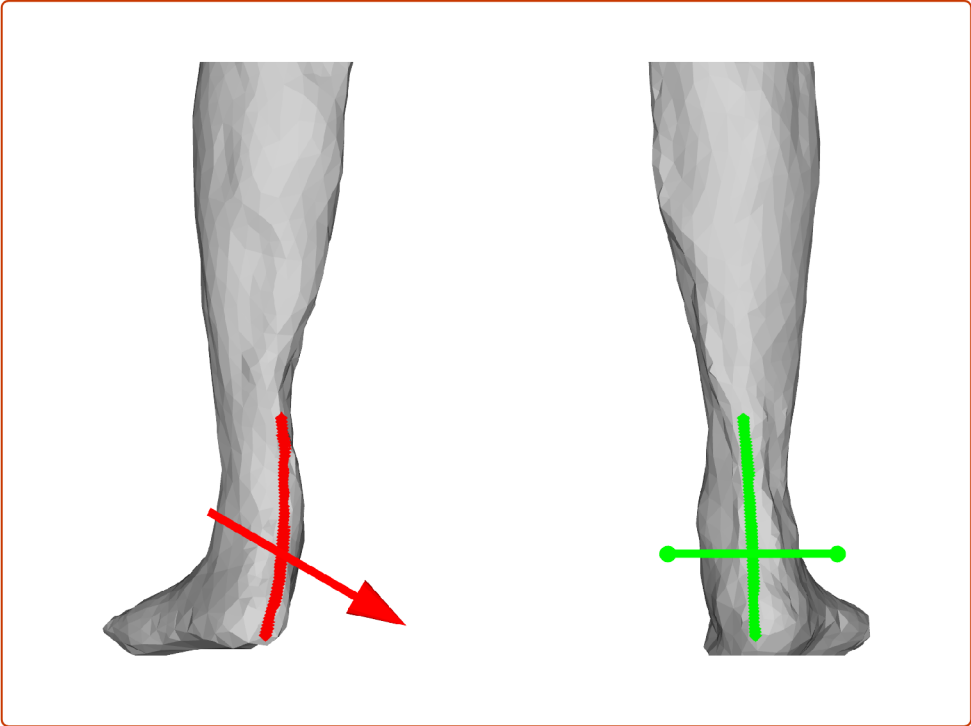
🎯 Decrease severe toeing out of the left foot to allow it to return to a more neutral position.

Analysis	Result	Unit	Risk
Left Foot External Rotation	17.5	° (degree)	<div></div> Goal #3
Right Foot External Rotation	7.2	° (degree)	<div></div>
Feet Distance Apart	339	mm	<div></div>
Right Foot Forward	−35	mm	<div></div>



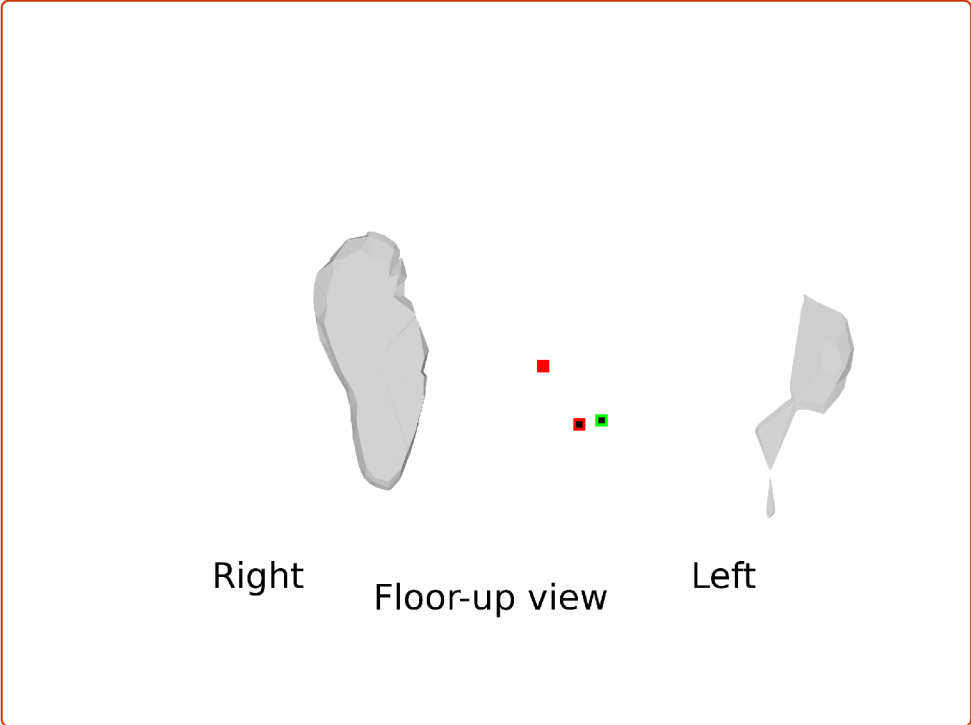
Rear Foot Position

Analysis	Result	Unit	Risk
Left Foot – Heel Going Inward	0.8	° (degree)	<div></div>
Right Foot – Heel Going	0	° (degree)	<div></div>



Center of Volume (CoV)

Analysis	Result	Unit	Risk
COV Heel Shift	45	mm	<div></div>
COV Left Shift	-41	mm	<div></div>



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