

Comprehensive Posture Analysis Report

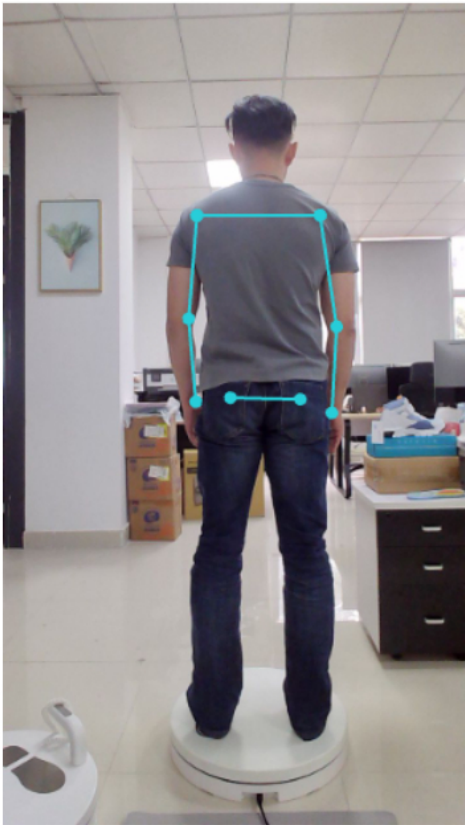
Name	Gender	Year of Birth	Height cm	Weight kg	Detection Time
zhang	Male	1981	175	NaN	2025-11-27 11:29

Posture Data Assessment

Front



Back



Left



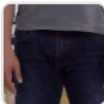
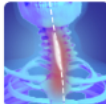
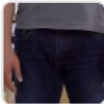
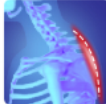
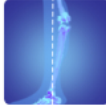
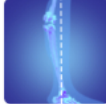
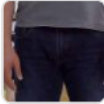
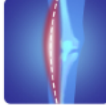
Right



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Posture Risk Assessment

High Risk		Medium Risk		Low Risk	
3items		2items		5items	
		lateral head tilt 正常范围：0-2.23°	Normal Mild Severe 3.52°		
		uneven shoulders 正常范围：0-1.42°	Normal Mild Severe 0.12°		
		uneven hips 正常范围：0-2°	Normal Mild Severe -0.23°		
		forward head 正常范围：0-8.58°	Normal Mild Severe 29.68°		
		round shoulders(Left) 正常范围：0-2°	Normal Mild Severe 12.15°		
		round shoulders(Right) 正常范围：0-2°	Normal Mild Severe 13.36°		
		knee hyperextension(Left) 正常范围：0-2°	Normal Mild Severe 0.05°		
		knee hyperextension(Right) 正常范围：0-2°	Normal Mild Severe 0.05°		
		o-leg(Left) 正常范围：0-2°	Normal Mild Severe 0.04°		
		o-leg(Right) 正常范围：0-2°	Normal Mild Severe 3.13°		

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Body Composition Analysis

6 Items Not Met

 BMI BMI 26.4 kg/m ²	18.52530 ThinStandardSlightly OverweightObesity
 Fat Percentage 26.3 %	11172227 LowMildly LowStandardMildly HighHigh
 Moisture Content 50.6 %	5565 Mildly LowStandardExcellent
 Protein Rate 15.3 %	1618 Mildly LowStandardExcellent
 Basal Metabolism 1567 Kcal/day	1794 InsufficientMeet Standard
 Visceral Fat 13	1015 StandardCautionDanger

2 Health Indicators

 Bone Mass 3.1 Kg (Standard)	3.13.3 InsufficientStandardExcellent
 Muscle Mass 56.6 Kg (Standard)	49.559.4 InsufficientStandardExcellent

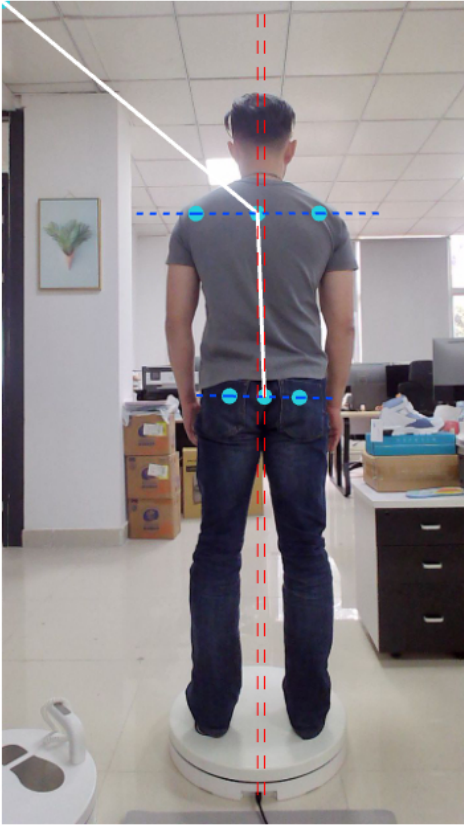
Other Indicators

 Physical Age 48	Your body age is older than your actual age, indicating that your body functions are insufficient. Please pay attention to your daily routine, maintain a healthy diet, and exercise regularly to stay youthful and energetic.
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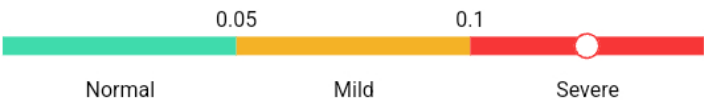
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Spine Status



Cervical Deviation Index: 2.08

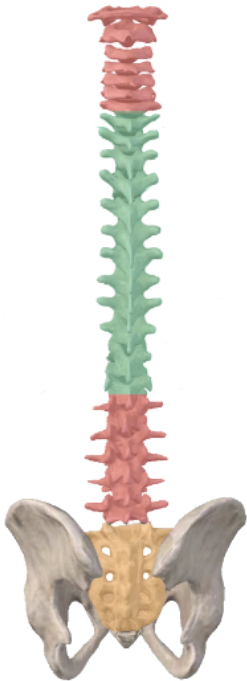


Cervical Deviation Index = Horizontal Distance Between
Midpoints of Ears and Shoulders(Pixel Unit) /Distance Between
Shoulder Points(Pixel Unit)

Sacral Excursion Index: 0.10



Sacral Excursion Index = Horizontal Distance Between
Midpoints of Hips and Shoulders(Pixel Unit) /Distance Between
Hip Points(Pixel Unit)



Risk Part	Risk Level	Risk Analysis
Cervical Spine	High	Cervical curvature straightening, muscle imbalance, upper cross syndrome
Thoracic Spine	Low	None
Lumbar Spine	Medium	Lumbar scoliosis, risk of excessive lordosis

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Muscle Status



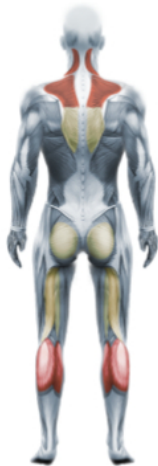
- The pectoralis major is weak ↓
- The pectineus is tense(L) ↑
- The iliopsoas is weak(L) ↓
- The iliopsoas is tense(R) ↑

Front



- The scalene is tense ↑
- The sternocleidomastoid is tense ↑

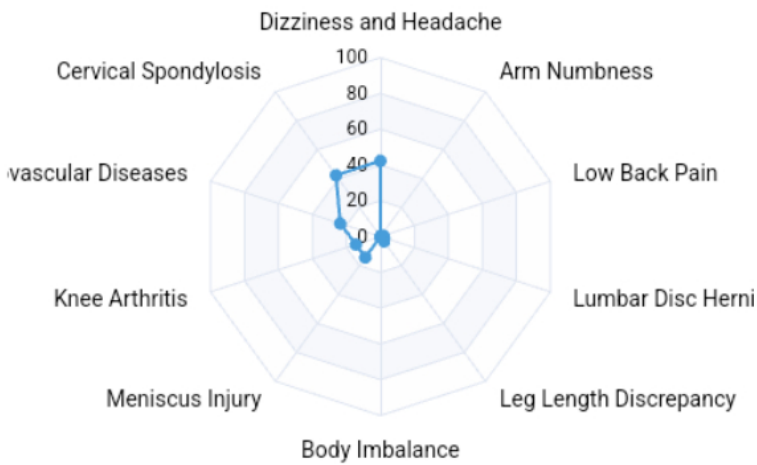
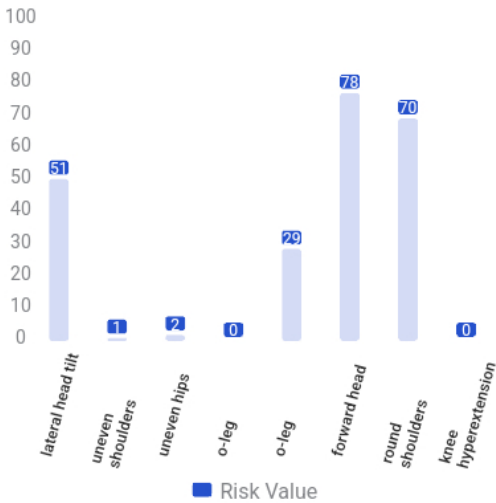
Side



- The trapezius is weak ↑
- The gluteus maximus is weak(L) ↓
- The gluteus maximus is tense(R) ↑
- The soleus is tense(R) ↑
- The semitendinosus is tense(R) ↑
- The levator scapulae on the left is tense(R) ↑
- The biceps femoris (the long head) is weak(L) ↓

Back

Rating and Warning



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Report Conclusion

- 1.Tightness and soreness in unilateral neck muscles (upper trapezius, levator scapulae), triggering tension headaches; cervical facet joint dysfunction and increased pressure on the unilateral cervical intervertebral discs.
- 2.Increases stress on the medial collateral ligament of the knee, raising the risk of medial compartment knee osteoarthritis; may affect ankle joint stability.
- 3.Greatly increases stress on the posterior cervical ligaments and joints, a primary trigger for cervicogenic headaches and cervical spondylosis; increased thoracic kyphosis, affecting respiration.
- 4.Narrowed space within the shoulder joint, prone to subacromial impingement syndrome and rotator cuff tendonitis; tight pectoralis minor compresses nerves and blood vessels; affects chest morphology and breathing efficiency.