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FitPrint<sup>TM</sup>  
*progress report*

Prepared for:

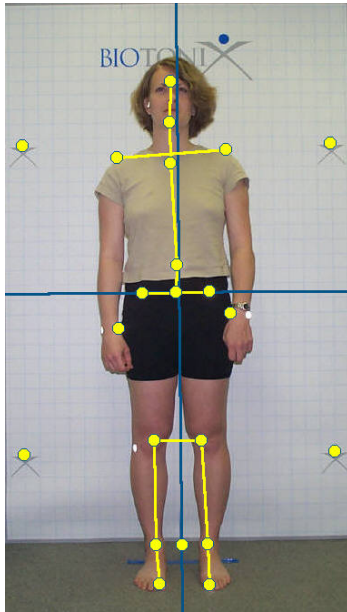
**Sandra King**

February 5, 2003

## Your Comparative FitPrint

Congratulations on your progress towards better body balance! In this comparative FitPrint we present a detailed comparison of two of your postural assessments. You will see pictures taken of yourself from the front, side and back with corresponding measures showing how your body alignment has changed. We also show how your center of gravity (or how your body is balanced over your feet) has changed over this period. Remember even small changes in body alignment can be important, and it is some times the case that what appear to be "negative" movements of some body segments are actually related to improvements in others. If your body alignment is now optimal, we encourage you to continue to monitor your posture to maintain these important advances. We look forward to being a partner in both the improvement and maintenance of your body balance.

## Postural Progress



Your head was shifted to the right 0.8 in.

Your left shoulder was elevated 3.6° and your shoulders were shifted to the right 0.8 in.

Your hip was elevated to the left side 0.2°.

Your right knee was elevated 0.6°.

Your right foot was internally rotated 3.4°.

Your left foot was externally rotated 1.4°.

▶ It is now shifted to the left 0.2 in.

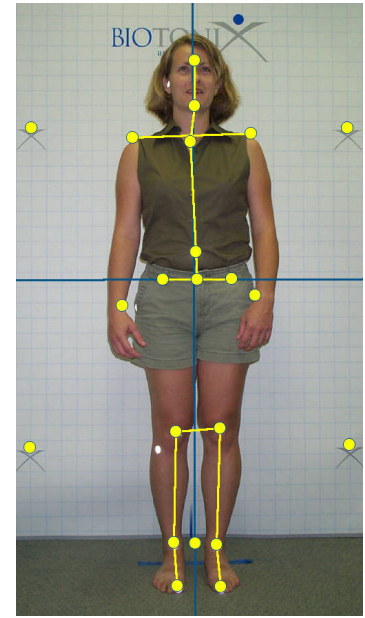
▶ It is now elevated 1.8° and are now shifted to the right 0.2 in.

▶ It is now elevated to the left side 0.3°.

▶ Your left knee is now elevated 3.3°.

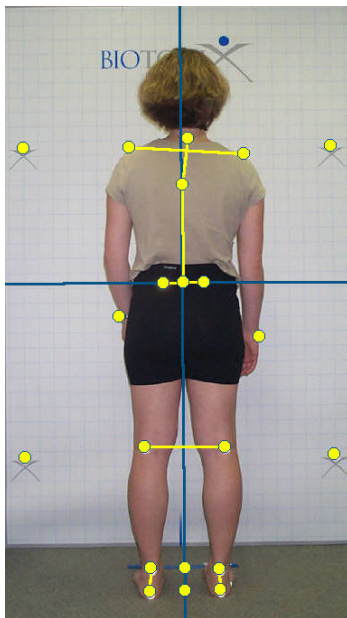
▶ It is now internally rotated 3.3°.

▶ It is now externally rotated 4.7°.



May 12, 2002

August 23, 2002



Your trunk was shifted to the right 0.1 in.

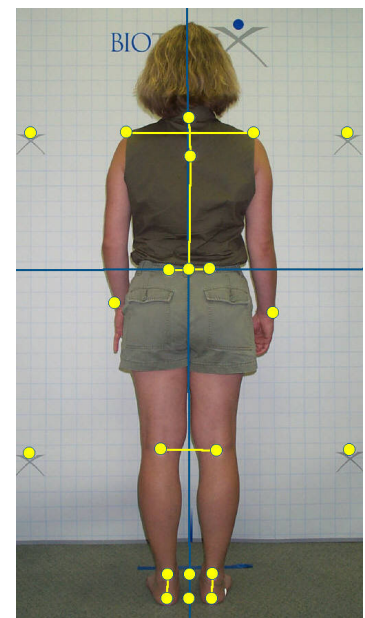
Your hips were shifted to the right 0.1 in.

Your right knee was elevated 0.1°.

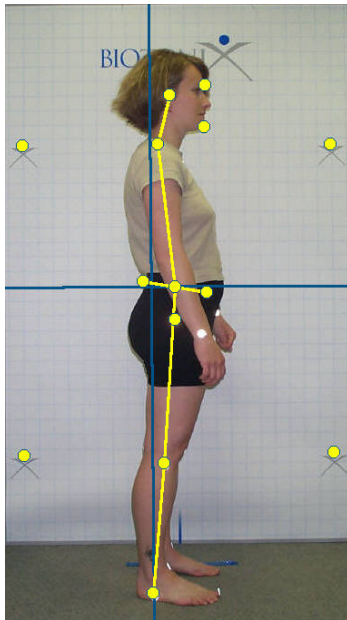
▶ It is now shifted to the right 0.3 in.

▶ They are still shifted to the right 0.1 in.

▶ Your left knee is now elevated 0.9°.



## Postural Progress



Your head was forward 14.0° and was shifted forward 2.2 in.

Your shoulders were shifted forward 0.9 in.

Your trunk was backward 6.1°.

Your pelvis was rotated forward 10.1°.

Your pelvis was shifted forward 2.5 in.



It is now forward 14.1° and is now shifted forward 0.5 in.



They are now shifted backward 0.7 in.



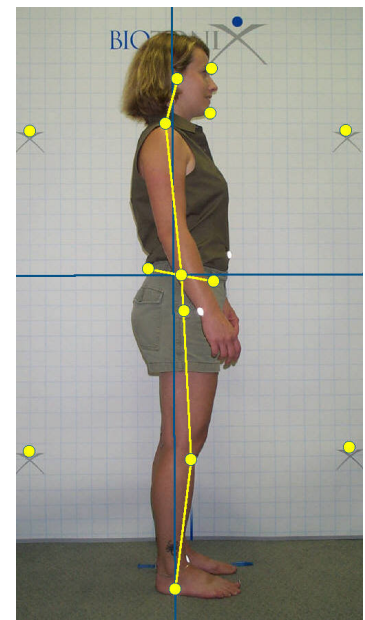
It is now backward 5.4°.



It is now rotated forward 11.7°.



It is now shifted forward 0.8 in.



**May 12, 2002**

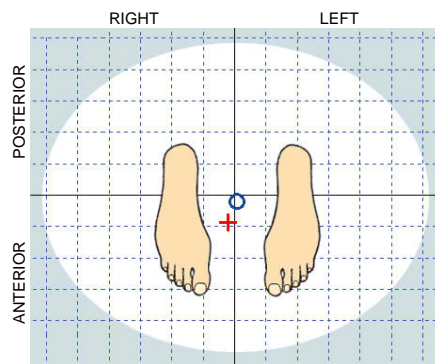
**August 23, 2002**

+ May 12, 2002

Your center of gravity was off-center by:

**0.5 in right**

**1.7 in forward**



O August 23, 2002

Your center of gravity is now off-center by:

**0.1 in left**

**0.4 in forward**

Note: Each division equals 2 in.

- Because of it's position, your head weighed 17.6 lb instead of 9.7 lb.
- Because of their position, your head and trunk weighed 93.9 lb instead of 69.4 lb.
- Due to it's new position, it now weighs 17.0 lb.
- Due to their new position, they now weighs 96.8 lb.

## Important Information

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

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Fitness Professional

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