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Static Posture & Movement assessment Report.

Client Information

Name: Kashish

Date: 26/06/2024

Assessor: Manjunath.S

Assessment Overview

The static postural and movement assessments have revealed several key areas of concern that need to be addressed to improve overall posture, movement efficiency, and prevent potential injuries. The findings are as follows:

Static Postural Assessments

1. **Right Shoulder Joint Elevated**
2. **Ankle Falling Inwards (Over pronation)**
3. **Forward Neck Posture**
4. **Anterior Pelvic Tilt**
5. **Slight Flat Feet**

Movement Analysis Results

1. **Neck Left Rotation Not Complete (Stiffness)**
2. **Shoulder Flexion: Okay**
3. **Shoulder Extension: Okay**
4. **Thoracic Spine Mobility: Okay**
5. **Hip Flexion: Okay**
6. **Hip Extension Not Complete & Knee Bending**
7. **Plantar Flexion: Okay**
8. **Dorsiflexion Not Complete**

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Detailed Findings

1. Right Shoulder Joint Elevated

Possible Causes:

- Tightness in the upper trapezius or levator scapulae muscles on the right side
- Weakness in the lower trapezius or serratus anterior muscles
- Habitual posture or carrying heavy loads on one side

Implications:

- Potential for shoulder and neck pain
- Risk of developing muscle imbalances affecting upper body function and movement patterns

Recommendations:

- Stretching exercises for the upper trapezius and levator scapulae
- Strengthening exercises for the lower trapezius and serratus anterior
- Postural awareness training

2. Ankle Falling Inwards (Over pronation)

Possible Causes:

- Weakness in the intrinsic foot muscles
- Poor footwear choices
- Lack of proprioception and stability in the ankle joint

Implications:

- Increased risk of foot, ankle, knee, and hip injuries
- Potential for developing plantar fasciitis or shin splints

Recommendations:

- Strengthening exercises for the intrinsic foot muscles
- Balance and proprioception training
- Wearing supportive footwear or custom orthotics

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3. Forward Neck Posture

Possible Causes:

- Prolonged sitting or poor ergonomic setup
- Weakness in the deep neck flexors
- Tightness in the upper trapezius and pectoral muscles

Implications:

- Increased strain on the cervical spine
- Potential for headaches, neck pain, and upper back discomfort

Recommendations:

- Strengthening exercises for the deep neck flexors
- Stretching exercises for the upper trapezius and pectoral muscles
- Ergonomic adjustments for work and daily activities

4. Anterior Pelvic Tilt

Possible Causes:

- Tightness in the hip flexors and lower back muscles
- Weakness in the glutes and abdominal muscles
- Prolonged sitting or poor posture

Implications:

- Increased risk of lower back pain and hip discomfort
- Potential for developing muscular imbalances in the lower body

Recommendations:

- Stretching exercises for the hip flexors and lower back muscles
- Strengthening exercises for the glutes and abdominal muscles
- Postural awareness and correction exercises

5. Slight Flat Feet

Possible Causes:

- Weakness in the intrinsic foot muscles

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- Over pronation
- Genetic factors

Implications:

- Increased risk of foot, ankle, knee, and hip injuries
- Potential for developing plantar fasciitis or other foot-related issues

Recommendations:

- Strengthening exercises for the intrinsic foot muscles
- Balance and proprioception training
- Wearing supportive footwear or custom orthotics

Movement Analysis Findings

1. Neck Left Rotation Not Complete (Stiffness)

Possible Causes:

- Tightness in the sternocleidomastoid, scalene, or upper trapezius muscles

Implications:

- Limited neck mobility
- Potential for neck pain and headaches

Recommendations:

- Stretching exercises for the sternocleidomastoid, scalene, and upper trapezius muscles
- Mobility exercises for the neck

2. Hip Extension Not Complete & Knee Bending

Possible Causes:

- Tightness in the hip flexors (e.g., iliopsoas, rectus femoris)
- Weakness in the gluteus maximus

Implications:

- Limited hip extension
- Potential for lower back pain and hip discomfort

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Recommendations:

- Stretching exercises for the hip flexors
- Strengthening exercises for the gluteus maximus
- Functional movement training

3. Dorsiflexion Not Complete

Possible Causes:

- Tightness in the calf muscles (gastrocnemius, soleus)
- Stiffness in the ankle joint

Implications:

- Limited ankle mobility
- Potential for foot, ankle, and knee issues

Recommendations:

- Stretching exercises for the calf muscles
- Mobility exercises for the ankle joint

Conclusion

The assessment indicates several postural and movement issues that need to be addressed through a comprehensive corrective exercise program. The primary focus should be on improving muscle balance, enhancing joint stability, and increasing overall body awareness. Regular reassessments are recommended to monitor progress and make necessary adjustments to the program.

Next Steps:

- Develop a personalized corrective exercise program
- Schedule follow-up assessments to track progress
- Educate the client on proper posture and movement techniques

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Assessor's Signature:

Manjunath.S

Client's Signature:

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