



POSTURE CORRECTION REPORT

Rebuild • Realign • Restore

☐ CLIENT OVERVIEW

Name: Rohan Sharma

Age: 34 years

Gender: Male

Height: 176 cm

Weight: 78 kg

Occupation: Software Engineer

Lifestyle: Sedentary (8–9 hours desk work)

Assessment Date: 16 October 2025

Assessed By: Mukesh Kumar

SECTION 1: POSTURAL OVERVIEW

Rohan displays moderate forward head posture, rounded shoulders, and anterior pelvic tilt.

These imbalances are associated with prolonged sitting, lack of mobility in the thoracic spine, and poor core activation.

POSTURE TYPE IDENTIFIED:

- ☒ Forward Head Posture
- ☒ Rounded Shoulders
- ☒ Anterior Pelvic Tilt
- ☐ Kyphotic Upper Back
- ☐ Scoliosis Pattern

□ SECTION 2: POSTURAL DEVIATION ANALYSIS

Region	Ideal Alignment	Current Observation	Biomechanical Impact	Priority
Head & Neck	Ear aligned with the shoulder	Forward head by 2.5 cm	Neck strain, headaches, tight upper traps	★★★★
Shoulders	Level, slightly retracted	Rounded forward, left shoulder elevated	Shoulder impingement, reduced overhead mobility	★★★
Thoracic Spine	Neutral curve	Increased kyphosis	Restricted spinal extension, fatigue	★★★
Lumbar Spine	Natural lordotic curve	Excessive arch (anterior tilt)	Lower back tension, tight hip flexors	★★★★
Pelvis	Neutral	Tilted anteriorly by 8°	Glute underactivation, hip discomfort	★★★★
Knees	Neutral alignment	Mild valgus (inward collapse)	Knee instability, poor squat mechanics	★★
Feet	Arches active	Flat medial arch	Reduced balance and stability	★

SECTION 3: MUSCLE IMBALANCE SUMMARY

Overactive/ Tight Muscles	Underactive / Weak Muscles
Upper Trapezius	Deep Neck Flexors
Levator Scapulae	Mid & Lower Trapezius
Pectoralis Major & Minor	Rhomboids
Hip Flexors (Iliopsoas, Rectus Femoris)	Gluteus Maximus & Medius
Erector Spinae	Transverse Abdominis
Adductors	Vastus Medialis (VMO)

SECTION 4: PAIN & SYMPTOMS RECORD

Reported Issue	Frequency	Intensity (1-10)	Notes
Neck stiffness	Daily	6	Worsens by evening
Shoulder tightness	3-4 times/week	5	Especially while working
Lower back ache	5 days/week	7	After sitting >2 hrs
Fatigue	Daily	4	Improves with walking
Headache	2-3 times/week	3	Linked to neck tension

SECTION 5: FUNCTIONAL MOVEMENT ASSESSMENT

Test	Observation	Interpretation
Wall posture test	The Head doesn't touch the wall naturally	Forward head posture confirmed
Shoulder mobility test	Left shoulder restricted	Internal rotation limitation
Overhead squat	Early heel lift, lumbar extension	Weak core, tight hip flexors
Plank hold	25 sec max	Poor core endurance
Single-leg balance	10 sec instability	Weak glute medius

SECTION 6: CORRECTIVE STRATEGY

Goal: To restore spinal neutrality, improve posture alignment, and reduce chronic muscular tension.

PHASE 1: RELEASE & MOBILITY (Week 1-2)

Objective: Reduce tightness in the chest, traps, and hip flexors.

Techniques: Foam roll chest, lats, upper traps – 2 min each

Stretch hip flexors – 3 sets × 30 sec each side

Thoracic spine extensions over foam roller – 10 reps

Neck mobility drill (chin nods & rotations) – 2 sets × 10 reps

PHASE 2: ACTIVATION (Week 2-4)

Objective: Re-engage weak stabilizer muscles.

Exercises: Chin tucks – 3×12 reps
 Scapular retraction with band – 3×15 reps
 Glute bridges – 3×15 reps
 Dead bugs – 3×10 reps
 Bird-dogs – 3×10 reps/side

🔗 PHASE 3: STRENGTH & STABILITY (Week 4-8)

Objective: Build endurance and support posture in daily activities.

Exercises: Dumbbell reverse fly – 3×12 reps
 Wall slides – 3×10 reps
 Romanian deadlifts (light) – 3×10 reps
 Side planks – 3×30 sec/side
 Glute kickbacks – 3×15 reps

POSTURAL HABIT CORRECTIONS

- ✓ Adjust monitor to eye level
- ✓ Sit with feet flat, knees 90°
- ✓ Avoid slouching during phone use
- ✓ Take 2-minute mobility breaks every 30 minute
- ✓ Strengthen core before long sitting periods

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Date	Observation	Changes
Week 2	Pain reduced by 20%	Improved awareness while sitting
Week 4	Shoulder mobility +10°	Neck stiffness reduced
Week 6	Core endurance +30 sec	Less back pain after work
Week 8	Posture near neutral	Maintained daily exercise habit

□ **SECTION 8: PROFESSIONAL RECOMMENDATIONS**

- Continue corrective training 5 days/week
- Add 15-minute mobility warm-up before workouts
- Include posture check every 2 hours during desk work
- Reassess every 6 weeks for progress updates

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