

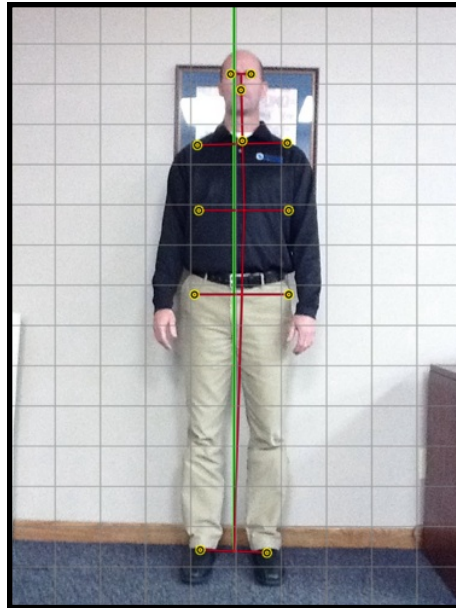
PostureScreen Exam for John Friedrichs performed on 11/22/11

Good posture is simple and eloquent by design in form and function. The body is designed to have the head, rib cage, and pelvis perfectly balanced upon one another in both the front and side views. If the posture is deviated from normal, then the spine is also deviated from the normal healthy position. Unfortunately, abnormal posture has been associated with the development and progression of many spinal conditions and injuries including: increased muscle activity and disc injury, scoliosis, work lifting injuries, sports injuries, back pain, neck pain, headaches, carpal tunnel symptoms, shoulder and ankle injuries as well as many other conditions. Additionally, postural abnormalities in adolescent years have been recognized as one of the sources of pain syndromes and early arthritis in adulthood. Therefore, posture should be checked and corrected in children before more serious problems can occur.

Normal



Your Posture from Front



Your Posture Viewed from the Front

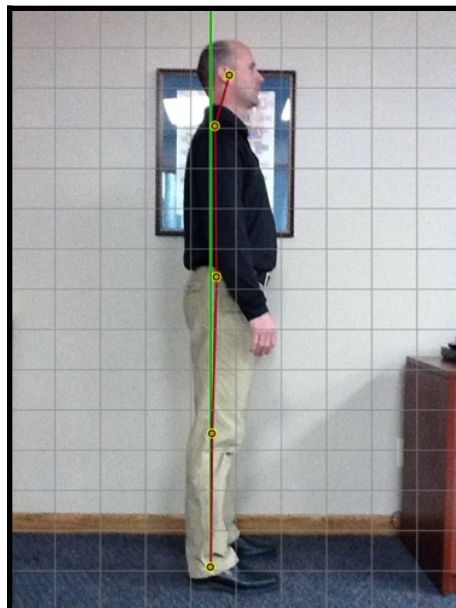
- Head is shifted 0.18" right, and is not tilted.
- Shoulders are shifted 0.18" right, and are not tilted.
- Ribcage is shifted 0.26" left.
- Hips are shifted 0.97" left, and are not tilted.

Any measurable deviation from normal posture causes weakening of the spine as well as increased stress on the nervous system which can adversely affect overall health.

Normal



Your Posture from Side



Your Posture Viewed from the Side

- Your head weighs approximately 13.7 lb and is shifted 1.75" forward.
- Based on physics, your head now effectively weighs 37.8 lb instead of 13.7 lb.
- Shoulders are shifted 0.18" backward.
- Hips are shifted 0.53" forward.
- Knees are shifted 0.18" forward.

PAIN SCALE



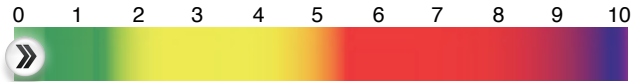
During this assessment, you noted that your pain was 0 out of 10 (worst possible pain). Remember that pain and symptoms can be directly associated abnormal faulty body structure - ie. Abnormal Posture

Your PostureScreen evaluation demonstrates that you have postural abnormalities. In the future, structural deviations could cause you symptoms of pain as well as a myriad of other health problems. Consequently, it is advised that you complete a thorough clinical evaluation with a health care and/or fitness professional trained in postural corrective techniques. Call Dr. Friedrichs for a complimentary consultation today at 1-877-BAD-BACK or 262-695-1870 or 262-642-4100.

PostureScreen Stress Survey Report for John Friedrichs on 11/22/11

In health, symptoms are usually the last finding to manifest and the first finding to leave. However, symptoms can resolve, but the cause may still persist. As an example, think of tooth decay and a cavity not always being symptomatic but yet persistent until corrected. Below on the diagram you noted areas of symptoms/pain which is denoted in the color red. It is important to note that spinal/postural displacements known as subluxations can contribute or even be the root cause of these symptoms that you reported and thus should be investigated by a health care professional.

PAIN SCALE



During this assessment, you noted that your pain was 0 out of 10 (worst possible pain). Remember that pain and symptoms can be directly associated abnormal faulty body structure - ie. Abnormal Posture

Below you will see a list of your reported stress related symptoms which in many cases can be traced back to levels in your spine and posture. Consequently, these are listed by spinal regions.

Cervical Spine

Thoracic Spine

Lumbar Spine

As noted above, in many cases, spinal and postural mal-alignment (termed subluxation) can contribute or even be the root cause of the symptoms you have described above. It is recommended that you schedule a more thorough consultation and spinal examination with Dr. Friedrichs. Call toll-free at 1-877-BAD-BACK or 262-695-1870 or 262-