Caring Hands Integrated Wellness, LLC

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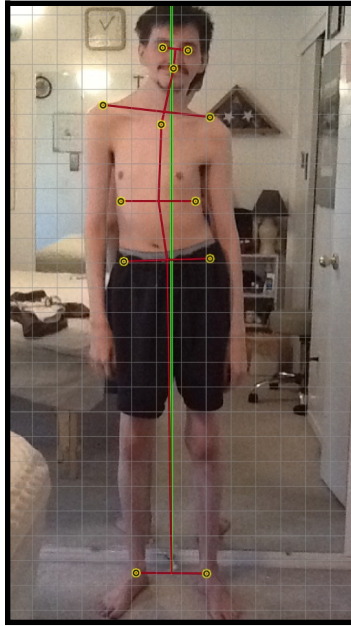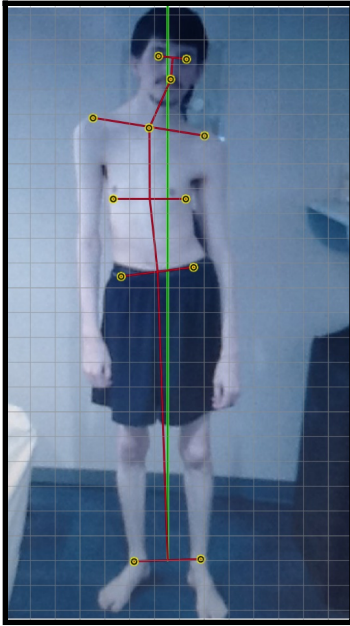**PostureScreen Mobile™**
Accurate Postural Assessment

PostureScreen Comparison Report for Edd McClesky performed on 6/15/10 and 11/1/13

The purpose of this PostureScreen report is to objectively demonstrate the measurable changes in your standing neutral posture. Since posture can be considered the window to the spine, specific abnormal postural displacements are associated with specific spinal positions. If your posture is left uncorrected, then your spine skeletal system, discs, ligaments, blood vessels, muscles and spinal nerves will be under constant asymmetrical stress and will eventually adapt with pathological changes. The benefits of near normal posture is obvious.

Your Posture Comparison from the Front View

6/15/10, 2:27 PM   11/1/13, 12:49 PM

Body Region	Shift (Translation)		Rotation (Lateral Flexion/Bending)	
	6/15/10 2:27 PM	11/1/13 12:49 PM	6/15/10 2:27 PM	11/1/13 12:49 PM
Head	2.47" left	1.61" left	5.9° left	6.5° left
Shoulders	0.04" right	0.33" left	9.2° left	6.5° left
Ribcage	0.84" right	0.99" right	N/A	N/A
Hips/Pelvis	1.06" right	0.50" right	7.3° right	0°
Total Deviations	**4.41"**	**3.43"**	**21.0°**	**12.0°**

6/15/10, 2:27 PM

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10
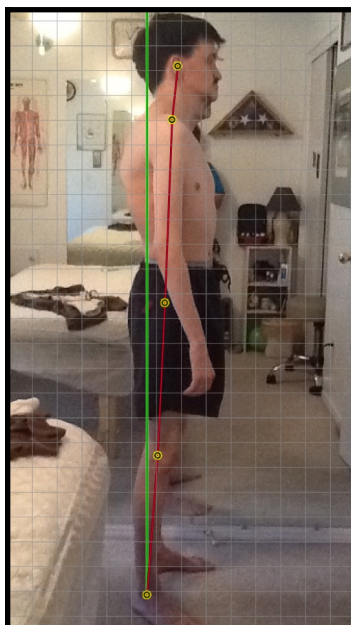
11/1/13, 12:49 PM

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Your Posture Comparison from the Side View

6/15/10, 2:27 PM   11/1/13, 12:49 PM

Body Region	Shift (Translation)	
	6/15/10 2:27 PM	11/1/13 12:49 PM
Head	1.44" forward	0.66" forward
Shoulder	0.61" forward	0.83" forward
Hips/Pelvis	1.29" forward	0.83" forward
Knees	1.52" forward	1.24" forward
Total Deviations	**4.86"**	**3.56"**

Your head weighs approximately 8.0 lb, however, due to the physics of your postural deviations, your 'effective head weight' changes, which means it 'feels heavier' to your body. The effective weight of your head for the exam on 6/15/10 was 19.4 lb and on the follow-up exam dated 11/1/13 it weighed 13.2 lb, accounting for a total change of 147.0%.