

Diksha's Assessement Report

Assessment 1

24/12/21

Assessment 2

26/01/22

Assessment 3

23/03/22

Name -Diksha

Age	-	25
Weight	-	(83),(80),(79)
Height	-	5.7
BMI	-	(28.6),(27.6),(27.2)
BMR	-	1603
RHR	-	(80),(74)
RBP	-	
Arms	-	(15)(15),(13)
Waist	-	(36),(34.5),(34)
U-Waist	-	(32),(32),(31)
Bust	-	(37.5),(36),(35)
Hip	-	(45),(45),(44)
Thigh	-	(25),(25),(24)
Medical condition	-	NA
Specific limitation	-	Elbow was injured years ago



Posture Analysis 1

**Anterior
Posterior**

Side

***Rounded shoulder
(Mild)Inverted Arms**

(Major)Rounded shoulder

**(Major)Forward head
(Mild)Inverted arms**

Posture Analysis 2

**Anterior
Posterior**

Side

**Rounded shoulder
(Mild)InvertedArms**

(Minor)Rounded shoulder

**(Minor)Forward head
(Mild)Inverted arms**

Posture Analysis 3

**Anterior
Posterior**

Side

**(Mild) Forward head
(Mild) Round shoulder**

**Hip Flexion -(45*),(70*),(80*)
/80**

**Shoulder Flexion -(150*),(170*),(180*)
/180**

**External rotation -(160*),(170*),(180*)
/180**

**Internal rotation -(20*),(30*),(70*)
/70**

**Shoulder extension-(15*),(25*),(35*)
/45**

Movement Screening

Assessment 1

Pelvc tilting at 90*

Unstable spine
Knees tilting inside while squatting

Assessment 2

Pelvic tilting at 90*
Unstable spine

Assessment 3

All ok