

# POSTURA

## Ergonomics Evaluation Report

### Posture Analysis

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- Neck Flexion: Red risk (Angle: 124.1489062493626°)
- Shoulder Elevation: Green risk (Angle: 1.0910367965698242°)
- Elbow Angle: Red risk (Angle: 169.3556748498566°)
- Wrist Deviation: Red risk (Angle: 141.87331032777166°)
- Pelvic Tilt: Green risk (Angle: 2.8782033920288086°)

### Workstation Analysis

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#### Risk Summary

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Severe ergonomic risks identified: excessive neck flexion (neck strain), overextended elbows, and significant wrist deviation (wrist strain).

#### Exercise Recommendations

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Neck retraction: Gently pull your chin back, keeping your head level, to align your neck and reduce forward flexion. Hold for 5 seconds, repeat 10 times.

Shoulder rolls: Roll your shoulders backward in a circular motion for 10 repetitions to relieve upper body tension.

Wrist stretches: Extend your arm, palm up, and gently pull back on your fingers with your other hand to stretch the wrist. Hold for 15 seconds each side.

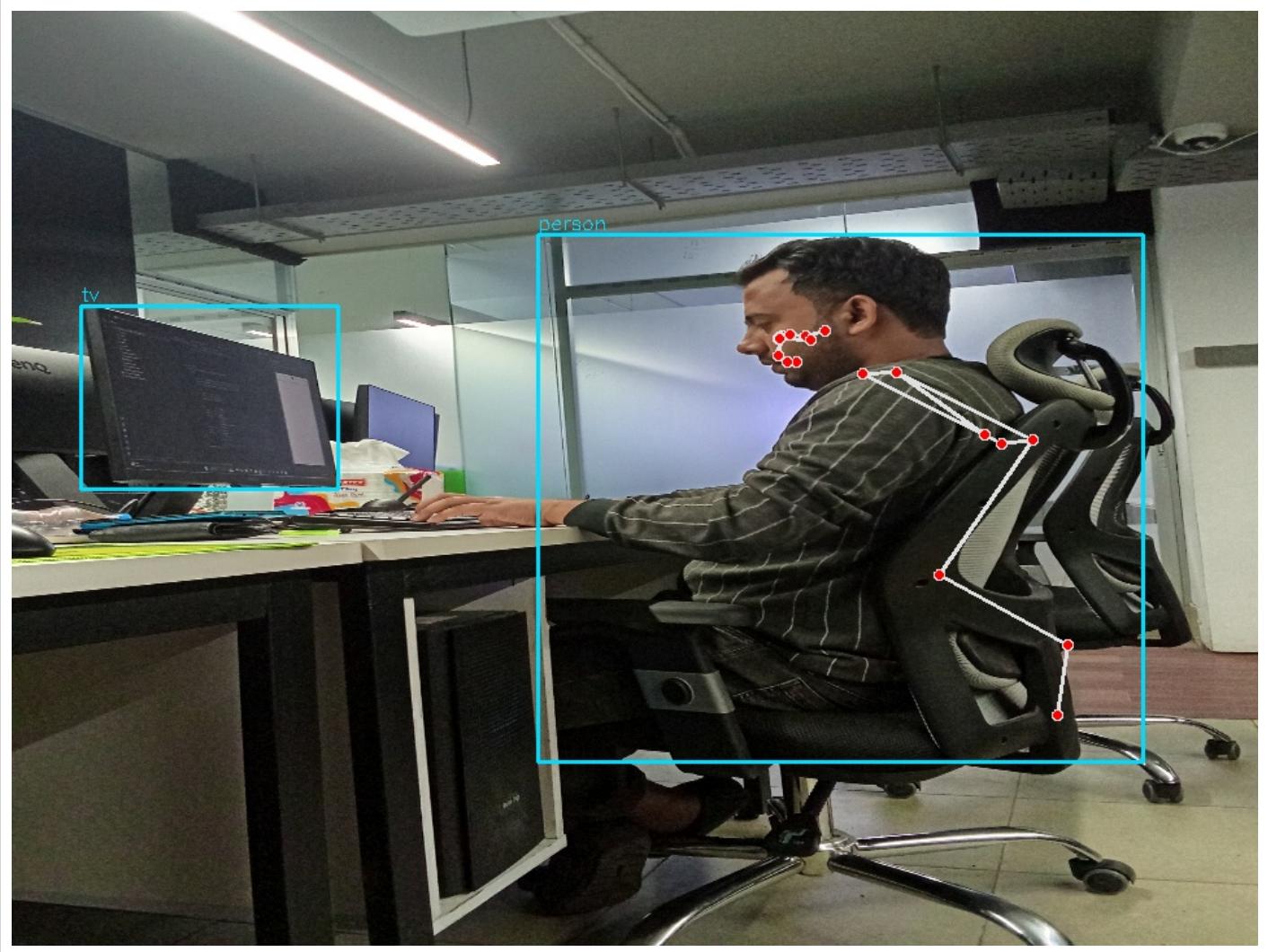
Elbow flexion/extension: Slowly bend and straighten your elbows 10–15 times to promote joint mobility.

Seated posture reset: Sit tall, feet flat, shoulders relaxed, and check that your ears are over your shoulders. Hold for 30 seconds, repeat throughout the day.

### Final Advice

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Immediate ergonomic intervention is required. Correct your posture by aligning your neck, elbows, and wrists, and adjust your workstation to support neutral joint positions. Regularly perform recommended exercises and reassess your setup to prevent musculoskeletal strain.



Annotated posture analysis from your uploaded photo