

# POSTURA - Ergonomics Evaluation Report

## Posture Analysis

neck\_flexion: red (Angle: 124.1489062493626)  
shoulder\_elevation: green (Angle: 1.0910367965698242)  
elbow\_angle: red (Angle: 169.3556748498566)  
wrist\_deviation: red (Angle: 141.87331032777166)  
pelvic\_tilt: green (Angle: 2.8782033920288086)

## Workstation Analysis

### Risk Summary

High risk of neck strain due to excessive neck flexion, high risk of elbow and wrist strain due to overextension and deviation.

### Exercise Recommendations

Neck retraction: Gently pull your head back, keeping your chin tucked, to strengthen neck extensors and improve posture.

Chin tucks: Sit upright and slowly tuck your chin toward your chest, holding for 5 seconds. Repeat 10 times.

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

Shoulder rolls: Roll your shoulders backward in a circular motion 10 times to relieve tension.

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

### Final Advice

Your current posture presents significant ergonomic risks, especially for your neck, elbows, and wrists. Immediate corrections to

