

POSTURA

Ergonomics Evaluation Report

Posture Analysis

- Neck Flexion: Red risk (Angle: 158.16467546307916°)
- Shoulder Elevation: Green risk (Angle: 3.4036803245544434°)
- Elbow Angle: Red risk (Angle: 130.18951456579921°)
- Wrist Deviation: Red risk (Angle: 179.17142911307909°)
- Pelvic Tilt: Yellow risk (Angle: 14.805450439453125°)

Workstation Analysis

Monitor:

- MonitorHeight: Red (Δ 119.70453041791916)
- ViewingDistance: Green (Δ 262.82965087890625)

Chair:

- SeatDepth: Green (Δ 72.02325439453125)

Risk Summary

High risk detected: severe neck flexion, excessive elbow angle, severe wrist deviation, and improper monitor height. Moderate risk for pelvic tilt.

Exercise Recommendations

Neck retractions: Gently pull your head straight back, keeping your chin tucked, to strengthen neck stabilizers.

Shoulder blade squeezes: Sit upright and squeeze your shoulder blades together for 5 seconds, repeat 10 times.

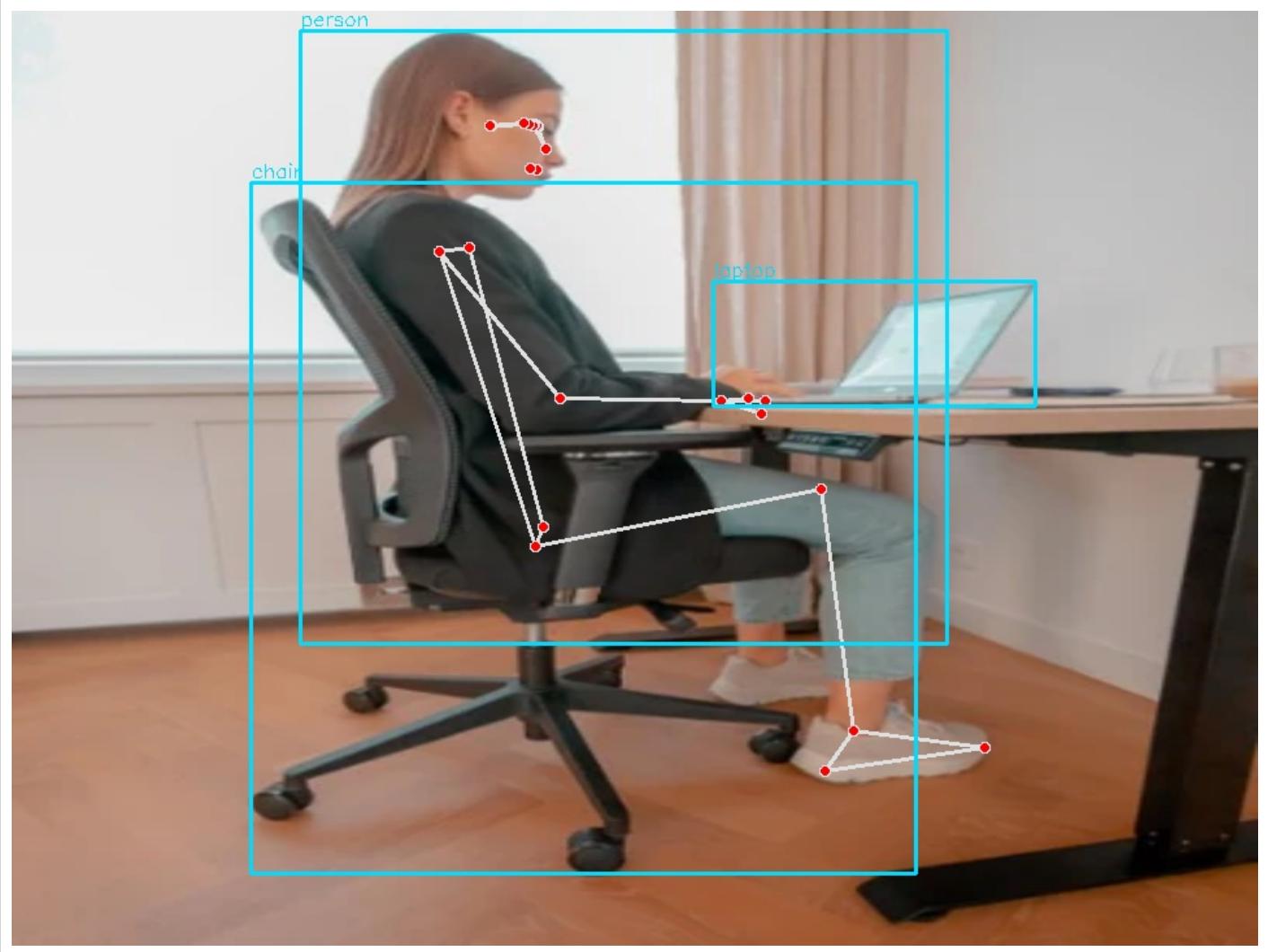
Wrist stretches: Extend your arm, palm up, and gently pull back on your fingers with your other hand to stretch the wrist flexors.

Seated pelvic tilts: Rock your pelvis forward and backward while seated to improve lumbar mobility.

Elbow flexor stretches: Extend your arm and gently pull your hand down to stretch the forearm and elbow area.

Final Advice

Your current setup poses significant ergonomic risks, especially to your neck, wrists, and elbows. Prioritize adjusting your monitor height and posture to achieve neutral joint positions. Incorporate regular movement and stretching breaks to reduce strain and promote musculoskeletal health.



Annotated posture analysis from your uploaded photo