



FitNurture: Posture Detection - User Manual

1. Introduction

FitNurture's Posture Detection application is designed to analyze and identify potential posture-related abnormalities in children. This manual will guide you through the process of using the application effectively.

2. Getting Started

2.1 System Requirements:

- A device with a web browser (computer, tablet, or smartphone)
- Internet connection
- Webcam (for live capture) or image files for upload
- Good lighting conditions

3. Using the Application

Step 1: Enter Child's Information

- Enter the child's name in the provided text field (This is a mandatory field)
- The application will automatically generate a unique FN-ID for the child

Step 2: Select Abnormalities to Detect

- Use the "Select All" checkbox to select or deselect all abnormalities at once
- Alternatively, individually select specific abnormalities you want to check for:
 - * Kyphosis
 - * Lordosis
 - * Tech Neck



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- * Scoliosis
- * Flat Feet
- * Gait Abnormalities
- * Knock Knees
- * Bow Legs

Step 3: Choose Input Method

Select one of two options:

1. Upload Image:

- Click "Upload Image"
- Select an image file from your device (.jpg, .png, or .jpeg)

2. Use Camera (Recommended for Mobile):

- Click "Use Camera"
- Allow camera access if prompted
- Position the subject and capture the image

Step 4: Capture Guidelines

For best results:

- Ensure the full body is visible
- Subject should stand straight



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- Maintain good lighting
- Keep the image clear and not blurry
- Use a plain background if possible

Step 5: View Results

After processing:

- View the analyzed image with landmarks
- Review detected abnormalities
- Check the detailed analysis for each selected condition

Step 6: Save and Download Results

- Click "Save Result" to store the analysis
- Generate and download a PDF report
- Access previous records through the data table
- Download all records in CSV format if needed



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4. Troubleshooting

Common Issues and Solutions:

1. No person detected:

- Ensure proper lighting
- Check if the full body is visible
- Try taking the picture again

2. Camera not working:

- Allow camera permissions in your browser
- Try refreshing the page
- Use image upload as an alternative

3. Unclear results:

- Ensure the subject is standing straight
- Use better lighting
- Try a different background
- Ensure the subject is wearing fitted clothing

5. Contact Information

For additional support or questions:

Website: www.futurenurture.in