

## Tips for Taking Posture Photos:

1. Take four photos: front, back and both (right/left) side views.
2. Stand barefoot with the following clothing:
  - Men: Please wear shorts (or pants that are rolled above the knees) and no shirt (or a tight-fitting t-shirt).
  - Women: please wear shorts (or pants that are rolled above the knees) and a sports bra (or a tight-fitting tank top or t-shirt).

The more we see of the major load joints (ankles, knees, hips, shoulders), the better we can evaluate your posture and create your personalized routine.

3. Stand on hard, even floor.
4. Have a simple, non-distracting background.
5. Pull up long hair.
6. Position your camera at waist level. Make sure the camera is as level as possible.
7. If taking your own pictures, consider using your smartphone camera, which may have a longer timer setting than laptop programs such as Photo Booth (note: selfies/holding the camera while taking photos is not suitable)
8. Take close-up photos, just fitting your whole body in the frame of your camera.
9. No posing—you want to capture your natural, relaxed posture, not what you think you should look like. Posing gives false data. You want to know how your body arranges itself under the force of gravity.
10. Example:

