

# What is Posture Number

Posture Pro generates a person's Posture Number. This number is triggered only from the results of the lateral view. It represents the total deviations from points that a plumb line should pass through. The higher the number the more deviations from normal and the more spinal and pelvis compensations as the body shifts body parts to re-balance itself.

This also equates to additional mechanical stress on the spine and additional gravitational forces and muscle tension forces come into play.

Using the Posture Number you can identify and quantify area of additional stress and track progress.

Use this link to watch how to get a person's Posture Number.

<http://www.posturepro.com/help/Get%20Posture%20Number/Get%20Posture%20Number.html>

Online URL: <https://posturepro.phpkb.cloud/article.php?id=15>