



Pain Free Living of New England LLC

| *pain relief powered by you!*

How to Take Posture Photos

Ask a friend or family member to take your posture photos.

For best results:

1. Use a digital camera
2. Take the pictures in portrait mode (holding the camera vertically) so that they capture more of you and less of the surroundings. A camera tripod is helpful if one is available.
3. Take the photos at hip height so the picture is not distorted or at an angle
4. Lighting should be adequate with the light source located behind the camera for best results
5. Wear minimal clothing: swim suit, shorts above the knee, tank top or sports bra
No shoes or socks please!
6. Stand against a light colored background
7. Stand in a comfortable, relaxed posture. **Never pose for the pictures!**
8. Take 4 photos: front, back, right side, left side
9. Email your photos (jpg format) to tracy@painfreelivingne.com and complete the Online Questionnaire

A Therapist will email your personalized exercise therapy program to you within 3 to 5 business days. You can also access your program online at Egoscue.com anytime, anywhere for your convenience. Just enter the user name and password from the email to view your exercise menu and instructional videos to help you perform each exercise properly.

Have a question?

Email your Therapist and get the answers you need. It's quick and easy!

Front



Back



Left Side



Right Side

