

# Sample Hanging Analysis Report

## Hanging Position Side:

Shoulder extension is limited on the left

Humeral rotation is good

Lumbar show slight increased extension

Hip position looks good.



### Questions to address

What is limiting your shoulder flexion?

What is causing your lumbar extension?

## Hanging Position Back:

Left shoulder is in slight flexion and elevation

Scapular upward rotation appears even (would be better if I could see them)

Humeral rotation is equal bilaterally

Trunk slightly rotated towards flexed shoulder

Hip and pelvic position look good



### Questions to address

What is limiting your shoulder flexion? Is it related to your trunk rotation?

Let's assess your scapular position

## Summary:

In general, you have a strong hanging position! I am seeing only slight variations and they are all on your left side. I would recommend investigating what is limiting your left shoulder motion. Is it an imbalance of muscles? Is one too stiff or another too weak? Is that what is driving the variation in your trunk and lumbar spine, or is that a separate issue

With your pattern of hanging it appears that your left latissimus dorsi may be either stiffer and/or relatively more engaged relative to your core and possibly your lower trapezius. Play with using your core muscles to pull your ribs down and try engaging your lower trapezius more to see what it does to change your alignment.

If you have an online consultation scheduled, we will address these questions and any you have at that time.

If you are a part of the online Hanging Boot Camp course we will work as a group to cover all aspects of the shoulder position in hanging. If you have additional questions that are specific to your body you might benefit from a personal consultation.



\*\* This report is to enhance your knowledge and your training. If you have pain or concerns about your body discuss them with a healthcare provider