



**HILLSTAR**  
INTEGRATED HEALTH

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move better,  
perform better.

Posture  
Check 

# Patient Resources for 3D Posture & Foot Scanning



# Understanding Posture, Alignment, and Whole-Body Balance

Posture plays an important role in how your body moves, adapts, and responds to daily demands. Over time, subtle imbalances in posture or foot mechanics can place added stress on muscles, joints, and connective tissues, often contributing to discomfort, fatigue, or recurring strain without being immediately noticeable.

3D posture and foot scanning provides a detailed, visual way to better understand alignment and balance from head to toe, supporting clearer communication and more informed care planning.

## How 3D Posture & Foot Scanning Supports Assess

At HillStar Integrated Health, we use Posture Check 3D by Foot Levelers, an advanced digital assessment system designed to analyse posture and foot biomechanics in a non-invasive manner.

The system captures postural information using over 130,000 data points and evaluates foot mechanics using over 280,000 data points. This level of detail allows practitioners to observe how the body is positioned and how forces are distributed through the feet and postural system.

Rather than diagnosing conditions, this information helps highlight patterns, asymmetries, and alignment characteristics that may be relevant when discussing movement, posture, and overall musculoskeletal health.



## What the Scan Evaluates

The 3D assessment provides insight into several key areas, including:

- ✦ Forward head posture, often referred to as the Tech Neck Index
- ✦ Foot mechanics and pressure distribution
- ✦ Left-right asymmetries, assessed through a Pronation Stability Index
- ✦ All three arches of the foot, including their structure and support characteristics

Together, these findings offer a comprehensive picture of posture and balance that can be reviewed and discussed during your appointment.

## When 3D Posture & Foot Scanning May Be Used

3D posture and foot scanning is often used to support assessment and education for individuals who experience:

- ✦ Ongoing neck, back, hip, knee, or foot discomfort
- ✦ Postural strain related to work, sport, or daily activities
- ✦ Recurring movement inefficiencies
- ✦ Injury rehabilitation or return-to-activity planning
- ✦ Interest in preventative care or movement awareness

Your practitioner will determine whether this assessment is appropriate based on your individual goals and clinical findings.



## **What to Expect During the Scan**

The scan is quick, comfortable, and requires no special preparation. You'll be guided through a simple standing assessment while the system captures postural and foot data.

Once complete, your practitioner will review the results with you, helping explain what the images show and how the information may be considered as part of your care.

## **How It Fits Into HillStar's Integrated Care Approach**

3D posture and foot scanning may be used alongside chiropractic care, physiotherapy, massage therapy, and custom orthotic assessment to support a more informed and individualised approach to care.

The scan enhances understanding and communication, but it does not replace hands-on clinical evaluation or professional judgement.

## **Posture in Daily Life**

Postural patterns develop through everyday activities such as sitting, standing, walking, working, and exercising. Small, repeated habits can influence how your body loads and moves over time.

Understanding your posture and foot mechanics can support greater body awareness and help guide practical conversations around movement, ergonomics, and long-term musculoskeletal health.



# Important Notes About 3D Scanning

3D posture and foot scanning is an assessment and education tool. It does not provide medical diagnoses or predict outcomes. Your practitioner will interpret the findings and determine how the information may be used within your individualised care plan.

If you have questions about posture assessment or 3D scanning, speak with your practitioner or contact our team — we're happy to



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