1. Randomization for postural position done for 39 subjects. **13 subjects in of the 3 postures**

2. Pain questionnaire administered.

3. Subjects changed into sports top (females)/ take off shirt (males).

4. Principle researcher applied markers to anatomical points to all subjects.

**RELIABILITY STUDY COMMENCED**

5. Photo was taken of name badge and subject asked to sit at reliability data collection station in randomly selected sitting posture.

6. One photo was taken of the subject in the randomly selected sitting posture by the assistant taking the photographs.

7. Subject stood up and walked toward photographer and back again to chair.

8. Student sat in same posture as before.

9. Step 5 to 6 repeated **until five photos (5 repeated measures for each examiner)** by the **same research assistant /examiner** was taken for the reliability study—thus **intrarater reliability** was assessed. All five repeated measures taken on the same day.

**VALIDITY STUDY COMMENCED**

10. All 39 subjects who participated in the reliability study was then escorted to the validity (LODOX) test station.

11. Subject sat in same sitting posture for validity testing as for reliability testing.

12. One photo was taken immediately before and after the LODOX image was captured.