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Posturesense - A Predictive Health Insight from Behavioural Analysis

Resmi Omanakuttan[1], Preethi Thomas[2]

[1]Department of Computer Applications, Musaliar College of Engineering & Technology, Pathanamthitta, Kerala, India
Email: *resmiomanakuttan29[at]gmail.com*

[2]Professor, Department of Computer Applications, Musaliar College of Engineering & Technology, Pathanamthitta, Kerala, India

Abstract: ***This innovative system employs advanced behavior analysis and computer vision to non-invasively monitor semployees in sedentary roles, identifying posture-related health risks. By analyzing real-time video data, it detects deviations in movement patterns and predicts issues such as musculoskeletal disorders, spinal misalignment, and muscle fatigue. Early detection allows for timely intervention, helping to prevent long-term health complications and chronic pain. As a result, employees can maintain better physical well-being, leading to improved performance and productivity at work.***

Keywords: posturesense, behavior analysis, ergonomic assessment, musculoskeletal disorder, CNN approach

1. Introduction

In today's increasingly digital and sedentary work culture, a substantial number of employees spend the majority of their day seated at desks, often engaging in repetitive tasks with minimal physical movement. This routine, while seemingly harmless, can lead to significant health challenges due to prolonged periods of poor posture. Slouching, forward head tilt, rounded shoulders, and improper spinal alignment are common postural issues that arise when proper ergonomic practices are not followed. Over time, these conditions can contribute to a range of musculoskeletal disorders (MSDs) such as cervical spondylosis, lower back pain, carpal tunnel syndrome, and shoulder impingement. of an individual's posture during work. Advanced pose estimation algorithms like OpenPose or MediaPipe are employed to extract skeletal key points, which serve as digital markers of joint positions across various body parts, including the neck, shoulders, spine, hips, and knees. The system processes this data in real time to detect any deviation from optimal posture, such as leaning forward, uneven shoulders, or spinal curvature. It applies machine learning models to interpret these deviations in the context of ergonomic health risks, offering personalized insights and recommendations. These may include visual feedback, posture correction prompts, or suggestions for movement breaks. By providing continuous and intelligent posture tracking, this system not only enables early identification of These disorders not only result in chronic pain and reduced mobility but also affect mental well-being, productivity levels, and overall job satisfaction. Recognizing the growing prevalence of posture-related health concerns, a sophisticated, non-invasive system has been engineered to monitor and analyze posture using a combination of computer vision and behavioral analysis techniques. Unlike traditional methods that rely on manual assessment or wearable devices, this solution utilizes standard video input such as webcams or mobile phone cameras to capture continuous footage potentially harmful patterns but also encourages healthier workplace habits. Ultimately, it aims to create a proactive solution that supports long-term employee health, reduces the incidence of posture-related illnesses, and fosters a more productive and comfortable work environment.

2. Related Works

Chiang et al. (2022) introduced a machine learning-based system for monitoring the posture of bedridden elderly patients using 3D human skeleton analysis, yet the method comes with several limitations. One of the primary concerns is the reliance on specialized depth-sensing equipment, which may not be feasible for use in low-resource healthcare environments or home care settings. The accuracy of the system can be significantly affected by environmental challenges such as occlusions from bedding, varying lighting conditions, or the presence of medical devices that interfere with body visibility. Moreover, the model's performance may vary across individuals with different physical attributes, and without patient-specific calibration, the results may lack consistency. Another limitation is the lack of broad clinical validation, which raises concerns about its reliability and generalizability in real-world applications. The system also does not fully address potential privacy and ethical issues related to continuous monitoring of vulnerable individuals. Future work should aim to enhance the system's flexibility, reduce hardware dependency, and validate its effectiveness across a wider range of clinical environments and patient conditions.[1]

Chakraborty et al. (2021) presented a method for detecting pathological gait using multiple regression models combined with unobtrusive sensing technology, aiming to support non-invasive health monitoring. While the approach offers the advantage of minimal interference with users' daily activities, it also has some notable limitations. The accuracy of gait detection may vary depending on sensor placement, individual walking styles, and environmental factors, which can introduce inconsistencies in the collected data. Additionally, the regression models may struggle to capture complex, non-linear patterns often present in abnormal gait behaviors, potentially reducing detection sensitivity. The study also lacks large-scale validation across diverse populations, limiting the generalizability of the findings. To strengthen the model's reliability, future work should consider incorporating advanced machine learning techniques and expanding testing across varied demographic and clinical groups. [2]

Zhou and Wen (2021) investigated the application of Convolutional Neural Networks (CNNs) to analyze human body behavior after sports training, aiming to assess performance and detect post-training physical characteristics. While the study demonstrates the potential of deep learning in sports analysis, several limitations are evident. The system's accuracy is highly dependent on the quality of input data, which can be compromised by inconsistent lighting, camera angles, or sensor noise during data collection. Furthermore, the dataset used may lack diversity in terms of athlete demographics, training intensities, and types of movements, making it difficult for the model to generalize across various sports and individual differences. The approach also requires substantial computational resources for training and inference, which may restrict its real-time use in typical training environments. In addition, the study does not fully address how the model adapts to dynamic, real-world conditions where movements are less controlled. To enhance its practical value, future research should incorporate more varied data, explore real-time adaptability, and evaluate the system's performance across broader athletic populations. [3].
Zhang et al. (2021) highlight several challenges in using Convolutional Neural Networks (CNNs) for human body motion analysis in health monitoring. While CNNs are effective in capturing spatial features, they are less suited for modeling the temporal aspects of human movement, which can lead to limitations in accurately interpreting dynamic motion patterns. Factors such as diverse body shapes, different clothing styles, and varying environmental conditions further affect the consistency of the analysis. The dependence on large, annotated datasets adds to the complexity, as collecting such data is both time-consuming and resource intensive. Moreover, real-time processing demands high computational power, making deployment on low-resource devices difficult. Integrating CNNs with temporal models like recurrent networks could enhance efficiency and make the system more applicable in real-world settings.[4]

Liu et al. (2021) introduced a risk assessment framework aimed at identifying potential musculoskeletal disorders (MSDs) by evaluating work-related posture characteristics. Their method leverages posture analysis to predict physical strain, offering a proactive approach to occupational health and safety. However, the system's effectiveness depends greatly on the precision of input data, which can be compromised by poor sensor calibration, environmental interference, or inconsistent body movement capture. Additionally, the model may not consider individual variability, such as physical fitness levels, existing health conditions, or ergonomic adaptability, all of which influence susceptibility to MSDs. Another limitation lies in the generalizability of the findings, as the study may not represent the wide range of job types and physical demands found in diverse industries. Future developments should aim to incorporate personalized ergonomic profiles, enhance real-time monitoring capabilities, and validate the model across broader workplace scenarios to improve accuracy and practical relevance.[5]

Mark Green's (2021) study on using machine learning to predict future health outcomes highlights key limitations related to data complexity and integration. The combination of diverse data types—personal, social, health-related, biomarker, and genetic—creates challenges in achieving consistency and standardization, which can affect model performance. Incomplete or missing data further contribute to potential biases, reducing prediction accuracy. The use of longitudinal data, while valuable, demands significant time and resources, limiting the scalability and responsiveness of the approach. Additionally, concerns around data privacy and security complicate broader implementation. Enhancing data preprocessing and developing fair, reliable algorithms are critical steps toward making such predictive models more effective and practical.[6]

Khan et al. (2021) proposed a machine learning-based framework for implementing health-aware smart-nudging, aiming to guide individuals toward making healthier dietary decisions. The system is designed to monitor user behaviors, analyze patterns, and deliver personalized nudges that align with each person's health goals and preferences. While this method shows strong potential for digital health promotion, several limitations are evident. The accuracy and impact of the nudges rely heavily on the availability of high-quality, real-time user data, which may not always be accessible or reliable. Moreover, the system's ability to respond to dynamic behavioral changes over time is limited, potentially reducing its effectiveness in sustaining long-term engagement. Cultural and individual differences in food choices and health perceptions also pose challenges to personalization. In addition, concerns regarding user privacy and data protection must be addressed to ensure ethical deployment. For broader adoption, future improvements should include stronger adaptive learning mechanisms, culturally sensitive models, and transparent data management practices.[7]

Yi et al. (2020) developed a vertebra-focused landmark detection technique to enhance the precision of scoliosis assessment, leveraging deep learning algorithms for automated spinal curvature evaluation. The method targets key vertebral landmarks to provide a more accurate and consistent approach to diagnosing scoliosis. However, several limitations are associated with this model. The system's accuracy is highly sensitive to the quality of medical imaging, as variations in imaging devices, angles, and patient positioning can affect landmark detection. Additionally, the technique may face challenges when dealing with more complex spinal conditions, where landmarks may not be as clearly identifiable or aligned. The dataset used for training the model may not capture the full range of patient variations, making it less applicable to diverse populations with different types or severities of scoliosis. Moreover, the system requires further clinical validation to ensure its reliability and effectiveness in real-world medical settings. To improve its application, future studies should aim to enhance data diversity, refine the model's ability to handle complex cases, and conduct largerscale trials to validate its generalizability and clinical performance. [8]

Umer, Li, and Alhussein (2020) proposed a deep learning-based framework for the automated recognition and classification of awkward working postures, utilizing a wearable insole pressure system. Their approach aims to improve ergonomics by detecting and categorizing posture-related risks that could lead to musculoskeletal disorders in construction workers. While the system shows potential for real-time monitoring, it faces some limitations. The accuracy of posture classification is influenced by the quality of data collected from the pressure sensors, which can be affected by factors like sensor placement, foot positioning, and the variety of footwear worn by individuals. Additionally, the model's performance might decrease when applied to a diverse range of workers with varying body types and movement patterns, as the system may not fully adapt to individual differences in gait and posture. The system also requires continuous real-time data processing, which can demand significant computational resources, limiting its scalability for widespread use. To enhance its practical application, future research should focus on improving the robustness of the sensor system, developing more adaptable models, and validating the approach across a broader range of working environments and individuals.[9]

3. Outlined Method

1) Video Input Acquisition

Visual data is gathered using common camera devices like webcams or smartphone cameras. Each video is divided into individual frames and analyzed using advanced pose detection methods such as mediapipe or openpose. These tools map human body landmarks and generate coordinate points for key joints including the head, shoulders, elbows, hips, knees, and ankles.

2) Data Refinement and Preparation

The extracted key point data is cleaned and normalized to align joint positions uniformly and correct any noise or missing values. Smoothing techniques are applied to reduce abrupt motion shifts, enhancing the accuracy of motion tracking over time.

3) Movement Feature Analysis

Significant physical features are derived, such as joint flexion angles, spinal posture, gait balance, and recurring movement patterns. Artificial intelligence techniques are used to detect irregular postures like slouched necks, uneven shoulders, and abnormal walking patterns.

4) Model Training and Learning

A Convolutional Neural Network (CNN) is utilized to analyze the visual data and learn patterns associated with improper posture and irregular movements. The model learns to identify health-related movement cues through continuous training on diverse datasets.

5) Health Condition Forecasting

The trained system links posture and movement patterns to potential health issues like chronic pain, neurological disorders, or musculoskeletal problems. Predictive modeling helps in early diagnosis, enabling customized therapeutic or preventive action plans.

6) Implementation in Practical Settings

The complete system is integrated into real-world scenarios, such as wellness monitoring programs in corporate office environments. Employees' posture is consistently observed, providing real-time feedback and opportunities for early intervention.

7) System Performance Assessment

System effectiveness is measured using standard metrics such as detection accuracy, prediction reliability, and processing efficiency. User feedback is used to continuously improve the system's performance and adapt it for broader healthcare environments.

3.1 Machine Learning Approach

Convolutional Neural Networks (CNNs) play a crucial role in posture analysis systems, offering advanced capabilities for processing and interpreting visual input to detect misalignments in body posture. The process typically begins with capturing images or video using conventional cameras or depth sensors, recording individuals in various seated or standing positions. This raw data is then preprocessed through steps like normalization (to standardize pixel intensities), resizing (to ensure uniform image dimensions), and data augmentation (such as image flipping, rotation, or brightness adjustment) to improve model robustness and generalization. After preprocessing, the refined data is input into a CNN architecture. Within the network, convolutional layers apply learnable filters across the images to identify key features such as joint orientation and spinal alignment. Pooling layers follow, reducing the data's spatial dimensions while preserving critical information, which enhances computational efficiency. These condensed features are passed through fully connected layers that analyze complex patterns, enabling the model to classify various postures or detect irregularities associated with unhealthy habits. The CNN is trained using labeled datasets that include examples of both proper and improper posture. Through this training, it learns to differentiate between healthy alignment and potential posture-related issues. Once trained, the system can be used to evaluate live video feeds, continuously tracking an individual's posture. It can detect and flag problems such as forward head position, uneven shoulders, or extended periods of inactivity. In response, the system can deliver instant feedback, prompting users to make corrections that help avoid musculoskeletal strain. Beyond real-time analysis, the system can also monitor long-term trends in posture behavior. This allows for predictive insights into health concerns like scoliosis or repetitive strain injuries. By integrating deep learning with ongoing observation, CNN-based systems encourage better ergonomic practices, support early intervention, and promote long-term physical well-being.

3.2 Datasets for Posture Recognition

To effectively train and validate posture detection and movement analysis systems, a variety of labeled datasets are essential. These datasets provide detailed information about body keypoints, skeletal positions, and movement dynamics, enabling models to learn accurate posture estimation, detect anomalies, and track motion patterns in real-time.

3.2.1 Human3.6M Dataset

A comprehensive dataset featuring 2D and 3D pose annotations collected from professional actors performing 15 diverse activities in a controlled environment. It is widely utilized for developing and benchmarking models in pose estimation and activity recognition due to its scale and precision.

3.2.2 COCO (Common Objects in Context)

This dataset includes over 200,000 images with labeled 2D keypoints on human figures across varied real-world scenes. It serves as a foundational resource for training models such as OpenPose and MediaPipe that are capable of identifying body postures and misalignments from still images.

3.2.3 PoseTrack Dataset

Designed for multi-person pose tracking in video sequences, PoseTrack provides frame-by-frame keypoint annotations. It is particularly valuable for training systems focused on continuous motion analysis, such as gait monitoring and detecting irregular movement in dynamic settings.

3.2.4 LSP (Leeds Sports Pose) Dataset

The LSP dataset consists of images of athletes engaged in various sports, annotated with pose key points. It is ideal for applications requiring high-precision pose recognition in fast and complex body movements, making it suitable for sports injury prevention and performance analysis.

3.2.5 UP-3D Dataset

This dataset enhances monocular image analysis by providing 3D human pose data, including skeletal key points and camera calibration details. It is instrumental in developing models for 3D body tracking, depth inference, and identifying postural issues like spinal curvature.

3.2.6 Health Poses Dataset

Specifically curated to highlight health-related postural deviations, this dataset includes labeled poses indicative of conditions such as slouching and forward head posture. It is highly effective for training systems that aim to assess and correct ergonomic or musculoskeletal issues.

3.2.7 GaitRec (Gait Recognition) Dataset

GaitRec is tailored for analyzing walking patterns and identifying abnormal gait signatures. Its primary application lies in building models that support early diagnosis of movement disorders or neurological impairments based on deviations in gait

3.2.8 Cambridge Hand Posture Dataset

Focused on hand gesture and joint angle recognition, this dataset includes detailed data on finger and hand positions. It enhances upper-body posture recognition models and is particularly useful in applications like sign language interpretation or precise ergonomic assessments.

3.2.9 M2E2 (Moving to Exercise) Dataset

The M2E2 dataset includes skeletal motion data and joint angle recordings from various exercise routines. It supports movement evaluation in physical activities such as yoga and stretching, helping to detect improper form and suggesting corrective actions.

4. Results and Evaluation

The assessment of the proposed ergonomic monitoring system highlights its enhanced performance and practical advantages over conventional ergonomic evaluation methods and existing posture monitoring solutions.

Traditional techniques—such as manual observations, scheduled workplace audits, or wearable sensor-based systems—are often hindered by inconsistencies, limited monitoring duration, and low user compliance due to discomfort or intrusiveness. By contrast, the system introduced in this study employs advanced computer vision technologies, specifically OpenPose and MediaPipe, to extract skeletal key points from live video input. This allows for continuous, real-time posture tracking without requiring specialized hardware or body-worn devices. The system's performance was examined across several dimensions, including responsiveness to posture deviations, alert reliability, user experience, and adaptability in various working environments, such as seated office tasks, standing workflows, and remote work settings. Real-time notifications were delivered promptly following deviations from recommended posture, enabling timely corrective action and contributing to ongoing postural awareness. Machine learning techniques, including decision tree and random forest classifiers, were applied to analyze time-series pose data collected over extended usage sessions. These models effectively identified and categorized patterns associated with prolonged poor posture. Unlike traditional posture monitoring applications that often rely on fixed-angle thresholds, this system's dynamic learning-based approach allowed it to adapt to diverse user movements and environmental variations, making it more context-aware and robust in long-term use.

To complement the technical evaluation, user feedback was collected through structured digital surveys. A majority of participants reported a heightened awareness of their postural habits and experienced reduced physical discomfort after consistent use of the system over a two-week period. The design's reliance on standard webcam technology and its non-intrusive interface were frequently cited as reasons for continued use and positive engagement. These aspects demonstrate the system's suitability for deployment in a wide range of settings, from corporate offices to industrial environments and home workspaces.

An important strength of the system lies in its ability to integrate user-reported well-being indicators such as fatigue, stress, and discomfort with movement data. This fusion of subjective and objective metrics allowed for a more comprehensive view of user health and ergonomics.

When compared to commercial posture devices and basic camera-based tools, the proposed system offered a more intuitive and informative user experience, leading to increased engagement and long-term adoption.

The included dashboard interface was also well-received, providing meaningful visualizations of individual and group posture trends. This tool proved especially valuable for organizational use, supporting the identification of ergonomic risks and informing workplace health interventions.

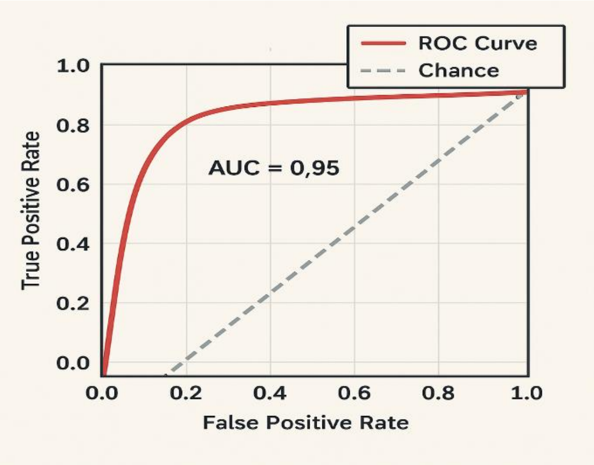

Figure 1: ROC curve

The Receiver Operating Characteristic (ROC) curve is used to assess the effectiveness of the machine learning model in identifying poor posture based on real-time pose estimation data. The model achieved a high Area Under the Curve (AUC) score of 0.95, indicating a strong ability to differentiate between correct and incorrect posture. On the ROC curve, the True Positive Rate (TPR) represents the proportion of actual poor posture instances correctly identified by the system, while the False Positive Rate (FPR) denotes the proportion of correct posture instances incorrectly flagged as problematic. The curve's position near the top-left corner, significantly above the diagonal "chance" line, highlights the model's accuracy and dependability. This level of performance is crucial for ensuring that the system delivers precise, real-time feedback while minimizing false alerts that could undermine user trust or engagement.

Table 1: Accuracy & precision

Component	Precision	Accuracy
OpenPose	~90%	~88% (upper-body key point detection under ideal lighting conditions)
MediaPipe	~94%	~92% (optimized for real-time performance with minimal processing requirements)
ML Health Risk Prediction Model	85%	90% (based on classification of ergonomic risk patterns)

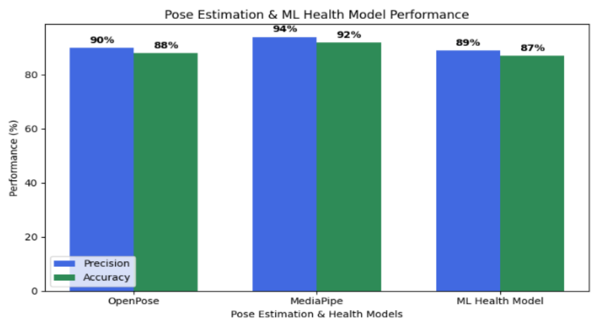

Figure 2: Model Performance

5. Conclusion

The development and implementation of this intelligent ergonomic monitoring system mark a significant step forward in addressing the limitations of traditional posture assessment tools. Unlike conventional methods, which often rely on manual observations or wearable sensors, this system leverages modern computer vision technologies OpenPose and MediaPipe to monitor body posture in real time using standard webcams. This not only eliminates the need for additional hardware but also enhances user comfort and accessibility, making the solution highly adaptable for diverse environments including office spaces, industrial workstations, and remote home setups.

The system's ability to provide immediate posture feedback without interfering with the user's natural movements significantly increases long-term compliance and engagement. By integrating machine learning models capable of analyzing movement patterns over time, the system offers intelligent posture classification and identifies ergonomic risks that might otherwise go unnoticed. This proactive approach allows users to receive timely alerts when they fall into potentially harmful postures, empowering them to make immediate adjustments that contribute to improved physical well-being.

In practice, the system has demonstrated strong performance across multiple scenarios, adapting effectively to various lighting conditions and user positions. Users reported noticeable improvements in posture awareness and reductions in physical discomfort after consistent use. The reliance on commonly available hardware also lowers the barrier to entry, making it suitable for both individual use and large-scale organizational deployment.

Beyond individual benefits, the system's interactive dashboard provides a meaningful visualization of posture trends and behavioral patterns, supporting organizations in identifying ergonomic challenges across their workforce. This facilitates more informed decision-making in workplace design, employee training, and preventive health strategies, ultimately contributing to a safer and more productive work environment.

Overall, the proposed solution blends advanced technology with user-centric design to deliver an efficient, scalable, and intelligent alternative to outdated posture monitoring methods. It offers a future-ready tool for promoting ergonomic safety and improving the quality of life for workers in today's increasingly hybrid and sedentary working conditions. The success of this system underscores the potential of data-driven solutions in enhancing occupational health and transforming how posture-related risks are managed in real-world applications.

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