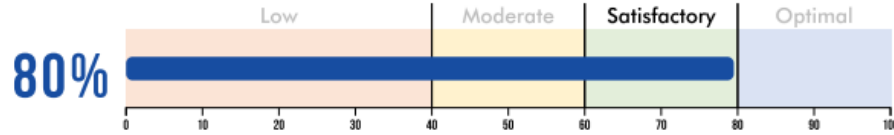


READINESS REVIEW

1794DA38-4760-43A7-967B-C5664B610379 | 6'0" | 215 POUNDS | SEPTEMBER 14, 2020

OVERALL READINESS



STATUS: SATISFACTORY

Your Overall Readiness was in the satisfactory zone. This means your body performance and quality of movement were above average! Continue to work on your focus and priority areas below to close the gap and optimize your readiness!

BUILDING YOUR READINESS

QUALITY



Quality ("how you did it") assesses the movement patterns for all movements completed. To improve quality, focus on the following movements:

- Shoulder Horizontal Abduction
- Left Lateral Lunge
- Right Unilateral Vertical Jump

PERFORMANCE



Performance ("what you did") assesses squat depth and jump heights/distances for movements completed. To improve your performance score, focus on the following movement:

- Left Unilateral Squat

FOCUS & PRIORITY

- RIGHT SHOULDER MOBILITY**
 Your right shoulder mobility was below the normal range. Too little motion can be a result of a strength and mobility imbalance in the shoulder musculature, or a difference from your right to left arm, increasing your risk for pain and injury.
- LEFT KNEE MOBILITY**
 Your left knee had limited flexion (bending) during squats and/or lunges. Knee flexion allows for you to properly load into the hips and ankles. This helps you activate the largest, most powerful muscle in your body, the glute max.
- RIGHT KNEE ALIGNMENT-LANDING**
 You had low alignment in your right knee during the landing phase of the jump movement(s). Your knee caved in and twisted. Strengthening your upper leg and hip muscles can improve knee control.



Readiness is a cumulative data reduction model that utilizes other data models across a variety of movements to help tell a simple story of whether your body is ready/prepared for movement.

Your goal is to have a Readiness status above 60%

OVERALL READINESS



STATUS: OPTIMAL

Your Overall Readiness was in the optimal zone. This means your body performance and quality of movement were exceptional! Your body is moving just how it was designed. Work to maintain your current movement level by concentrating on the focus and priority areas below.

- You are comparing yourself to the best version of yourself based on your size and shape.
- Understand your strength and weaknesses related to "What you did" and "How you did it".
- Prioritize your top 3 zones. Focus on the individual movements and the joint of interest. Improve each individual movement improve your overall Readiness.

CASE STUDY:

After a subject is assessed the Readiness Report is used for effective patient-provider communication. It provides enough information for the provider to adjust or create a treatment plan but is also simple enough in language for patients to take it home. At the most basic level, a subject can visually see that they need to be progressing toward a higher overall readiness score and a provider can note the difference in their performance versus quality of movement while also knowing what movements the subject needs to improve the most. These metrics are comparing a subject to the most ideal version of someone their same size, using limb length and weight to draw direct comparisons. For a simple report, a lot is considered in order to capture, bundle, and rank the top three areas that may need further assessment or attention. Knowing where a subject falls when compared to the best version of themselves and what their greatest areas of improvement are can create a much more compliant subject and educated provider. This then saves the provider time by immediately equipping them with enough information to dig deeper and apply their expertise while also demonstrating to the subject why they need to do more work or that they are "ready".

"We really like the Readiness Report, got some good feedback, they love the page. Very easy to take that info and put into notes. Also, simple enough in language for patients to take with them. Much improved."

-Brett, PT, MPT, OCS, SCS

Video Intro