

Movement Health Report powered by kinotek

PROFILE

Name: Jane Doe

Report Date: 08/30/23

Score History

- Baseline: 65



↑ 19 points since baseline

DESCRIPTION

Kinotek™ Scores reflect your range of motion vs. a healthy range. Ranges are based on *American Medical Association Guides* and other peer reviewed sources.

- RED** Below Healthy Range
- GREEN** Within Healthy Range
- PURPLE** Above Healthy Range

↑ ↓ Progress Since First Visit

SHOULDER FLEXION

	RANGE	LEFT	RIGHT	ASYMMETRY	
Shoulder Flexion	181° - 180°	181° ↑ 181°	188° ↑ 188°	7°	<p>80</p> <p>↑ Progress Since First Visit</p>
Thoracic Spine Extension	0° - 20°	24° ↓ 9°			

SHOULDER ROTATION

	RANGE	LEFT	RIGHT	ASYMMETRY	
Shoulder Internal Rotation	60° - 90°	57° ↑ 3°	53° ↑ 3°	4°	<p>78</p> <p>↓ Progress Since First Visit</p>
Shoulder External Rotation	75° - 100°	99° ↑ 1°	99° ↓ 4°	0°	
Thoracic Spine Flexion	5° - 0°	0° ↓ 3°			
Thoracic Spine Extension	16° - 6°	23° ↓ 14°			

OVERHEAD SQUAT

	RANGE	LEFT	RIGHT	ASYMMETRY	
Hip Flexion	90° - 130°	109° ↑ 40°	113° ↑ 46°	4°	<p>82</p> <p>↑ Progress Since First Visit</p>
Hip Adduction	0° - 5°	0° ↑ 0°	3° ↑ 3°	2°	
Knee Flexion	90° - 140°	100° ↑ 34°	98° ↑ 31°	2°	
Ankle Dorsiflexion	15° - 30°	22° ↑ 11°	17° ↑ 7°	5°	

FORWARD BEND

	RANGE	SPINE	
Thoracic Spine Flexion	40° - 65°	67° ↓ 5°	<p>97</p> <p>↑ Progress Since First Visit</p>
Lumbar Spine Flexion			

SEATED ROTATION

	RANGE	LEFT	RIGHT	ASYMMETRY	
Thoracic Spine Rotation	20° - 35°	33° ↑ 3°	31° ↑ 13°	2°	<p>85</p> <p>↑ Progress Since First Visit</p>
	10° - 20°	11° ↓ 60°	13° ↑ 13°	2°	