# Movement Health Report powered by kinotek

#### **PROFILE**

Name: Jane Doe

Report Date: 08/30/23

## **Score History**

• Baseline: 65



## **DESCRIPTION**

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

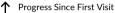




#### **SHOULDER FLEXION**







#### **SHOULDER ROTATION**

	RANGE	LE	FT	RIC	GHT	ASYMMETRY	
Shoulder Internal Rotation	60° - 90°	57°	<b>↑</b> 3°	53°	<b>↑</b> 3°	4°	ROA
Shoulder External Rotation	75° - 100°	99°	<b>↑</b> 1°	99°	<b>↓</b> 4°	0°	78
		SI	PINE				
Thoracic Spine Flexion	5° - 0°	0°	<b>↑</b> 3°				
Thoracic Spine Extension	16° - 6°	23°	<b>↓</b> 14°				→ Progress Since First Visit

## **OVERHEAD SQUAT**

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

### **FORWARD BEND**

	RANGE	SPINE
Thoracic Spine Flexion	40° - 65°	67°
Lumbar Spine Flexion		





#### **SEATED ROTATION**

	RANGE	LEFT	RIGHT	ASYMMETRY
Thoracic Spine Rotation	20° - 35°	33°	31°	2°
	10° - 20°	11°	13°	<b>2°</b>



