

kinotek

Take Your Performance to the Next Level

with Advanced Movement Health Assessments

Movement Health Report kinotek

PROFILE
 Name: John Doe
 Report Date: 05/03/21
 Score History
 • Baseline: 75 on 02/03/21
 ↑ 5 points since 02/03/21

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.
 GREEN Within healthy range
 RED Outside healthy range
 ↑ Progress since first visit

TODAY'S SCORE
80

SHOULDER FLEXION
 Healthy Range: 150° - 180°
 LEFT: 174° ± 3°
 RIGHT: 160° ± 1°
 ASYMMETRY: 4°
 SPINE: 22° ± 2°
 95
 ↑ 3 points since 02/03/21

SHOULDER ROTATION
 Healthy Range: 70° - 100°
 LEFT: 94° ± 12°
 RIGHT: 90° ± 12°
 ASYMMETRY: 4°
 SPINE: 42° ± 5°
 77
 ↑ 3 points since 02/03/21

OVERHEAD SQUAT
 Healthy Range: 90° - 130°
 LEFT: 104° ± 12°
 RIGHT: 101° ± 12°
 ASYMMETRY: 3°
 Hip Flexion: 95° ± 5°
 Knee Flexion: 113° ± 1°
 Ankle Dorsiflexion: 13° ± 1°
 76
 ↑ 3 points since 02/03/21

FORWARD BEND
 Healthy Range: 20° - 30°
 Thoracic Spine Flexion: 22° ± 2°
 Lumbar Spine Flexion: 31° ± 8°
 84
 ↓ 2 points since 02/03/21

SEATED ROTATION
 Healthy Range: 20° - 40°
 LEFT: 22° ± 2°
 RIGHT: 33° ± 1°
 ASYMMETRY: 11°
 68
 ↑ 1 point since 02/03/21

Lunge

Notes
 0/10
 60 deg

Joint & Motion	Asymmetry	Left	Right	Range	Action
Ankle Dorsiflexion	2°	↓ 3°		(15° - 30°)	
Hip Adduction	7°	↓ 2°		(37° - 57°)	
Hip Flexion	4°	↓ 14°		(90° - 105°)	
Knee Flexion	10°	↑ 4°		(90° - 110°)	

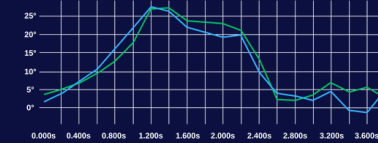
ANKLE DORSIFLEXION & PLANTARFLEXION
 Range of Motion Progress
 0.00s 0.40s 0.80s 1.20s 1.60s 2.00s 2.40s 2.80s 3.20s 3.60s
 Seconds

HIP ABDUCTION & ADDUCTION
 Range of Motion Progress
 0.00s 0.40s 0.80s 1.20s 1.60s 2.00s 2.40s 2.80s 3.20s 3.60s
 Seconds

ANATOMICAL 3D VIEW
 Frontal Plane
 Coronal Plane
 Sagittal Plane
 Transverse Plane



See your body in a whole new way with advanced 3D visuals



Objective data that allows you to track your progress over time



A personalized **Movement Score** customized to YOU

Ask how you can get a **full body scan** today!