TheWellnessphere

SCREENING TODAY STRONGER TOMORROW

Sample Report

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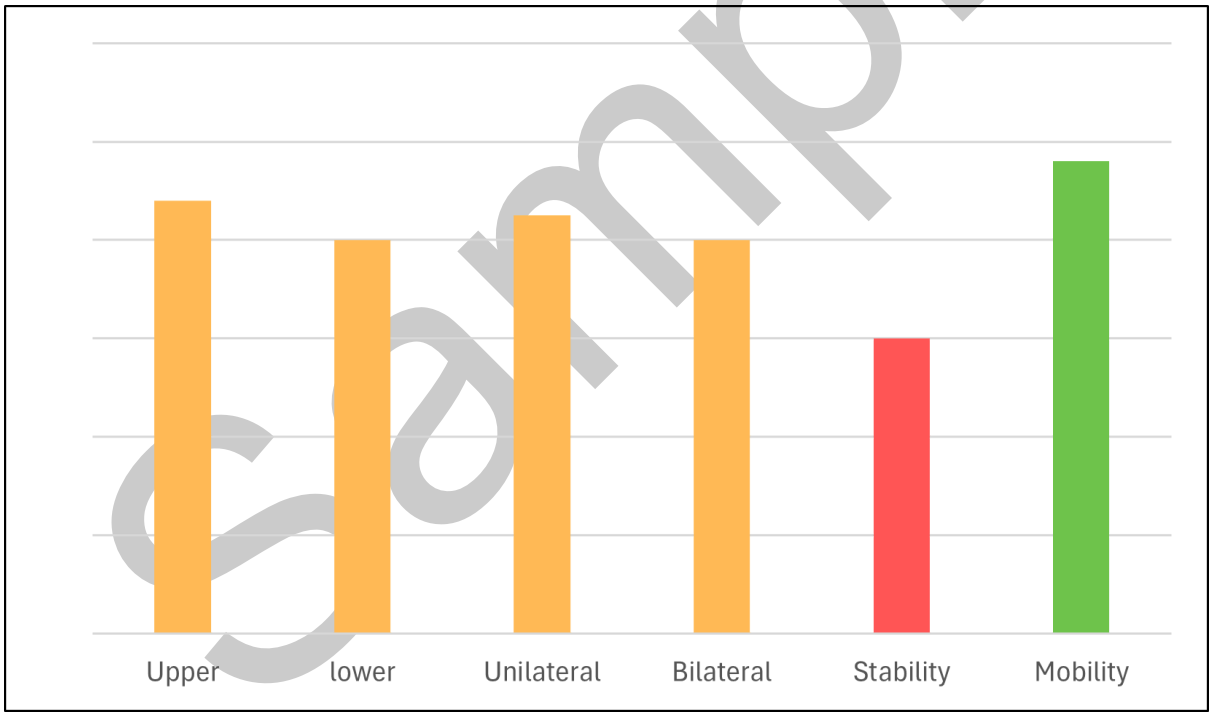
Composite Score

*An overall score of all tests combined

Side Dominance

Left

Right



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Deep Squat

What is a Green Score?
You performed a Deep Squat with your heels flat and hips fully lowered. Your torso and Shoulders remained upright, showing excellent ankle, hip, Thoracic, and Shoulder mobility — along with strong core control.

How Do I Benefit?
You've demonstrated efficient movement patterns, which support safer and more effective performance during dynamic exercises. This means you're better equipped to move with control, reduce unnecessary strain on your body, and maintain long-term joint and muscle health.

What You Can Achieve
Strong squat mechanics like yours transfer well to powerful, athletic movements and complex lifts. Maintaining this quality supports performance and injury prevention across a wide range of training styles.

Try:

- Overhead squats (as part of warm-up)
- Olympic lifts (e.g. snatch, clean & jerk)
- Lower body plyometrics (e.g. broad jumps)
- Kettlebell flows
- Animal flow sequences

To Maintain Green
Keep training mobility and control under load for continued performance gains. Prioritise ankle dorsiflexion work, hip mobility drills, and Lat flexibility. If it fits your strength and conditioning style, include Olympic lifts and other overhead compound movements to maintain and challenge your full-body mobility. Maintain a strong focus on controlled squat patterns and full-range movement.

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Knee to Wall - Right

What is an Amber Score?

You had moderate ankle mobility. You may have some flexibility, but it's not optimal for more dynamic movements like deceleration, landing & change of direction.

What Are the Injury Risks?

Limited ankle mobility may still increase the risk of Achilles tendonitis and shin splints. You might also struggle with squat and lunge variations, and your shock-absorbing capabilities could be reduced, increasing strain on the ankle, knee, and hip during jumping or landing.

How Do I Improve?

Focus on improving ankle mobility to better support dynamic movements and reduce injury risks.

Try

- Calf stretches
- Ankle mobility drills (e.g., ankle rockers)
- Foam rolling (calves and Achilles)
- Seated ankle circles
- Heel/toe raises

To Achieve Green

Ankle dorsiflexion 38.5° or greater.

Knee to Wall - Left

What is an Amber Score?

You had moderate ankle mobility. You may have some flexibility, but it's not optimal for more dynamic movements like deceleration, landing & change of direction.

What Are the Injury Risks?

Limited ankle mobility may still increase the risk of Achilles tendonitis and shin splints. You might also struggle with squat and lunge variations, and your shock-absorbing capabilities could be reduced, increasing strain on the ankle, knee, and hip during jumping or landing.

How Do I Improve?

Focus on improving ankle mobility to better support dynamic movements and reduce injury risks.

Try

- Calf stretches
- Ankle mobility drills (e.g., Ankle rockers)
- Foam rolling (Calves and Achilles)
- Seated Ankle circles
- Heel/toe raise

To Achieve Green

Ankle dorsiflexion 38.5° or greater.

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Sit & Reach

What is a Red Score?

Your Sit and Reach test result indicates limited Hamstring and lower back flexibility, which can affect your ability to reach forward comfortably.

Injury Risk

Restricted Hamstring flexibility can lead to increased strain on the lower back, potentially causing discomfort or injury. This may also affect your overall movement patterns, reducing your ability to perform exercises like squats or deadlifts effectively and safely.

How to Improve

Focus on improving Hamstring flexibility and lower back mobility to enhance overall movement efficiency and reduce strain. Incorporating dynamic stretches, seated forward folds, and Spinal mobility drills can help increase your reach and prevent compensations during movement.

Try

- Active Hamstring stretches
- Dynamic lower back stretches
- Foam rolling (Hamstrings and lower back)
- Seated forward bends
- Standing Hamstring stretches

To Achieve Amber

Sit and Reach result greater than 10 cm

Side Plank Hold - Right

What is a Red Score?

You demonstrated a lack of strength or endurance in your lateral core, Shoulder stabilisers, and upper body support structures.

What Are the Injury Risks?

Poor side plank performance is linked with reduced Scapular stability and increased risk of Rotator Cuff issues. Weak lateral core endurance may also contribute to lower back pain — both chronic and acute — and raises the injury risk during throwing, lifting, or rotational movements.

How Do I Improve?

Focus on strengthening the lateral chain and improving Shoulder control and stability. Side plank holds are excellent for engaging the Obliques, Glutes, and stabilizing muscles of the Shoulder. Make sure to keep your hips lifted, Spine aligned, and Shoulder stacked directly over your elbow to get the most benefit from the hold.

Try

- Side plank progressions (kneeling > straight leg > weighted)
- Pallof press
- Bird dogs
- Single-arm farmer's carries
- Scapular push-ups
- Wrist mobility drills

To Achieve Amber

Hold the side plank for 20 seconds or greater with good form and alignment.

Side Plank Hold - Left

What is an Amber Score?
You demonstrated moderate strength across the lateral core, Shoulder stabilisers, and upper body, with some limitations in endurance and stability.

What Are the Injury Risks?
A side plank hold in this range may reflect some weakness in the Shoulder stabilisers and lateral core, which could lead to Scapular instability, Rotator Cuff issues, or recurring lower back pain. This may also limit your ability to safely perform throwing, lifting, or rotational tasks. Incorporating targeted exercises can help build resilience in these areas.

How Do I Improve?
Focus on developing lateral core strength and upper body stability through progressive, unilateral movements. Side plank holds target deep stabilizers like the Obliques and Shoulder Girdle, building control and balance on one side at a time. Gradually increasing hold duration or adding movement, like leg lifts, can further challenge and strengthen these areas.

Try

- Side plank raises
- Kettlebell side bends
- Single-arm overhead carries
- Bird dogs
- Pallof press
- Scapular wall slides

To Achieve Green
Hold the side plank for 30 seconds or more with solid alignment and no compensation.

Apley's Scratch- Right

What is a Green Score?

You indicated excellent mobility and control in both internal and external Shoulder rotation. It also reflects strong flexibility through the Triceps, Lats, and Chest, as well as optimal Scapular positioning and Thoracic extension — all of which support healthy upper body mechanics.

How Do I Benefit?

Research shows that good Shoulder mobility enhances overhead movement efficiency, promotes better Scapular rhythm, and reduces compensatory movement patterns that often lead to Shoulder impingement or dysfunction. This level of control and mobility improves posture, lifting mechanics, and the ability to generate and absorb force in overhead or rotational tasks.

What You Can Achieve

With a strong score on this test, you're likely to experience fewer mobility restrictions in lifts and functional upper body tasks. It supports improved Thoracic Spine extension, cleaner barbell and kettlebell overhead work, and reduces injury risk in dynamic or repetitive Shoulder-based movements.

Try

- Thoracic extension drills over foam rollers
- Overhead kettlebell carries
- Scapula stability drills (e.g. wall slides, banded/dowel YTWs for mobility)
- Controlled shoulder CARs (Controlled Articular Rotations)
- Functional pressing variations (e.g. landmine press, bottoms-up kettlebell press)

Maintain Green

Continue challenging shoulder range and control through both loaded and unloaded patterns. Integrate mobility and strength in multiple planes — especially through overhead work, unilateral drills, and tempo-controlled movement — to maintain optimal joint health and upper body performance

Apley's Scratch- Left

What is a Green Score?

You indicated excellent mobility and control in both internal and external Shoulder rotation. It also reflects strong flexibility through the Triceps, Lats, and Chest, as well as optimal Scapular positioning and Thoracic extension — all of which support healthy upper body mechanics.

How Do I Benefit?

Research shows that good Shoulder mobility enhances overhead movement efficiency, promotes better Scapular rhythm, and reduces compensatory movement patterns that often lead to Shoulder impingement or dysfunction. This level of control and mobility improves posture, lifting mechanics, and the ability to generate and absorb force in overhead or rotational tasks.

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Continue challenging shoulder range and control through both loaded and unloaded patterns. Integrate mobility and strength in multiple planes — especially through overhead work, unilateral drills, and tempo-controlled movement — to maintain optimal joint health and upper body performance.

Wall Angel

What is a Green Score?

You were able to perform the full Wall Angel movement with both elbows and wrists maintaining contact against the wall throughout. This demonstrates excellent Thoracic extension, Shoulder external rotation, and Scapular control, as well as sufficient flexibility in the Pectorals, Deltoids and Biceps. It's a strong indicator of well-integrated upper body mobility and motor control.

How Do I Benefit?

Completing a full Wall Angel shows that your Shoulders are functioning optimally. This means you're likely to experience better posture, improved upper body mobility, and smoother movement during exercise or daily activities. Good Scapular control and Thoracic mobility also enhance performance while reducing the chances of discomfort or restricted motion over time.

What You Can Achieve

Achieving a full Wall Angel reflects efficient movement in the Shoulder Girdle and Thoracic Spine, supporting long-term joint health. This translates to improved performance in overhead movements, Olympic lifts, and compound exercises. It also enhances overall upper body mobility and strength, reducing the risk of injury during dynamic movements.

Try:

- Olympic lifts (e.g. snatch, clean & jerk)
- Overhead squats
- Scapular control exercises (e.g. resisted YTWs, wall slides)
- Turkish get-ups
- Kettlebell Windmills
- Core-integrated stability drills (e.g. kettlebell presses, overhead carries)

Maintain Green

Continue to train for thoracic mobility, scapular control, and shoulder stability with a blend of strength, mobility, and movement quality drills. Regularly assess your progress with movements like the wall angel to ensure you're maintaining optimal performance and preventing shoulder injuries.

Speed Tap

What is a Red Score?
You demonstrated limited core strength, reduced Shoulder stability, and insufficient upper body speed and strength, indicating challenges in controlling rapid, repetitive movements—particularly through the Shoulder complex.

What Are the Injury Risks?
Poor coordination and control during fast movements, such as the Speed Tap Test, significantly increase the risk of upper limb injuries. This can strain the Shoulder, elbow, and wrist. Research shows that weak neuromuscular control and inefficient movement patterns contribute to overuse injuries, particularly in those with limited Shoulder stability. Inadequate performance on the Speed Tap Test is linked to Shoulder instability, impingement, and labral tears.

How Do I Improve?
Focus on improving core stability and Shoulder strength. Integrate Rotator Cuff strengthening exercises to increase Shoulder control and coordination.

Try

- Shoulder Taps
- Planks
- Hollow Holds
- External Rotations
- Face Pulls

To Achieve Green
Achieve a score of 30 or more

Trident Balance - Right

What is an Amber Score?
You achieved moderate dynamic control during single-leg movements. While more stable than a Red score, this still reflects areas for improvement in lower limb stability, flexibility, and multidirectional balance—key components for athletic movement and resilience.

What Are the Injury Risks?
An Amber score is still linked to an elevated risk of non-contact lower limb injuries, particularly during tasks that involve landing, cutting, or rapid deceleration. These are common in multidirectional sports, and up to 50% of sport-related injuries are non-contact in nature—often involving compromised neuromuscular control and asymmetries in ankle, knee, or hip function.

How Do I Improve?
Enhancing your Trident score will help develop greater single-leg control and coordination, which translates into more efficient sprinting, jumping, and changes of direction. You'll also benefit from increased balance, proprioception, and more confident movement in strength training and sports scenarios—laying the groundwork for both performance gains and reduced injury risk.

Try

- Single-leg stability and flexibility exercises
- Lower body mobility and balance drills
- Multidirectional agility work
- Plyometric training with an emphasis on landing mechanics and force absorption

To Achieve a Green Score
Aim to exceed 105% of your relative leg length. This demonstrates strong dynamic control, stability, and flexibility in lower limb function—all of which are markers of athletic readiness and resilience.

Trident Balance - Left

What is an Amber Score?

You achieved moderate dynamic control during single-leg movements. While more stable than a Red score, this still reflects areas for improvement in lower limb stability, flexibility, and multidirectional balance—key components for athletic movement and resilience.

What Are the Injury Risks?

An Amber score is still linked to an elevated risk of non-contact lower limb injuries, particularly during tasks that involve landing, cutting, or rapid deceleration. These are common in multidirectional sports, and up to 50% of sport-related injuries are non-contact in nature—often involving compromised neuromuscular control and asymmetries in ankle, knee, or hip function.

How Do I Improve?

Enhancing your Trident score will help develop greater single-leg control and coordination, which translates into more efficient sprinting, jumping, and changes of direction. You'll also benefit from increased balance, proprioception, and more confident movement in strength training and sports scenarios—laying the groundwork for both performance gains and reduced injury risk.

Try

- Single-leg stability and flexibility exercises
- Lower body mobility and balance drills
- Multidirectional agility work
- Plyometric training with an emphasis on landing mechanics and force absorption

To Achieve a Green Score

Aim to exceed 105% of your relative leg length. This demonstrates strong dynamic control, stability, and flexibility in lower limb function—all of which are markers of athletic readiness and resilience.