



MOVEMENT VITALS HELPS YOU FIND VITAL MOVEMENTS

## TODAY'S SCORE



DATE

CLIENT

EMAIL

NEXT TEST DATE

EXAMINER

YOUR NEXT GOAL

This series of testing is a compilation of validated and unvalidated tests to provide a more comprehensive assessment of your current movement abilities and limitations. This information is collected solely for the purpose of building a profile of injury risk and overall performance clarification. This score is not absolutely empirically valueable, but rather a repeatable comparison to future re-testing and general profile of your movement health.

# OPPORTUNITY LIST

These are the areas of weakness identified by the assessment that create opportunity for improvement



Mobility	Balance	Strength	Endurance

## INTEGRATED MOVEMENT SCORE

This assesses upper, lower, and trunk mobility in a functional context to help determine any marked limitations that should be addressed to reduce risk of injury or tissue overuse.

## INTEGRATED STRENGTH SCORE

Considering the human body cannot perform in isolation, this assesses strength from a functional context that integrates multiple body parts.

## BALANCE SCORE

Although there is no guarantee to mitigate falling injuries, this score offers a baseline that can be a comparison to normative data or for later reassessments.

## ENDURANCE SCORE

This time tested assessment uses blood pressure and perceived exertion to evaluate your aerobic fitness capacity over a series of graded inclines and speeds.