



BEFORE YOU BEGIN

Know Your Movement Health Score

For optimal performance and injury prevention, we recommend completing a Movement Health Assessment before beginning your exercise program at our facility.

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kinotek



The Importance Of Movement Health

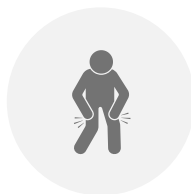
Just like the tires on your car, misalignments in your body can cause unnecessary wear and tear—and potentially lead to pain or injury if not addressed. Strengthening without first correcting these issues can make the problem worse. That's why we recommend having your movement health assessed prior to starting any treatment program.

What A Movement Health Assessment Can Identify



Lack of Mobility

Hindering your ability to reach, bend, turn



Misalignments

Your knees, hips or shoulders may lack strength for proper support



Compensations

Your back pain may really stem from poor hip or knee movement



Posture Issues

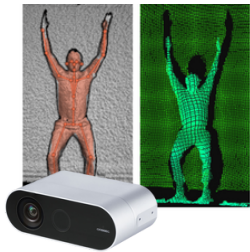
Working at a computer all day can impact neck & shoulder posture

Complimentary Movement Health Assessment

Using advanced technology, we identify areas that need better alignment, strength, and mobility. We'll help you make corrections before you dive into your treatment program!



How We Assess Your Movement Health



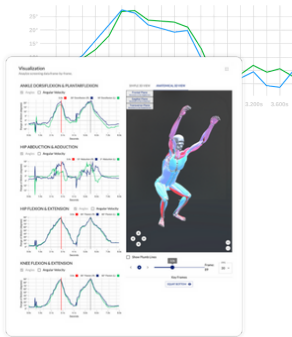
Advanced Light-Based Technology

Our facility uses the *Kinotek* system to map your body in motion. It's safe, fast, and accurate.



A Series of Basic Movements

To complete the assessment, we'll guide you through a series of specific movements that activate all the major joints and muscles in your body.



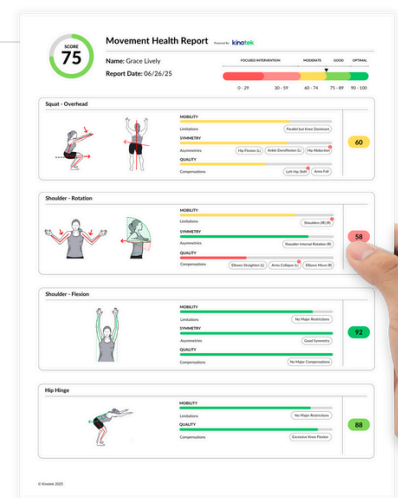
Analysis in Seconds

Based on known reference ranges for human movement, Kinotek will provide a series of visuals and scores that review:

- ✓ Joint-by-Joint Range of Motion (Mobility)
- ✓ Back, Hip, Knee, Shoulder Compensations
- ✓ Side-to-Side Asymmetries

Expert Consultation & Correctives Plan

Your therapist will review all the information with you, highlighting your strengths and areas of good movement—and, if needed, areas for improvement. This analysis is used to develop a personalized plan of any corrective exercises and help with your treatment plan.



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Questions?

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