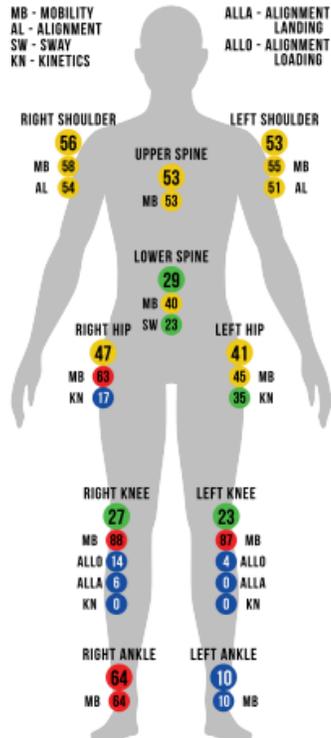


JOINT VULNERABILITY

BIRU01 | 6'2" | 205 POUNDS



MOVEMENTS PERFORMED

Shoulder Abduction
Shoulder Horizontal Abduction
Shoulder Internal/External Rotation
Shoulder Flexion/Extension
Forward Fold
Trunk Lateral Flexion Right
Trunk Lateral Flexion Left
Trunk Rotation
Reverse Lunge with Rotation Right
Reverse Lunge with Rotation Left
Standing Hip Abduction Right
Standing Hip Abduction Left
Bodyweight Squat
Unilateral Squat Right
Unilateral Squat Left
Forward Lunge Right
Forward Lunge Left
Lateral Lunge Right
Lateral Lunge Left
Tandem Balance
Stork Balance Right
Stork Balance Left
Vertical Jump
Unilateral Vertical Jump Right
Unilateral Vertical Jump Left
Step Down Left - Right Stance*
Step Down Right - Left Stance*
Scaling Poses

* Movement does not contribute to joint scoring

VULNERABILITY



The joint assessment percentage lets you know how that joint performed across all movements completed when compared to the population. The lower the percentage, the better the quality and performance of that joint.

Maintain Lower Vulnerability Keep Percentages Below 40%

Mobility

Primary plane of movement. Often reviewed as the arc of motion achievable.

Goal = Increase your overall range of motion.

Alignment

Non-Primary plane of movement. Often reviewed as the compensation motion achieved.

Goal = Reduce your overall range of motion.

Kinetics

Stress put on your joints during explosive movements. Often reviewed as the joint torque.

Goal = Produce lower stress on your body.

- You are compared against the world database of human movement.
- Work to improve your joints mobility while maintaining proper alignment and lower kinetics.
- Based on your vulnerability mapping orthopedic examinations can be done by a clinical provider to detail the severity. The goal is to identify problem spots before they turn into debilitating pain.

CASE STUDY:

After a subject is assessed, the Joint Vulnerability report can be used to tell a simple story of whether their joint's motion is in a normative range. This report reviews every joint that was assessed and utilizes hundreds of data variables across all of the movements to boil down the joint to one single percentage with a correlated color spectrum. It quickly and easily displays for both subject and provider a red-light, green-light visualization indicating whether their joint's performance was outside or inside normative ranges.

The joint assessment percentage lets the patient and provider know how that joint performed across all movements completed when compared to the general population (10,000+ subject database). The lower the vulnerability percentage, the better the quality and performance of that joint. The provider can take a quick glance at this color map and know exactly which joints to dig deeper and assess further. They can also take it one step further and reveal the sub scores in order to pinpoint what plane of motion the subject had poor movement in. The subject can also track the vulnerability percentage on their joints to show quantitative progress as they return to good movement.

Progression of Improvement

1st Mobility: Every joint should attain full mobility (range of motion).

2nd Alignment: Once every joint is fully mobile you can focus on improvements in alignment.

3rd Kinetics: The final stage is kinetic reduction. These issues are your focus they are nearing their lowest vulnerability scoring.