

MOTION AGE EVALUATION

1794DA38-4760-43A7-967B-C5664B610379 | 6'0" | 215 POUNDS | SEPTEMBER 14, 2020

YOUR BIRTH AGE

37

Your movement was analyzed and converted into a motion age based on population norms

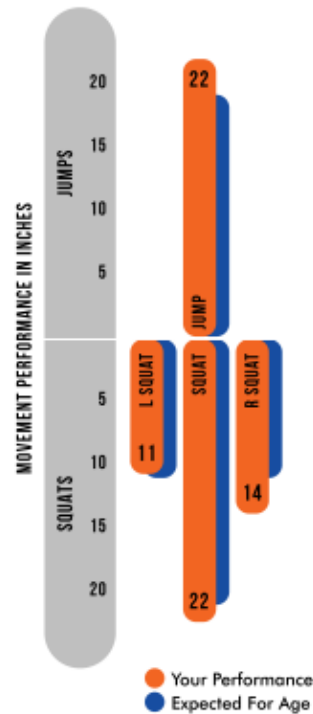
YOUR MOTION AGE

22



MOVEMENT BREAKDOWN

How did your movement performance impact your Motion Age?



FUNCTIONALITY REVIEW

How does your movement impact your ability to move in standard activities?

Sitting:
Your ability to efficiently move into and out of a seated position.



Climbing Stairs:
Your ability to efficiently move up a standard flight of stairs.



Running:
Your ability to create and sustain rapid locomotion.



MOTION AGE REVIEW

How did you do and what can you do to improve your Motion Age?

+ QUALITY YEARS

Quality Years Analysis:

Your motion age is younger than your birth age. This indicates that you have gained quality years and your overall quality years are positive. Work to maintain your performance and motion age status.

Movement Focus:

All Movements are Optimal
Your performance on all movements is equal to or better than the population age expectation. Continue to work on each movement to maintain your performance and motion age.

Activity Improvement:

Climbing Stairs
Improving your movement focus will have an impact on your functionality in standard activities related to efficiently moving one leg at a time up a standard flight of stairs.

Age rating is when any metric is compared to a specific chronological age data base or normative expectations. This categorization is often linear in its definition and is easy to communicate.

Your goal is to have a motion age that is younger than your birth age.

YOUR BIRTH AGE

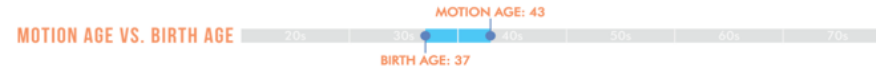
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YOUR MOTION AGE

43

MOTION AGE VS. BIRTH AGE



- QUALITY YEARS

Birth Age – Motion Age = Quality Years

- Your Birth Age is your chronological age.
- Your Motion Age is a comparison of your movement to the age specific population database.
- Your Motion Age helps explain how you are moving. For example, In the above visual this person is “moving like someone who is 43 years old.”

Sitting:
Your ability to efficiently move into and out of a seated position.



Climbing Stairs:
Your ability to efficiently move up a standard flight of stairs.



Running:
Your ability to create and sustain rapid locomotion.



Stand/Sit/Stand reviews the ability to get out of a seated position consistently with standard heights of chairs and toilettes.

- 18 inches or less
- 18-22 inches
- 22 inches or more

The lower your bilateral squat the better your functional status for this daily task.

Climbing stairs reviews the ability to go up standard heights of stairs. Both outdoor and indoor stairs range in step height.

- 7.5 inches or less
- 11-7.5 inches
- 11 inches or more

The lower your unilateral squat the better your functional status for this daily task.

Locomotion reviews the ability to move forward.

Male

- 10 inches or less
- 10-18 inches
- 18 inches or more

Female

- 8 inches or less
- 8-14 inches
- 14 inches or more

The higher your jump the better your functional status for this daily task.