



HealthWatch Assessment Report

Name : JAY PATEL

Gender : MALE

Date of assessment : Jul 14, 2026

Age : 22

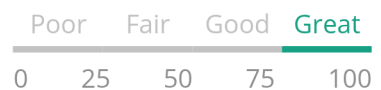
Overall Health Score

Health Score

This score is based on the assessments you've completed. Offering a clear snapshot of your current health and fitness. Use it to track progress and target areas for improvement.

Great

84



Cervical Assessment



Cervical Extension Left

Lateral flexion, refers to the bending movement of the head sideways, towards either shoulder.

Normal

76.47 degrees



Cervical Extension Right

Lateral flexion, refers to the bending movement of the head sideways, towards either shoulder.

Fair

36.74 degrees

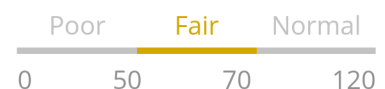


Cervical Flexion Left

Neck rotation refers to the turning or pivoting movement of the head from side to side, as if looking over each shoulder.

Fair

67.4 degrees

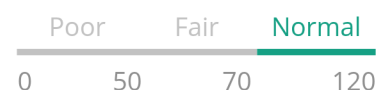


Cervical Flexion Right

Neck rotation refers to the turning or pivoting movement of the head from side to side, as if looking over each shoulder.

Normal

99.38 degrees



Disclaimer

This assessment is only indicative and not necessarily a direct representation of your risk. This report is not diagnostic. If you have any concerns, then please seek guidance from a medical professional who may conduct a physical examination and conduct further diagnostic test as required.

 +91 9987 15 8820 (India)

 Wagle Estate, Thane - 400604, Maharashtra, India

 contact@watchyourhealth.com

*