



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.

Good

58



Neck Assessment



Neck Side Flexion (Left)

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

Normal

43 degrees



Neck Side Flexion (Right)

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

Poor

30 degrees

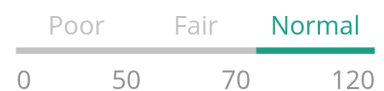


Neck Rotation (Left)

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

Normal

90 degrees

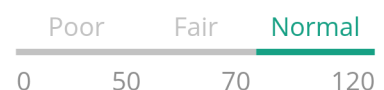


Neck Rotation (Right)

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

Normal

90 degrees





Neck Flexion

Neck flexion refers to the bending movement of the head forward, bringing the chin closer to the chest.

Normal

52 degrees



Neck Extension

Neck extension refers to the bending movement of the head backward, tilting the chin upwards and away from the chest.

Normal

48 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.

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