



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

134

Poor Fair Good Great
0 25 50 75 100

Shoulder Assessment



Shoulder Flexion Left

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

Normal

173 degrees



Shoulder Flexion Right

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

Normal

169 degrees

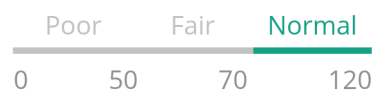


Shoulder Abduction Left

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

Normal

174 degrees

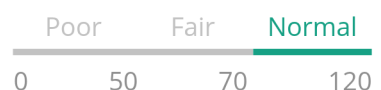


Shoulder Abduction Right

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

Normal

169 degrees





Shoulder Extension Left

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

Normal

66 degrees



Shoulder Extension Right

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

Normal

57 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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