



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.

Fair

42



Upper Body Assessment



Thoracic Rotation Left

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

Normal

55 degrees



Thoracic Rotation Right

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

Normal

51 degrees

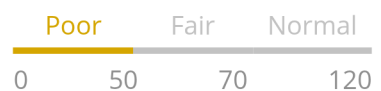


Thoracic Extension

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

Poor

19 degrees

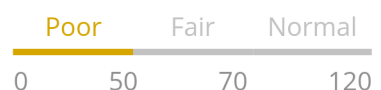


Neck Flexion

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

Poor

14 degrees





Neck Extension

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

Normal

49 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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