

Assessment Report

Name : JAY PATEL

Gender : MALE

Date of assessment : Aug 7, 2026

Age : 23

Overall Health Score

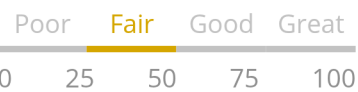


Health Score

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

47



Knee Assessment



Knee flexion Left

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

Normal

124 degrees



Neck Side Flexion (Right)

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

Normal

105 degrees

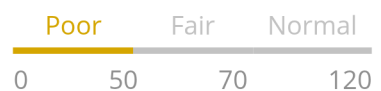


Neck Rotation (Left)

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

Poor

19 degrees

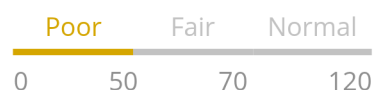


Neck Rotation (Right)

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

Poor

23 degrees





Neck Flexion

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

skipped



Neck Extension

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

Poor

11 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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