



HealthWatch Assessment Report

Name : JAY PATEL

Gender : MALE

Date of assessment : Sep 21, 2026

Age : 45

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



Lower Body Assessment



Lumbar Lateral Flexion Left

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

Poor

21 degrees

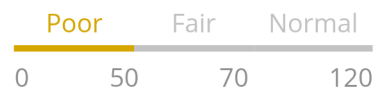


Lumbar Lateral Flexion Right

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

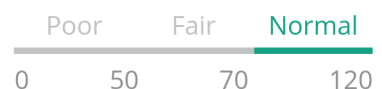


Straight Leg Raise Left

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

Normal

80 degrees

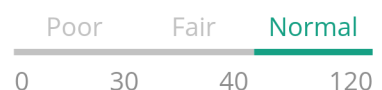


Straight Leg Raise Right

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

Normal

75 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

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