



MIND

MY INSPIRATION NEVER DIES



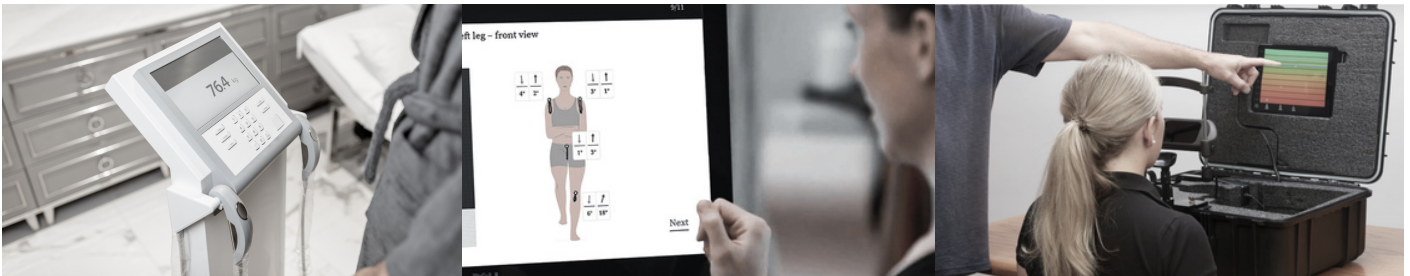
MOOVMENT PRO SCAN

UNDERSTANDING THE NUMBERS AND
MOVEMENTS ASSESSED

YOUR NUMBERS

DATA INTERPRETATION AND HOW IT LINKS TO YOU

Scans, screens and assessments will assist you in identifying any areas of your life that may need modifying to improve your wellness. The support and analysis from professional scan data and information specific to you will baseline your current health status and provide an overview on where you are now, physically and mentally.



BODY COMPOSITION & FIT3D

Objective assessment of body composition that assists clients with weight management, diabetes management and understanding their internal make up. Non-intrusive 3D body scanning that measures body circumferences and posture. Both are baseline measurements that supports goals and lifestyle changes.

MOOVMENT PRO

Accurate 3D recording and measuring of functional movement, including posture, balance, side bending, double leg squat and single-leg squat.

EYE GUIDE

Objective based ocular tracking as a component of assessing the potential of concussion.



Max grip strength assessment

This assessment tests the maximal grip strength. 100% corresponds to the maximal strength of the patient. It is related to a short and strong grip effort and it is very helpful as a work reference. The most relevant measured parameter is the force peak.



K-INVENT

Tools enabling rapid and objective assessment, while making training and rehabilitation more efficient and fun.

Sens | Link | Force Plates | Muscle Controller | Bubble | Grip

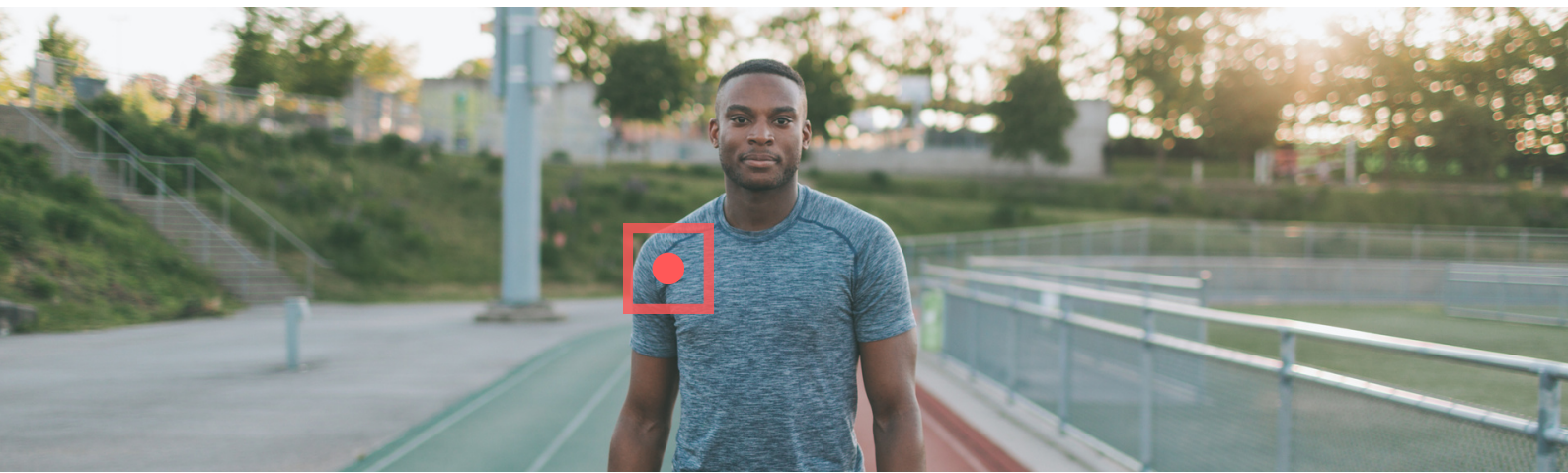
FUNCTIONAL MOVEMENT SCREEN

A screening tool used to evaluate seven fundamental movement patterns in individuals.

It's designed to place an individual in extreme positions where movement deficits become noticeable if appropriate stability and mobility are not used.

ROXPRO

ROXPro uses light, sound, vibration and technology to create sport-science backed training scenarios that develop cognitive-motor skills and boost engagement across all skill levels.



NEXT STEPS

I'VE BEEN ASSESSED, SO WHAT NOW?

Congratulations on completing your Moovement Pro scan! Your commitment to understanding and improving your movement quality is a crucial step towards a healthier, preventative and more proactive lifestyle.

Unlocking your full movement potential is the cornerstone of optimising your athletic performance, accelerating your progress in sport, and achieving peak fitness levels as well as managing and identifying risk of injury, movement compensations and tracking capability and progress.

Your Moovement Pro scan results are not just data; they are powerful insights that pave the way for transformative changes in your voyage. Harness these insights to elevate your game, whether it's breaking personal records, enhancing your ability or mastering new skills.

Moreover, your journey with Moovement Pro extends beyond performance gains—it's about overcoming challenges, reclaiming your strength, and redefining your limits. If you're an athlete seeking to push boundaries or on a path to injury rehabilitation, your scan results serve as a roadmap to resilience and success.

Our dedicated team is here to support you every step of the way, offering personalised guidance and strategies to turn obstacles into opportunities.

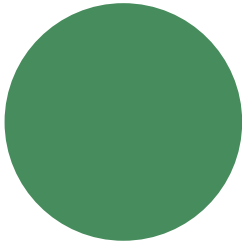
If you have any questions or need further guidance on your wellness and athletic journey, please don't hesitate to reach out to our team of experts.

Together, we'll unleash your full potential and inspire greatness in every movement.



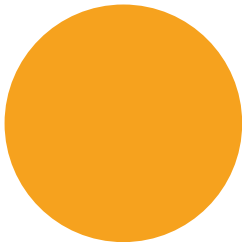
WHERE DO I SIT?

UNDERSTANDING THE TRAFFIC LIGHT SYSTEM



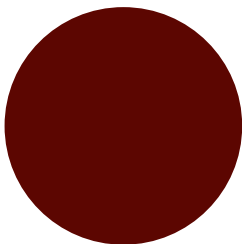
ALL GOOD, KEEP MOVING

If your scan indicates that your movement quality is within optimal ranges and you are not experiencing any discomfort or dysfunction, continue with your current activities and focus on your strength and conditioning. We recommend scheduling a review 1-2 times per year to ensure you stay on track with your wellness goals.



AREAS OF DYSFUNCTION DETECTED

If your scan reveals areas of dysfunction, compensation, or weakness, don't worry. Your MIND Exercise Physiologist has designed a personalised MVMT Program specifically for you. Follow this program diligently and plan for a follow-up assessment in 4-6 weeks to track your progress and make necessary adjustments.



CONCERNS ABOUT COMPENSATIONS, PAIN OR INJURY

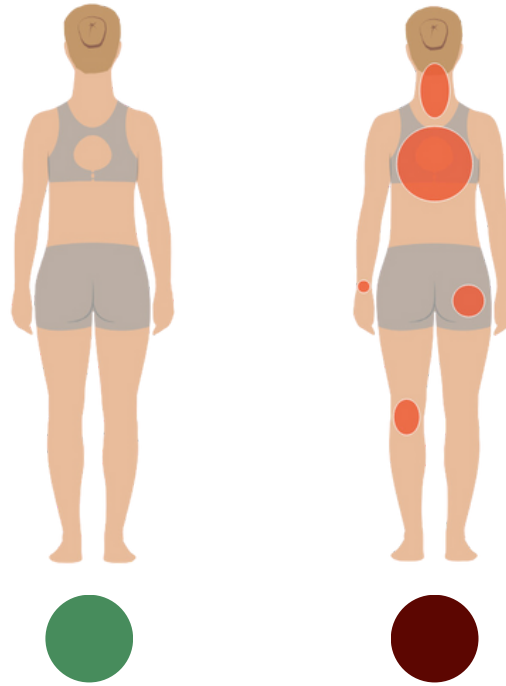
If your results show signs of pain, discomfort, or injury risk, we strongly recommend visiting one of our MIND hubs and working directly with our team of expert Exercise Physiologists. Your scan may have flagged you in the "red zone," indicating a higher risk of injury.

To mitigate this risk and enhance your movement capabilities, it's essential to address any instability, movement dysfunction, or weaknesses identified in your results. Our team will guide you through targeted interventions to protect, correct, and develop your movement patterns effectively.

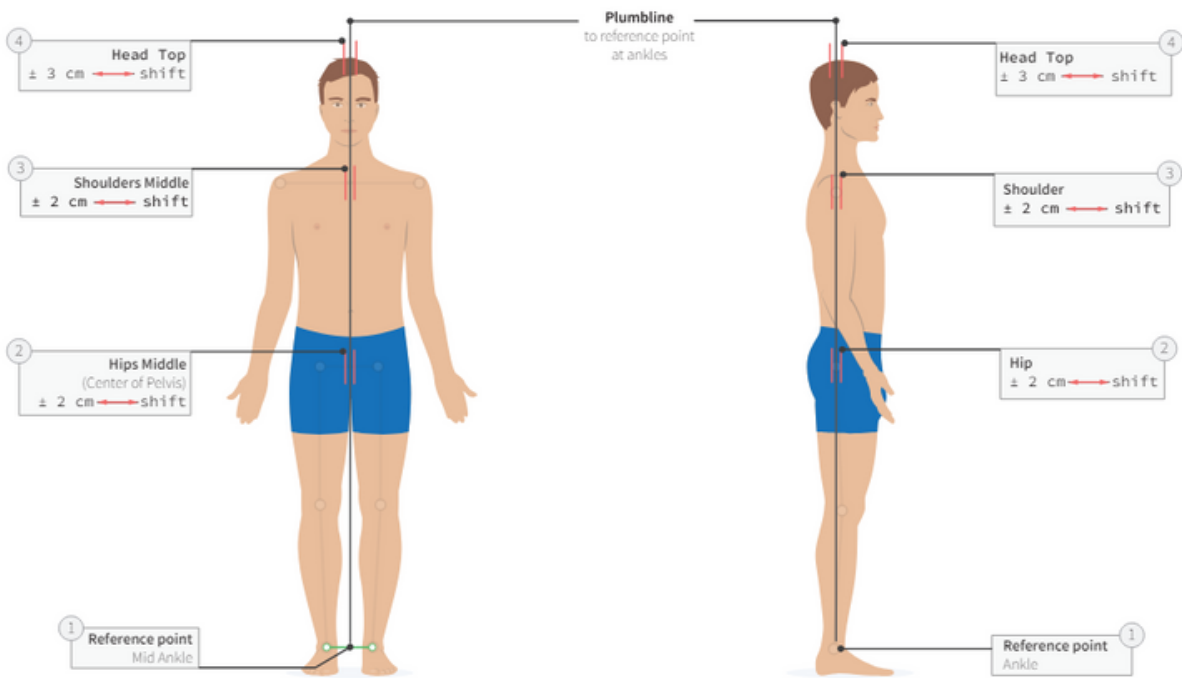
CHEAT SHEET

FOR DATA INTERPRETATION

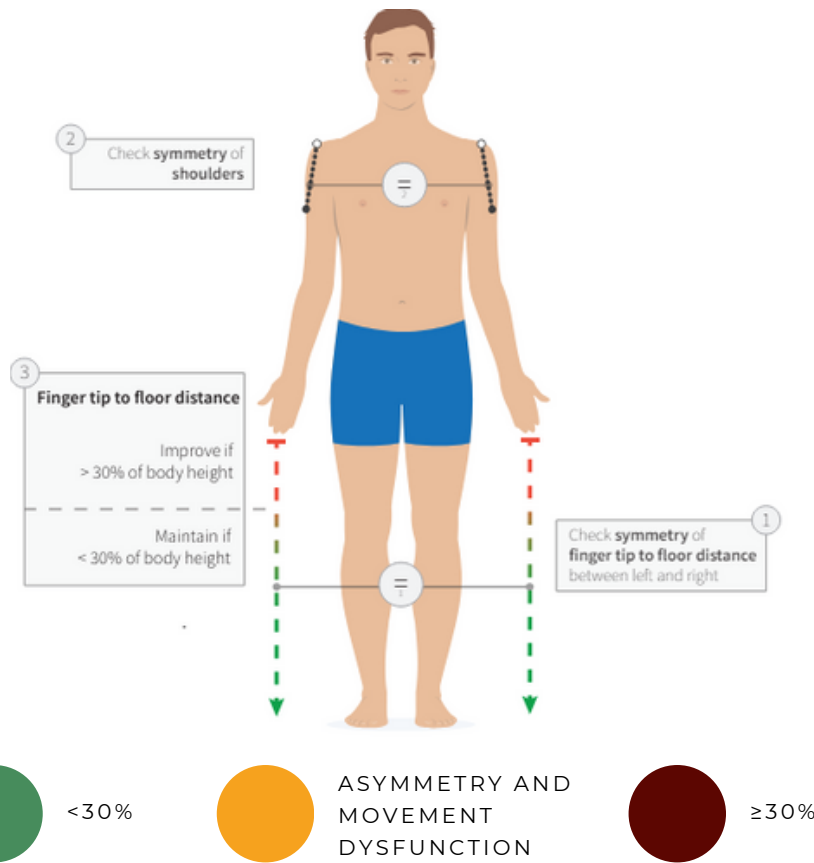
PAIN AND DISCOMFORT



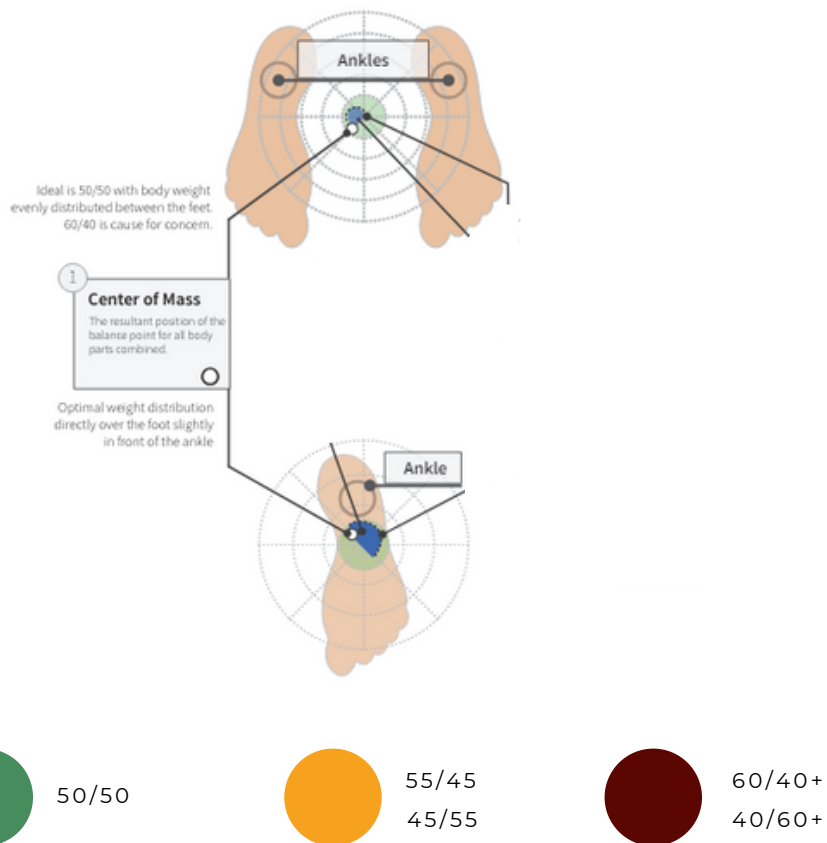
POSTURE



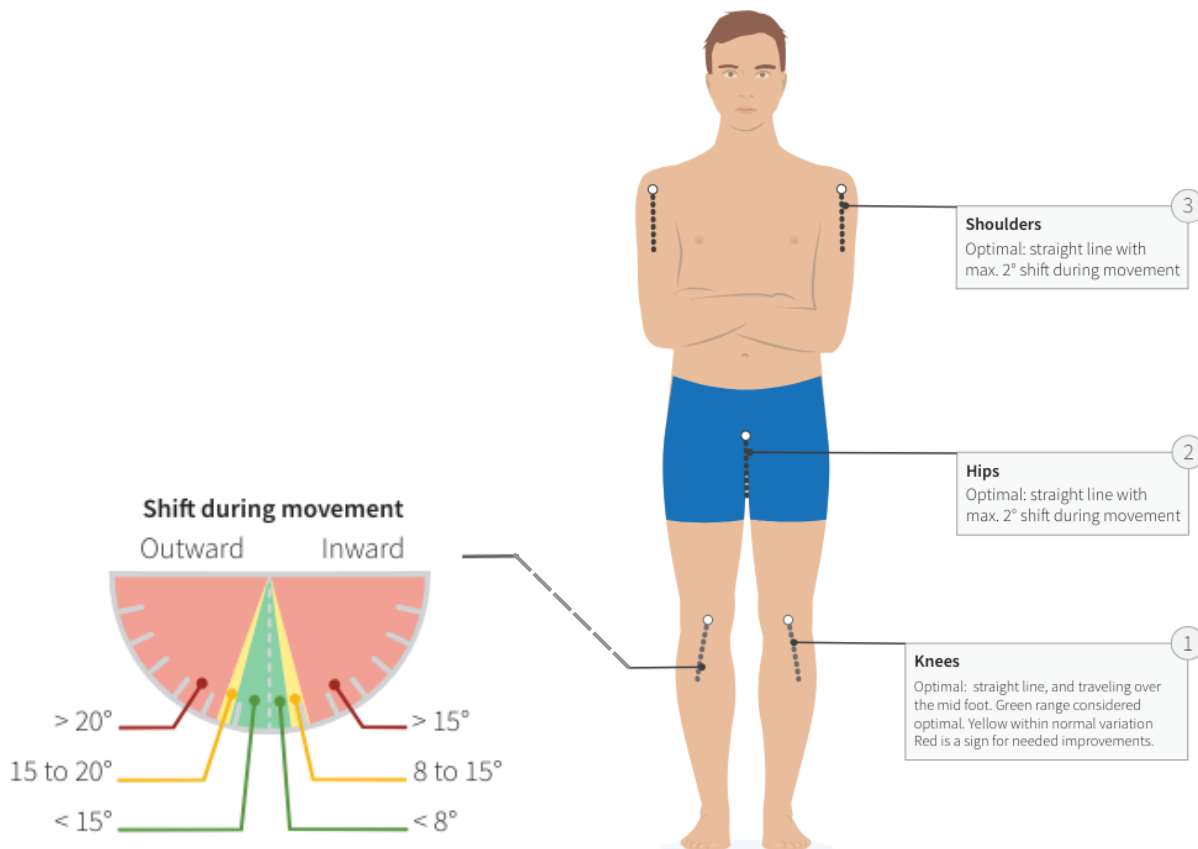
SIDE BENDING



CENTRE OF MASS



DOUBLE LEG SQUAT



SINGLE LEG SQUAT

