



# Movement Range Report : Standing Spine Flex. & Ext.

Name : May

Date : Nov. 4<sup>th</sup>, 2025

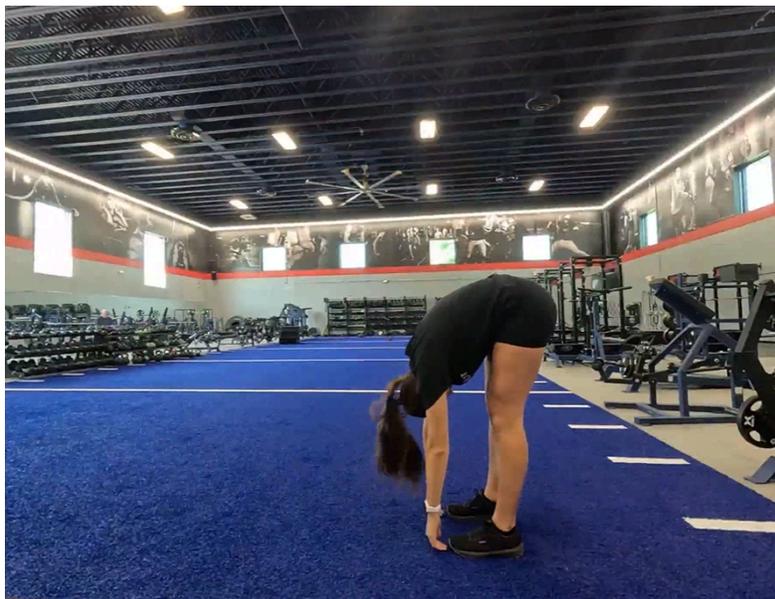
Total Spine Target 50°extension to 15°extension

Target Reached  
peak angle: 45°



Total Spine Target 40°flexion to 150°flexion

Target Reached  
peak angle: 62°





# Movement Decoupling Report : Active Straight Leg Raise

Name : May

Date : Nov. 4<sup>th</sup>, 2025

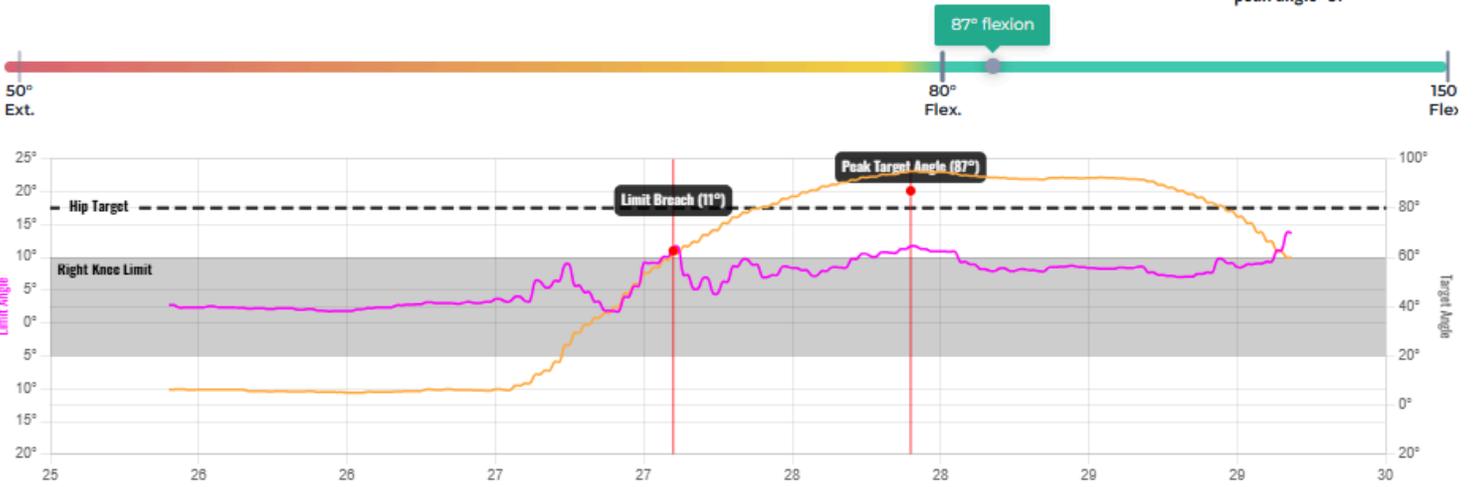
**Right Knee Limit** 5° extension to 10° flexion



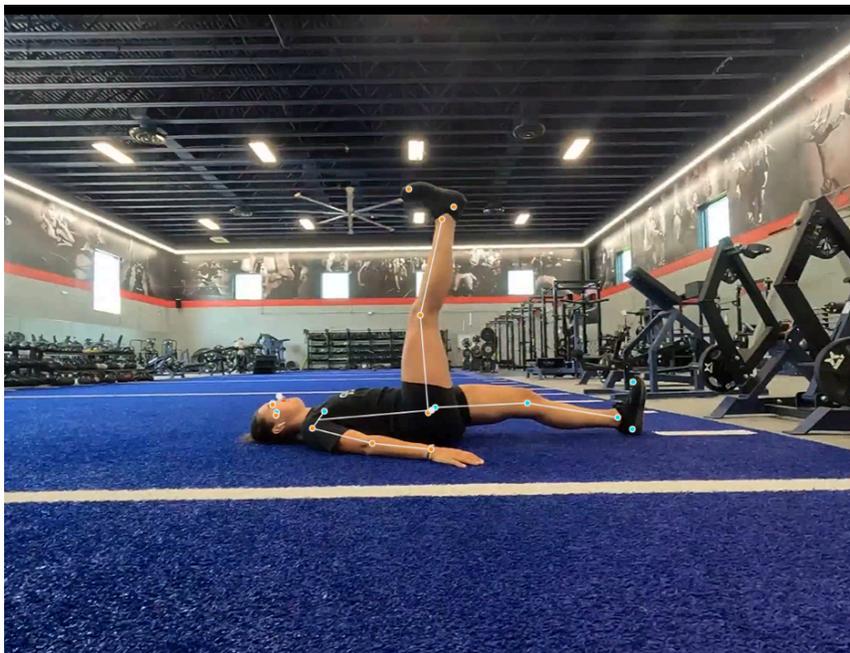
**Limit Exceeded**  
exceeded by 7°

**80%**  
percent inside

**Right Hip Target** 80° flexion to 150° flexion



**Target Reached**  
peak angle: 87°





# Movement Decoupling Report :

## Double-Leg Squat *(good)*

Name : Neil

Date : Oct.. 16<sup>th</sup>, 2025

**Right Shank Limit** 20° right tilt to 0° left tilt



**Stayed Within Limit**  
peak angle: 1°

**100%**  
percent inside

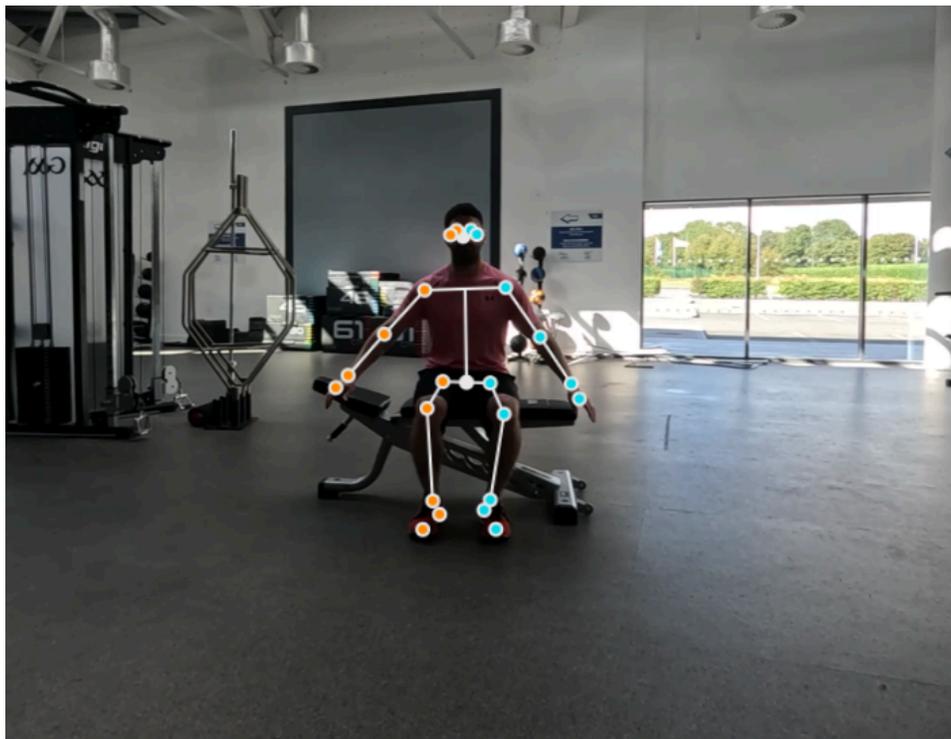
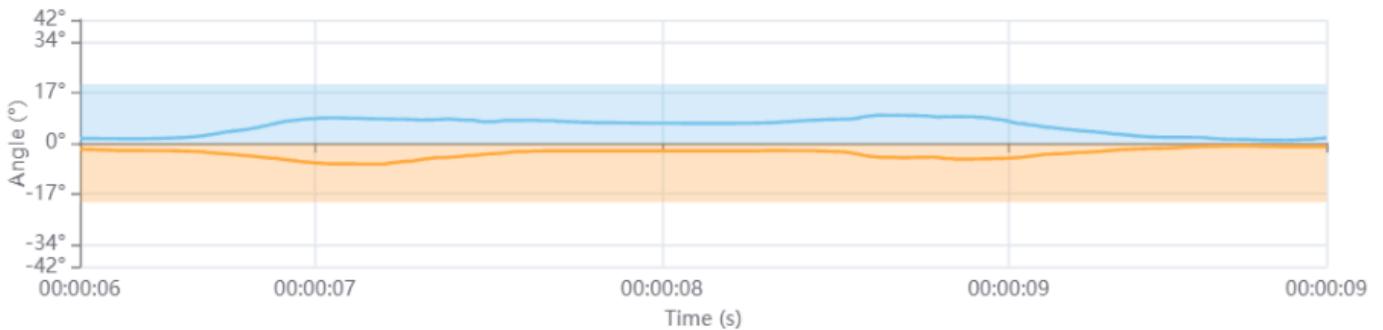
**Left Shank Limit** 0° left tilt to 20° left tilt



**Stayed Within Limit**  
peak angle: 1°

**100%**  
percent inside

● Right Shank (Left Tilt/Right Tilt) ● Left Shank (Left Tilt/Right Tilt)





# Movement Decoupling Report :

## Double-Leg Squat *(bad)*

Name : Neil

Date : Oct.. 16<sup>th</sup>, 2025

Right Shank Limit 20° right tilt to 0° left tilt

**Limit Exceeded**  
exceeded by 7°



**i** percent inside  
**79%**

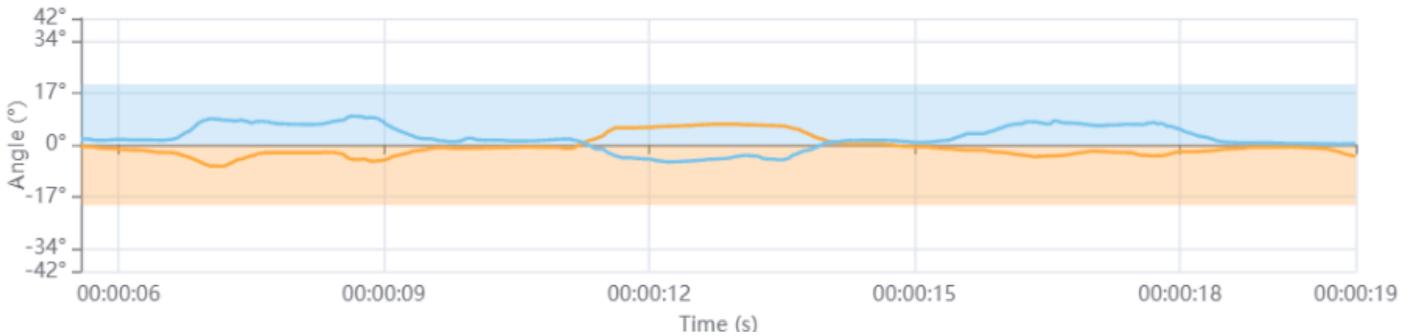
Left Shank Limit 0° left tilt to 20° left tilt

**Limit Exceeded**  
exceeded by 6°



**i** percent inside  
**82%**

— Right Shank (Left Tilt/Right Tilt) — Left Shank (Left Tilt/Right Tilt)



# Movement Stability & Balance Report : Single-Leg Balance - Right

Name : May

Date : Dec. 27<sup>th</sup>, 2025

**Pelvis Limit** 5° right drop to 5° left drop



**Limit Exceeded**  
exceeded by 13°

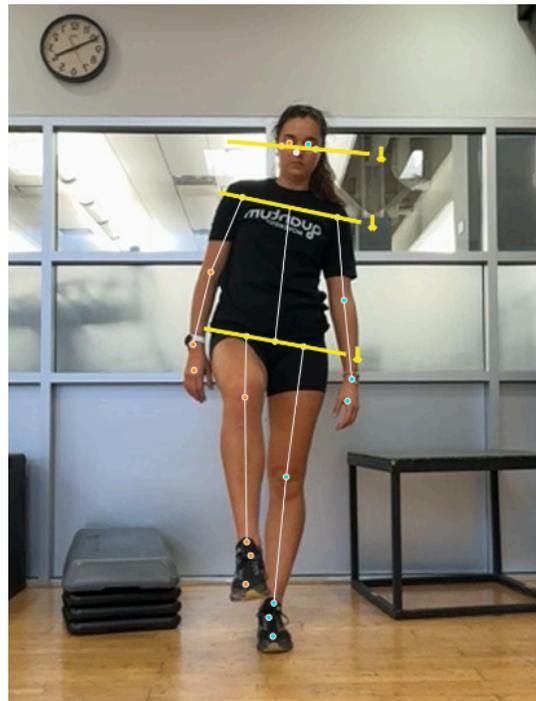
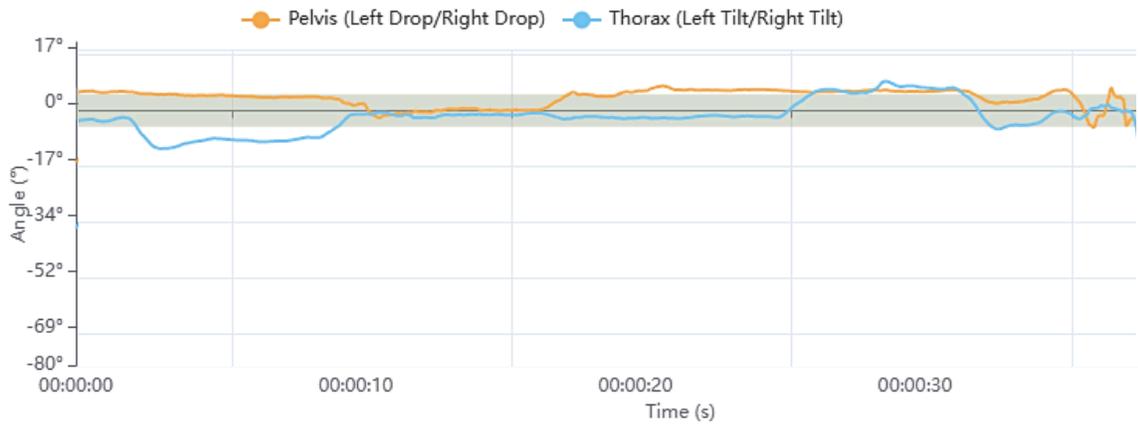
percent inside  
**0%**

**Thorax Limit** 5° right tilt to 5° left tilt



**Limit Exceeded**  
exceeded by 33°

percent inside  
**0%**



# Movement Stability & Balance Report : Single Leg Squat - Left

Name : Neil

Date : Oct 7<sup>th</sup>, 2025

**Left Thigh Limit** 5° right tilt to 5° left tilt



**Limit Exceeded**  
exceeded by 11°

percent inside  
**1%**

**Thorax Limit** 5° right tilt to 5° left tilt



**Limit Exceeded**  
exceeded by 8°

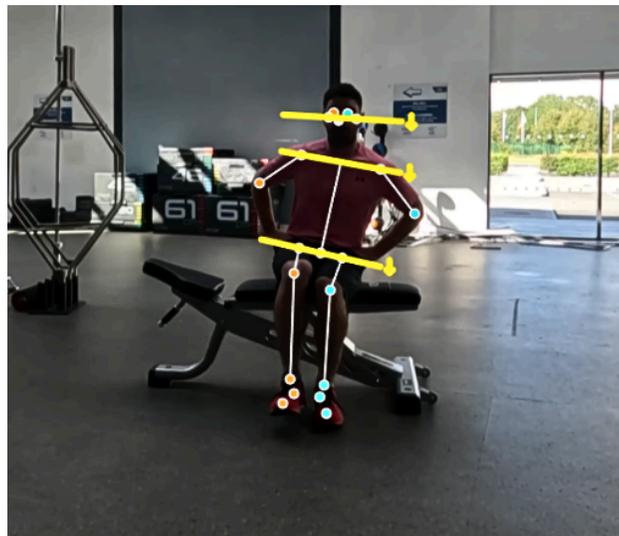
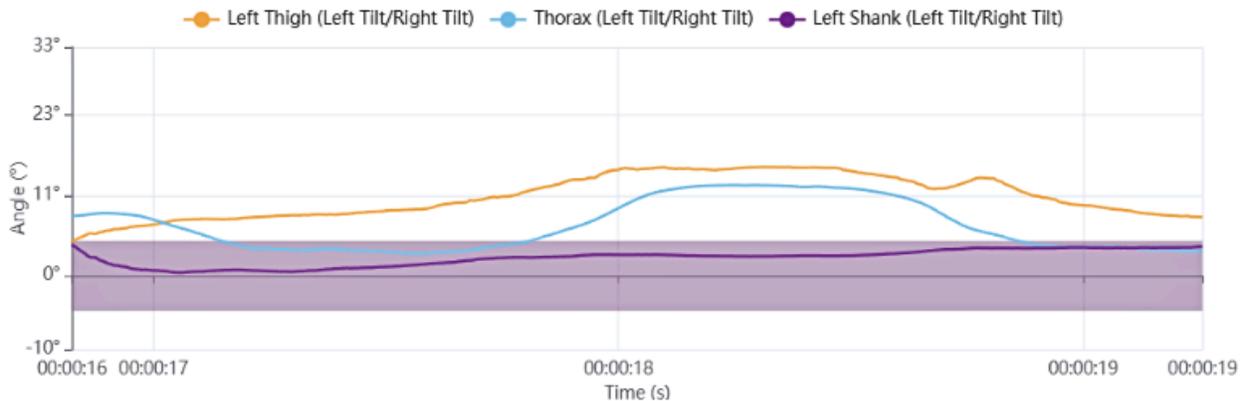
percent inside  
**47%**

**Left Shank Limit** 5° right tilt to 5° left tilt



**Stayed Within Limit**  
peak angle: 4°

percent inside  
**100%**





# Movement Decoupling Report :

## Overhead Squat (good)

Name : May

Date : Nov. 4<sup>th</sup>, 2025

**Thorax Limit** 20° anterior tilt to 5° posterior tilt



**Stayed Within Limit**  
peak angle: 18°

percent inside  
**100%**

**Left Hip Target** 100° flexion to 150° flexion

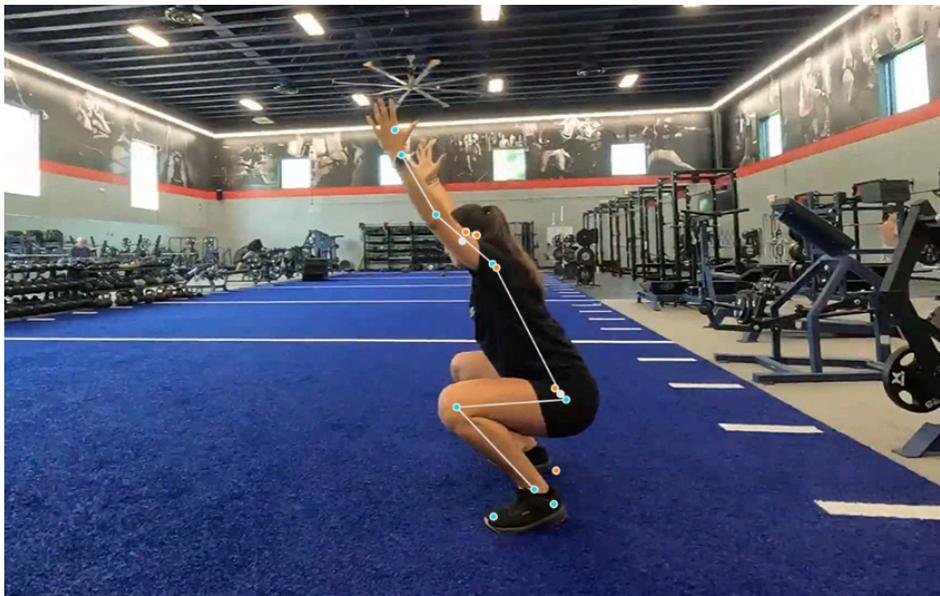
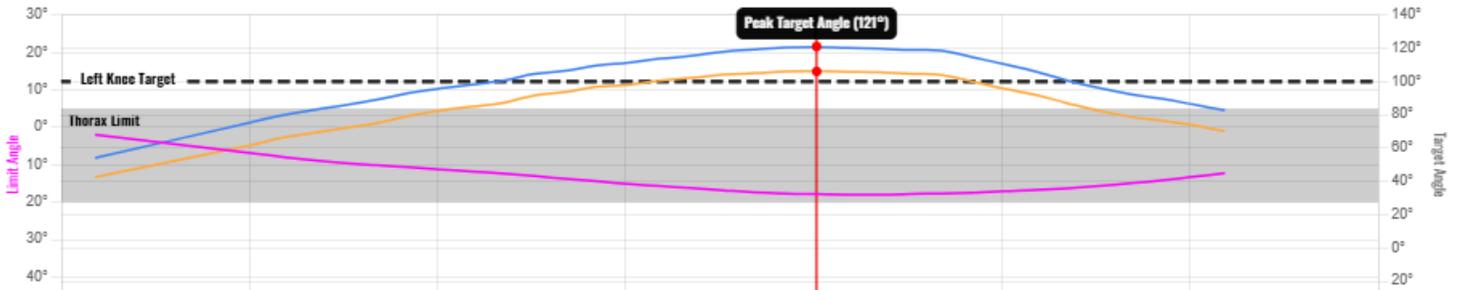


**Target Reached**  
peak angle: 106°

**Left Knee Target** 100° flexion to 160° flexion



**Target Reached**  
peak angle: 121°





# Movement Decoupling Report : Overhead Squat (bad)

Name : Neil

Date : Oct 7<sup>th</sup>, 2025

**Thorax Limit** 20° anterior tilt to 0° posterior tilt



**Limit Exceeded**  
exceeded by 13°

**percent inside**  
44%

**Right Hip Target** 100° flexion to 150° flexion



**Target Reached**  
peak angle: 110°

**Right Knee Target** 100° flexion to 160° flexion



**Target Reached**  
peak angle: 101°

