

Mobility Check

Mobility is an important prerequisite for agility in every situation in life. From a health point of view, it is by no means a matter of excessive "flexibility", but of normal (so-called physiological) joint radii. The focus of the assessment is the elasticity of muscles and tendons, which also influences the body statics: Adequate elasticity ensures - in balanced interaction with muscle strength - an upright posture and a harmonious joint load. Conversely, "muscle shortening" has an unfavorable effect on back and joint health.

Topic: Back and joint health

Prevention Principle: Prevention and reduction of specific health risks

Specific Goals

Recognition or elimination of mobility deficits and limitations in stretching ("muscle shortening")

Contents

- Accurate measurement of mobility in different body and muscle areas with the "mobeefit" measurement system
- Evaluation using age- and gender-specific reference values
- Evaluation of the symmetry, determination of a mobility profile
- Mediation of individual stretching exercises
- Results and individual recommendations available digitally

Procedure

Muscle and joint areas that typically tend to "shorten" are tested. Measurements are taken on an examination table. The areas of the shoulder and neck, torso, chest and back of the legs are checked. The measurements can be carried out in comfortable everyday or business clothing. (However, measurements with a skirt are not possible.)

Results

The individual measurements are evaluated using age and gender-specific standard values and summarized to form an overall result. The symmetry in a right-left comparison and the harmony of mobility in different body areas are also evaluated. The participants receive individual exercise programs and tips for improving or maintaining their mobility.

Special Instructions for Implementation

Comfortable clothing recommended, measurements are taken lying down

1:1 Health Module (Presence)

- Duration: 15-20 minutes per person
- Individual appointment

Requirements

- Space requirement $\geq 6 \text{ m}^2$
(Provide table and 2 chairs)
- Power connection (230 V)
- Barrier-free access