

Total Body Analysis: Detailed Static and Dynamic Assessment

What is it?

A detailed assessment that will go over different tests of range of motion, neural tightness, joint mobility, and muscle testing. You will do tests standing, sitting, lying on back, laying on belly, and do a series of movement tests, as well as tests to test single leg strength and balance.



Things tested:

- ☐ Joint Range of Motion
- ☐ Specific Injury Assessment
- ☐ Muscle testing to determine any compensations or weakness that lead to injury or dysfunction
- ☐ Special tests to identify any other issues
- ☐ Detailed digital posture evaluations to identify deficits while standing
- ☐ Video analysis of functional movements, gait, to identify deficits in movement.
- ☐ Shoe assessment of wear pattern on shoes

Why all of this tested and why is this important?:

- ☐ For example, tight hip flexors and decreased hamstring extensibility are connected with low back pain
- ☐ Decreased foot mobility are connected with shin splints, issues with peroneals(outer lower leg issues)
- ☐ Decreased toe mobility connected with foot issues or even all the way to hip
- ☐ Decreased thoracic rotation and extension connected with shoulder and hip issues
- ☐ The body is a kinetic chain with interconnected parts to perform movements. When there are breaks in the chain the body starts to compensate leading to dysfunction then injury.

Benefits:

- ☐ Identify source of issue, injury, or pain
- ☐ Address many issues that are occurring at the same time in the body
- ☐ Identify deficits or hindrances to optimal performance
- ☐ Gives video and picture feedback of posture in static position and while doing movements and how to correct
- ☐ Gives direction on best plan to correct issues to help you feel better and perform optimally
- ☐ Opportunity to have a baseline to retest and see the improvement during your program
- ☐ Have visual feedback on what your body is doing and how to correct it

Cost: \$150

Length: 1-1.5 hours

What to wear or bring:

- ☐ Wear athletic clothes women: tank top, sports bra underneath, shorts men: tighter shirt or shirt that can be pulled back and shorts. If you do wear a baggy shirt, you need to tie back for the posture assessments and video analysis to be able to identify where landmarks are.
- ☐ NO CROCS/sandals, bring athletic shoes to complete the functional exercises and gait exercises.
- ☐ Old pair of athletic shoes to determine wear pattern.
- ☐ Other medical information like x-ray, MRI, CT scan, or notes from doctor or medical professional
- ☐ Please have intake forms and waiver forms complete before the appointment.