

Flexibility-Check (Basic)

SPECIFIC TARGETS:

Identification or prevention of flexibility deficits or limitations to the elasticity of the musculature

CONTENTS:

- Measurement of flexibility with degree accuracy in different areas of the body and different muscle areas
- Evaluation on the basis of age and gender specific reference values
- Evaluation of symmetry
- Definition of a flexibility profile
- Individual stretching exercises are issued
- QR-Code: Results and special exercises digitally available

SPECIFIC REQUIREMENTS:

Comfortable clothing required

TIME REQUIRED:

15 minutes per person corresponding to 4 participants per hour

ORGANISATION:

Space requirement: $\geq 6 \text{ m}^2$, power socket: 230 V
Please provide 1 table and 2 chairs

PREVENTION PRINCIPLE:
Preventing and reducing work-related stresses of the musculoskeletal system



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BACKGROUND:

Flexibility is an important prerequisite for **mobility** at every stage in life. Whether in normal life, at work or in leisure - people benefit freely and without any restriction from the **ability to move**. From a health related perspective there is also no case of excessive „flexibility“, instead it is a question of normal (what is referred to as physiological) flexibility. The assessment is focused on the **musculature's range of movement**, which also includes **physical measurements**: an adequate range of movement in well-balanced combination with muscle strength is the basis for upright posture and harmonious joint loading. Inversely, „**muscle shortening**“ impacts unfavourably on the back and joints.

PROCESS:

Major muscles and joints are tested in defined positions. The digital measurement system ensures that measurements are precise, degree accurate and thereby produce robust results. The results are transmitted to the computer, where the measurement is checked and analysed online.

RESULTS:

The individual measurements are analysed on the basis of age and gender specific standard values and combined to produce an overall score. In addition to the individual **degree of movement** a comparison of right to left symmetry and **harmony** of the flexibility in different areas of the body is analysed. On the basis of these results, the participants receive **individual exercise programmes** and **customised tips** to improve or maintain their flexibility.

