

## Flexibility-Check (Office)

### 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:

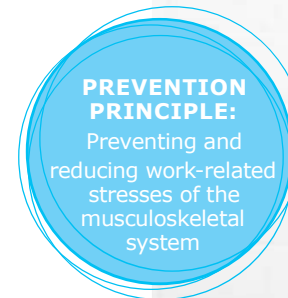
Comfortable clothing required

### 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,  
if possible 1 chair without armrests, not rotating (if available)



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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:

Muscle and joint areas that typically tend to become „shortened“ are tested. The measurements are carried out in a sitting (shoulder, neck, torso and chest muscles) or standing position (rear leg muscles). All measurements can be carried out **in normal business or work clothes**. Measurement data is transmitted to the computer via Bluetooth.

### 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.

