

move²perform

Move2Perform Software
Demonstration



[Generate a New Report](#)

[Search for an Existing Client](#)

[Configure Move2Perform](#)

[Synchronize with Server](#)

Report Contact Information

Contact Name: John Smith, PT, DSc, OCS
Company Name: ProRehab
Contact Number: (812) 555-1212

License Information

Status: Valid
Expiration: 2012-11-16
Clients: 1000

What type of testing are you performing?

- Pre-Participation Physical (group or individual)
- Pre-Participation Physical (large group)
- Rehabilitation Examination
 - Upper Quarter
 - Lower Quarter
- Performance Enhancement Program
- Return to Sport Testing
 - Upper Quarter
 - Lower Quarter
- Wellness/Fitness Examination
- Occupational Health

Please note: The type of testing you select will determine the algorithm used.

Researchers have found that using the Move2Perform software entering the LQ YBT and FMS together provides the most accurate injury prediction.

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What testing will you perform?

Y Balance Test

- Lower Quarter YBT
- Upper Quarter YBT

Functional Movement Screen*

- Deep Squat
- Hurdle Step
- Shoulder Mobility
 - Impingement Clearing Test
- Inline Lunge
- Active Straight-Leg Raise
- Trunk Stability Pushup
 - Press-Up Clearing Test
- Rotary Stability
 - Posterior Rocking Clearing Test

Other Movement Testing

- Multisegmental Flexion
- Multisegmental Extension
- Multisegmental Rotation

Movement Competency Test*

- Closed Chain Dorsiflexion
- Functional Hop Testing
 - Single Hop
 - Triple Hop
 - Triple Crossover Hop
 - Timed Hop

Isokinetic Testing

- Previous Injury
- Current Pain or Injury
- Height
- Weight
- Group or Team Affiliation

* Used with permission of FunctionalMovement.com and SFMA, LLC

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Demographic Information

Name	Gender	DOB	Level	Sport
First: <input type="text"/> MI: <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Last: <input type="text"/>		MM/DD/YYYY		
Previous Injury	Current Pain/Injury			
<input type="text"/>	<input type="text"/>			

Lower Quarter Y Balance Test™

Lower Limb Length	Anterior	Posteromedial	Posterolateral
<input type="text"/>	Right: <input type="text"/> Left: <input type="text"/>	Right: <input type="text"/> Left: <input type="text"/>	Right: <input type="text"/> Left: <input type="text"/>

Functional Movement

Deep Squat	Hurdle Step
<input type="text"/>	Left: <input type="text"/> Right: <input type="text"/>
Shoulder Mobility	Inline Lunge
Left: <input type="text"/> <input type="text"/> Right: <input type="text"/> <input type="text"/>	Left: <input type="text"/> Right: <input type="text"/>
Active Straight-Leg Raise	Trunk Stability Pushup
Left: <input type="text"/> Right: <input type="text"/>	<input type="text"/> <input type="text"/>
Rotary Stability	
Left: <input type="text"/> Right: <input type="text"/> <input type="text"/>	

Comments

Top of Report

Report Type

- Client Injury Risk Summary Provider Risk Summary Include Exercises Moderate Risk Normal Risk
 Comprehensive Slight Risk

Clear

Run Report >

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Demographic Information

Name	Gender	DOB	Level	Sport
First: <input type="text" value="Berry"/> MI: <input type="text"/>	<input type="text" value="Male"/>	<input type="text" value="01/01/1990"/> MM/DD/YYYY	<input type="text" value="College"/>	<input type="text" value="Football (..."/>
Last: <input type="text" value="Jones"/>				
Previous Injury	Current Pain/Injury			
<input type="text" value="Yes"/>	<input type="text" value="No"/>			

Lower Quarter Y Balance Test™

Lower Limb Length	Anterior	Posteromedial	Posterolateral
<input type="text" value="96"/>	Right: <input type="text" value="71.0"/> Left: <input type="text" value="66.5"/>	Right: <input type="text" value="102.5"/> Left: <input type="text" value="100.5"/>	Right: <input type="text" value="98.5"/> Left: <input type="text" value="99.5"/>

Functional Movement

Deep Squat	Hurdle Step
<input type="text" value="1"/>	Left: <input type="text" value="2"/> Right: <input type="text" value="2"/>
Shoulder Mobility	Inline Lunge
Left: <input type="text" value="3"/> <input type="text" value="-"/> Right: <input type="text" value="3"/> <input type="text" value="-"/>	Left: <input type="text" value="3"/> Right: <input type="text" value="3"/>
Active Straight-Leg Raise	Trunk Stability Pushup
Left: <input type="text" value="1"/> Right: <input type="text" value="3"/>	<input type="text" value="2"/> <input type="text" value="-"/>
Rotary Stability	
Left: <input type="text" value="2"/> Right: <input type="text" value="2"/> <input type="text" value="-"/>	

Comments

Top of Report

Dear Dr. Johnson,

Bottom of Report

Berry is progressing well in rehabilitation as evidenced by increased YBT scores.

Name: Berry Jones
 Date of Birth: 01/01/1990
 Date: 12/07/2011
 Report ID: P4E01032

For questions about this report contact:
 John Smith, PT, DSc, OCS
 ProRehab
 (812) 555-1212



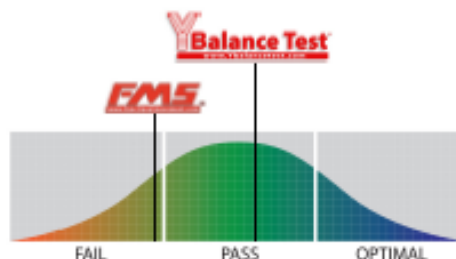
Injury Risk Summary Report

Berry, you have completed screening tests designed determine your risk of having a musculoskeletal injury. Injuries are difficult to predict, so we utilize only the most up-to-date, research-based tests. Since injury risk is related to multiple factors, we use the Move2Perform software to analyze your test results compared to data proven to predict injury. We synthesize those evidence based factors in order to categorize your individual risk. Here are the four risk level categories and your results.

- Substantially Increased Injury Risk**
 Based on the research, the profile indicates substantially greater than average risk
- Moderately Increased Injury Risk**
 Based on the evidence, you are at moderately increased risk of injury because you had decreased quality of movement.
- Slightly Increased Injury Risk**
 Based on the research, the profile indicates greater than average injury risk
- Normal Risk**
 The person is free of evidence-based risk factors

Berry, you are at MODERATELY Increased Injury risk.

Here are your results compared to other College Football (American) athletes.



RECOMMENDED ACTION

Berry, you should perform the initial personalized exercises you received and contact your Move2Perform provider to schedule an appointment where you will be prescribed a progressive corrective exercise program. You should continue with that provider until re-testing demonstrates you are in a lower risk category.

Name: Berry Jones
 Date of Birth: 01/01/1990
 Date: 12/07/2011
 Report ID: P4ED1032

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 ProRehab
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Provider Risk Summary Report

Dear Dr. Johnson,

Lower Quarter Y Balance Test

	Left	Right	Difference	Result
Anterior:	68.5	71.0	2.5	Optimal
Posteromedial:	105.0	105.5	0.5	Optimal
Posterolateral:	101.5	102.5	1	Optimal
Composites:	98.2	99.6		Pass

Functional Movement Testing

Test		Raw Score	Final Score	Result
Deep Squat:		1	1	Fail
Hurdle Step:	L	2	2	Pass
	R	2		
Inline Lunge:	L	3	3	Optimal
	R	3		
Shoulder Mobility:	L	3	3	Optimal
	R	3		
Impingement Clearing Test:	L	-		
	R	-		
Active Straight-Leg Raise:	L	1	1	Fail
	R	3		
Trunk Stability Pushup:		2	2	Pass
Press-Up Clearing Test:		-		
Rotary Stability:	L	2	2	Pass
	R	2		
Posterior Rocking Clearing Test:		-		
Total:			14	Fail

Injury Risk

Move2Perform result: Moderately Increased Risk

Name: Berry Jones
Date of Birth: 01/01/1990
Date: 12/07/2011
Report ID: P4E01032

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Provider Risk Summary Report

Dear Dr. Johnson,

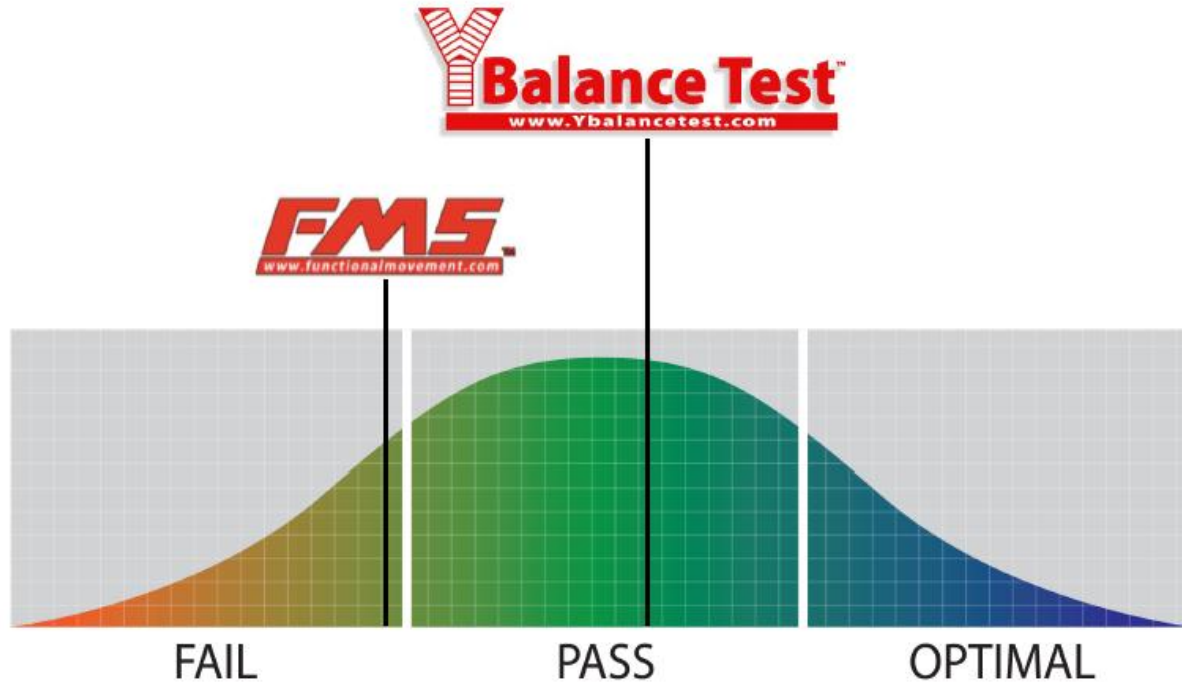
Lower Quarter Y Balance Test

	Left	Right	Difference	Result
Anterior:	68.5	71.0	2.5	Optimal
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Functional Movement Testing

Test		Raw Score	Final Score	Result
Deep Squat:		1	1	Fail
Hurdle Step:	L	2	2	Pass
	R	2		
Inline Lunge:	L	3	3	Optimal
	R	3		
Shoulder Mobility:	L	3	3	Optimal
	R	3		
Impingement Clearing Test:	L	-		
	R	-		
Active Straight-Leg Raise:	L	1	1	Fail
	R	3		
Trunk Stability Pushup:		2	2	Pass
Press-Up Clearing Test:		-		
Rotary Stability:	L	2	2	Pass
	R	2		
Posterior Rocking Clearing Test:		-		
Total:			14	Fail

Here are your results compared to other College Football (American) athletes.



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Please contact us for more
information

info@move2perform.com