AlignAI Body Mobility Report
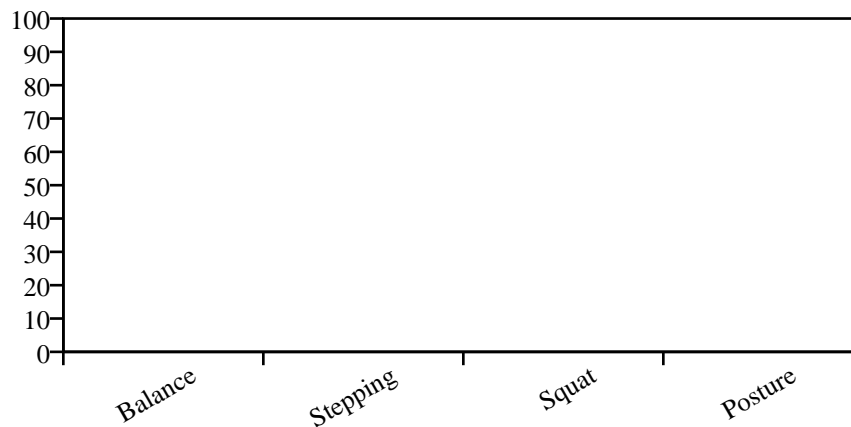
Patient: Daniel Villacis

Age: 23

Gender: Male

Reason for Scan: testing scan locally

Previous Conditions: N/A

Scan Date: April 13, 2025 at 06:23 PM

Overall Scan Score: 0.0%

Interpretation: Limited mobility. Significant movement compensations detected that should be addressed to prevent injury.

Mobility Assessment Details

Balance Score: 0.0%

This score measures your ability to maintain stable posture during movement.

Stepping Score: 0.0%

This score measures your gait stability and symmetry during stepping movements.

Squat Score: 0.0%

This score evaluates your squat mechanics including depth, control, and alignment.

Posture Score: 0.0%

This score assesses your spine alignment and posture during movements.

Recommendations

• Balance Training: Consider exercises that challenge your stability, such as single-leg stands, heel-to-toe walking, or balance board activities.

• Gait Training: Focus on improving your stepping pattern with controlled walking exercises, marching in place, and step-ups.

• Squat Mechanics: Work on improving your squat form with bodyweight squats, focusing on maintaining proper alignment and depth.

• Posture Improvement: Practice exercises that strengthen core and back muscles to improve spinal alignment.