

# AlignAI Body Mobility Report

**Patient: Daniel Villacis**

Age: 23

Gender: Male

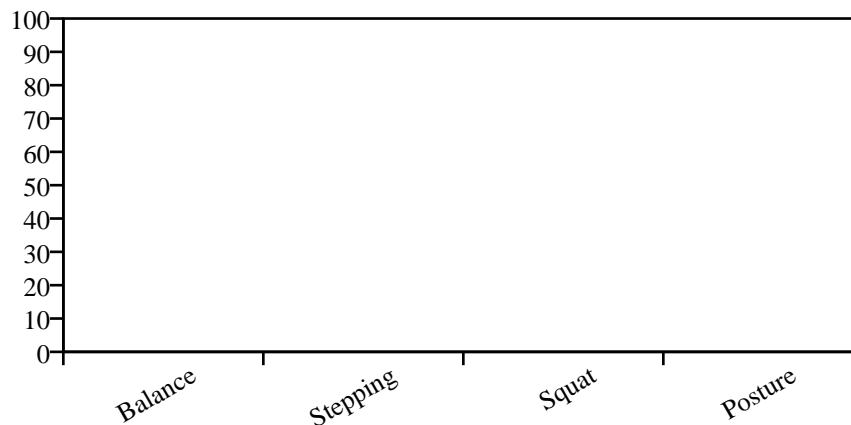
Reason for Scan: testing scan locally

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.