INITIAL SESSION – BASELINE TESTING RESULTS 16 participant completed a DARI Motion full body screen and received and corrective exercise program to improve their metrics. LOW NORMATIVE LOW 37% Physical Readiness

LOW JOINT MOBILITY Average Normative Percent Rank For Range Of Motion Of All Joints

JOINTS FLAGGED

23%

87%

Participants

Improved their

Overall Readiness

57 JOINTS & Received Corrective Exercise Interventions





SECOND SESSION – PROGRESSION TESTING RESULTS

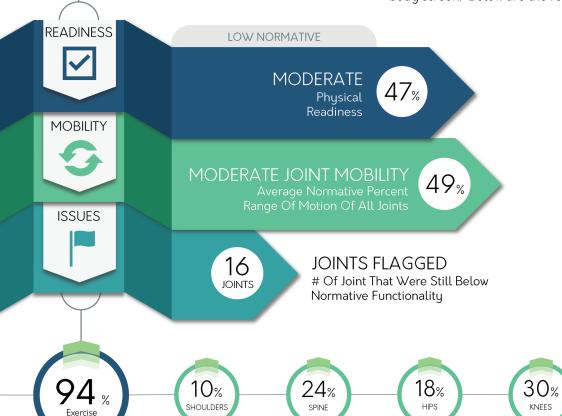
Following their 6-week corrective exercise program the same 16 participants completed the same DARI Motion full body screen. Below are the results.

Avg. increase in

hip mobility

Avg. increase in

knee mobility



Avg. increase in

shoulder mobility

Avg. increase in

spine mobility



Improvement