



OUR DIFFERENCE



- **ASSESSMENT DRIVEN**

- **(QFNA™)** = evidence-based rehabilitation using state-of-the-art technologies that measure and quantify

- **UNIQUE STRUCTURE (PLLC)**

- One contract, multiple specialities
- # 1500 Providers/Therapists

- **EXCLUSIVE PARTNERSHIP w.**



Comprehensive Objective Physical Therapy Screenings via QFNA™



- **QFNA™** objectively analyzes your members' muscular, skeletal, neurological, and cardiopulmonary systems
- **QFNA™** provides targeted and patient specific Clinical Decision Guide

3D MOVEMENT + INJURY RISK ANALYSIS

The 3D Movement + Injury Risk analysis objectively identifies asymmetries and inefficiencies in movement patterns that are directly correlated with higher risk of injuries and decreased athletic performance. It uses precise joint mapping technology to measure mobility, stability, core strength, posture, balance, and overall functional movement competency to help teach athletes and patients how to move more efficiently.

This Assessment (2 December 2020)



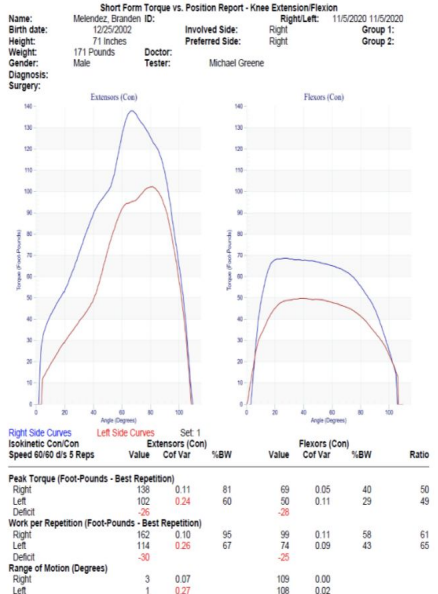
Breakdown:

Back Flexion	100.00%
Back Extension	100.00%
Back Lateral Flexion Left	100.00%
Back Lateral Flexion Right	100.00%
Overhead Squat	68.64%
Reverse Lunge	73.57%
Posture Angel	84.44%
Balance Left foot down Eyes closed	41.85%
Balance Right foot down Eyes closed	73.65%
Vertical Jump	38.92%

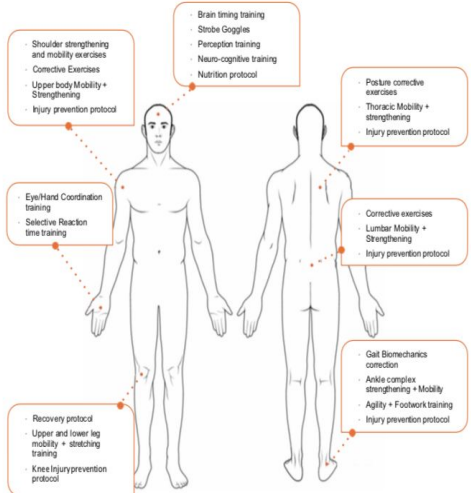
Functional Planar Mapping



Region	Plane	Dysfunction Type	Score
1	Right Scapula	Transverse Stability	0.40
2	Thoracic	Sagittal Mobility	0.39
3	Left Shoulder	Transverse Mobility	0.38
4	Left SI Joint	Sagittal Mobility	0.35
5	Left Knee	Sagittal Stability	0.31
6	Left Hip	Sagittal Mobility	0.30



CLINICAL PROTOCOL SUMMARY



HUMAN PERFORMANCE SUMMARY & RECOMMENDATIONS

	SEVERE DEFICIENCY	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	OPTIMAL	RECOMMENDATIONS
VITALS ANALYSIS					X	
BODY COMPOSITION ANALYSIS			X			• Performance sessions 2-3 times per week to lose 20 lbs fat and gain 15 lbs of lean body mass
3D GAIT ANALYSIS						
3D FUNCTIONAL MOVEMENT			X			• Mobility 3-4 times per week to improve ankle, hip, and shoulder mobility as well as scapular stability
RANGE OF MOTION ANALYSIS						
GROUND REACTION FORCE						
ISOKINETIC FUNCTIONAL TEST		X				• Within performance sessions, use of JEMAC to improve functional symmetry between both Quadriceps and Hamstrings and improve Quadriceps/Hamstring Strength ratio
SENSORY MOTOR SKILLS			X			• Performance sessions 2-3 times per week to improve reaction time, target capture, and depth perception • Strobe goggles to expedite improvements in vision training
BRAIN TIMING AND COORDINATION		X				• Within performance sessions, use of neurotraining to improve timing, rhythm, and coordination

INDIVIDUALIZED WELLNESS ASSESSMENT + TRAINING + RECOVERY



2 METHODS OF IMPROVING PERFORMANCE

ANALYZE . TREAT . REASSESS . GET BACK TO LIFE .

ANALYZE . TRAIN . RECOVER . REASSESS . STAY IN THE GAME .



PURPOSE

Clinical / Restorative

Maintenance / Preventative

METHOD

1. QFNA- identify root cause of injury
2. Clinical Decision Guide
3. Individualized Rehabilitation + Recovery
4. Reassess Progress

1. QFNA- identify areas for improvement and risk for injury
2. Maintenance & Preventative Decision Guide
3. Small Group Training with Customized Training + Recovery Program
4. Reassess Progress + Change Lifestyle = Prevent Injuries