



You define  
**YOUR** Purpose,  
We Provide  
**YOUR** plan

## WHAT IS THE KINESICS EVALUATION?

Kinesics is a scientific method of evaluating muscular imbalances and postural misalignments. The data collected from the evaluation is used to develop a customized program to realign your body.

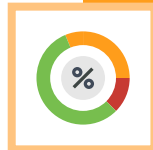
### Body alignment is key to:

- Injury prevention
- Pain reduction
- Biomechanical efficiency
- Maximizing performance



#### STEP 1: YOUR EVALUATION

A Kinesics qualified professional conducts a series of range of motion measurements. The evaluation lasts between 20 - 60 minutes, depending on your needs.



#### STEP 2: YOUR RESULTS REVIEW

Your professional explains your results report. You will learn where you have muscular asymmetries and postural misalignments.



#### STEP 3: YOUR PLAN

This is your blueprint for realigning your body! Kinesics professionals design and teach stretch and mobilizations programs using your evaluation data. Access your program on the Kinesics App at anytime, from any device. The Kinesics App provides video tutorials of your stretches and mobilizations so you can execute your program with confidence!

For more information or for scheduling an evaluation please contact your Kinesics Service Provider.