



# Your Progress, Quantified

We use **VALD technology** to provide objective measurement, enable efficient case management and generate data-informed insights—turning movement into numbers so every decision in your care is guided by evidence, not guesswork.

## Objective Measurement Explained

### What's measured?

Strength, power, balance, range of motion and side-to-side symmetry.

### Why does it matter?

Precise data shows where you are today and how you change over time, guiding treatment.

### How's it done?

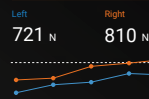
Wireless sensors capture thousands of data points while you stand, push, pull or move—everything is recorded in seconds.



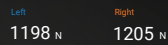
## What You Get

- **Instant results and insights** after each assessment.
- **In-app results** in your private MoveHealth profile.
- **Clear progress graphs** that track improvement over time.
- **Easy-to-understand data** and normative comparisons.

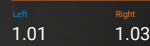
Hand Grip Squeeze (Neutral)  
Max Force [N]



Countermovement Jump  
Max Takeoff Peak Force - Left & Right Side



Hip Add/Abd - 45°  
Max Force - Left & Right Side Ratio



20yd Sprint  
Test Time

3.015 s



# How Data Can Help Enhance and Track Your Progress

- Technology helps us assess and monitor your individual strengths and areas for improvement.
- We track your progress over time to guide treatment and programming to optimize results.
- We compare your results to data from your demographic or sport to see exactly where you stand and how you're progressing.

Norms in **patient profiles**



## Single Leg Jump

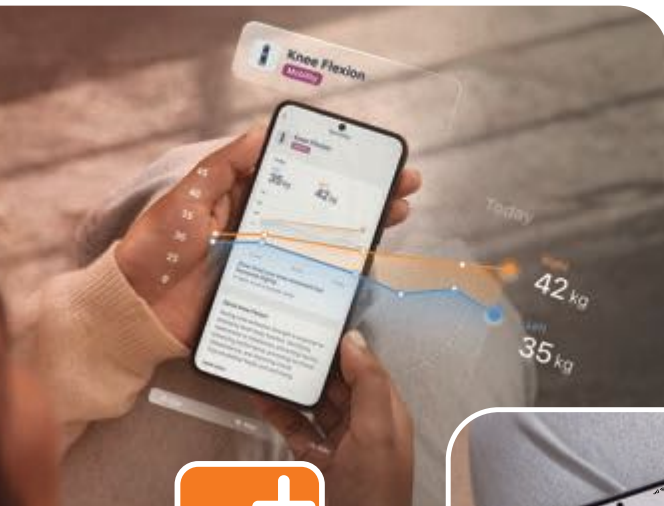
Max Peak Power / BM

Right

11.6 W/lb

↑ 18.3%

17th Percentile



## Access Your Results via MoveHealth

- Instantly view your results and progress in the MoveHealth app.
- Clear graphs and benchmarks, accessible any time.
- Easily share results with your support team.

**"Questions?"** Talk to your practitioner about how VALD technology and MoveHealth can support your athletic goals."