

Your security grade percentage shows you how likely you are to have a non-contact injury based on the 45 metrics we tested in this assessment. The AI calculation compares your musculoskeletal structure's durability and full-body mobility access to the four most durable categories of movers on the planet and the mathematics of the Golden Ratio. Those four categories of movers are shown below. The higher the security grade percentage, the better chance you have to not get hurt non-contact.

Indigenous Hunters & Gatherers



Late Crawling Infants

Babies that crawled 2 years before walking held Golden ratio gait patterns



Centenarian Sprinters (100 +)

with no joint replacements



Super-Athletes with no non-contact injuries

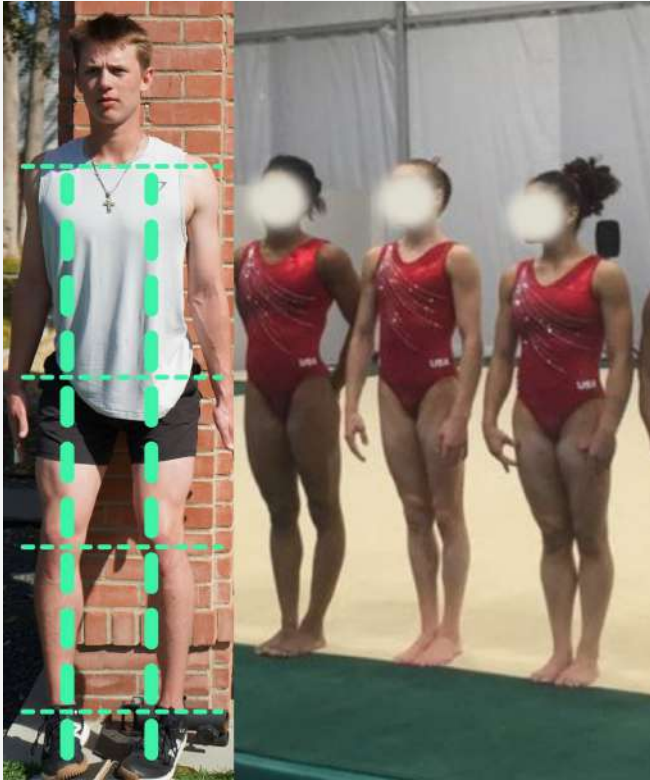


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These images are purely used for education with the sole purpose of bettering humanity through a better way to move one's body.

Assessment Terminology

Columns



The Columns calculation measures the base posture of your physical structure. Strong columns are ideal, much like the steel beams in a tall building. We want to be strong from bottom to top. We are looking for symmetrical, horizontal, and vertical alignment. Columns calculate sagittal and transverse planes. The information we gather from these measurements can tell us if you are overusing one side or the other and how well your foundation is set prior to moving forward.

Back Chain Dominance

The measurements in this category will tell us how well you use muscles on the back side of the body, like your glutes and hamstrings, during movement; this gives us a better foundation for strength, performance, and joint security. The ideal back chain structure supports optimal posture and muscle definition within the posterior chain. Back Chain Dominance requires both hips to be structurally aligned with the ankles and rib cage in resting and forward movement; failure to do so will limit posterior chain activation while resting and movement, mostly resulting in tightness/pain/injury in the back, hamstrings, groins, and hips.



Suppleness

Suppleness is often referred to as the ability to bend easily. In our case, it is the ability to squat deeply into the hips and hinge to the ground extremely well. When your body is able to achieve a high level of suppleness, it means that you have access to your joints. This makes the process of learning how to optimally move forward much easier. As for most people, a supple body is not their reality, meaning we must work at opening the hips and gaining length through the backside of the body in order to have a high score on this measurement and learn to move a little bit easier!



Feet Alignment

Our Feet Alignment measurement calculates the relationship between the toes, ankles, shins, and knees. This measurement goes hand in hand with Inside Ankle Bone High; taking into account this measurement is extremely important for understanding our foundation as a human. Straight and strong feet are important for quality of life and performance. For people who do not have proper foot alignment, their foundation can be compromised, meaning the ankle can start to become unstable, and the organization of the joints in their legs can be hindered.



Shoulders

The measurements we take for your shoulders look for structural imbalances in pre-movement, which include shoulder alignment, scapular winging, kyphotic postures, and poor neck alignment. The shoulder structure measurements will give us a clear indication of the risk for pain and injury in the shoulder area and neck.



Landing

The landing score represents how well you squat to the ground. Basic energy absorption is displayed through the squat. This display of energy absorption will give us a clear picture of your body's behavior when moving forward, and how well we land while moving forward will tell us how at risk we are for pain/injury in multiple areas, some of which include the ankles, shins, knees, and front of the hips.



Launching

Our launching score is a representation of how well you hinge. The hinge is your body's way of releasing energy and directly correlates to how well you leave the ground (what we call cornering) when walking and running! Our bodies need length through the posterior chain or "Back Chain" in order to leave the ground in an efficient way when moving forward. Back Chain Dominance tells us how well we leave the ground while moving forward and how at risk we are for pain/injury in multiple areas, some of which include the ankles, calves, groin, hamstrings, lower back, and mid-back.



Inside Ankle Bone High

Measuring for the inside ankle bone high is one of the more important measurements we can take on your body. This is the foundation of your overall movement. The only thing that touches the ground when you move forward (for the most part) is your feet. So, it makes sense that we need strong feet.

As the inner ankle bone collapses lower and lower, you will start to lose your arch and be deprived of capability in more and more of the 33 joints in your feet. This will make you at risk for pain and/or injury in these areas: everywhere! This is your foundation; take care of your feet!

