

DeerFields Human Performance Evaluation



The Human Performance Evaluation is designed to assess an individual's Functional Capacity by evaluating physical fitness markers in the areas of Strength, Power, Endurance, Aerobic Capacity, Mobility and Agility.

Your Human Performance Evaluation will consist of a 2 hour appointment and includes the following tests/screens listed below as well as a 30 min review with an exercise physiologist.

- **Body Composition Analysis via InBody520**

- The InBody 520 provides accurate and detailed information about the amount and distribution of your lean mass, fat mass, and water mass. This machine calculates your Basal Metabolic Rate, a measure of your daily energy requirements which allow for personalized nutrition recommendations

- **Functional Movement Screen**

- This test is used to identify asymmetries and movement deficiencies. It measures seven fundamental movement patterns that are key to functional movement quality.

- **VO2max & Resting ECG**

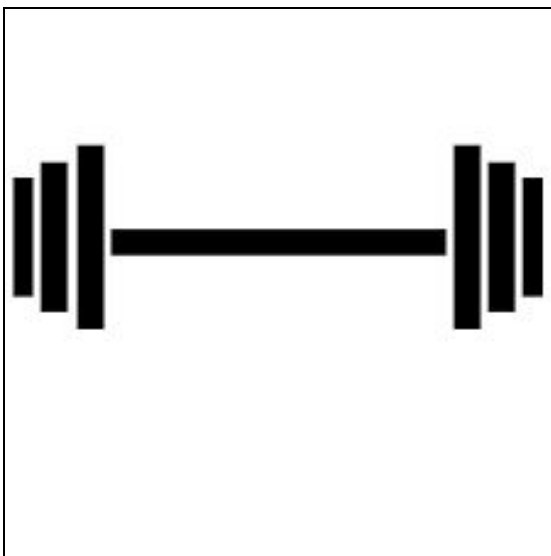
- The Vo2max test is generally regarded as the gold standard to assess cardiovascular fitness and can also provide insights on how to optimize your training.

- **Pulmonary Function Testing**

- Spirometry is a standard test used to measure how well your lungs are functioning. The test works by measuring airflow into and out of your lungs.

- **Musculoskeletal Testing**

- Push up endurance
- Plank endurance
- Vertical jump & Peak Leg Power



BASE PRICE: \$495.00

SAMPLE of HUMAN PERFORMANCE LAB FINDINGS			
Category	Test	Value	Interpretation
BODY COMPOSITION	Body Mass Index	26.65	Overweight
	Body Fat %	21.87%	Elevated Body Fat
	Waist-to-Hip Ratio Risk	0.94	Moderate
VITALS	Brachial Systolic Blood Pressure	130	Hypertensive Stage 1
	Brachial Diastolic Blood Pressure	81	
	Mean Arterial Pressure	97.17	Normal
	Pulse Pressure	49	High Pulse Pressure
	O2 Saturation	99	normal
LUNG FUNCTION	Forced Vital Capacity	4.13	normal spirometry
	Forced Expired Volume in 1 second	3.37	
AEROBIC FITNESS	VO2max	40.7	Good
MUSCULOSKELETAL FITNESS	Grip Strength	111.5	Excellent
	Push-Ups	12	Good
	Plank	82.16	Good
	Vertical Jump	18.2	Fair
	Lower Body Power	2976.43	Good
FUNCTIONAL MOVEMENT SCREEN	Total Score	16	LOW RISK OF INJURY
	Deep Squat	2	MOVEMENT PATTERN CAUTION
	Hurdle Step	3	MOVEMENT PATTERN UNRESTRICTED
	Inline Lunge	3	MOVEMENT PATTERN UNRESTRICTED
	Shoulder mobility	1	MOVEMENT PATTERN DYSFUNCTION
	Active Straight Leg Raise	2	MOVEMENT PATTERN CAUTION
	Trunk Stability Pushup	3	MOVEMENT PATTERN UNRESTRICTED
	Rotary Stability	2	MOVEMENT PATTERN CAUTION