

Your logo here

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?

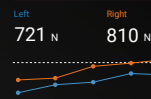
Wireless sensors capture thousands of data points while you stand, push, pull or move—everything is recorded in seconds.



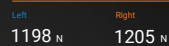
What You Get

- **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.

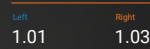
Hand Grip Squeeze (Neutral)
Max Force [N]



Countermovement Jump
Max Takeoff Peak Force - Left & Right Side

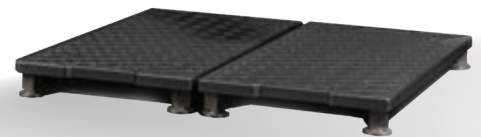


Hip Add/Abd - 45°
Max Force - Left & Right Side Ratio



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

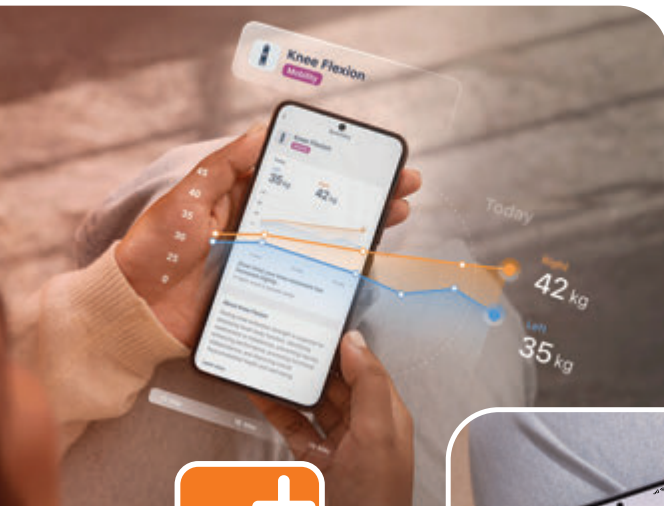
Max Peak Power / BM

Right

11.6 W/lb

↑ 18.3%

17th Percentile



movehealth+



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."