

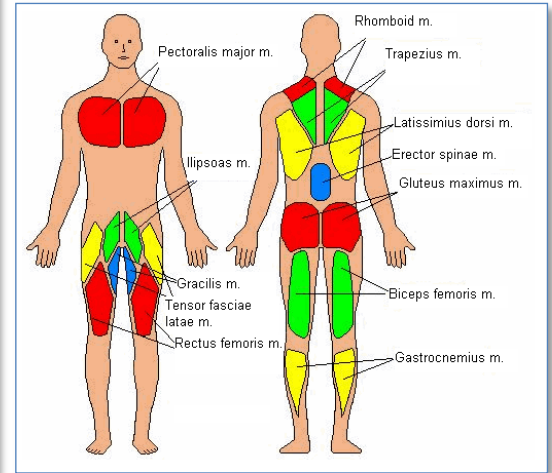
Health Monitor GMON

„INDICATE health risks – RATE professionally – REACT prophylactically“

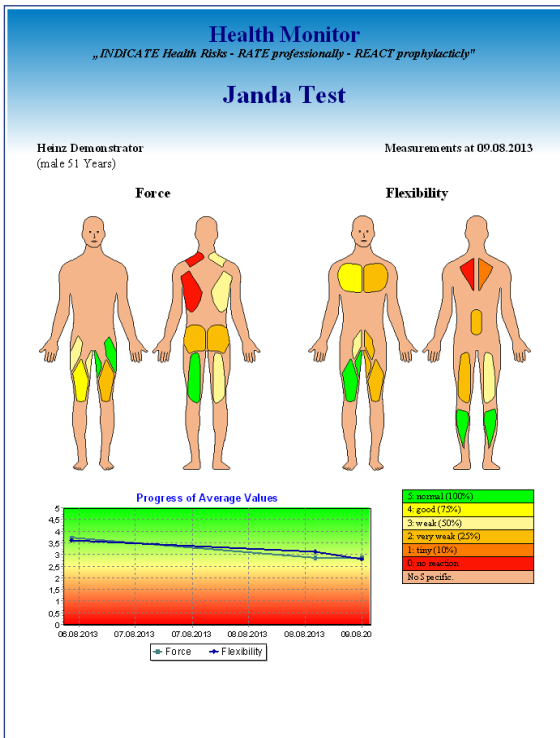
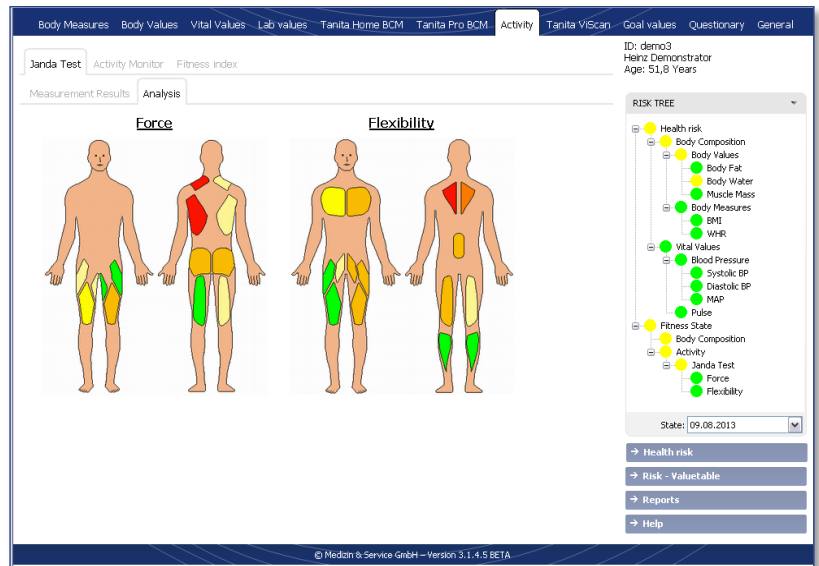
Register Janda Test

Application

With the Janda Test the strength and flexibility of the muscle groups is analyzed by a skilled therapist.



The colored marked deficits support the therapist to initiate suitable measures against shortening or diminution of the muscles.



Result - Evaluation

The evaluation is made by a 6-ary scale:

Level	Traffic Light	Name	Description
0	red	N (null)	While trying to move there is no muscle contraction visible (0% of normal muscle power)
1	red	T (trace)	The muscle shows a reaction, but its power is not enough to move (about 10% of normal muscle power)
2	red	P (poor)	The muscle can move at full extent without gravity (horizontal position) (about 25% of normal muscle power)
3	yellow	F (fair)	The muscle can move at full extent without outer resistance (about 50% of normal muscle power)
4	yellow	G (good)	The muscle can move at full extent with a medium outer resistance (about 75% of normal muscle power)
5	green	N (normal)	The muscle can move at full extent with a big outer resistance (100% of normal muscle power)