

Health Monitor GMON

„INDICATE health risks – RATE professionally – REACT prophylactically“

Register Janda Test

Application

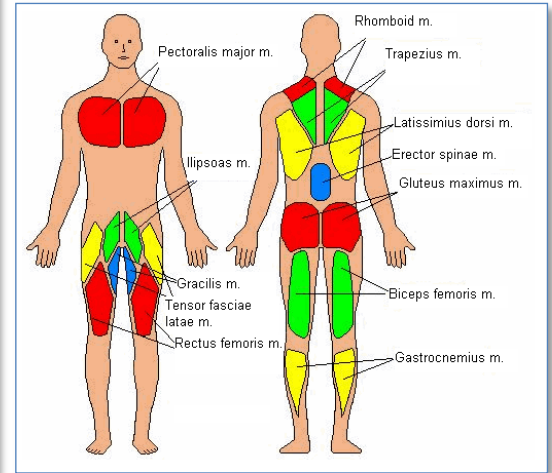
With the Janda Test the strength and flexibility of the muscle groups is analyzed by a skilled therapist.

Force

Muscles	Right	Left
Rhomboid m.	3	0
Lattissimus dorsi m.	3	0
Gracilis m.	3	5
Tensor fasciae latae m.	3	5
Biceps femoris m.	3	5
Gluteus maximus m.	2	2
Rectus femoris m.	4	2

Flexibility

Muscles	Right	Left
Trapezius m.	1	0
Pectoralis major m.	4	2
Erector spinae m.	2	2
Gracilis m.	5	2
Iliopsoas m.	3	2
Rectus femoris m.	5	2
Biceps femoris m.	3	2
Gastrocnemius m.	5	5



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

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Janda Test

Heinz Demonstrator (male 51 Years) Measurements at 09.08.2013

Force **Flexibility**

Progress of Average Values

Level	Traffic Light	Name	Description
5	green	N (normal)	100%
4	yellow	G (good)	75%
3	yellow	F (fair)	50%
2	red	P (poor)	25%
1	red	T (trace)	10%
0	red	N (null)	0%
			No reaction
			No specific

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)