



# First Responder Program

FUNCTION | MOBILITY | ALIGNMENT | PERFORMANCE



## Maximizing Operational Performance

Kinesics delivers a comprehensive platform that proactively identifies, analyzes, and addresses muscle imbalances and joint restrictions to reduce the risk of injury and promote improved performance.



**Human Movement Evaluations (Risk Assessments):** A group of objective assessments and measurements in degrees. Each joint has a specific ideal range of motion that correlates to producing healthy movement and reducing the risk of injury.



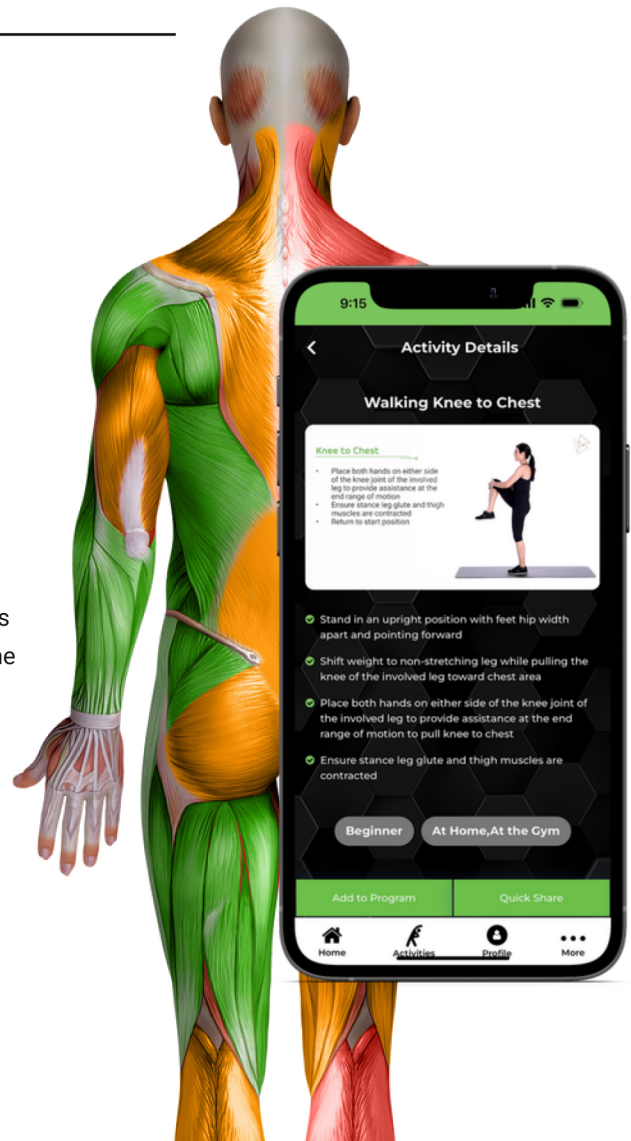
**Program Design:** In-app individual or group focused flexibility and mobility programs are assigned to address the specific joint and muscle restrictions and imbalances to make the biggest changes in the least amount of time.



**In-app Individual and Team Results:** In 1-click, the measurements are analyzed and intuitively categorized as a percent of ideal (**severe**, **moderate** or **ideal**) based on the levels of flexibility, mobility and function.



**Advanced Data & Analytics:** Track progress, provide insights, and identify trends and risks for injury and performance limitations within the entire organization.

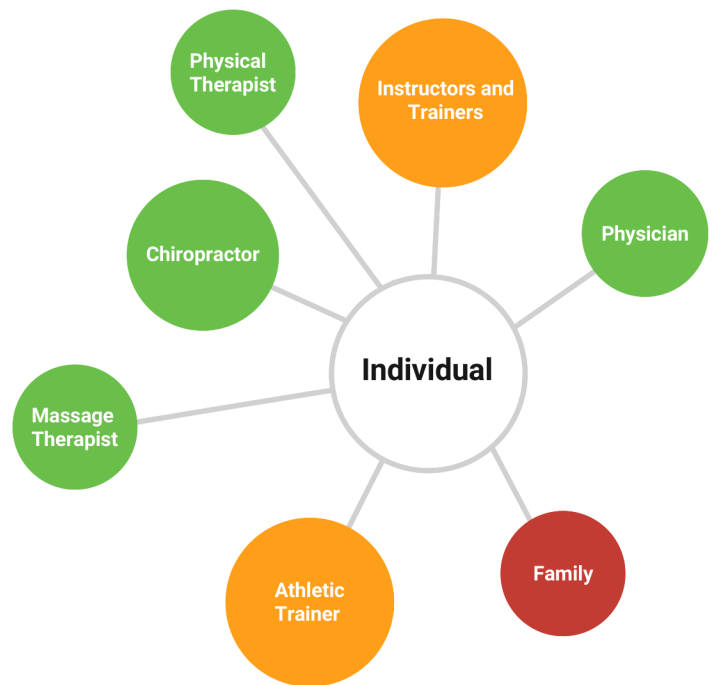


# First Responder Circle of Care

Getting and keeping people free from pain involves a team of professionals.

If adopted early in someones career, the Kinesics platform allows for everyone involved to have access to the ongoing human movement data for a complete circle of care.

Cadets / recruits, sworn responders, and retired staff all benefit from improved health and performance.



## Start Assessing and Stop Guessing

### Injury Prevention

Kinesics App provides objective, quantifiable data analytics to proactively identify muscle imbalances and joint restrictions. Early in-app or web based flexibility and mobility programs reduce the risk of injury and target restrictions and complications that usually go undetected.

### Baseline Data

Injuries do happen—even under proactive care. The Kinesics App provides pre-injury baseline data to support recovery in the event an injury occurs, getting them back to work, sport, and life faster than ever before.

### Injury Recovery

Kinesics App is a great adjunct during the treatment of acute phase injury, for obtaining pre-surgical baselines, and as a component of post surgical treatment progress.

### Return-To-Work Decisions

The Kinesics App's objective data is used to validate the effectiveness of treatment programs and also supports professional decisions for return to work.

