







- Score breakdown:
  - Mobility (40% of score):
    - Average range of motion of the shoulders and elbows
    - Average maximum range of motion of the hip (femur and spine angle) and knee (femur and tibia angle)
  - Activation (15% of score):
    - Scapula: average degree of retraction
    - Valgus: average displacement of knee (infers glute activation)
    - Squat Depth: average of the maximum degree of femur to ground angle for each squat (infers pelvic control muscles – reflected in hamstrings on body maps illustrations)
  - Posture (5% of score):
    - Shoulders: difference in height from floor on each side
    - Back Bend: degree of spine tilt to front (+) or back (-)
    - Center of Gravity: degree of spine tilt to left (-) or right (+)
    - Hips: difference in height from floor on each side
    - Valgus: displacement of knees on each side
  - Symmetry (40% of score):
    - Shoulder, Elbow & Knee: average variance between left and right flexion
    - Valgus: average variance between left and right knee displacement
    - Squat Depth: average variance between left and right femur to ground angle
    - Center of Gravity: average variance in spine tilt to the left or right
- Yellow and Red - What do these mean?
  - A score of 70-100 = Good (no color indicators on body maps)
  - A score between 35-69 = Yellow: Moderate
  - A score below 35 = Red: Poor
- Z-scoring methodology
  - This refers to our mean and standard deviation – determined from data gathered from over 3,000 individuals (of varying ages and fitness levels) at several company sponsored events.
  - A score of 50 for each component of MAPS indicates the mean score of the population.

## **HOW OFTEN SHOULD I DO THIS?**

- As much as you'd like! This is a great tool to continue to use to see how your movement progresses and to receive ongoing exercises/feedback.