

Motion Health

How do we know if we have functional or dysfunctional levels of mobility?

A tissue becomes damaged when something mechanically loads it beyond its capacity. Tissue that lacks the capacity to handle imposed loads is susceptible to strains, sprains, and tears.

Joints and tissues that lack the range of motion and control needed to support the things you want/need to do are dysfunctional.

A Cerner Motion HealthSM musculoskeletal screening can help you identify, address, and improve dysfunctions.

At your screening, you'll complete a Motion Capture, which is a 6-movement musculoskeletal screen using marker-less 3D motion capture technology. You will be guided through each movement by a facilitator. Your Motion Results will be delivered to you, along with a corrective exercise plan, with detailed comments explaining your unique strengths, tendencies, imbalances, and/or any dysfunctions.



Members who complete a Motion Capture in the month of **September** will be entered into a drawing for a **\$100 Amazon Gift Card.**

Call the Plumbers Local 130 UA Wellness Center to schedule your Motion Capture.

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