

## RESULTS - ETUDE OBSERVATIONNELLE LIFE+ / MOBILITY TEST STUDY LIFE+

### PROTOCOLE

Based on a population of non-professional athletes

Measures are taken by physiotherapist before - without stretching

Application of LIFE+ Program 1 - 4mn - on designated areas (refer to scheme)

Measures taken in same conditions within 10mn after application of LIFE+ protocole.

No stretching in between.

### PROFIL

PROFILING	M	F						
	8	6						
Age Frame	15-19	20-24	25-29	30-34	35-39	40-45	45-49	50+
	0	0	6	3	2	1	1	1
General Mobility	perfect	good	medium	difficult	very difficult			
	0	5	7	1	1			
Do you have Muscle Pain?	YES	NO						
	5	9						
Where ?	Upper Body	Back	Lower body	Hanstring	Gluts			
	2	2	2	1	0			
Do you have joint pain ?	YES	NO						
Where ?	ankle	knee	hip	back	Cervical	shoulder	elbow	wrist
	0	5	0	2	0	2	0	2

### TEST 1

Seat and reach test - AVRG	AVRG cm gain	AVRG %	Best gain	Smaller gain	% success Test
With Life+™ SportDevice	4,67	57,71	10,2	1,5	100%

With an average gain of 4,67cm (representing an average gain of 57,71%) and all tested persons have been recorded with a

Comments: substantial gain, we can consider that PBM has clearly improved the mobility on the seat & reach test using hanstrings and gluts muscles.

### TEST 2

Shoulder internal Rotation	AVRG cm gain	Best gain	Smaller gain	No gain / Pers	% success Test
LEFT with Life+™ SportDevice	1,82	4,7	0,7	0	100%
RIGHT with Life+™ SportDevice	1,81	4,2	0,7	0	100%

Comments: Both soulders have been positively impacted by the use of PBM for the shoulder rotation capability. All tested persons have responded positively to the measures with substantial gains in shoulder mobility.

### TEST 3

Shoulder external Rotation	AVRG degree gain	Best gain	Smaller gain	No gain / Pers	% success Test
LEFT with Life+™ SportDevice	12,31	25	0	1	100%
RIGHT with Life+™ SportDevice	6,87	26,19	-10,64	4	50%

Comments: Both soulders have been positively impacted by the use of PBM for the shoulder external rotation capability. Only 4 persons have lost degrees on left shoulder.

### TEST 4

Hip internal Rotation	AVRG degree gain	Best gain	Smaller gain	No gain / Pers	% success Test
LEFT with Life+™ SportDevice	6,77	33,33	-17,64	4	71%
RIGHT with Life+™ SportDevice	13,74	46,86	0	2	100%

### TEST 5

Hip external Rotation	AVRG degree gain	Best gain	Smaller gain	No gain / Pers	% success Test
LEFT with Life+™ SportDevice	17,34	53,33	-5	3	93%
RIGHT with Life+™ SportDevice	4,43	46,15	-16,67	7	64%

Persons with no effect (measure = 0) are not considered as NO GAIN / PERSON