

## Age and gender specific norm diagrams

The diagrams on the following 2 pages show the age and gender specific normal values for posture, relaxation, movement, coordination, mobility, strength and endurance. The normal values are averages derived from the data of 925 subjects that completed the spinal fitness check.

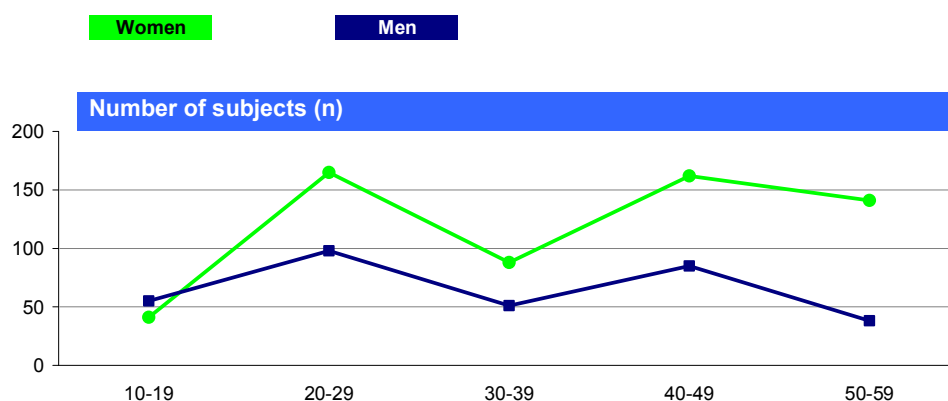
The x-axis of the diagram shows how many percent of the tests were passed. If e.g. a person passed 12 of the total of 16 mobility test, he or she passed 3/4 or 75% of the mobility tests. In the mobility diagram you can for example see that the average percentage of mobility tests passed by women aged 50-59 was slightly more than 50%, while the men of the same age group passed less than 50% of the mobility tests.

When the 2 pages with the diagrams are printed in color and laminated together in one sheet, it is a useful communication tool. If for example a 55 year old patient who passed 40% of the mobility tests is frustrated by how far he is from passing 100% of the tests, the therapist can use the diagrams to show and explain:

"We can't turn you into a teen, but it's quite realistic to "exercise yourself 10 years younger", i.e. one step to the left on the norm curve, so that you will pass approximately 50% of the mobility tests and feel as mobile as you did 10 years ago."

The age groups 0-9 and 60+ are not shown, because the number of subjects in these groups were too few to serve as a reliable base. For example: there were only 29 female subjects 60-69 as compared to 165 females aged 20-29.

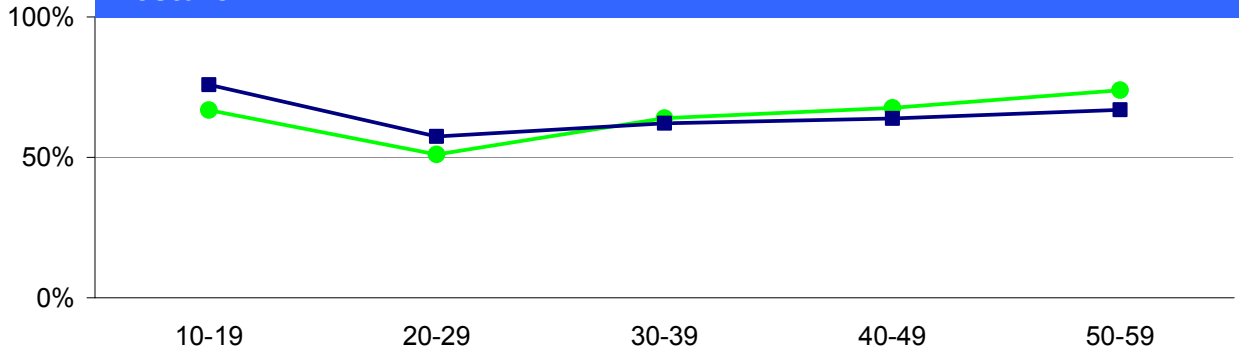
For a detailed description of the number of subjects per age and gender group see the diagram below:



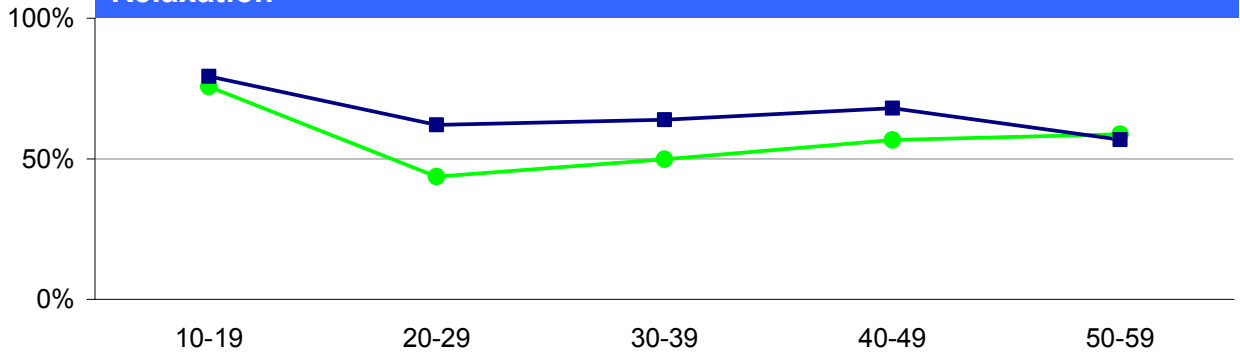
**Women**

**Men**

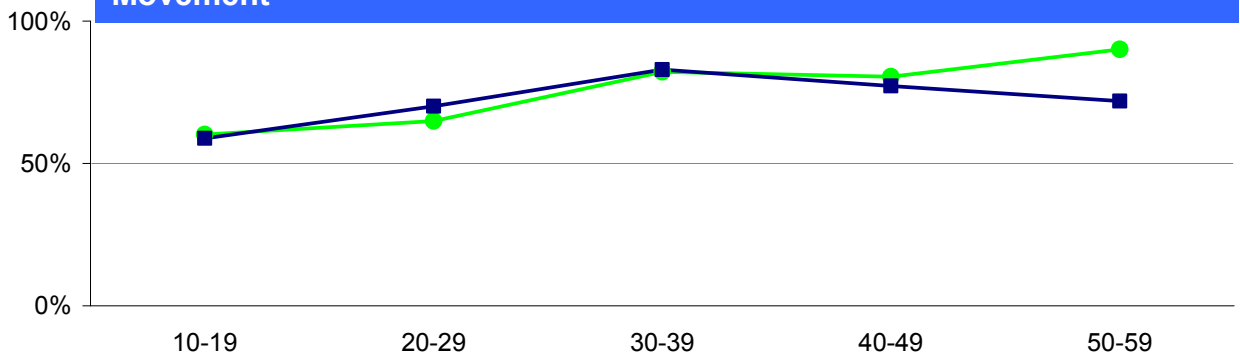
**Posture**



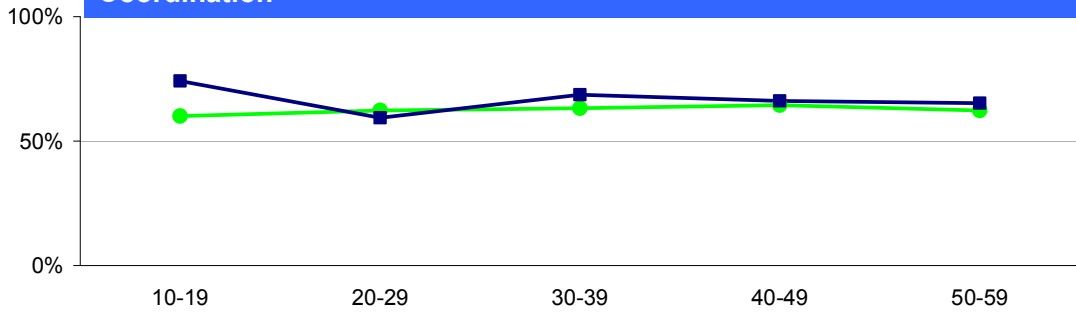
**Relaxation**



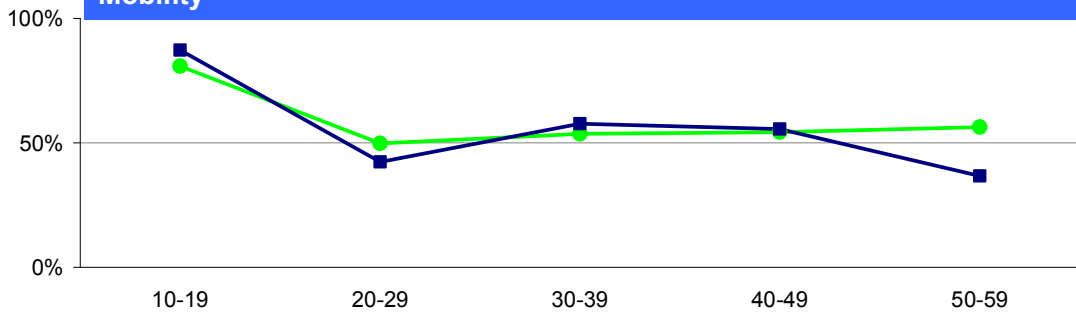
**Movement**



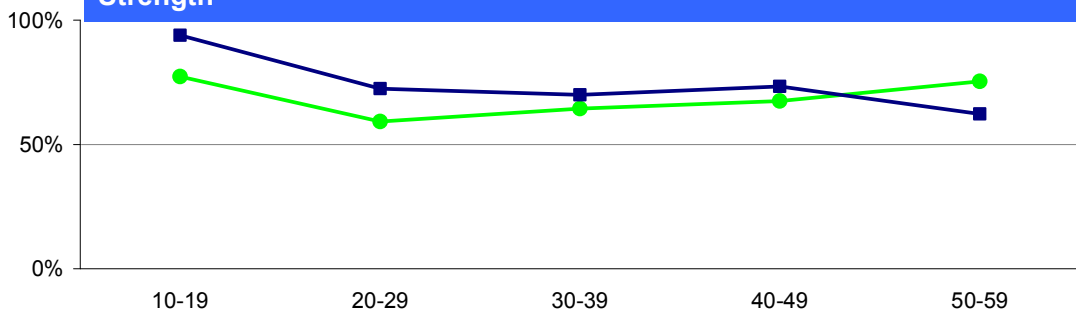
### Coordination



### Mobility



### Strength



### Endurance

