EVENSTROKE · MOBILITY TEST

Recording the mobility test

Three exercises without the bike, one video from the left and one from the right. Shoulder, hip and back of the thigh are measured, left against right.



How it works

- Phone on a tripod, about 3 m to the side, lens at hip height, level. Your whole body must be in the frame, also when lying down.
- Tight clothing, calm background, bright light. For the lying exercise, place a mat across the camera's line of sight.
- One video per side, hold each exercise for about **three seconds**:
  1. Standing, raise both straight arms overhead as far as you can.
  2. Bend forward with straight legs.
  3. Lie on your back and raise the leg on the camera side, straight, as far as possible.
- Then turn round and record the same video from the other side.
- Do not bounce and do not go beyond a point that feels uncomfortable. We measure the position you can hold relaxed.

File names: Surname_Mobility_left.mp4 and Surname_Mobility_right.mp4.