FINCHLEY FOOT CLINIC
EST 2004

MOVEMENT MOT

YOUR MOVEMENT. MEASURED. INSIGHTFUL. PERSONAL.

Alex - fictional example

22 September 2026
EXAMPLE-ONLY

EXAMPLE REPORT | FICTIONAL DATA AND IMAGES | NOT FOR CLINICAL USE

YOUR MOVEMENT SUMMARY

Overall: 64.2/100

Your overall index falls in the middle range. See page 2 for boundaries and meaning.
4/4 components included. Full Movement MOT score. Your results and next steps, discussed together.

INJURY RESILIENCE
Balance and stability

67.3

Clinic index / 100

0 40 70 100

Middle range

Discuss balance and side-to-side control.

PERFORMANCE
Control and capacity

62.4

Clinic index / 100

0 40 70 100

Middle range

Relate control and capacity to your goals.

HEALTHY AGEING
Function and independence

62.7

Clinic index / 100

0 40 70 100

Middle range

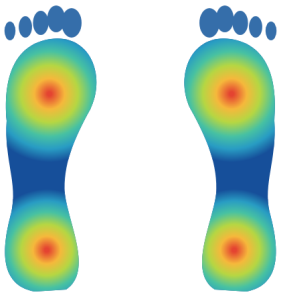
Discuss daily movement and independence.

YOUR BALANCE & STABILITY RESULTS

TEST	YOUR RESULT	YOUR RANGE
Double-leg stance 20 seconds	**68.8/100** (Higher index is better) 104 mm COP travel 16 mm² ellipse	Middle range Complete
Right single-leg stance 10 seconds	**53.9/100** (Higher index is better) 196 mm COP travel 31 mm² ellipse	Middle range Complete
Left single-leg stance 10 seconds	**51.6/100** (Higher index is better) 215 mm COP travel 34 mm² ellipse	Middle range Complete
Weight distribution Double-leg stance	**85.2/100** (Higher index is better) 54% / 46% Left / Right	Upper range Complete
5x sit-to-stand 5 repetitions	**54.7/100** (Higher index is better) 12.4 seconds 45 cm chair	Middle range Complete

YOUR PRESSURE MAP

Walking pressure maps - visual context only



Illustrative pressure map - not patient data

KEY INSIGHTS

- Bilateral Stability: 68.8/100
- Unilateral Stability: 52.7/100
- Symmetry: 89.7/100
- Functional Capacity: 54.7/100

WHAT THIS MEANS FOR YOU

Overall index: 64.2/100. Chair rises: 12.4s, slower than the published median of 11s for female adults aged 65–69. This is a broad cohort comparison.

WHAT WE RECOMMEND

Review single-leg balance in relation to everyday movement. Review current activity and progression.

CLINICAL DISCUSSION

Example discussion: reviewed standing balance and chair-rise results alongside walking goals. All details and measurements in this report are fictional.

Reviewed by Example clinician

RECOMMENDED NEXT STEP

Example next step: agree a personalised plan with your podiatrist and repeat the assessment using the same conditions where appropriate.

Understanding your Movement Score

YOUR RESULTS AND HOW TO USE THEM

64.2/100

Overall Movement MOT score

4/4 components included. Full Movement MOT score. Use the pattern alongside your goals and your podiatrist's observations.

01 WHAT WAS MEASURED

Double-leg and left/right single-leg balance, plus five chair rises. Walking images add visual context and contribute no points.

Units: mm = millimetres; mm² = square millimetres; s = seconds; % = percentage. Measurements shown to up to 2 decimal places.

02 YOUR FOUR COMPONENTS

Bilateral Stability	Unilateral Stability	Symmetry	Functional Capacity
68.8/100	52.7/100	89.7/100	54.7/100
Middle range	Middle range	Upper range	Middle range

03 HOW THE PILLARS FIT TOGETHER

Injury Resilience | **Performance** | **Healthy Ageing**

The three pillars look at the same measurements with different emphasis: balance and symmetry, control and capacity, and everyday function. Published research informs development; your scores use clinic-defined rules, not a worldwide patient ranking. The pillar names do not establish injury risk or biological age.

04 READING YOUR COLOUR SCALE

0 | 40 | 70 | 100

Lower: 0 to below 40 | **Middle: 40 to below 70** | **Upper: 70 to 100**

The colours show where a result sits on the clinic scale: lower (red), middle (amber) or upper (green). A higher index means a higher result under the model rules. These bands are not population averages or risk categories; discuss them alongside your symptoms and test observations.

YOUR ASSESSMENT CONTEXT

- Chair rises: 12.4s, slower than the published median of 11s for female adults aged 65–69. This is a broad cohort comparison.
- England comparison: 12.4s, slower than the ELSA median of 10.2s (female, 65–69). Household chair conditions varied.
- Height 165 cm; weight 65 kg; BMI 23.9 (descriptive only).
- Focus on everyday movement; review current activity and progression.
- Falls history unknown: clarify during review.

THE RESEARCH BEHIND YOUR REPORT

Movement MOT combines your reviewed measurements with Finchley Foot Clinic scoring rules. Its development draws on international chair-rise research, open balance datasets, pressure-platform measurement studies and NICE guidance. Eligible chair-rise results include separate European and English cohort comparisons. Your podiatrist relates the pattern to your history, goals and examination to agree next steps. The clinic indices describe performance under our model; they are not population percentiles or predictions of injury or falls.

Chair medians: Grgic et al., Tables 2–3, unchanged subsets. DOIs: 10.1007/s11357-025-01863-8 and 10.1007/s11357-026-02163-5. CC BY 4.0: creativecommons.org/licenses/by/4.0/.