



PREHAB

MUSCULOSKELETAL & SPORTS HEALTH CLINICS

What's Your PHYSICAL HEALTH?

Understanding the Basics

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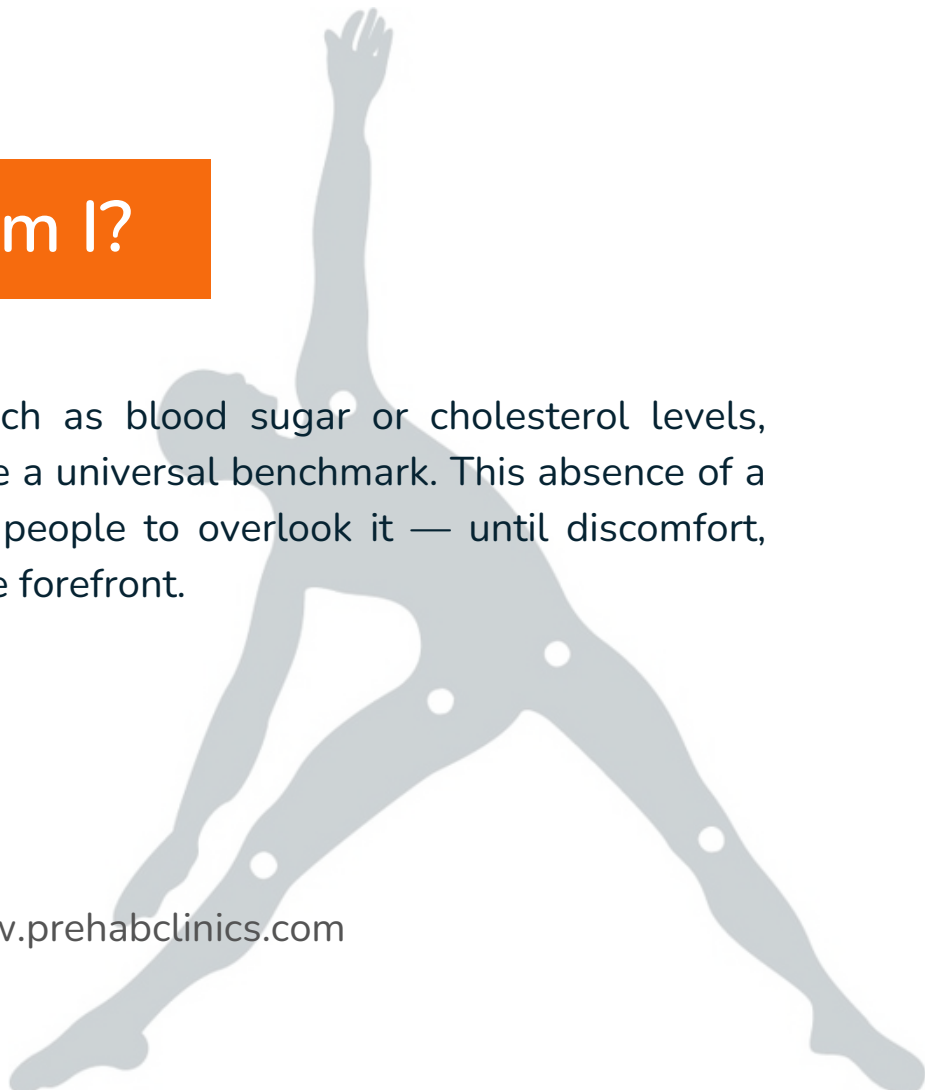
PHYSICAL HEALTH

Have you ever asked yourself, “How healthy am I?” or “What does physical health really mean?”

Many people often confuse physical health with fitness. While they are closely connected, they are not the same. Fitness typically refers to performance — strength, stamina, flexibility — whereas physical health is the foundation: the condition of your muscles, bones, joints, and how well your body functions without pain or restriction.

How healthy am I?

Unlike medical markers such as blood sugar or cholesterol levels, physical health doesn't have a universal benchmark. This absence of a clear standard often leads people to overlook it — until discomfort, pain, or injury brings it to the forefront.



PHYSICAL HEALTH

The Foundation of Movement and Function

Physical health, also known as musculoskeletal health (involving muscles, bones, and joints), is vital for daily movement, work efficiency, and overall functional independence.

However, modern sedentary lifestyles, poor posture, repetitive strain, and minor injuries can contribute to common issues like lower back pain, knee discomfort, or ACL injuries. When left unaddressed, these problems can lead to reduced mobility, decreased physical activity, and subsequent weight gain.



PHYSICAL HEALTH

This decline often disrupts metabolic balance and can trigger hormonal imbalances—contributing to conditions such as diabetes, thyroid dysfunctions, and even cardiovascular disease.

By assessing physical health, identifying risk factors early, and adopting preventive strategies, we can preserve musculoskeletal function, reduce the risk of chronic conditions, and avoid unnecessary medical interventions and expenses.

The good news? With PREHAB'S proactive steps with PHYSICAL HEALTH CHECK, most of these issues can be prevented and managed effectively.



WHY PHYSICAL HEALTH MATTERS

Physical health is the foundation of overall well-being — influencing how we move, function, and feel every day. Here's why it deserves attention:

Mobility and Daily Function:

Our ability to perform everyday activities — walking, climbing stairs, carrying groceries — depends on muscle strength, joint mobility, and coordination. Weak muscles, poor flexibility, or joint stiffness can limit movement and make even simple tasks difficult.

Metabolism and Hormonal Balance:

When physical health declines, it can disrupt your body's internal systems, leading to:

- Weight gain
- High cholesterol levels
- Insulin resistance and Diabetes
- Thyroid imbalance
- Other metabolic disorders

WHY PHYSICAL HEALTH MATTERS

Long-Term Disease Prevention:

A sedentary lifestyle or poor activity levels contributes to:

- Reduce Heart & lung function capacity
- PCOS
- Osteoporosis (Weakness of bones)
- Arthritis & Chronic pains etc.

If left unaddressed, these conditions may eventually require major intervention/surgery, starting a cycle of increasing medical interventions.

Financial and Social Life:

Health problems don't just affect the body — they affect life.

Physical and physiological health disorders not only lead to increased healthcare costs but also affect one's well-being and quality of life. Constant pain, discomfort, or illness can significantly hinder people from enjoying festivals, celebrations, and social functions with family and friends.

Investing in physical health is also an investment in your lifestyle and relationships.

HOW CAN WE MEASURE PHYSICAL HEALTH?

To take charge of physical health, we need a measurable baseline—just like how we track blood pressure or cholesterol. Here are some simple markers to assess your physical health:

Baseline Health Indicators

To assess overall physical health, PREHAB categorizes key health markers into two levels:

- *PREHAB Foundation level*
- *PREHAB Performance level*



PREHAB FOUNDATION LEVEL



Fundamental parameters that indicate general health and wellness. These are the minimum targets for general well-being and daily function. Everyone should aim to meet these standards to prevent chronic diseases and mobility issues.



PREHAB PERFORMANCE LEVEL



More detailed assessments for performance, mobility, and injury risk prevention. These are the optimal targets for individuals who want to improve strength, mobility, and overall performance. Achieving these helps in injury prevention, longevity, and better athletic function.

These markers serve a dual purpose- not only do they act as functional tests, but they can also be integrated into exercise program to build strength , endurance and flexibility .

Category	Parameter	PREHAB Standard level	PREHAB Essential level
Body Composition	BMI	19.5 - 25 kg/m ²	18.5 – 21.9 kg/m ²
	Visceral Fat	< 11	< 8
	Total Fat Mass	Male: < 22%, Female: <32%	Male: 10-19%, Female: 20-30%
	Muscle Mass	Male: > 30%, Female: > 25%	Male: > 35%, Female: > 28%
	Waist-to-Hip Ratio	Male: < 1, Female: < 0.95	Male: < 0.9, Female: < 0.85
Physical & Performance	Grip Strength	Male: > 35 kg, Female: > 20 kg	Higher grip strength for longevity & injury prevention
	Single Leg Hip Thrust Hold	> 20 sec	> 30 sec (Higher hip & knee stability)
	Hip Rotations (In & Out)	> 70°	> 90° (Better mobility)
	Upper Back Mobility (CET Test)	> 18 cm	> 22 cm (Better spinal flexibility)
	Upper Body Stability (CCCT)	> 20 taps	> 25 taps (Improved neuromuscular control)
	Plank & Side Plank Hold	> 20 sec	> 45 sec (Stronger core & balance)
	Sit & Reach Test (Flexibility)	> 25 cm	> 30 cm (Lower injury risk, better mobility)
	6-minute walk test (VO2 max analysis)	Male: > 40, Female: > 35 mL/kg/min	Male: >50, Female > 45 mL/kg/min
	1-Minute Push-Up Test	Male: > 20, Female: > 12	Male: > 30, Female: > 20
	1-Minute Squat Test	Male: > 25, Female: > 20	Male: > 35, Female: > 30
Short physical performance battery test		> 65 years of age	
	Chair stand test (strength)	< 13 secs	<11secs
	4 stage balance tests (balance)	8 to 10 secs in each stage	>10secs in each stage
	Gait speed test (4 meter)	<6.2secs	<4.8secs

TAKING ACTION FOR BETTER PHYSICAL HEALTH

Now that you know what to measure, here's how to improve:

- **Start Small** – Begin with regular walking, stretching, and mobility exercises. These simple actions support joint function and reduce stiffness.
- **Prioritize Strength** – Incorporate strength training to build muscle, enhance stability, and prevent age-related muscle loss.
- **Stay Active Daily** – Stay active with bodyweight exercises, stair climbing, and tracking your daily steps and heart rate to build consistency.
- **Track Your Progress** – Monitor key physical markers (mobility, strength, posture) and adjust your routine as needed.
- **Seek Professional Guidance** – A structured rehab and training plan from qualified professionals helps prevent injury, manage pain, and boost overall resilience.



CONCLUSION

Physical health is more than just appearance — it's about how well we move, function, and feel every day. Health problems don't just affect the body — they affect life. Taking proactive steps today can prevent long-term health problems, lower medical costs, and enhance your quality of life.

So, where do you stand? Start by assessing your physical health markers and commit to small, consistent changes. Your future self will thank you!



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