

FIRST DOCUMENTED MIND/BODY GRADUATE



DORA SHAFFER, 94 YEARS OLD

MEASUREMENTS	BEFORE	AFTER	DIFFERENCE
HIP RANGE OF MOTION	RIGHT 90° LEFT —	RIGHT 95° LEFT 100°	5° —
ANKLE RANGE OF MOTION	RIGHT 25° LEFT 19°	RIGHT 40° LEFT 35°	15° 16°
QUADRACEP FLEXIBILITY (Front toe to floor)	LEFT 7.5" RIGHT 8.5"	LEFT 12.5" RIGHT 16"	5" 7.5"
HAMSTRING FLEXIBILITY (Heel to floor) Standing leg 3.5" away from wall	LEFT 12.5" RIGHT 8.5"	LEFT 16" RIGHT 13"	3.5" 4.5"
STAND AND REACH	LEFT 28 RIGHT —	LEFT 35 RIGHT 33	7" —

4 weeks training, 3 times a week, 1 hour each session