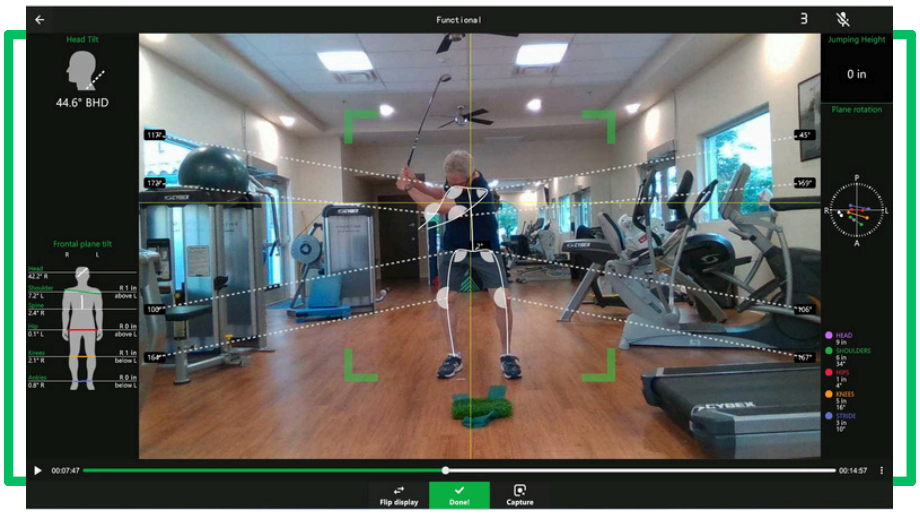
Kinetisense Movement & Balance Screening

What Is Kinetisense?

Kinetisense is an advanced movement and balance screening tool used as part of our wellness program at Fellowship Square Historic Mesa.
In just a few minutes, it evaluates posture, balance, and walking patterns to provide clear insight into how residents move; no sensors or wearable equipment required.



Resident completing a Kinetisense assessment, measuring golf swing.

What Kinetisense Helps Identify

- Balance and fall risk indicators
- Walking patterns and stability
- Joint mobility and symmetry
- Posture and alignment
- Areas of strength and support
- Small balance changes early
- Opportunities to personalize fitness plans
- Progress over time

What to Expect During an Assessment

During a Kinetisense assessment, residents complete a quick, guided screening using simple, natural movements. Results are reviewed immediately, with personalized recommendations to support individual fitness goals. Optional follow-up assessments are available to help track progress and continued improvement over time.

One more way we support residents in staying steady, strong, and engaged.

FELLOWSHIP SQUARE
HISTORIC MESA

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