

USER GUIDE

MMSx-SCAN

Eight scored domains, BFIS™ flaw grading and a Movement Intelligence Index out of 100 – the systematic clinical assessment, scored parameter by parameter on the phone and printed as an official report.

How to use the tool, step by step – in the TrainersEye app



What is MMSx-SCAN?

MMSx-SCAN™ is the TrainersEye Systematic Clinical Assessment Network, version 1.1 – a multidimensional movement intelligence assessment. It runs as a flow: Section A Subject ID, Section B History, then eight domains – Structural Integrity, Neuromechanical Intelligence, Breath & Energetic Regulation, Performance Function, Load Intelligence, Rehabilitation Velocity, Blueprint Precision and BFIS™ Flaw Intelligence – each scored parameter by parameter from 0 to 10 with a clinical observation, and each detected flaw graded 1 to 5. Results combines them into the Movement Intelligence Index out of 100 with its band, the BFIS penalty, the flaw density and the recommended protocol, and prints as the Movement Intelligence Assessment Report.

A flow, not a form

Welcome, Subject ID, History, Domains I–VII, BFIS™, Results – the menu walks the assessment in order and carries the live MII.

Scored parameter by parameter

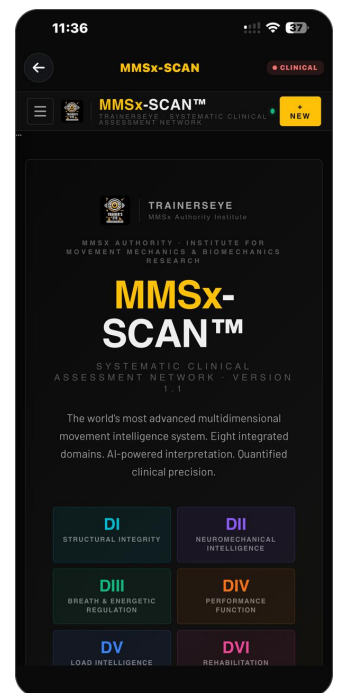
Every parameter is 0–10 with a clinical observation; each domain has its own scale – SAS /60, then NIQ, BES, PRI, LIS, RVS and EIS / 50.

Flaws graded

BFIS™ identifies, classifies and grades each detected fault 1–5 (– if absent) and penalises the index.

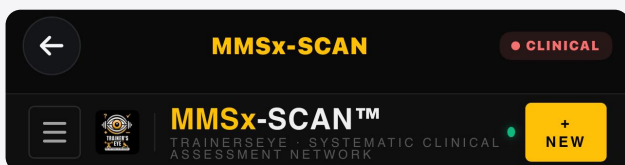
One index, one report

The MII out of 100 with its band and protocol, a card per domain, and the official report with Sections A and B.



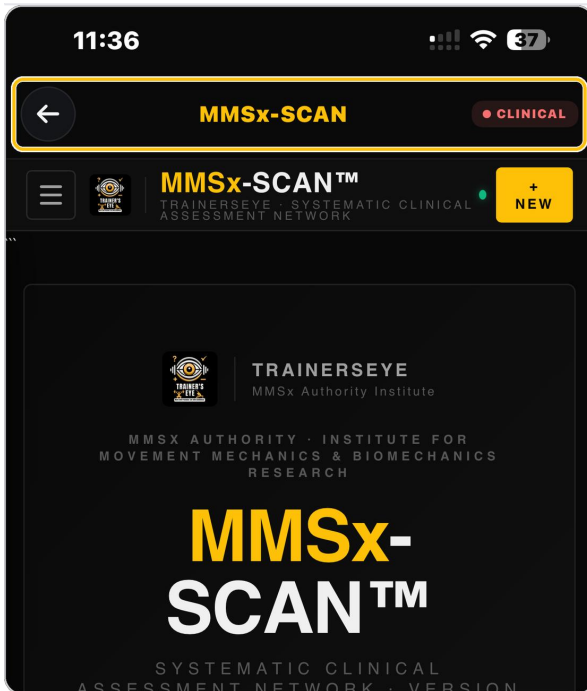
Where to find it

Open the TrainersEye app, go to the Dashboard and tap MMSx-SCAN. It is a Clinical-plan tool – the CLINICAL badge sits beside the title.



This guide in thirteen steps

- 1 Open the tool
- 2 The tool bar
- 3 The assessment flow
- 4 Welcome: the eight domains
- 5 Section A and Section B
- 6 Score a domain
- 7 Domain II
- 8 Domain V
- 9 Domain VI
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- 12 Results: the Movement Intelligence Index
- 13 Domain cards and the report



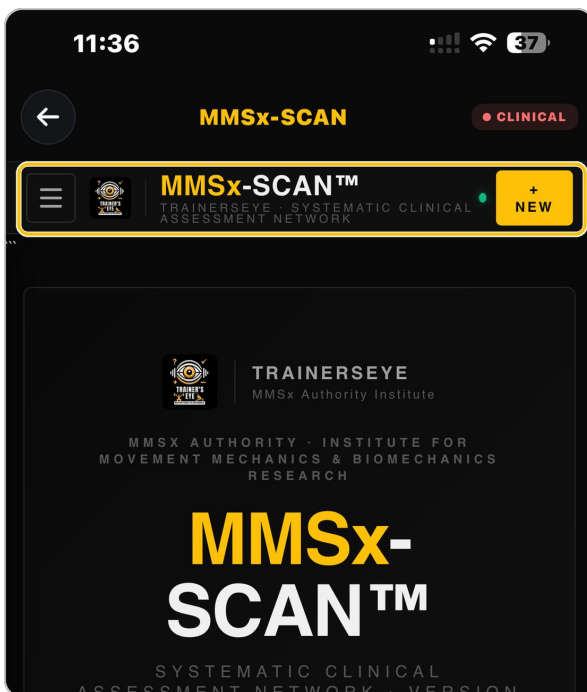
PART 1 · GETTING STARTED

STEP 1 Open the tool

From the Dashboard, tap MMSx-SCAN. It is a Clinical-plan tool – the CLINICAL badge sits beside the title. The tool bar beneath reads MMSx-SCAN™ – TrainersEye · Systematic Clinical Assessment Network.

TIP

MMSx-SCAN™ is version 1.1 – the version prints in the header of every report.



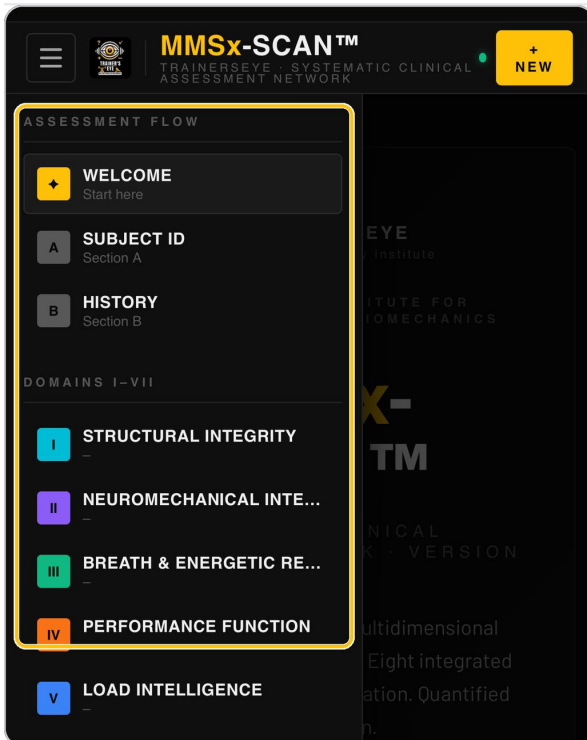
PART 1 · GETTING STARTED

STEP 2 The tool bar

The bar carries the ≡ menu, the Trainer's Eye mark, the tool name, a green live dot and + New. ≡ opens the assessment flow; + New starts a new assessment.

TIP

Start every subject with + New so the previous scores do not carry over.



PART 1 · GETTING STARTED

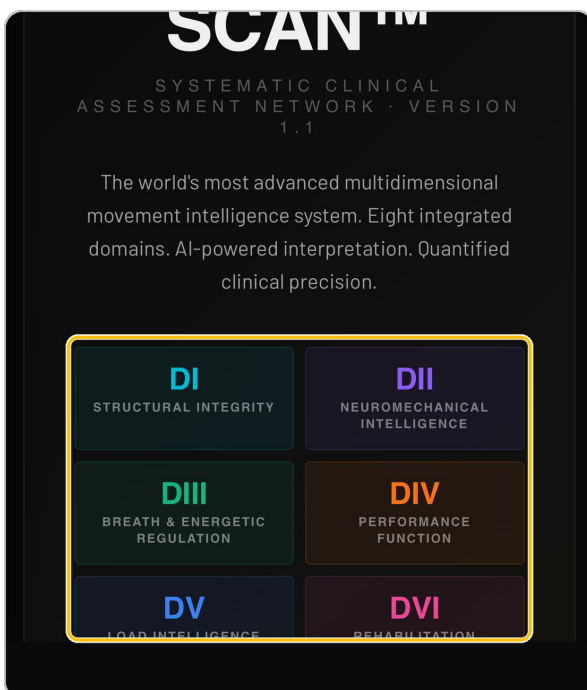
STEP 3

The assessment flow

The menu is the flow: Welcome (start here), A Subject ID, B History; Domains I-VII – Structural Integrity, Neuromechanical Intelligence, Breath & Energetic Regulation, Performance Function, Load Intelligence, Rehabilitation Velocity, Blueprint Precision; VIII BFIS™; MII Results. The Live MII score sits at the foot of the menu.

TIP

Work the flow top to bottom – the dash under each domain fills with its score as you go.



PART 2 · THE ASSESSMENT

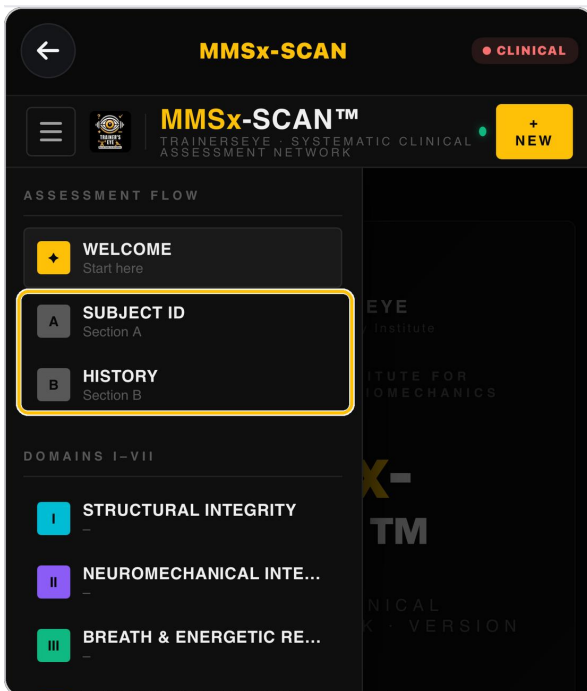
STEP 4

Welcome: the eight domains

Welcome frames the assessment – TrainersEye · MMSx Authority Institute, MMSx-SCAN™, Systematic Clinical Assessment Network, version 1.1: eight integrated domains, AI-powered interpretation, quantified clinical precision – and shows the domain tiles: DI Structural Integrity, DII Neuromechanical Intelligence, DIII Breath & Energetic Regulation, DIV Performance Function, DV Load Intelligence, DVI Rehabilitation Velocity, DVII Blueprint Precision and DVIII BFIS™.

TIP

Tap a tile or a menu entry to jump straight to that domain.

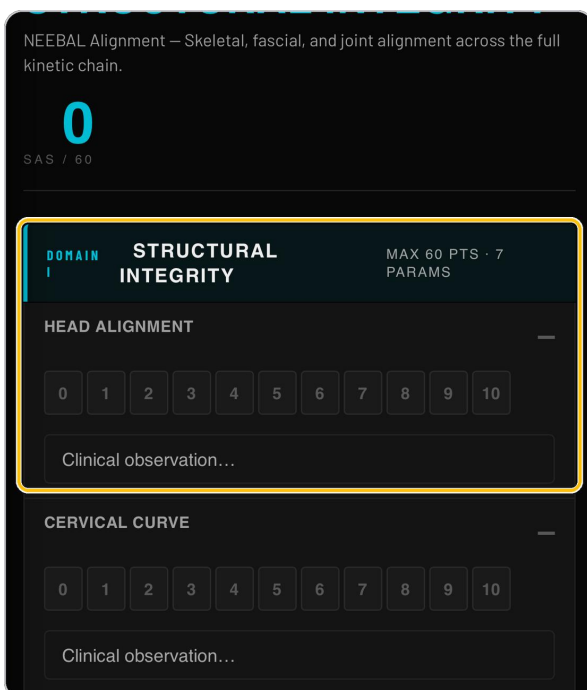

PART 2 · THE ASSESSMENT
STEP 5

Section A and Section B

Subject ID records the subject: full name, MMSx ID, type (such as Performance), age, gender, dominant side, height, weight and occupation. History records the clinical context: pain VAS, sleep, training per week, chief complaint, previous injuries, surgery, limitations and physio history. Both print as Sections A and B of the report.

TIP

The MMSx ID and the IMSO number identify the record – fill them in before you score.


PART 2 · THE ASSESSMENT
STEP 6

Score a domain

Each domain opens on its title, description and running score – Domain I Structural Integrity, NEEBAL alignment, 0 SAS / 60 – then its parameter card: Max 60 pts · 7 params. Score each parameter 0 to 10 and write the clinical observation beneath it – Head alignment, Cervical curve, Thoracic curve and on. The domain score updates as you tap.

TIP

The – at the right of each parameter collapses it once it is scored.

PART 2 · THE ASSESSMENT

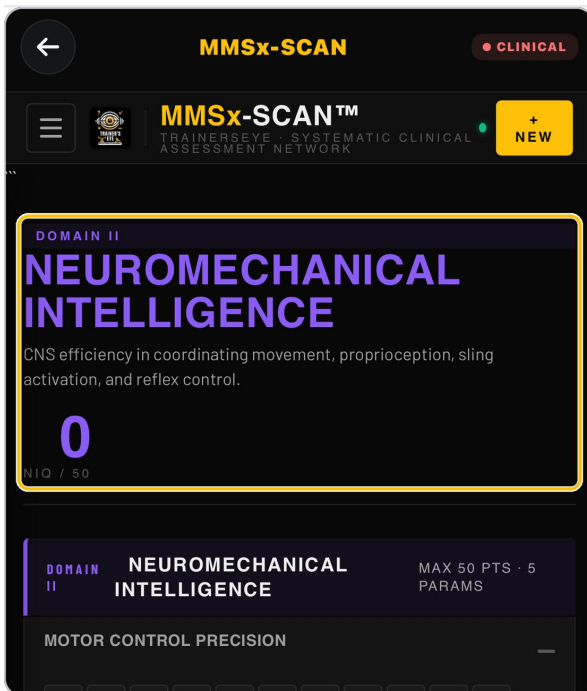
STEP 7

Domain II

Neuromechanical Intelligence — CNS efficiency in coordinating movement, proprioception, sling activation and reflex control — NIQ / 50, five parameters: Motor control precision, Proprioceptive stability, Reflex control and on.

TIP

Domains III Breath & Energetic Regulation (BES) and IV Performance Function (PRI) follow the same pattern, out of 50.


PART 2 · THE ASSESSMENT

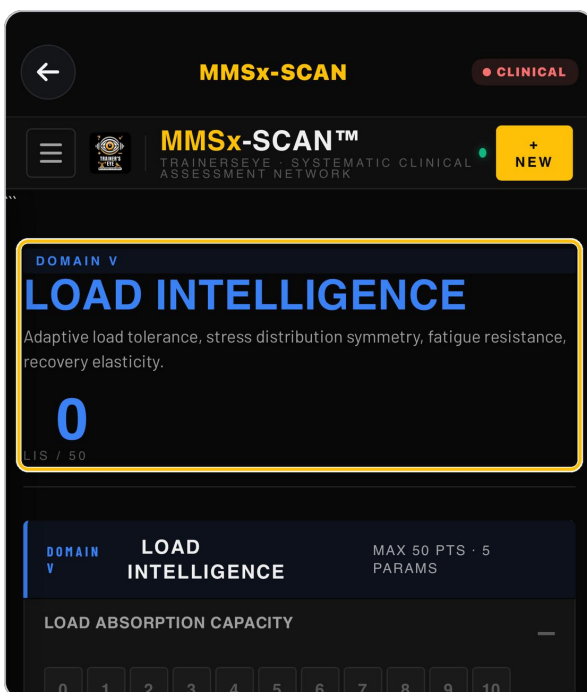
STEP 8

Domain V

Load Intelligence — adaptive load tolerance, stress distribution symmetry, fatigue resistance, recovery elasticity — LIS / 50, five parameters: Load absorption capacity, Stress distribution symmetry, Fatigue resistance and on.

TIP

Score what you saw under load, and say so in the observation.



PART 2 · THE ASSESSMENT

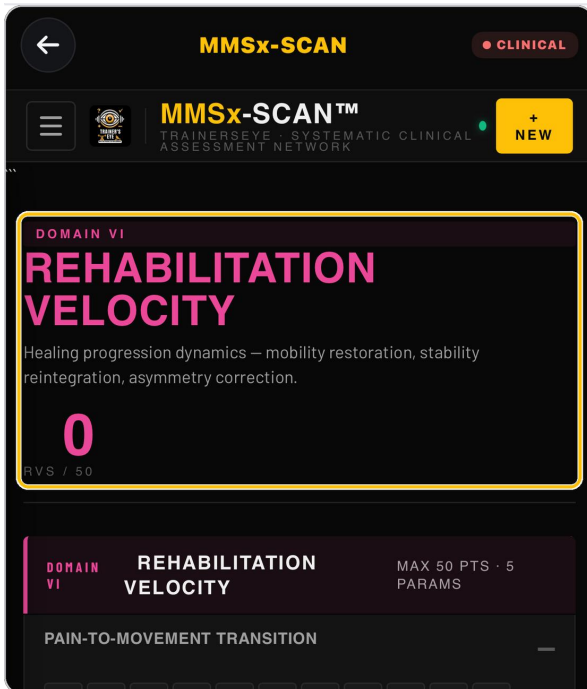
STEP **9**

Domain VI

Rehabilitation Velocity – healing progression dynamics: mobility restoration, stability reintegration, asymmetry correction – RVS / 50, five parameters: Pain-to-movement transition, Mobility restoration, Stability reintegration and on.

TIP

Each domain's code – SAS, NIQ, BES, PRI, LIS, RVS, EIS – is what the report's bars carry.



PART 2 · THE ASSESSMENT

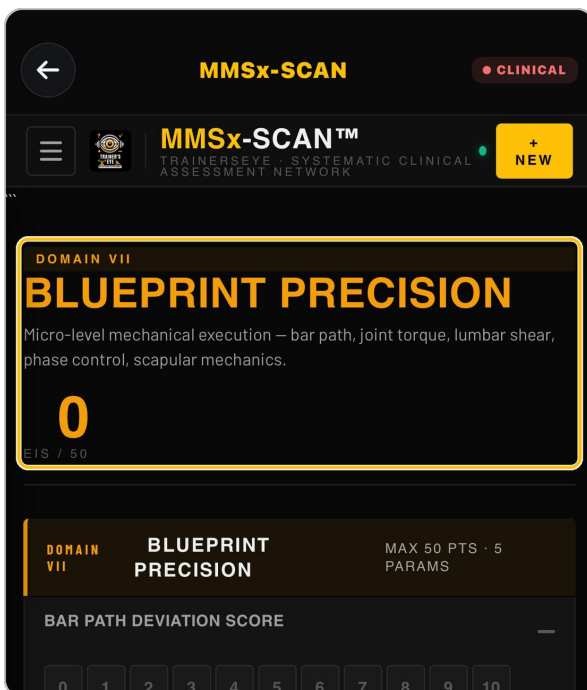
STEP **10**

Domain VII

Blueprint Precision – micro-level mechanical execution: bar path, joint torque, lumbar shear, phase control, scapular mechanics – EIS / 50, five parameters: Bar path deviation score, Joint torque irregularity, Lumbar shear strain index and on.

TIP

Seven scored domains make 360 points before the flaw penalty – SAS 60 plus six domains of 50.



INTELLIGENCE

Biomechanical Flaw Intelligence System — Identify, classify, and grade each detected movement fault. Set to 0 (-) if flaw is absent.

0
FDS / 50

LUMBAR ROUNDING

BFC-01 Movement observed, context, notes...

— 1 2 3 4 5

KNEE VALGUS COLLAPSE

BFC-02 Movement observed, context, notes...

— 1 2 3 4 5

SCAPULAR WINGING

PART 3 · FLAWS AND THE INDEX

STEP 11

Domain VIII: BFIS™

BFIS™ Flaw Intelligence — the Biomechanical Flaw Intelligence System: identify, classify and grade each detected movement fault, FDS / 50. Each flaw carries its code — BFC-01 Lumbar rounding, BFC-02 Knee valgus collapse, BFC-03 Scapular winging, Hip hinge failure and on — a notes field for the movement observed and its context, and a grade 1 to 5; leave — if the flaw is absent.

TIP

A graded flaw penalises the index — grade only what you saw.

INTELLIGENCE INDEX

Assessment complete. Review your full movement intelligence profile.

MOVEMENT INTELLIGENCE INDEX · MMSX-SCAN™ V1.1 · TRAINERSEYE

Subject

0 /100

HIGH INJURY RISK

-0
BFIS PENALTY

0/50
FLAW DENSITY

MOVE
PROTOCOL

DOMAIN I **SAS**
STRUCTURAL INTEGRITY

DOMAIN II **NIQ**
NEUROMECHANICAL INTELLIGENCE

PART 3 · FLAWS AND THE INDEX

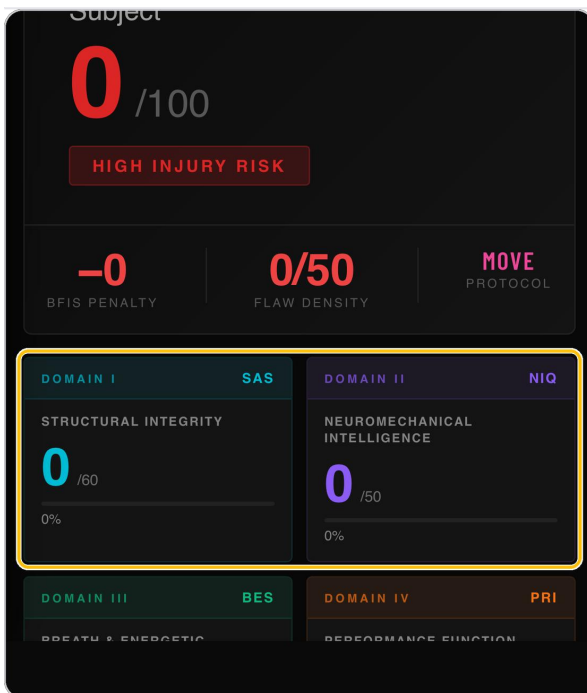
STEP 12

Results: the Movement Intelligence Index

Results opens the MII report: the Movement Intelligence Index out of 100 with its band — High injury risk at the bottom, Dysfunction present at 50 in the sample report — the BFIS penalty, the flaw density FDS / 50 and the recommended protocol, MOVE. Assessment complete: review the full movement intelligence profile.

TIP

An empty assessment reads 0/100, High injury risk — the index is only as complete as the scoring.



PART 4 · THE REPORT

 STEP **13**

Domain cards and the report

Beneath the index, one card per domain – Domain I SAS 0/60 0%, Domain II NIQ /50 and on – with its score, its maximum and a percentage bar. The report prints as the Movement Intelligence Assessment Report, Form MMSX-SCAN-CF-01: a header with date, IMSO number and assessor, the MII card with band, subject, protocol, BFIS penalty and FDS, the seven domain bars, and Sections A and B.

TIP

The printed report is one page – the parameter observations stay in the app record.



You're ready

That's it. Tap + New, fill Sections A and B, score the domains and read the index.

Move with **Precision.** Live with **Confidence.**

MMSX-SCAN IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

MMSx-SCAN™ · MMSx Authority Institute for Movement Mechanics & Biomechanics Research · Backed by MMSx Authority Institute
Clinical assessment tool for trained assessors — the MII, its bands and the recommended protocol are decision support built from the assessor's own scores; they do not replace clinical judgement or medical diagnosis.