



DexaFit Scottsdale Expands Access to 3D Movement Analysis Across Service Areas

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DexaFit Scottsdale has announced the availability of its three-dimensional movement assessment across its additional locations, providing individuals with a detailed evaluation of how their bodies move during functional activities. The service uses motion capture technology to analyze joint mobility, posture, and movement patterns in real time.

The expansion reflects the Scottsdale-based facility's continued effort to provide objective insights into physical performance and injury prevention. By incorporating three-dimensional analysis, the assessment offers a more detailed perspective than traditional movement screenings that rely primarily on observation.

The system tracks the body through a series of controlled exercises, capturing data on how joints and muscles interact during movement. These exercises evaluate common functional patterns such as squatting, reaching, and rotational movement. The resulting analysis highlights movement efficiency, asymmetries, and potential limitations.

Unlike standard flexibility or mobility tests, the assessment generates measurable data points that can be tracked over time. This allows individuals to monitor changes in movement quality and identify trends as they progress through training or recovery.

The report includes metrics related to range of motion, joint alignment, and compensatory patterns. These findings provide insight into how the body adapts during movement and may help explain inefficiencies that affect performance or contribute to physical strain.

Chris Brubaker, owner of DEXAFIT Scottsdale, stated that understanding movement patterns is a critical component of physical assessment. "Evaluating how the body moves provides information that is often not captured through traditional methods," Chris Brubaker said. "Objective measurement allows individuals to identify limitations and monitor improvements with greater accuracy."

The assessment is designed for a broad range of individuals, including athletes, active adults, and those recovering from injury. The collected data can help identify areas where movement may be restricted or unbalanced, which may influence both performance and long-term joint function.

The process is non-invasive and typically completed within a short session. Participants receive a visual report outlining key findings, which can be used independently or shared with fitness and healthcare professionals. This information supports a more structured approach to improving movement quality.

In addition to identifying limitations, the assessment establishes a baseline for future comparison. This baseline is particularly useful for individuals beginning a new program or returning after a period of inactivity. Repeat assessments allow for measurable tracking of changes in mobility and coordination over time.

In some cases, movement inefficiencies may not be noticeable during routine activity but can become more apparent under structured evaluation. By capturing motion from multiple angles, the system provides a clearer picture of how the body responds during controlled tasks. This added visibility can support more precise adjustments in training or rehabilitation programs, particularly when addressing recurring limitations or asymmetrical patterns.

The introduction of this service reflects broader trends in health and fitness, where movement quality is increasingly recognized as an important factor in performance and overall well-being. Tools that provide measurable data are becoming more relevant as individuals seek greater clarity in their physical condition.

DEXAFIT Scottsdale continues to integrate movement analysis with its other services, including body composition and cardiovascular testing. This combined approach provides a more complete picture of

physical health.

With expanded access to its 3D movement assessment, DexaFit Scottsdale is increasing the availability of detailed movement analysis for individuals seeking objective insight into how their bodies function during activity.

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DexaFit Scottsdale

At DexaFit Scottsdale, clients tap into precision health data to improve fitness, longevity, and body composition. Services include DEXA scans, VO2 Max testing, Resting Metabolic Rate analysis, and 3D Movement Assessments enhanced by AI insights.

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