



See — and strengthen — the physical capacity of your workforce.

Work makes physical demands on the body every day. Most organisations can't see whether their workforce has the **movement capacity** to meet them — until it appears as injury, absence or cost. **MR-CAS makes it visible**, and helps you act earlier.

THE METHODOLOGY

MR-CAS — the Musculoskeletal Risk Capacity Audit System — is a preventative system that measures your workforce's movement capacity against the **real physical demands** of their roles, then turns individual findings into **anonymised organisational insight**.

HOW IT WORKS IN YOUR ORGANISATION

1

Discover

Job families, physical demands, existing services & goals.

2

Assess

Structured movement-capacity screening of selected teams.

3

Guide

Clear, personalised feedback for each employee.

4

Intervene

Education, mobility workshops & targeted programs.

5

Reassess

Repeat key measures to track change over time.

6

Report

Anonymised, aggregated insight & recommendations.

WHAT YOUR ORGANISATION GETS



Earlier insight

See movement-capacity patterns before they become injury, absence or restriction.



Targeted action

Direct education and support to the teams that need it most.



Measurable outcomes

Baseline & reassessment data shows participation and change.



Employee engagement

People become participants in their own physical health — confidentially.

BUILT TO COMPLEMENT

Adds the missing movement-capacity layer alongside your Occupational Health, Physiotherapy, Health & Safety, Wellbeing and Ergonomics — it does not replace them.

WHAT WE MEASURE

Joint mobility

Active range control

Movement variability

Positional tolerance

Task-related demands

Recurring discomfort

Capacity priorities

PRIORITY SECTORS — HIGH PHYSICAL-DEMAND INDUSTRIES

Oil & Gas

Water Utilities

Mining

Energy & Power

Construction

Aviation

Logistics

Manufacturing

Emergency Services

Defence

PRIORITY REGIONS

UAE

Saudi Arabia

Qatar

Australia

Singapore

United Kingdom

Europe

North America

MR-CAS is a preventative workforce movement-capacity system. It does not diagnose medical conditions or replace occupational health, physiotherapy or safety services — it focuses on visibility, targeted support and measurable outcomes, not unsubstantiated promises.

MEASURE · UNDERSTAND · PREVENT · PERFORM

START SMALL, PROVE IT

Begin with a defined workforce pilot.

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Akil Ali Bilal — Founder & Principal Consultant · 20+ years in movement & performance · 40+ countries · FRC · Kinstretch · FRA



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