

# LEVEL 1 – QUALIFIED SOZO THERAPIST

## Body Composition

All therapists for all patients.

Baseline measurements and trends lead to improved clinical decisions.

### FIRST MEASUREMENT

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- STEP 1** Take SOZO measurement and set baselines for:
- **Muscle** - Skeletal Muscle Mass (SMM)
  - **Fluid** - Total Body Water (TBW) = Intracellular Fluid (ICF) + Extracellular Fluid (ECF)
  - **Fat** – Fat Mass (FM)
  - **Phase Angle**
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- STEP 2**
- Explain and discuss key outputs
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- STEP 3**
- Complete Body Composition Progress Report.
  - Set goals for key outputs.
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### FOLLOW-UP MEASUREMENTS

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- STEP 1** Take SOZO measurement:
- **Muscle** – Skeletal Muscle Mass (SMM)
  - **Fluid** – Total Body Water (TBW) = Intracellular Fluid (ICF) + Extracellular Fluid (ECF)
  - **Fat** – Fat Mass (FM)
  - **Phase Angle**
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- STEP 2**
- Explain and discuss key outputs
  - Review trends
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- STEP 3**
- Complete Body Composition Progress Report.
  - Review and revise goals.
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# Understanding SOZO Body Composition

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## Total Body Water (TBW)

- TBW: All fluid in the body.

### Why it matters?

- In a healthy person, the majority of body weight is fluid.
  - It is important to monitor closely over time.
  - Large changes should be reviewed by the clinician and addressed as needed.
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## Extracellular Fluid (ECF) & Intracellular Fluid (ICF)

- ECF: All fluid outside the cells, for example the fluid in the blood.
- ICF: All fluid inside the cells, for example the fluid in the muscle.
- A healthy person typically has more ICF than ECF.

### Why it matters?

- Excess ECF can be caused by swelling or certain diseases, such as cancer, malnutrition, and heart failure.
  - ICF is the majority of fluid in healthy adults. The majority of ICF is in muscle.
  - Decreases in ICF volume are often due to muscle loss.
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## Skeletal Muscle Mass (SMM)

- SMM: All of the muscle that helps us move *“the stuff we need to keep & build”*

### Why it matters?

- SMM is important for good health and energy to participate in life’s activities.
  - Decreases in SMM can be caused by inactivity, poor nutrition, and diseases such as cancer, heart failure, or chronic obstructive pulmonary disease.
  - People often lose SMM as they age.
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## Fat Mass (FM)

- FM: All of the fat in the body.

### Why it matters?

- Measuring body fat gives a complete picture of body composition.
  - Fat helps protect the body and is an energy source when we need it, such as when fighting diseases like cancer.
  - Excess fat can increase the risk of certain diseases.
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## Phase Angle

### Why it matters?

- Thought to represent overall cellular health and function.
  - The higher the degree, the healthier the cells.
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