

PROFILE ASSESSMENT

Rogério Antunes

15th April, 2024

PROFILE INFORMATION

NAME	Rogério Antunes
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	22 nd August, 1971
GENDER	Male
HEIGHT	181cm / 71in
WEIGHT	92kg / 203lb
AGE	52



Standing Posture

Posture and Stability Assessment

Standing Posture is a baseline postural assessment that can provide insight into an individual's structural balance, alignment, and postural strategy.

RESULTS

BALANCE SNAPSHOT



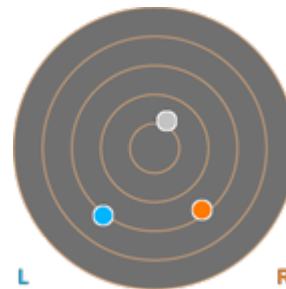
SIDETRAK POSTURAL DEVIATION (SAGITTAL PLANE/SIDE VIEW)



KEY RESULTS

Neck lateral flexion	1.9° Right ▼
Trunk lateral flexion	0.3° Right ▼
Pelvis Lateral Tilt	0.3° Left ▼
Trunk Flexion	1.9° Posterior

SWAYTRAK MOVEMENT PATHS (KNEES AND CENTRE OF MASS)



PRACTITIONER COMMENTS



Single Leg Stand

Balance Assessment

Standing balance over time is assessed while standing on one leg.

Eyes Open
Surface Stable
Time 10.0 s

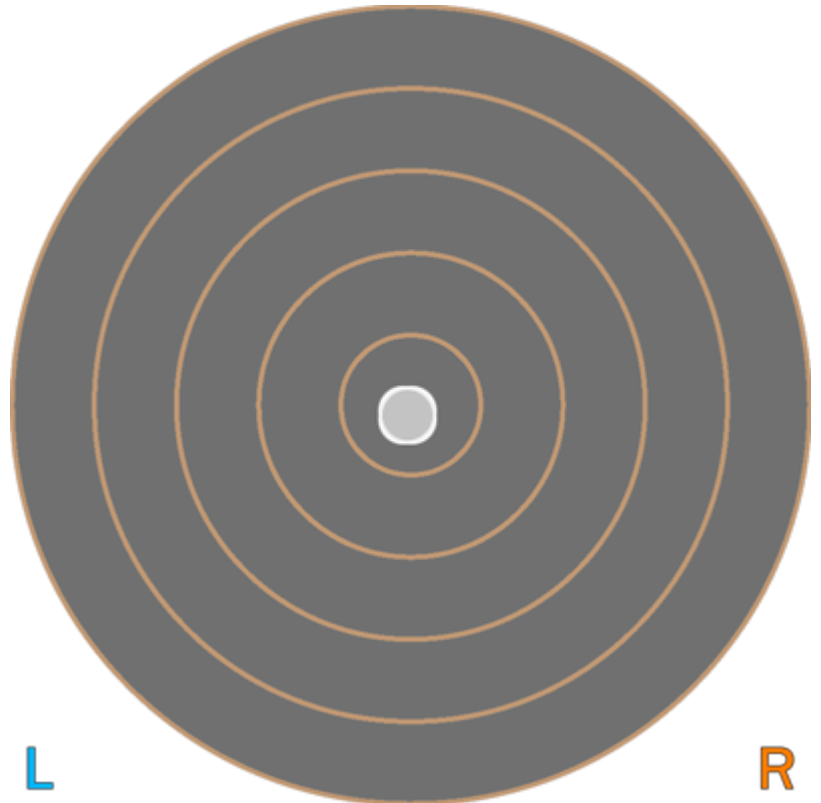
RESULTS

BALANCE RESULTS (LEFT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

RESULTS

Ellipse Area

0.39 cm²

COM Path Length

17.08 cm

Range – ML

1.56 cm

Range – AP

2.53 cm

Pelvis Lateral Tilt

2.7° Left ▼

Trunk lateral flexion

2.2° Left ▼

PRACTITIONER COMMENTS




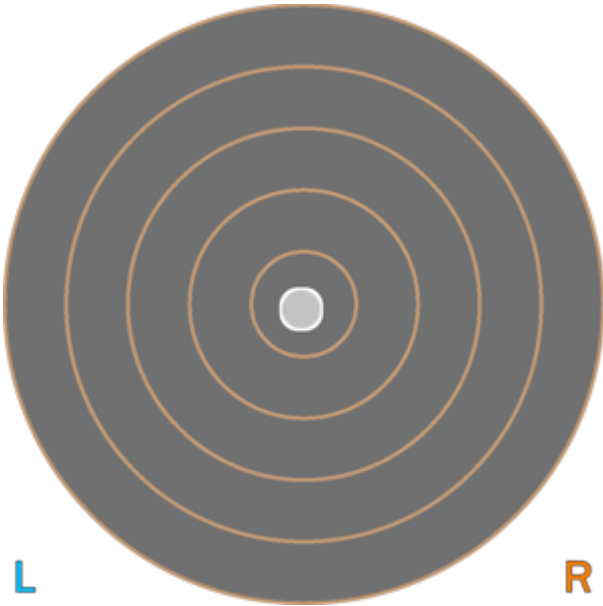
Single Leg Stand

Balance Assessment

Standing balance over time is assessed while standing on one leg.

Eyes Open
Surface Stable
Time 10.0 s

RESULTS

BALANCE RESULTS (RIGHT)	
SNAPSHOT – START OF TEST	CENTER OF MASS PATH
	
KEY METRICS	RESULTS
Ellipse Area	0.19 cm-2
COM Path Length	12.55 cm
Range – ML	0.97 cm
Range – AP	1.93 cm
Pelvis Lateral Tilt	5.3° Right ▼
Trunk lateral flexion	3.6° Right ▼
PRACTITIONER COMMENTS	




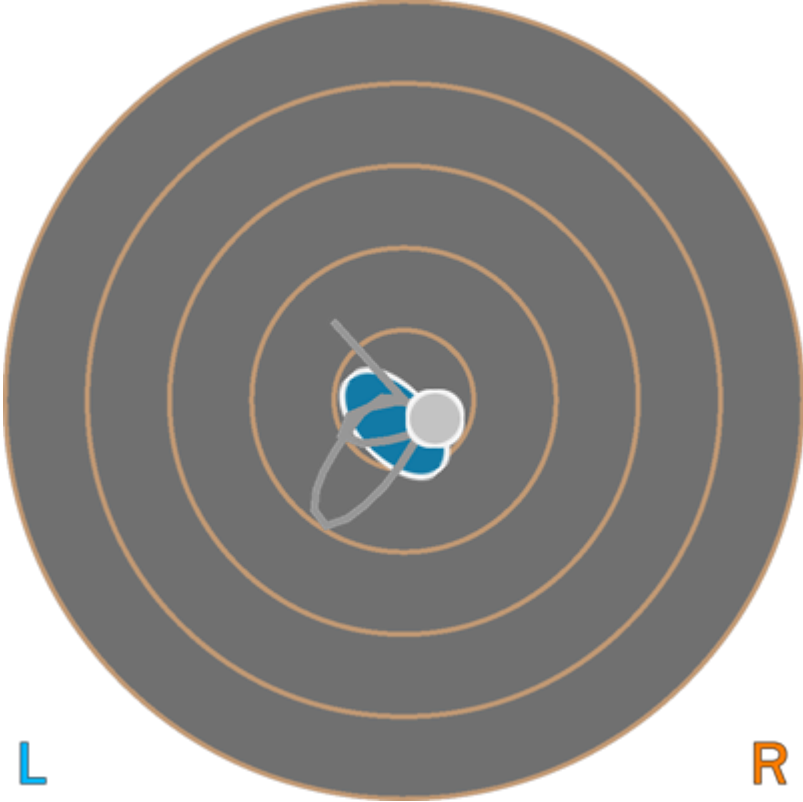
Tandem Stand

Balance Assessment

Standing balance over time is assessed with one foot directly in front of the other.

Eyes	Open
Surface	Stable
Time	10.0 s

RESULTS

BALANCE RESULTS (LEFT)	
SNAPSHOT – START OF TEST	CENTER OF MASS PATH
	
KEY METRICS	RESULTS
Ellipse Area	38.88 cm-2
COM Path Length	106.48 cm
Range – ML	15.33 cm
Range – AP	17.89 cm
Pelvis Lateral Tilt	0.0° Left ▼
Trunk lateral flexion	0.5° Left ▼
PRACTITIONER COMMENTS	




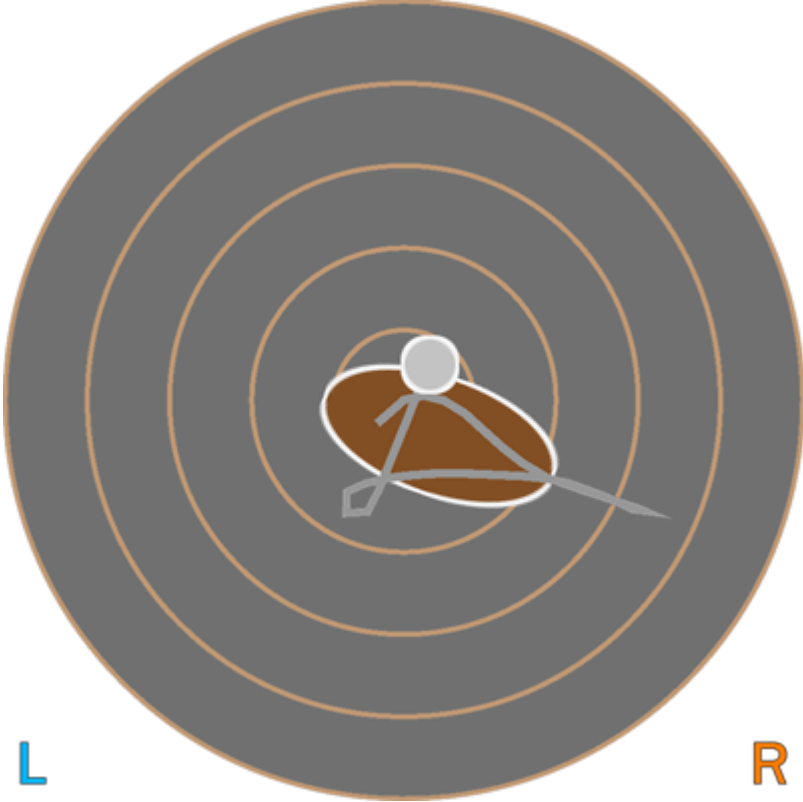
Tandem Stand

Balance Assessment

Standing balance over time is assessed with one foot directly in front of the other.

Eyes Open
Surface Stable
Time 10.0 s

RESULTS

BALANCE RESULTS (RIGHT)	
SNAPSHOT – START OF TEST	CENTER OF MASS PATH
	
KEY METRICS	RESULTS
Ellipse Area	56.45 cm-2
COM Path Length	134.05 cm
Range – ML	40.87 cm
Range – AP	17.56 cm
Pelvis Lateral Tilt	0.4° Left ▼
Trunk lateral flexion	0.8° Left ▼
PRACTITIONER COMMENTS	



Cervical Spine Flexion/Extension

Range of Motion Assessment

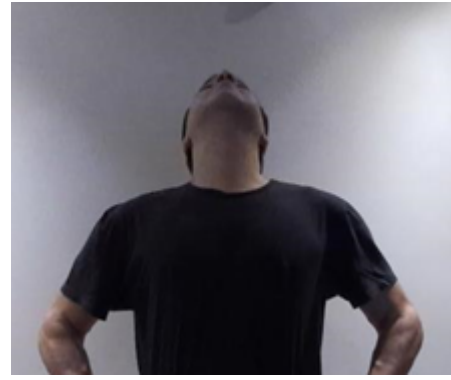
Cervical Spine Flexion (forward) / Extension (backwards) calculated by taking the inclination of the head relative to the line of the trunk in the sagittal plane (side view).

RESULTS

PEAK FLEXION SNAPSHOT



PEAK EXTENSION SNAPSHOT



KEY RESULTS	STARTING POSITION	PEAK FLEXION	PEAK EXTENSION	TOTAL RANGE
Flexion/Extension	0.0°	37.4°	6.7°	44.0°
Trunk Flexion	7.0° Posterior	4.8° Posterior	9.7° Posterior	N/A
Trunk lateral flexion	1.7°	1.1° Right ▼	0.6° Right ▼	N/A

PRACTITIONER COMMENTS



Cervical Spine Lateral Flexion

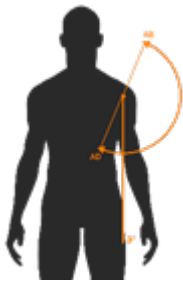
Range of Motion Assessment

Cervical Spine Lateral Flexion (left and right) is calculated by taking the inclination of the head relative to the line of the trunk in the frontal plane (front view).

RESULTS

PEAK LEFT LATERAL FLEXION		PEAK RIGHT LATERAL FLEXION	
			
KEY RESULTS	PEAK FLEXION (LEFT)	PEAK FLEXION (RIGHT)	IMBALANCE
Lateral Flexion	20.9°	29.7°	+8.8°
Trunk Flexion	8.5° Posterior	5.5° Posterior	N/A
Trunk lateral flexion at Peak Flexion	3.1° Left ▼	7.6° Right ▼	+4.4°

PRACTITIONER COMMENTS



Shoulder Adduction/Abduction

Range of Motion Assessment

Shoulder Adduction/Abduction is calculated by taking the angle created by the humerus (upper arm) relative to the line of the trunk in the frontal plane (front view).

RESULTS

PEAK ADDUCTION		PEAK ABDUCTION	
LEFT	RIGHT	LEFT	RIGHT
KEY RESULTS	LEFT	RIGHT	IMBALANCE
Shoulder Adduction	56.9°	72.2°	+15.2°
Shoulder Abduction	188.4°	184.5°	+3.9°
Trunk lateral flexion at Peak Abduction	7.2° Right ▼	7.7° Left ▼	+0.4°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

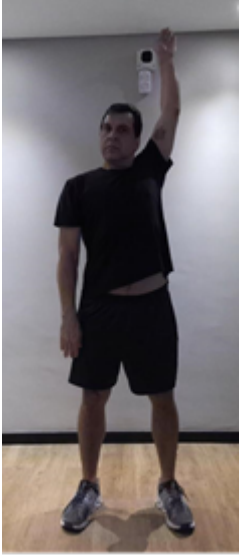

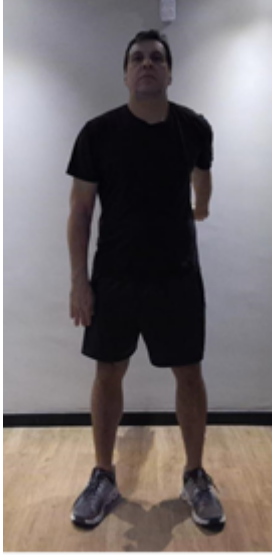
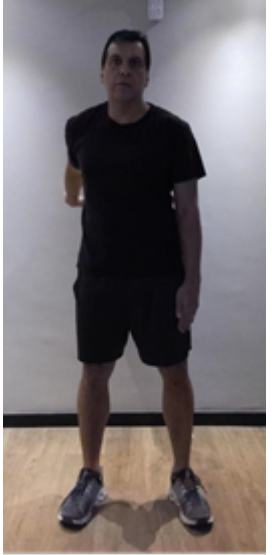


Shoulder Flexion/Extension

Range of Motion Assessment

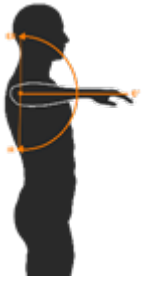
Shoulder Flexion/Extension is calculated by taking the angle created by the humerus (upper arm) relative to the line of the trunk in the sagittal plane (side view).

RESULTS

PEAK FLEXION		PEAK EXTENSION	
LEFT	RIGHT	LEFT	RIGHT
			
KEY RESULTS	LEFT	RIGHT	IMBALANCE
Shoulder Flexion	202.9°	196.2°	+6.7°
Shoulder Extension	53.3°	63.2°	+10.0°
Trunk lateral flexion at Peak Flexion	2.9° Right ▼	0.7° Left ▼	+2.3°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)



Shoulder Internal/External Rotation

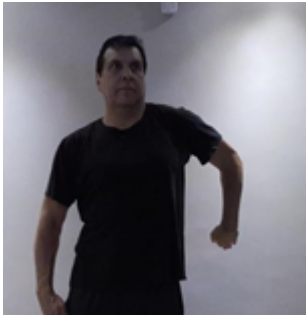
Range of Motion Assessment

Shoulder Internal/External Rotation calculated by taking the angle created by the forearm relative to horizontal in the sagittal plane (side view).

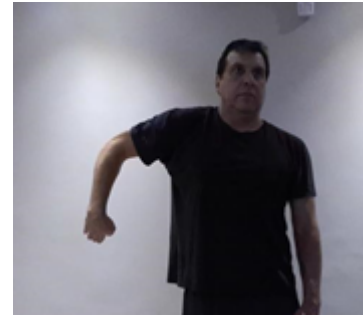
RESULTS

PEAK INTERNAL ROTATION

LEFT



RIGHT



PEAK EXTERNAL ROTATION

LEFT



RIGHT



KEY RESULTS

LEFT

RIGHT

IMBALANCE

Shoulder Internal Rotation

87.9°

71.6°

+16.3°

Shoulder External Rotation

107.4°

107.6°

+0.2°

Total ROM

195.3°

179.2°

+16.1°

Trunk lateral flexion
at Peak Internal Rotation

0.6° Right ▼

0.2° Left ▼

+0.3°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)







Squat

Lower Body Dynamic Assessment

Squat is a dynamic movement assessment providing insight into an individual's balance, stability, flexibility, and strength.

RESULTS

SNAPSHOTS

START	REP 1: PEAK KNEE FLEXION	REP 2: PEAK KNEE FLEXION	REP 3: PEAK KNEE FLEXION
			
KEY RESULTS	REP 1	REP 2	REP 3
Peak Knee Flexion (Left)	130.7°	137.4°	136.7°
Peak Knee Flexion (Right)	131.3°	138.1°	138.5°
Spine Tilt at Peak Knee Flexion	45.5° Anterior	39.9° Anterior	41.9° Anterior
Trunk lateral flexion at Peak Knee Flexion	2.1° Right ▼	2.6° Right ▼	4.0° Right ▼

PRACTITIONER COMMENTS





Overhead Squat

Lower Body Dynamic Assessment

Overhead squat is a dynamic movement assessment providing insight into an individual's balance, stability, flexibility, and strength.

RESULTS

SNAPSHOTS

START	REP 1: PEAK KNEE FLEXION	REP 2: PEAK KNEE FLEXION	REP 3: PEAK KNEE FLEXION
			

KEY RESULTS

	REP 1	REP 2	REP 3
Peak Knee Flexion (Left)	134.1°	136.0°	133.2°
Peak Knee Flexion (Right)	131.8°	134.8°	134.5°
Trunk Flexion at Peak Knee Flexion	27.2° Anterior	29.0° Anterior	26.1° Anterior
Trunk lateral flexion at Peak Knee Flexion	0.6° Right ▼	1.7° Right ▼	1.0° Right ▼

PRACTITIONER COMMENTS



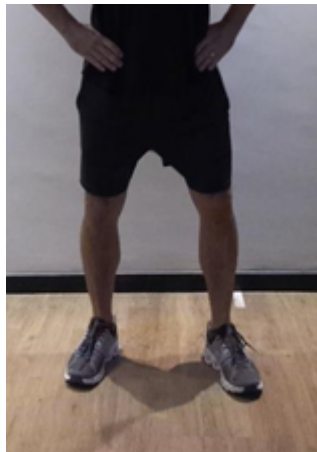
Countermovement Jump

Lower Body Dynamic Assessment

The Countermovement Jump assesses the landing posture during an explosive dynamic exercise.

RESULTS

PEAK KNEE FLEXION after landing



KEY METRICS (TORSO)

Jump Height 28.74 cm

Peak Spine Tilt after landing 13.2° Anterior

Peak Lateral Spine Tilt after landing 1.8° Left

Peak Lateral Pelvic Tilt after landing 2.2° Right

KEY METRICS (LEGS)

LEFT LEG

RIGHT LEG

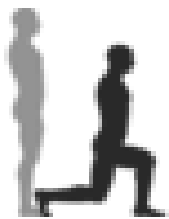
ASYMMETRY

Peak Hip Flexion after landing 40.6° 42.1° 3.6%

Peak Knee Flexion after landing 52.9° 59.5° 11.1%

Peak Knee Valgus/Varus after landing 24.5° Varus 23.3° Varus 4.8%

PRACTITIONER COMMENTS



Lunge

Lower Body Dynamic Assessment

The Lunge assesses the strength and range of motion of the knees and hips.

RESULTS

PEAK KNEE FLEXION			
LEFT		RIGHT	
			
KEY METRICS	LEFT LEG	RIGHT LEG	ASYMMETRY
Peak Hip Flexion	100.4°	76.8°	23.6%
Peak Knee Flexion	122.0°	106.7°	12.5%
Peak Spine Lateral Tilt	3.7° Posterior	1.2° Posterior	N/A
Peak Pelvic Lateral Tilt	4° Right	0.3° Left	N/A
PRACTITIONER COMMENTS (LEFT)		PRACTITIONER COMMENTS (RIGHT)	



30 Second Sit To Stand

Lower Body Dynamic Assessment

30 Second Sit To Stand is an assessment that provides information on function leg power and strength of participants.

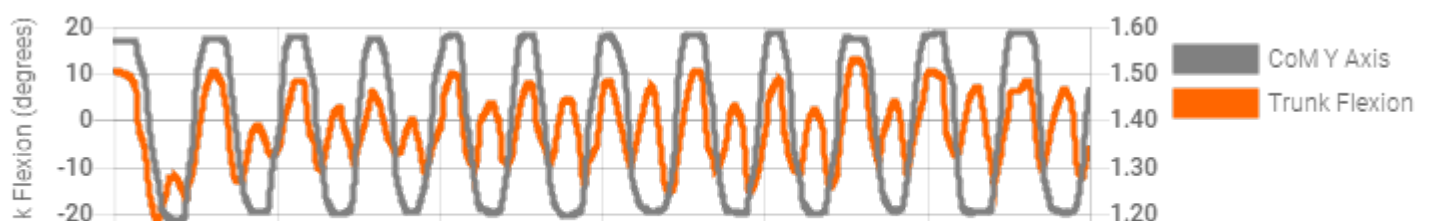
RESULTS

KEY RESULTS	OVERALL
Successful Repetitions	12
Peak Knee Extension	L 3.0° R 3.8°
Knee Displacement	L 12.4 cm R 11.8 cm
Peak Lateral Trunk Flexion	5.0° Right ▼

SNAPSHOTS

START	1st REP: PEAK TRUNK FLEXION	Q1 REP: PEAK TRUNK FLEXION	MEDIAN REP: PEAK TRUNK FLEXION	Q3 REP: PEAK TRUNK FLEXION	LAST REP: PEAK TRUNK FLEXION

KEY METRICS	1st REP	Q1 REP	MEDIAN REP	Q3 REP	LAST REP
Knee-Ankle Separation Ratio	1.4	0.8	1.3	1.3	1.4
Lateral Trunk Flexion	2.9° Right ▼	2.1° Right ▼	2.6° Right ▼	2.7° Right ▼	2.1° Right ▼
Knee Flexion	L 73.1° R 74.7°	L 5.1° R 4.7°	L 68.9° R 72.7°	L 71.4° R 74.9°	L 73.8° R 76.4°
Hip Flexion	L 48.4° R 48.1°	L 11.6° R 12.0°	L 51.4° R 53.3°	L 51.5° R 51.4°	L 53.4° R 53.0°
Trunk Flexion	2.9° Posterior	2.1° Posterior	2.6° Posterior	2.7° Posterior	2.1° Posterior







Drop Jump

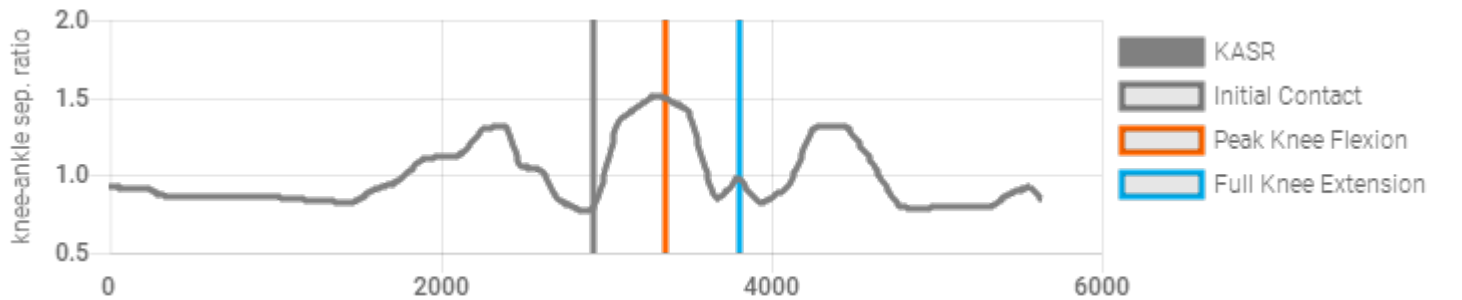
Lower Body Dynamic Assessment

Drop Jump is used to assess coordination, balance, joint stability and power, requiring the patient to drop from a box or platform and transition from landing into an explosive jump .

Height unspecified

RESULTS

PHASE	Initial Contact	Peak Knee Flexion
SNAPSHOTS		
Result		
Knee-Ankle Separation Ratio	0.8	1.5
Hip Flexion (Left)	19.0°	107.4°
Hip Flexion (Right)	20.5°	104.9°
Knee Flexion (Left)	15.0°	105.3°
Knee Flexion (Right)	17.5°	108.4°



PRACTITIONER COMMENTS



Single Leg Squat

Lower Body Dynamic Assessment

Single Leg Squat is a dynamic movement assessment that provides insight into an individual's balance, stability, flexibility, and strength.

RESULTS




LEFT LEG			
SNAPSHOTS			
START	REP 1: PEAK KNEE FLEXION	REP 2: PEAK KNEE FLEXION	REP 3: PEAK KNEE FLEXION
KEY RESULTS	REP 1	REP 2	REP 3
Peak Knee Flexion	62.1°	62.2°	62.7°
Knee Displacement (total)	15.7 cm	15.4 cm	17.3 cm
Peak Knee Valgus	19.2° Valgus	11° Valgus	14.2° Valgus
Peak Knee Varus	4.1° Varus	4.4° Varus	3.6° Varus
Trunk lateral flexion at Peak Knee Flexion	1.2° Right ▼	7.6° Left ▼	2.8° Left ▼

PRACTITIONER COMMENTS

RESULTS

RIGHT LEG

SNAPSHOTS

START	REP 1: PEAK KNEE FLEXION	REP 2: PEAK KNEE FLEXION	REP 3: PEAK KNEE FLEXION
			
KEY RESULTS	REP 1	REP 2	REP 3
Peak Knee Flexion	70.6°	73.6°	77.7°
Knee Displacement (total)	21.3 cm	22.7 cm	23.8 cm
Peak Knee Valgus	6.7° Valgus	2.4° Valgus	25.9° Valgus
Peak Knee Varus	21.2° Varus	23.6° Varus	9.1° Varus
Trunk lateral flexion at Peak Knee Flexion	9.0° Right ▼	12.5° Right ▼	11.0° Right ▼

PRACTITIONER COMMENTS