

PROFILE	DATE	TEST TYPE	TEST POSITION	REPS
LUCAS DE CARVALHO SILVEIRA BUENO				
19 Tests				
	27/09/2022 7:33 PM	Shoulder IR/ER	Supine (90 Degrees AB)	IR 1 L / 1 R ER 1 L / 1 R
	27/09/2022 7:29 PM	Shoulder IR/ER	Supine (Neutral)	IR 1 L / 1 R ER 1 L / 1 R
	27/09/2022 7:24 PM	Shoulder Adduction	Side lying	AD 1 L / 1 R
	27/09/2022 7:21 PM	Shoulder Abduction	Side lying	AB 1 L / 1 R
	27/09/2022 7:18 PM	Shoulder Extension	Prone	EXT 0 L / 0 R
	27/09/2022 7:15 PM	Shoulder Flexion	Prone	FLEX 1 L / 1 R
	27/09/2022 7:12 PM	Elbow Extension	Seated	EXT 1 L / 1 R
	27/09/2022 7:11 PM	Elbow Flexion	Seated	FLEX 1 L / 1 R
	27/09/2022 7:07 PM	Hip Extension	Prone	EXT 1 L / 1 R
	27/09/2022 7:03 PM	Hip AD/AB	Seated	ADD 1 L / 1 R ABD 1 L / 1 R
	27/09/2022 6:59 PM	Hip IR/ER	Prone	ER 1 L / 1 R IR 1 L / 1 R
	27/09/2022 6:54 PM	Ankle IN/EV	Supine	INV 1 L / 1 R EV 1 L / 1 R
	27/09/2022 6:50 PM	Knee Flexion	Prone	FLEX 1 L / 1 R
	27/09/2022 6:45 PM	Knee extensor	Knee ext	Outer 1 L / 1 R
	27/09/2022 6:41 PM	Hip Flexion	Kicker	FLEX 1 L / 1 R
	27/09/2022 6:37 PM	Knee Flexion	Standing	FLEX 1 L / 1 R
	27/09/2022 6:33 PM	Hip Flexion	Seated	FLEX 1 L / 1 R
	27/09/2022 6:30 PM	Panturrilha Sentada	Panturrilha Sentada	Outer 1 L / 1 R
	27/09/2022 6:26 PM	Ankle Dorsiflexion	Seated	DF 1 L / 1 R

VALD

 > Profile > ForceFrame

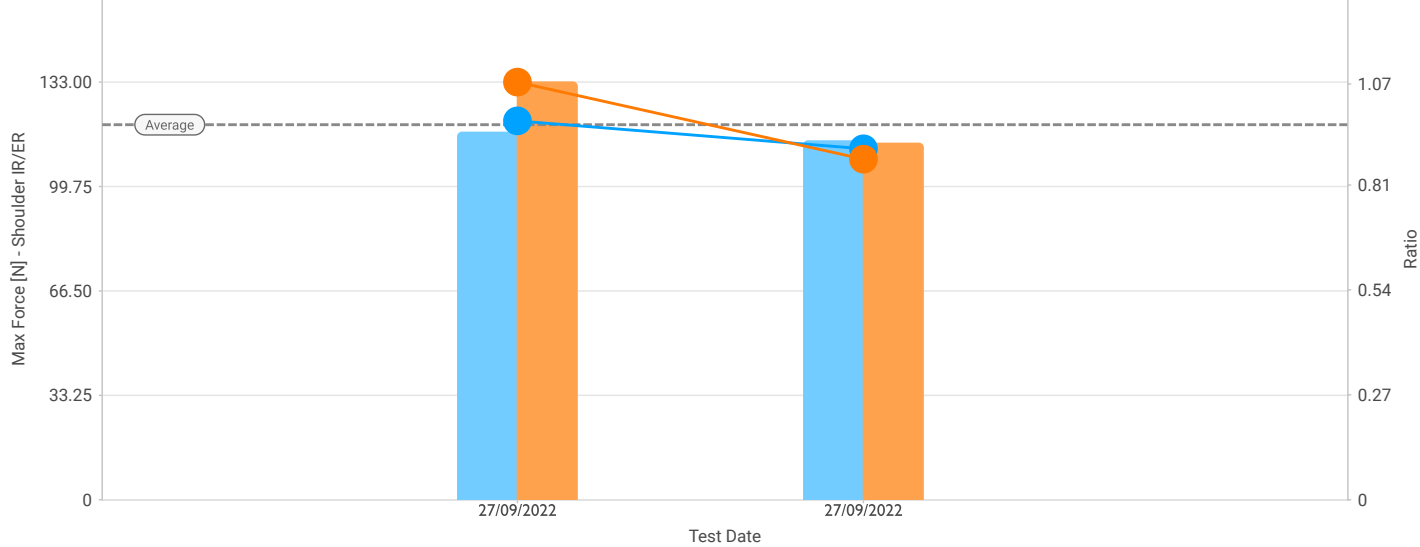
https://hub.valdperformance.com/app/profiles/4197f31a-20f8-4cc8-991b-f1a4ae50c347/results

1/41



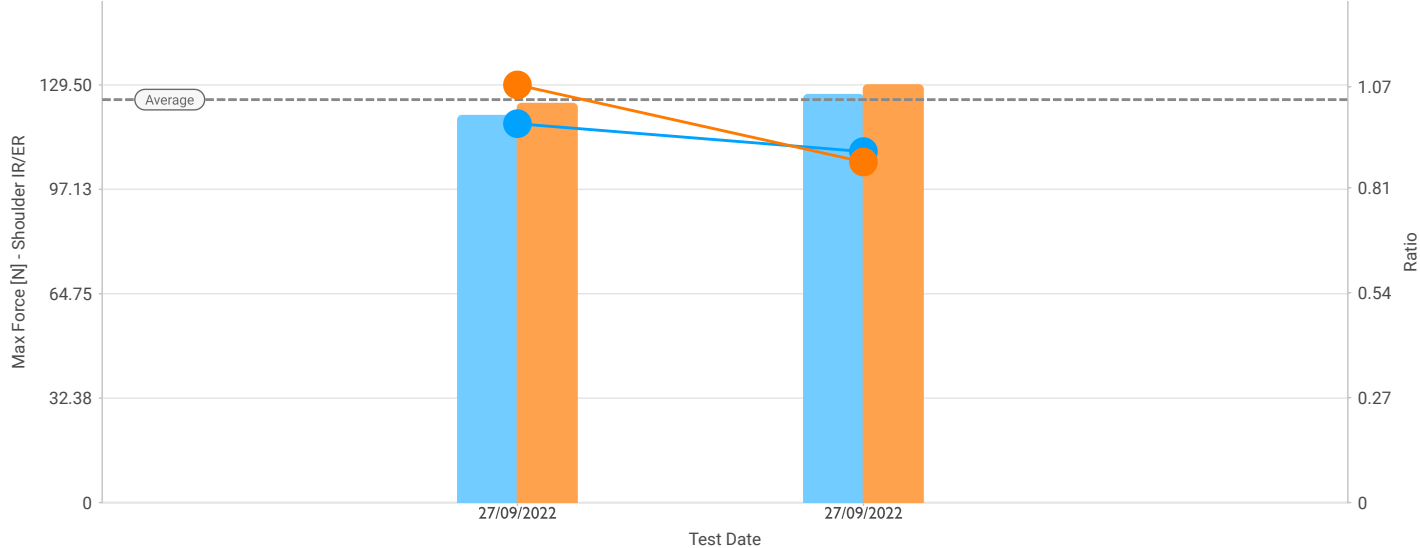
Internal Rotation Max Force [N] - Shoulder IR/ER

Range Average
113.5 - 133 119.44



External Rotation Max Force [N] - Shoulder IR/ER

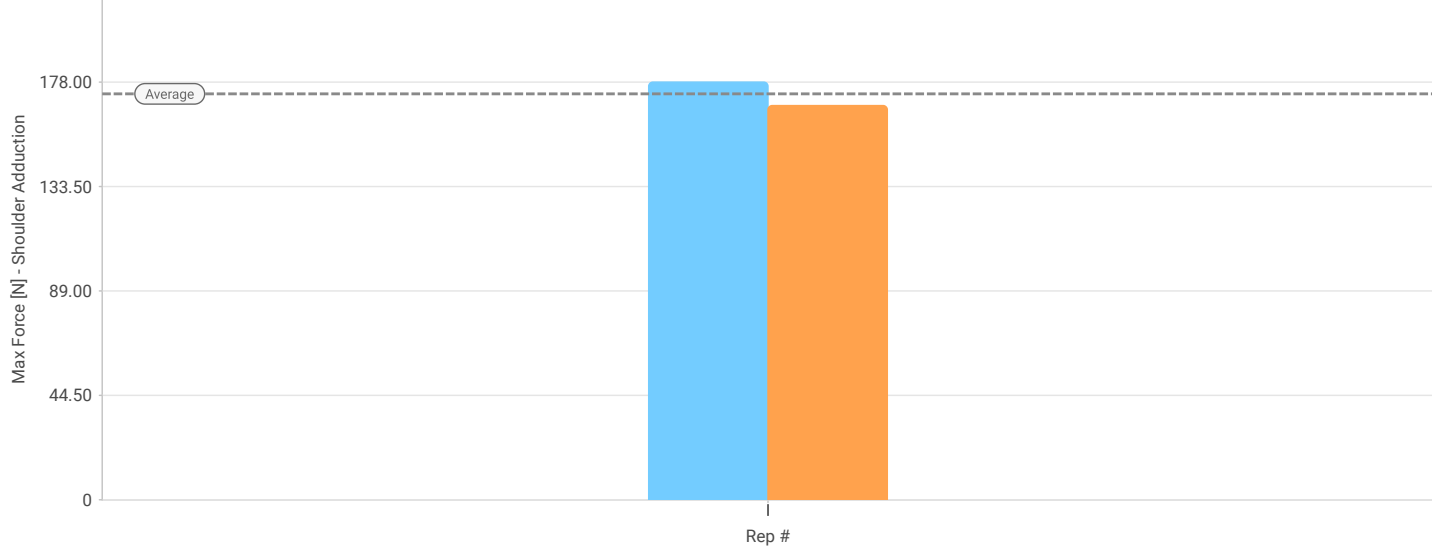
Range Average
120 - 129.5 124.94





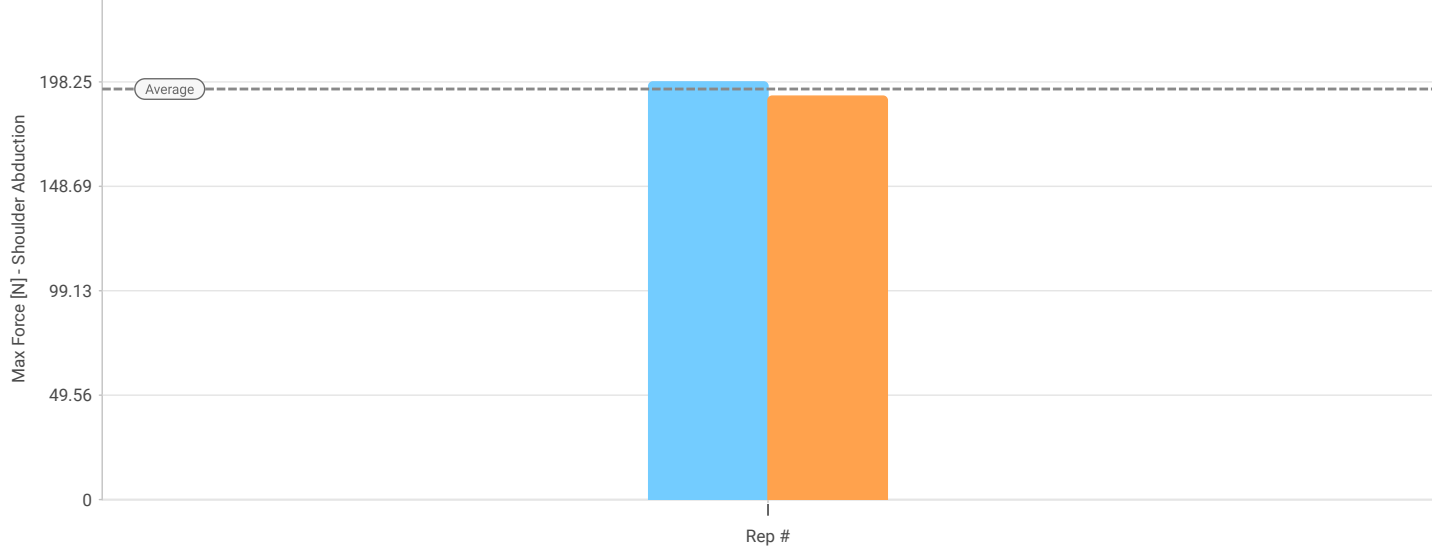
Adduction Max Force [N] - Shoulder Adduction

Range Average
168 - 178 173



Abduction Max Force [N] - Shoulder Abduction

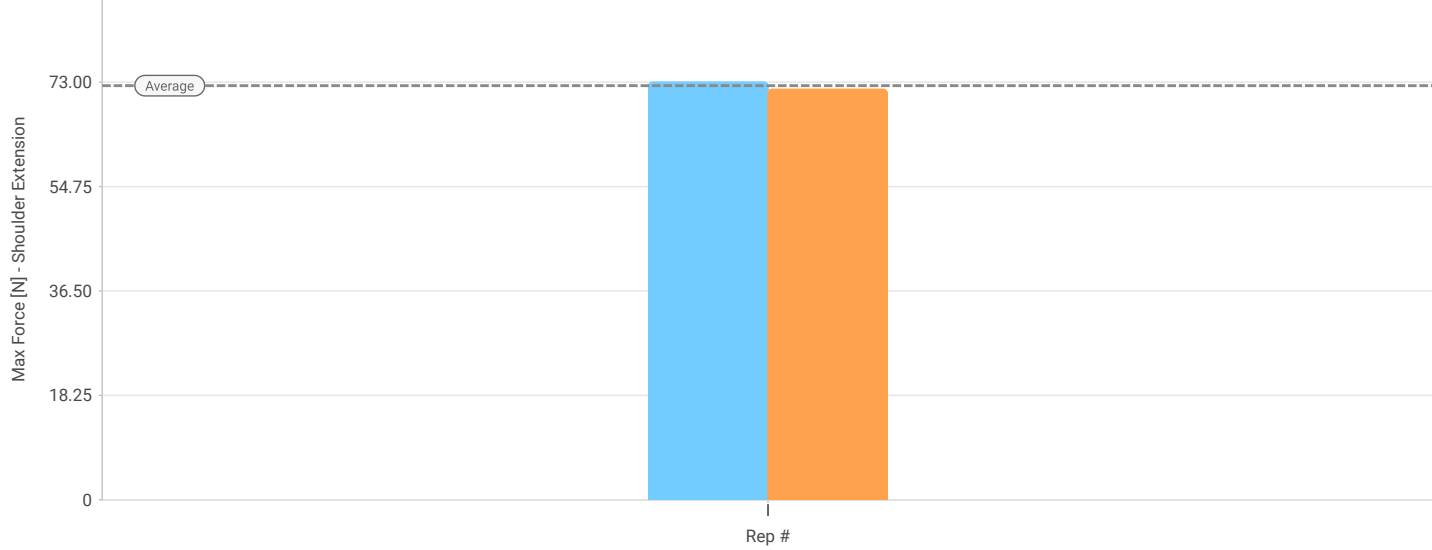
Range Average
191.5 - 198.25 194.88





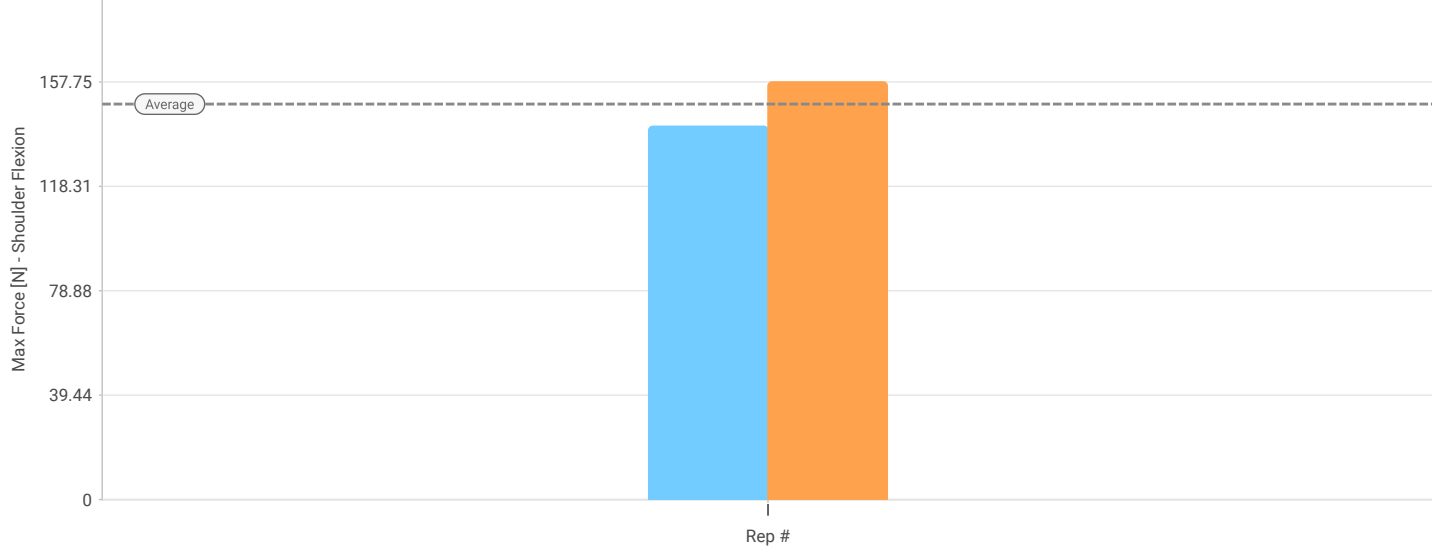
Extension Max Force [N] - Shoulder Extension

Range Average
71.75 - 73 72.38



Flexion Max Force [N] - Shoulder Flexion

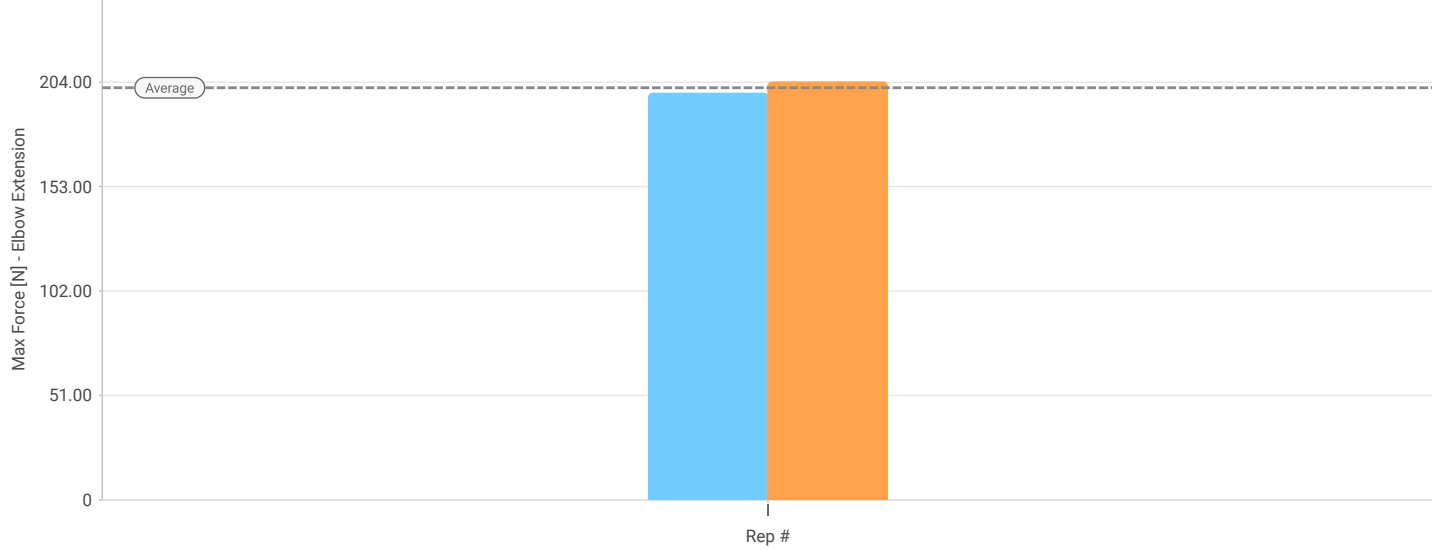
Range Average
141 - 157.75 149.38





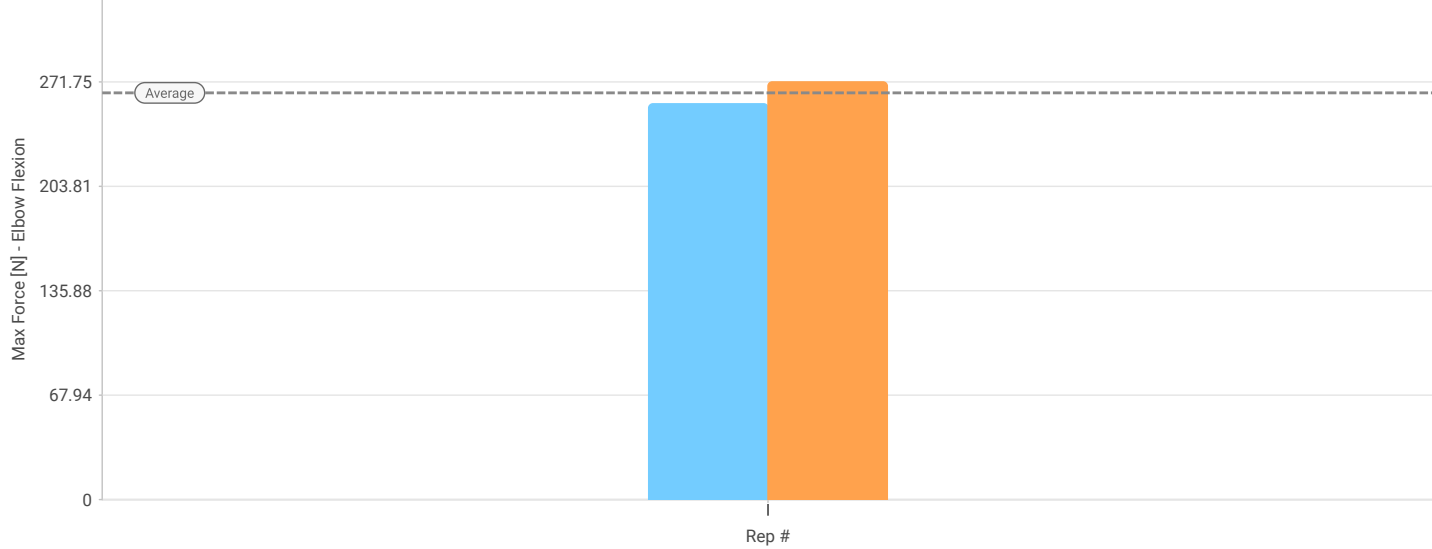
Extension Max Force [N] - Elbow Extension

Range Average
198.5 - 204 201.25



Max Force [N] - Elbow Flexion

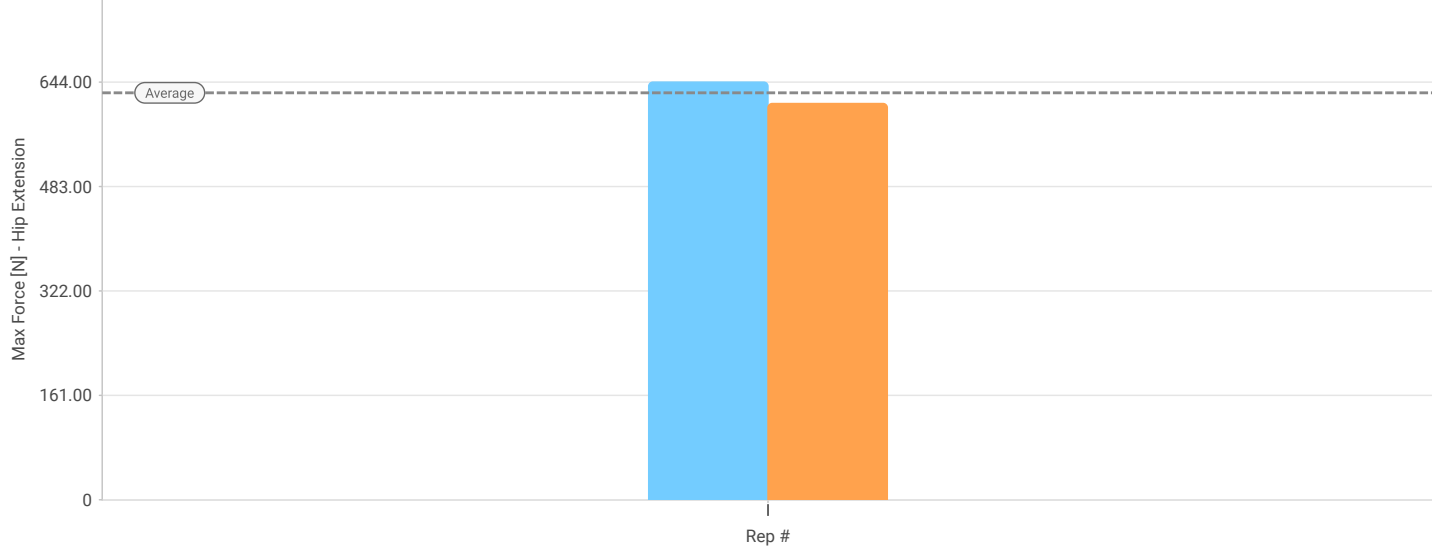
Range Average
257.5 - 271.75 264.63





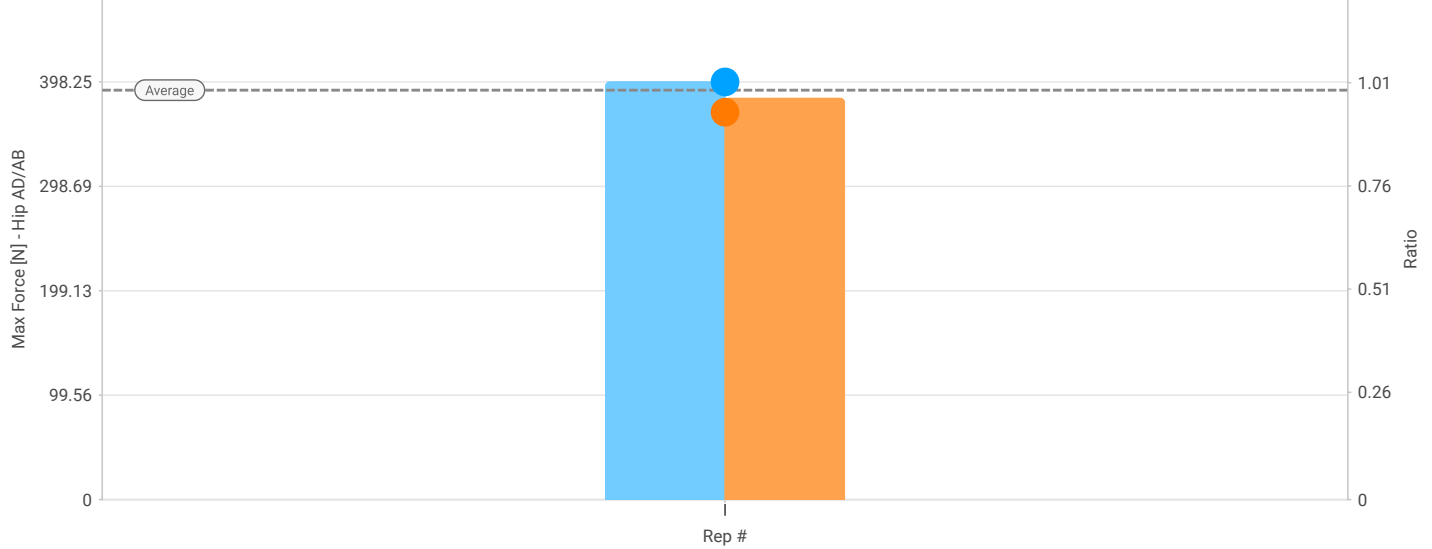
Extension Max Force [N] - Hip Extension

Range Average
611 - 644 627.5



Adduction Max Force [N] - Hip AD/AB

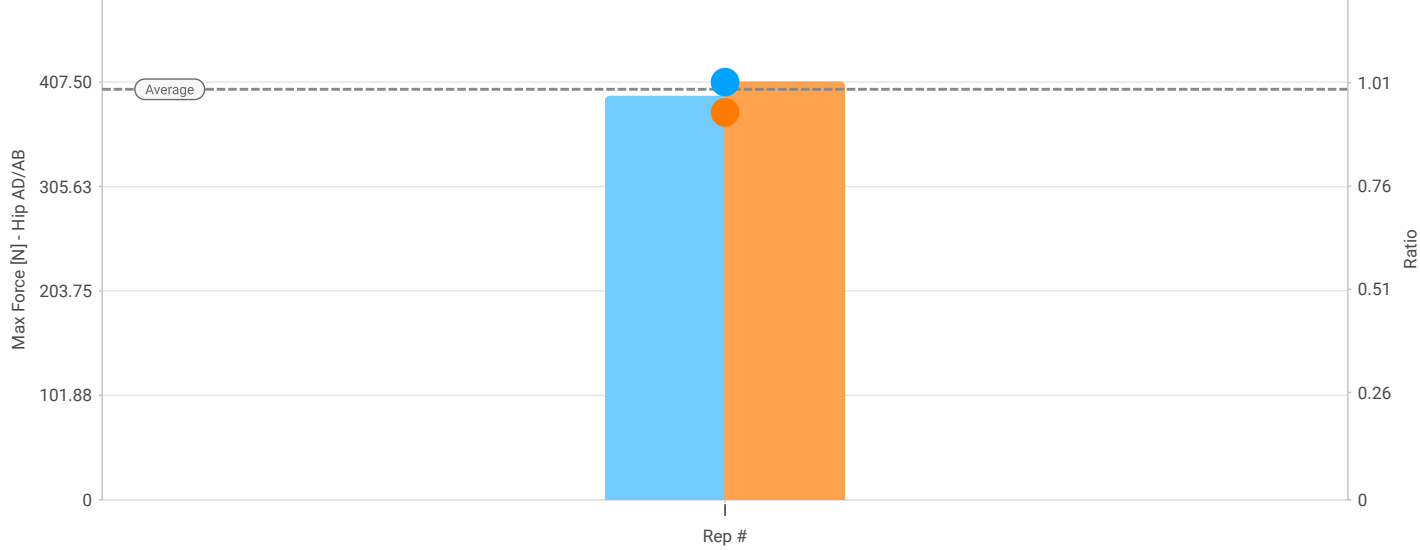
Range Average
382.5 - 398.25 390.38





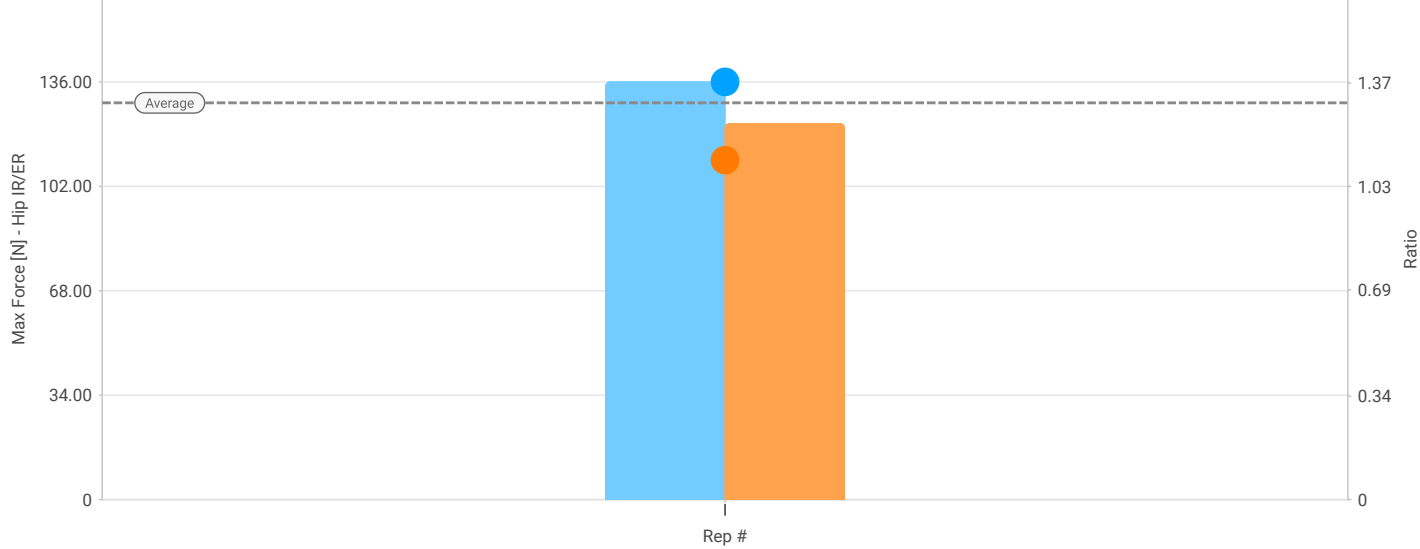
Abduction Max Force [N] - Hip AD/AB

Range Average
393.5 - 407.5 400.5



External Rotation Max Force [N] - Hip IR/ER

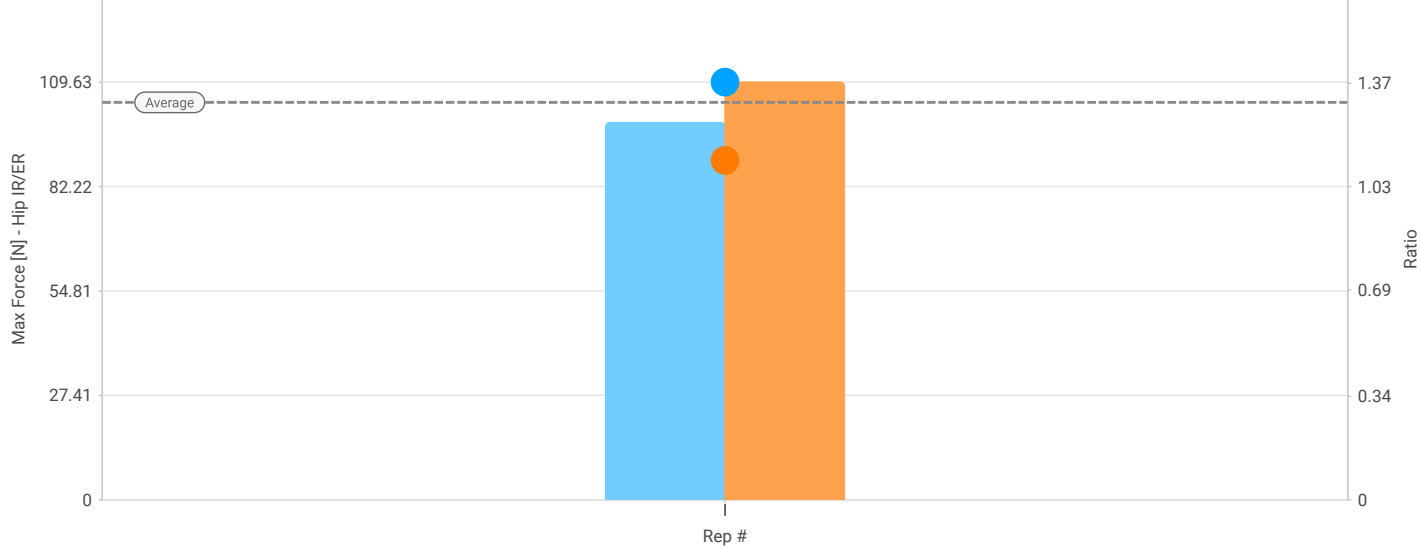
Range Average
122.38 - 136 129.19





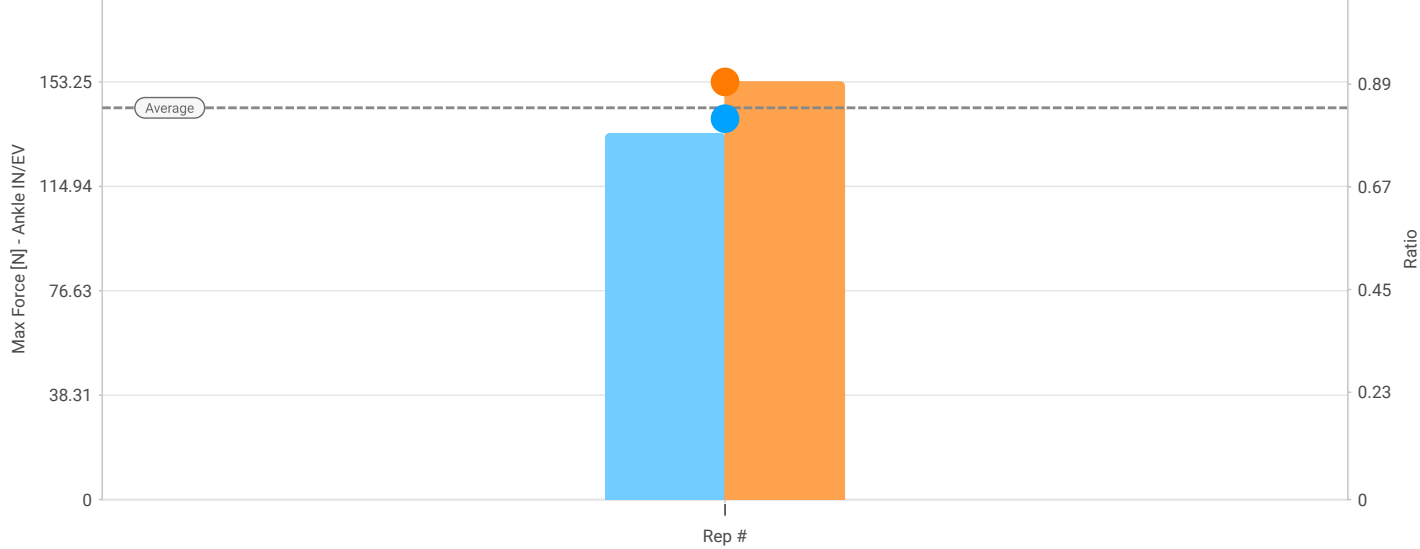
Internal Rotation Max Force [N] - Hip IR/ER

Range Average
99 - 109.63 104.31



Inversion Max Force [N] - Ankle IN/EV

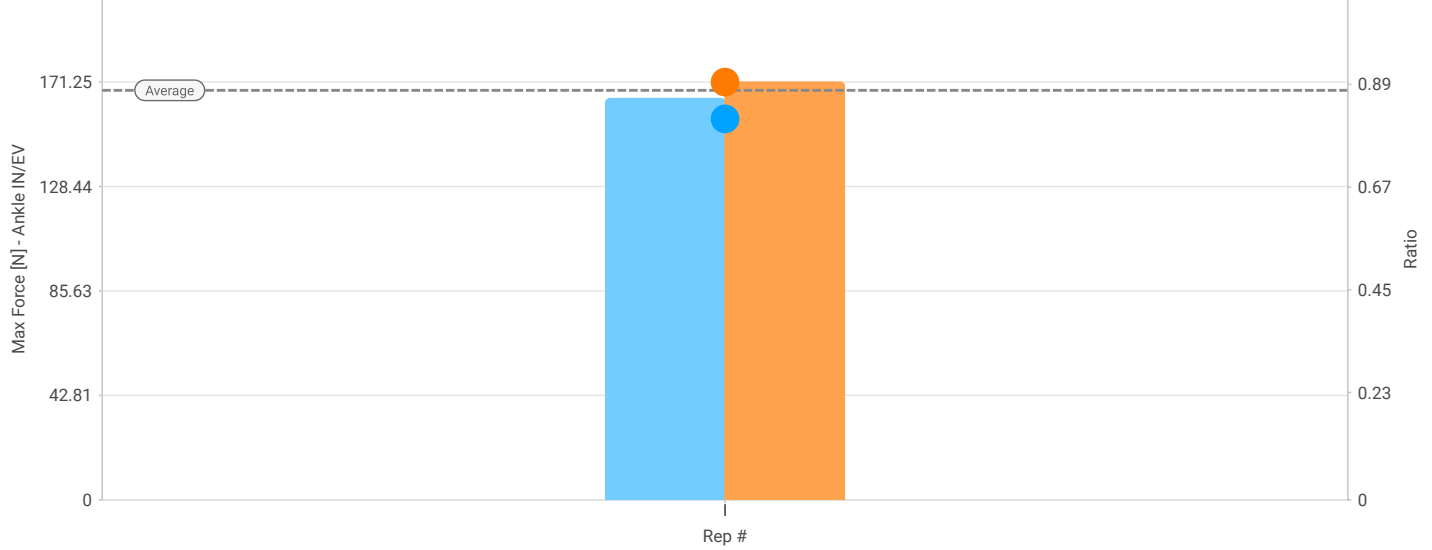
Range Average
134.25 - 153.25 143.75





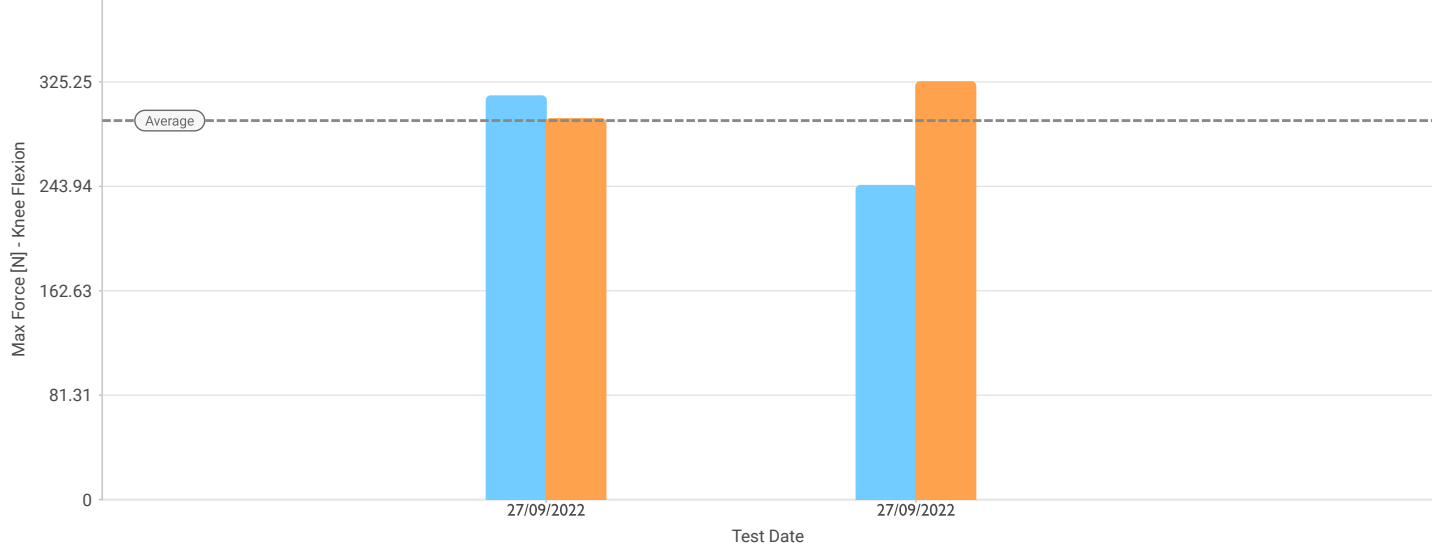
Eversion Max Force [N] - Ankle IN/EV

Range Average
164.5 - 171.25 167.88



Knee Flexion Max Force [N] - Knee Flexion

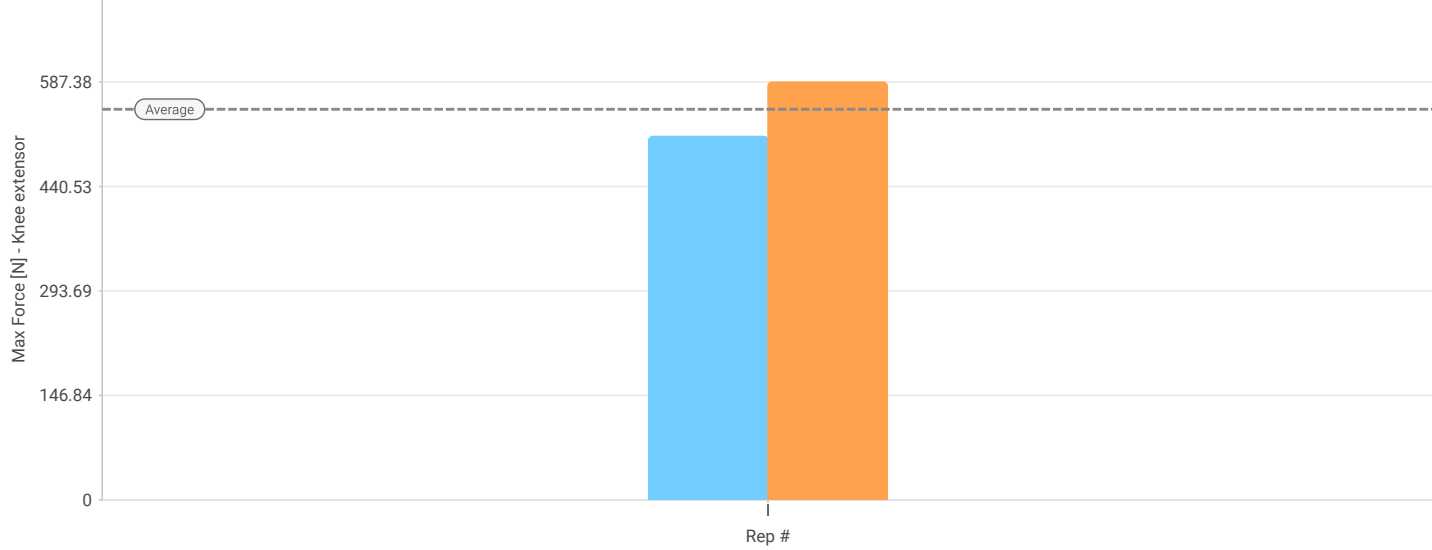
Range Average
244.5 - 325.25 295.13





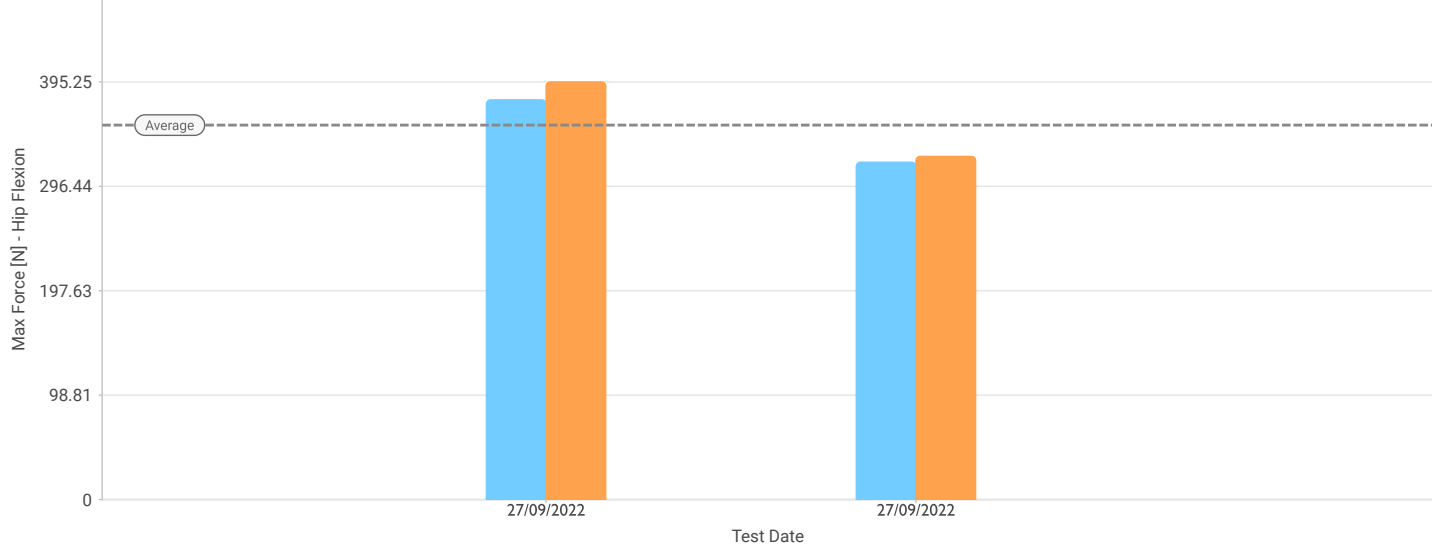
Max Force [N] - Knee extensor

Range Average
511 - 587.38 549.19



Flexion Max Force [N] - Hip Flexion

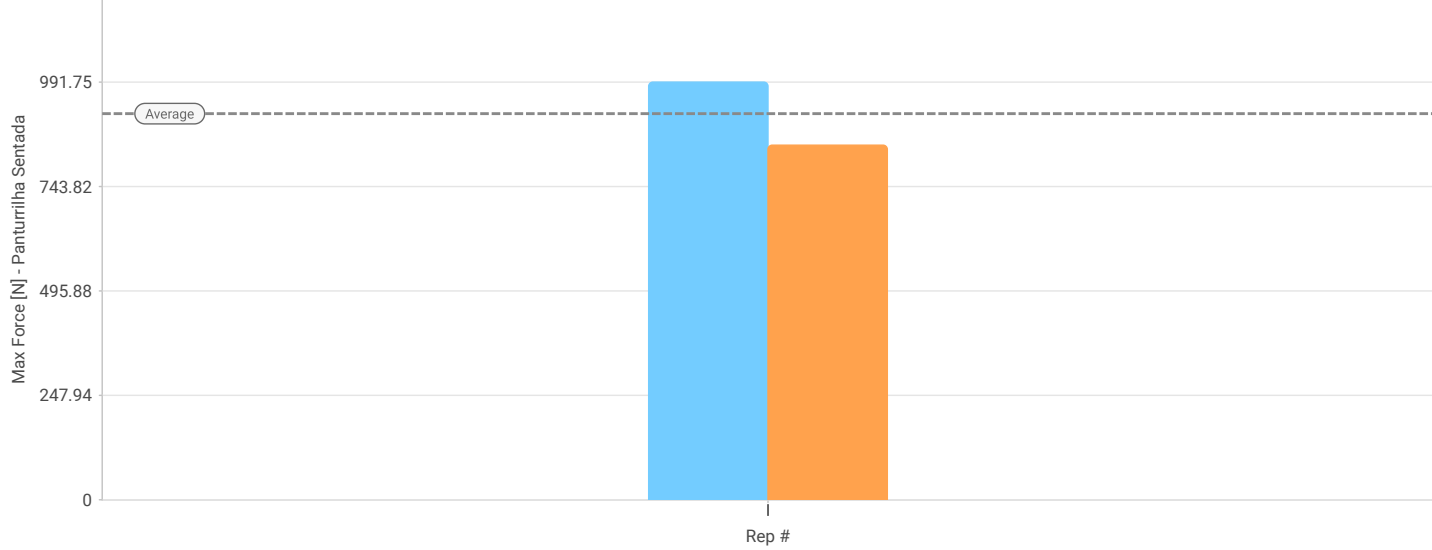
Range Average
319.25 - 395.25 354.38





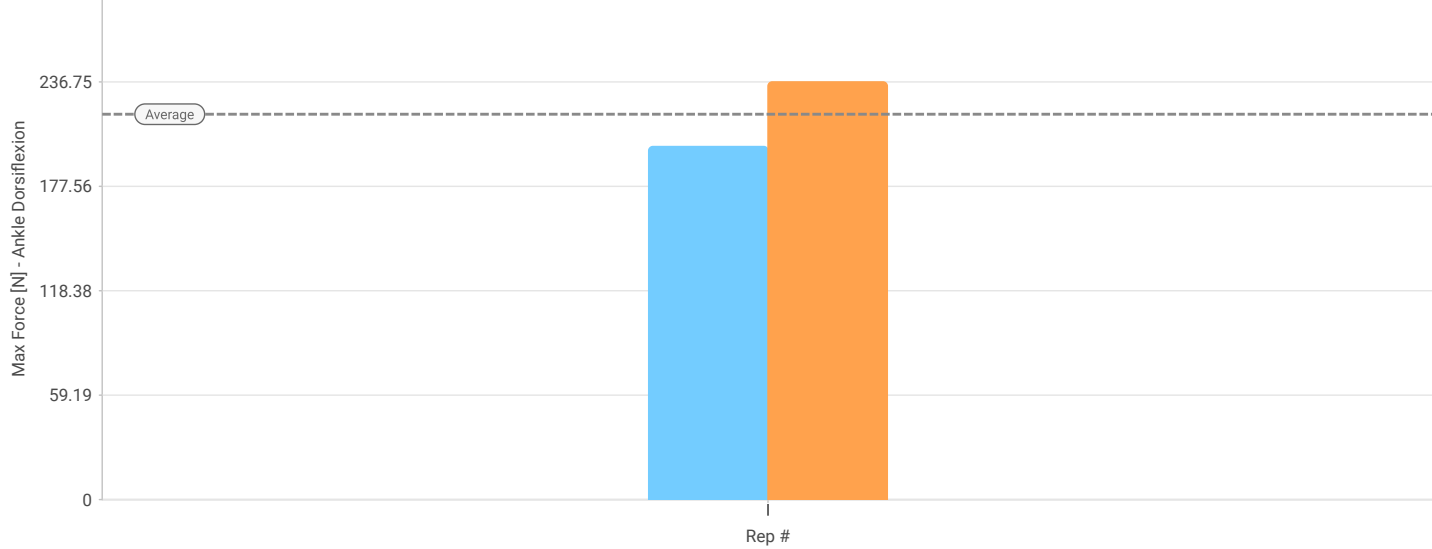
Max Force [N] - Panturrilha Sentada

Range Average
842 - 991.75 916.88



Dorsiflexion Max Force [N] - Ankle Dorsiflexion

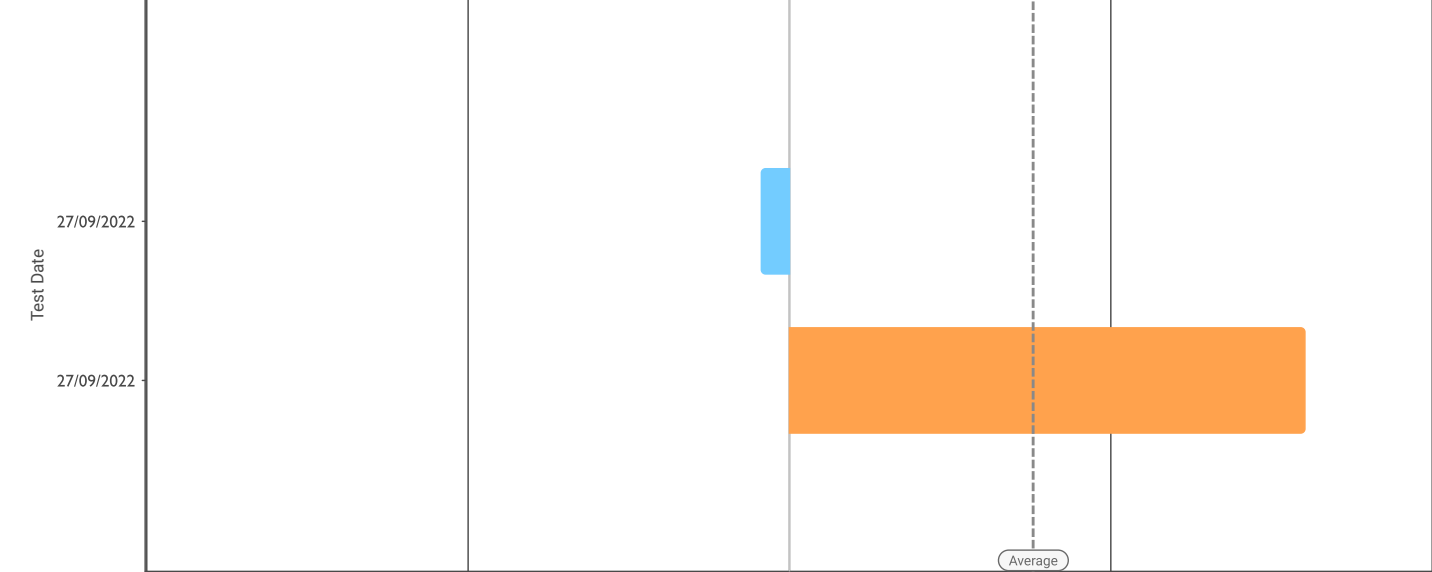
Range Average
200.13 - 236.75 218.44





Internal Rotation Asymmetry [%] - Shoulder IR/ER

Range Average
0.66 L - 12.03 R 5.69 R



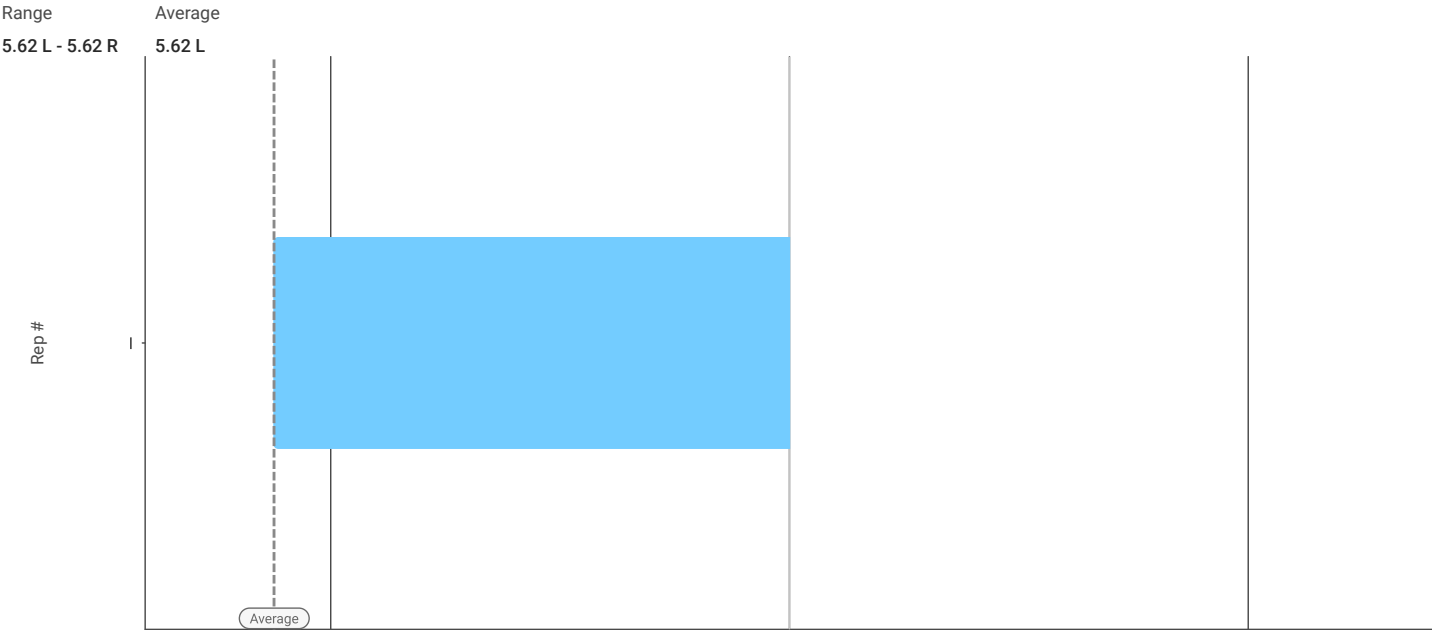
External Rotation Asymmetry [%] - Shoulder IR/ER

Range Average
2.32 L - 3.03 R 2.67 R

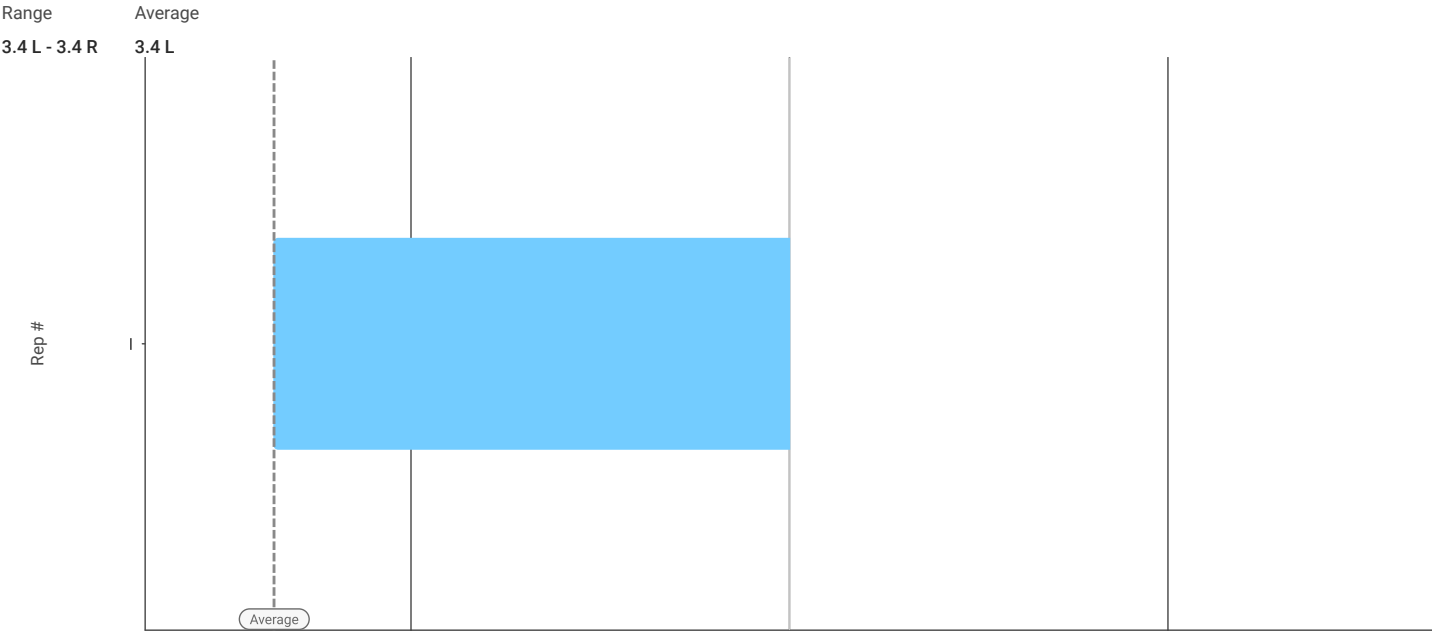




Adduction Asymmetry [%] - Shoulder Adduction

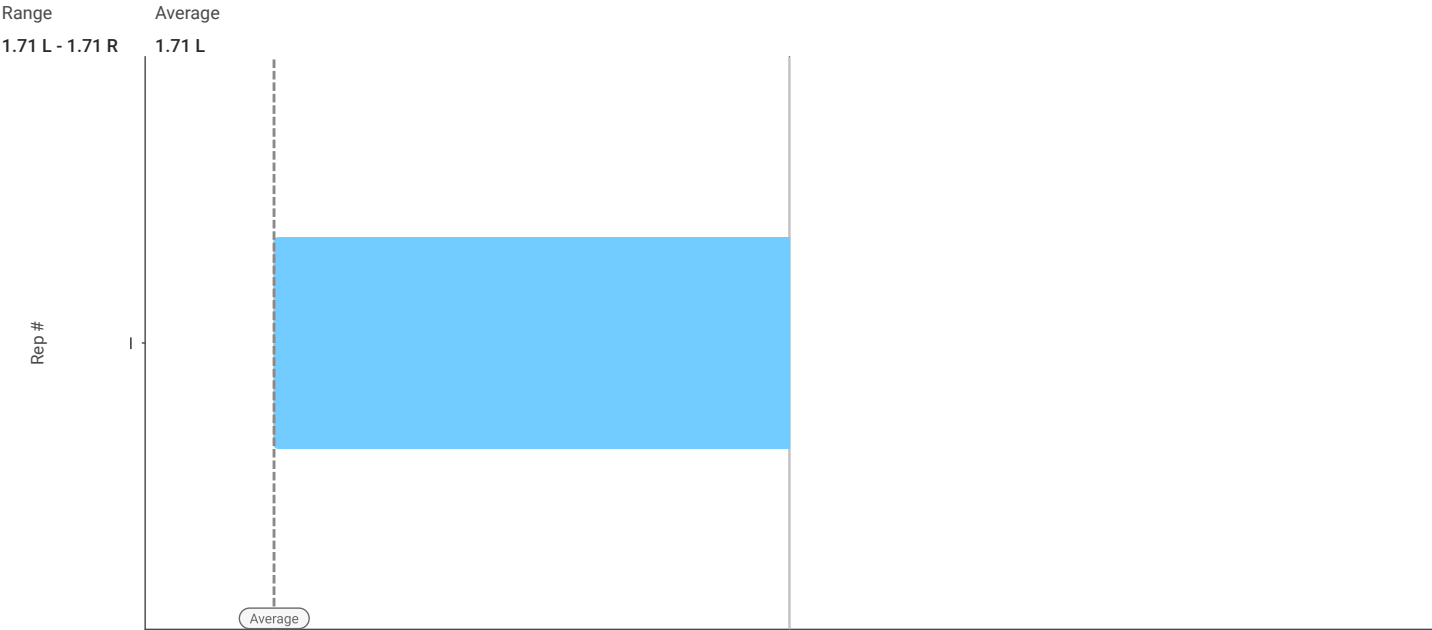


Abduction Asymmetry [%] - Shoulder Abduction





Extension Asymmetry [%] - Shoulder Extension

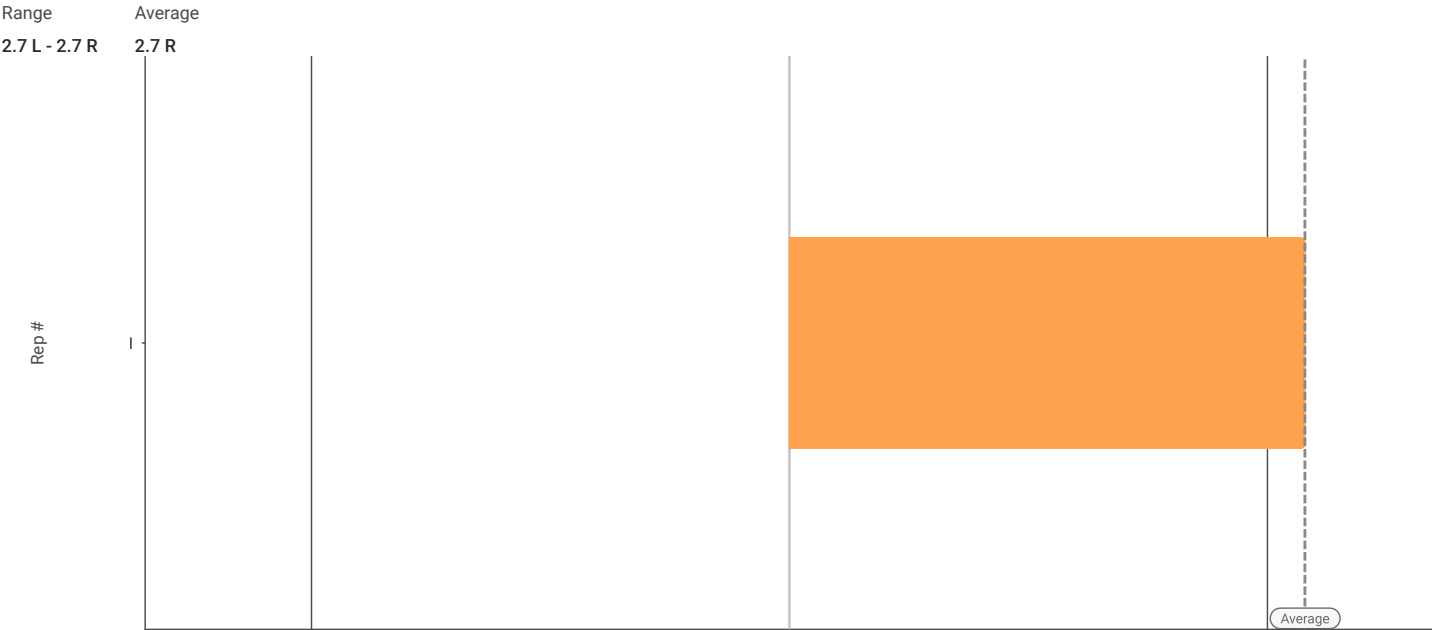


Flexion Asymmetry [%] - Shoulder Flexion

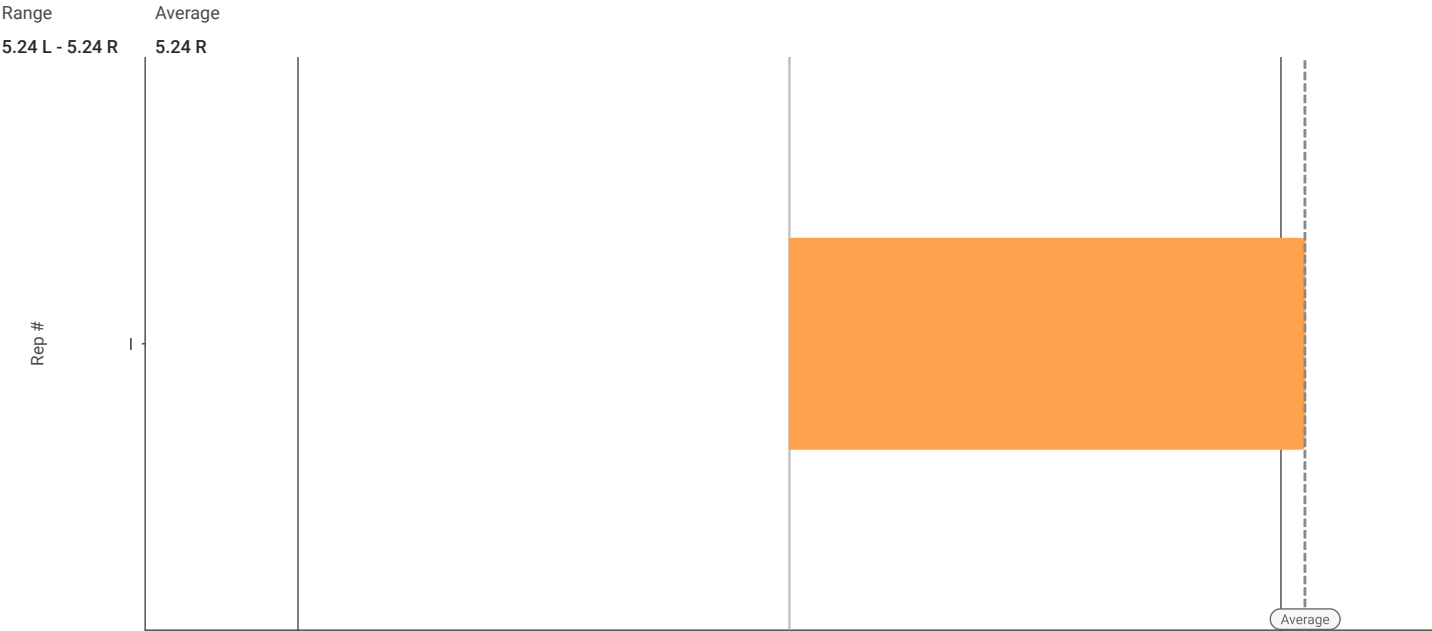




Extension Asymmetry [%] - Elbow Extension



Asymmetry [%] - Elbow Flexion





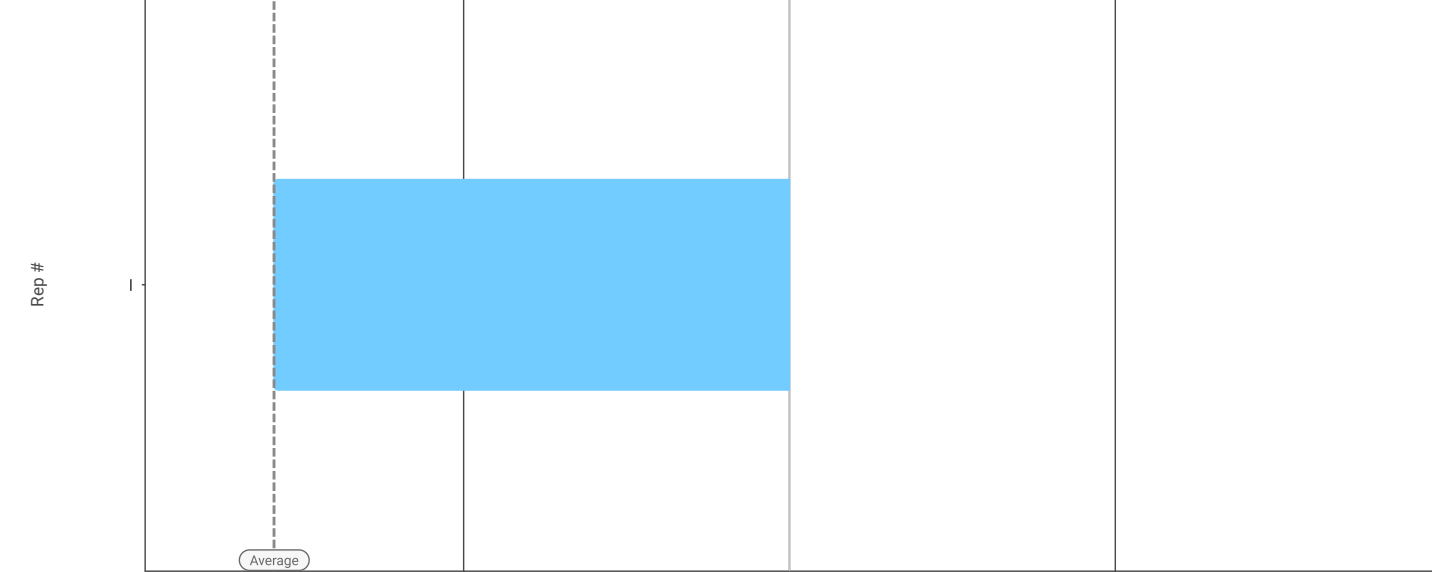
Extension Asymmetry [%] - Hip Extension

Range Average
5.12 L - 5.12 R 5.12 L



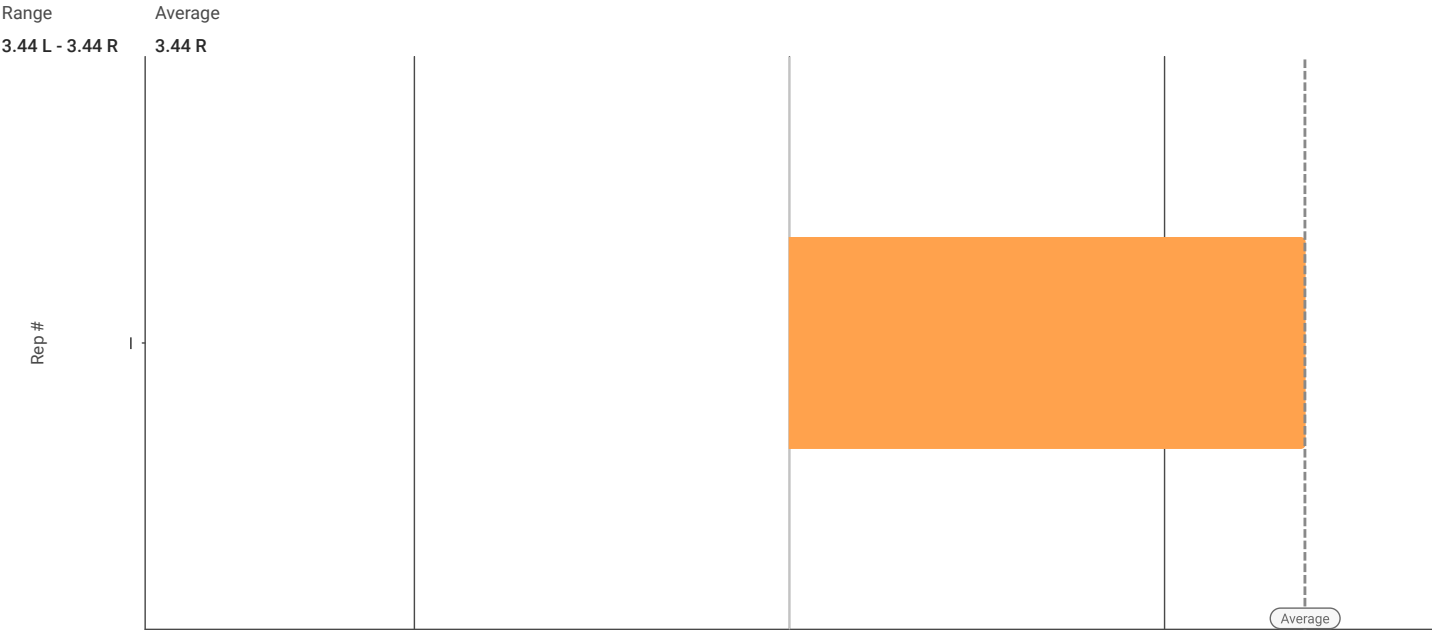
Adduction Asymmetry [%] - Hip AD/AB

Range Average
3.95 L - 3.95 R 3.95 L

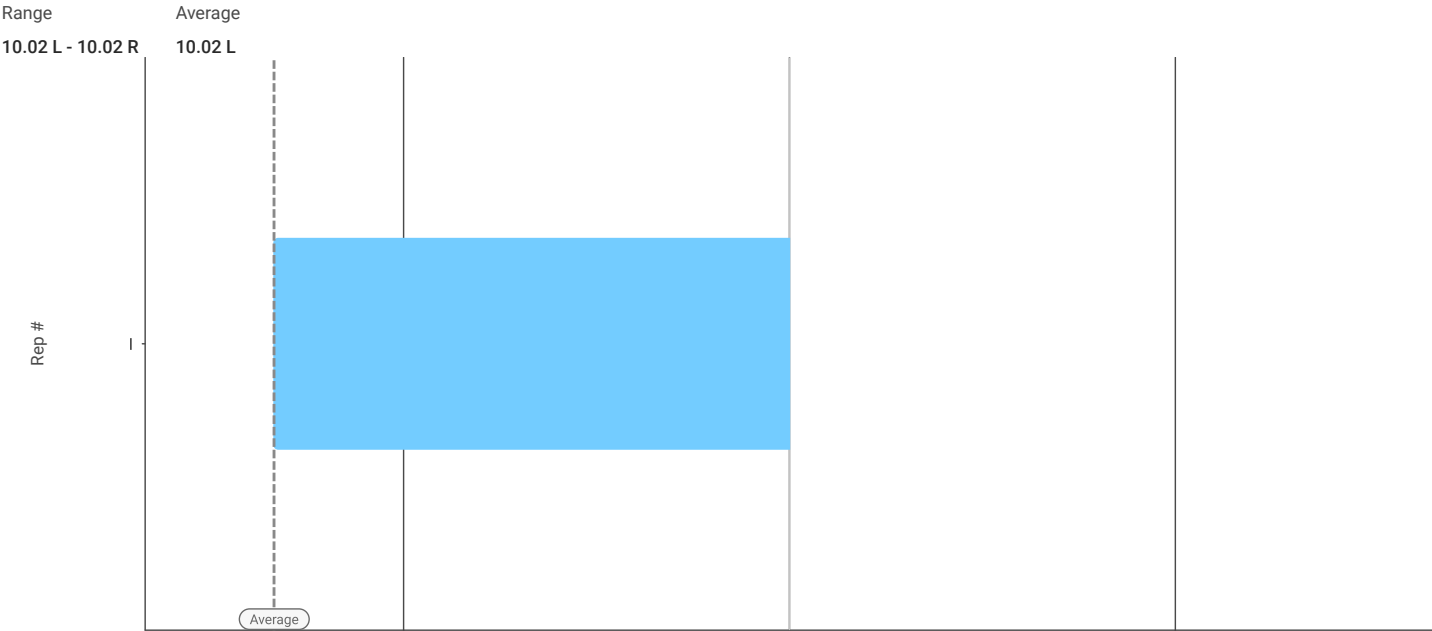




Abduction Asymmetry [%] - Hip AD/AB

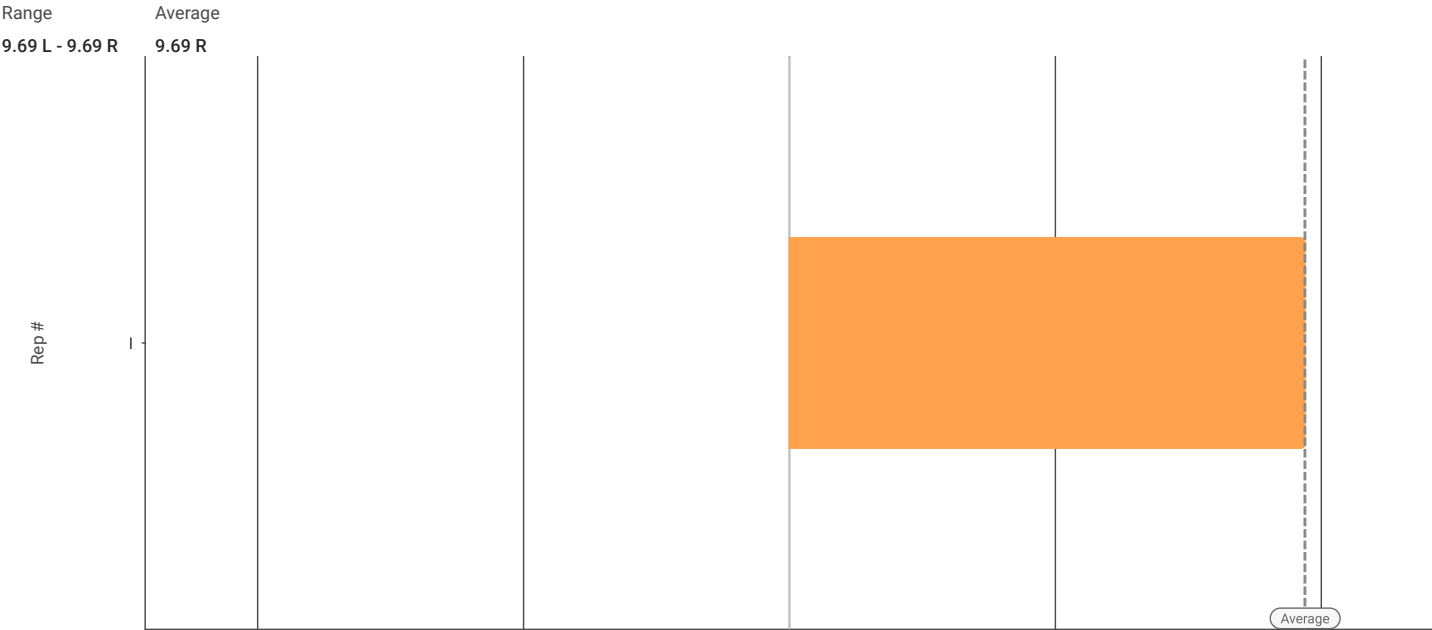


External Rotation Asymmetry [%] - Hip IR/ER

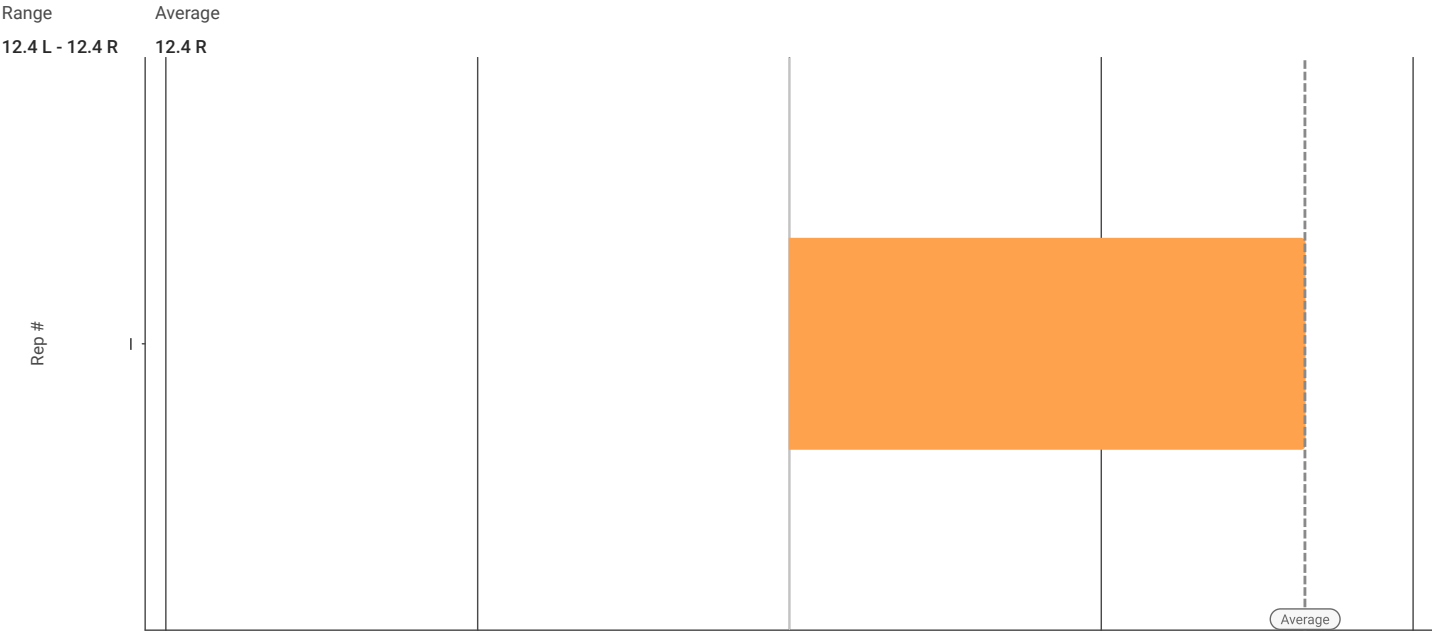




Internal Rotation Asymmetry [%] - Hip IR/ER



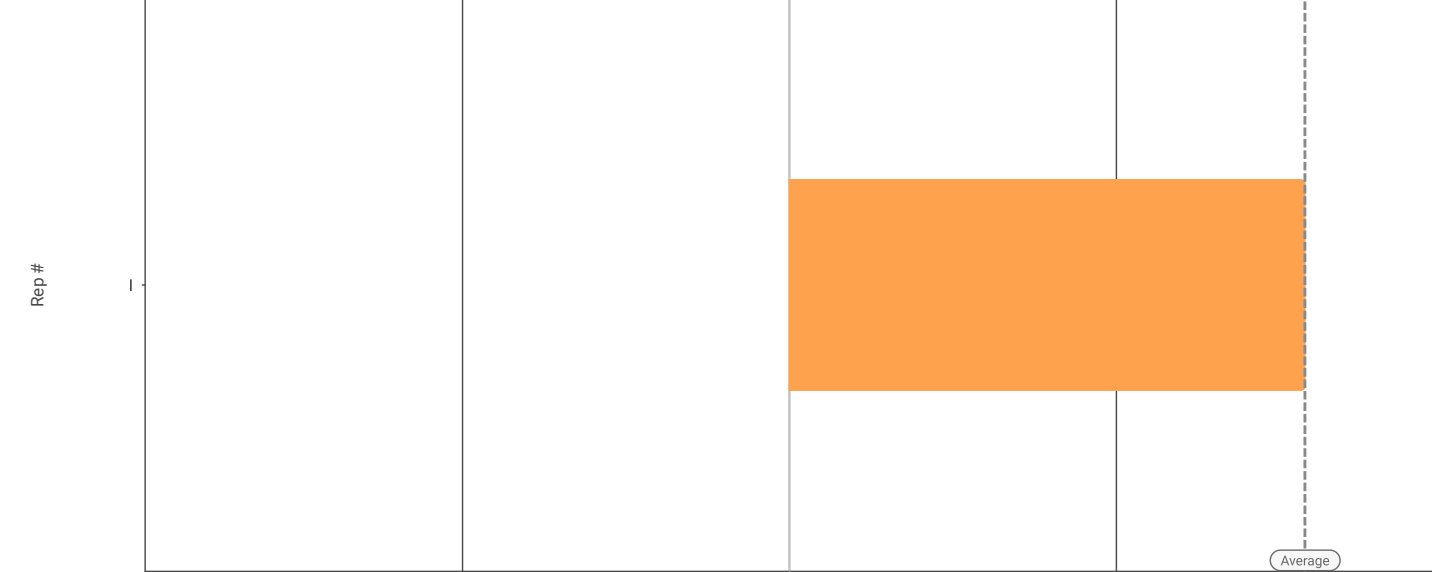
Inversion Asymmetry [%] - Ankle IN/EV





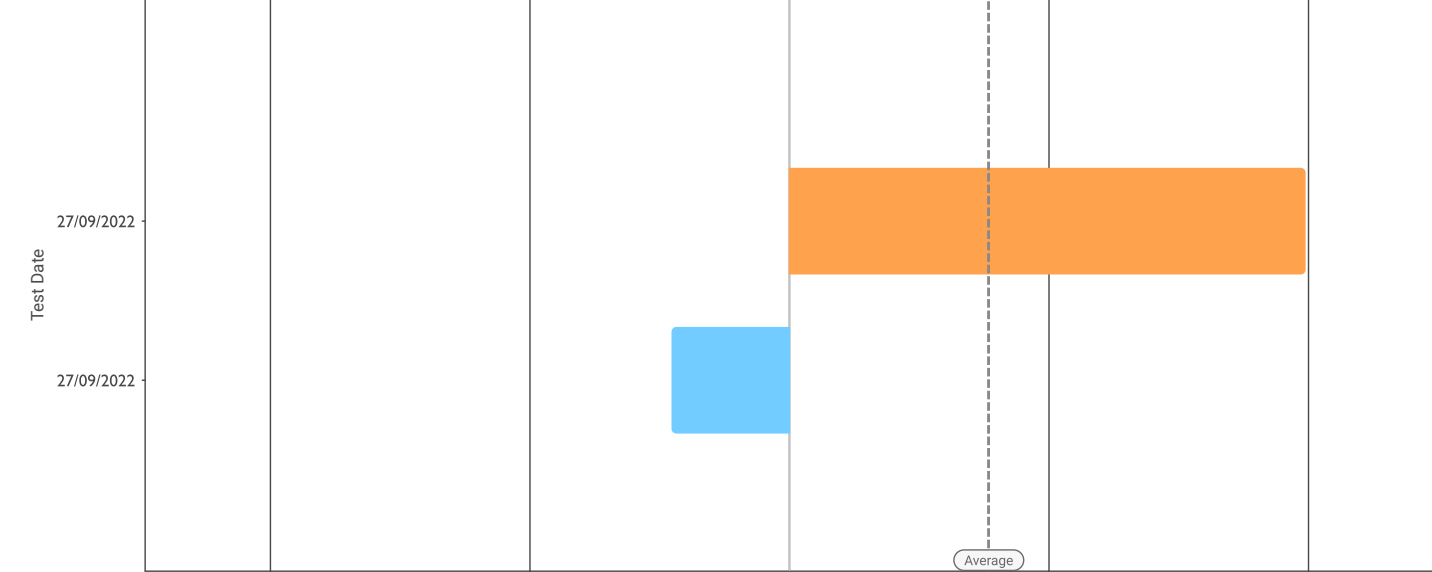
Eversion Asymmetry [%] - Ankle IN/EV

Range Average
3.94 L - 3.94 R 3.94 R



Knee Flexion Asymmetry [%] - Knee Flexion

Range Average
5.65 L - 24.83 R 9.59 R





Asymmetry [%] - Knee extensor

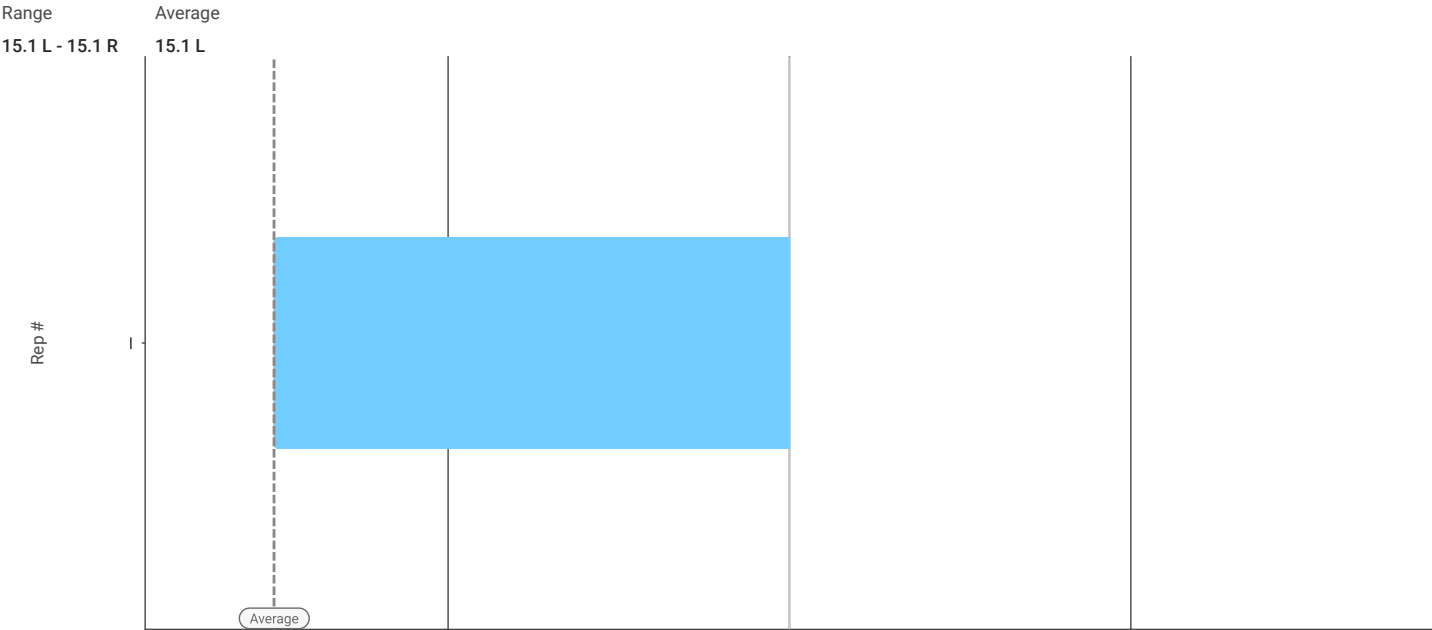


Flexion Asymmetry [%] - Hip Flexion

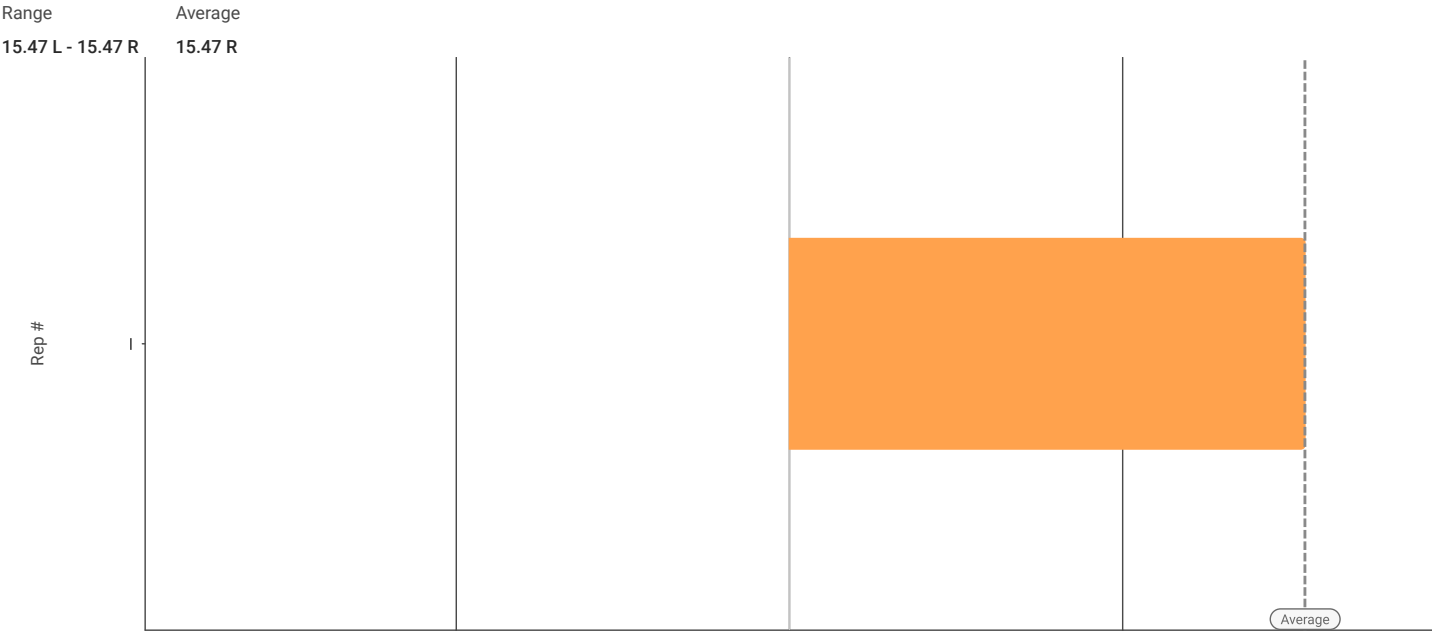




Asymmetry [%] - Panturrilha Sentada



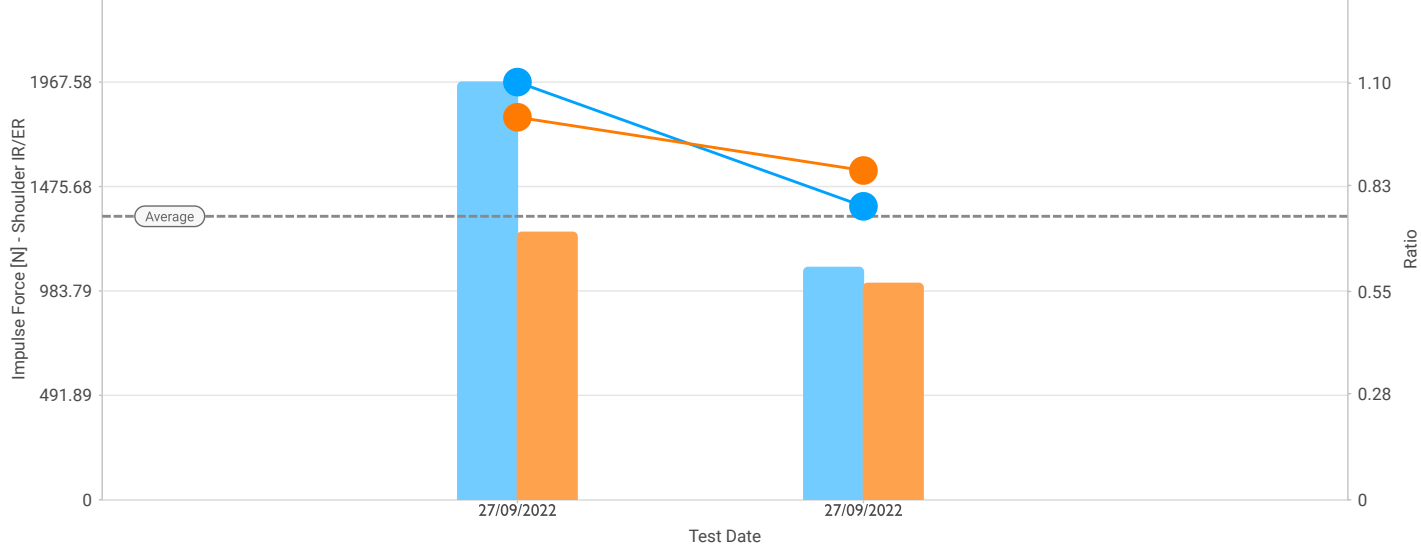
Dorsiflexion Asymmetry [%] - Ankle Dorsiflexion





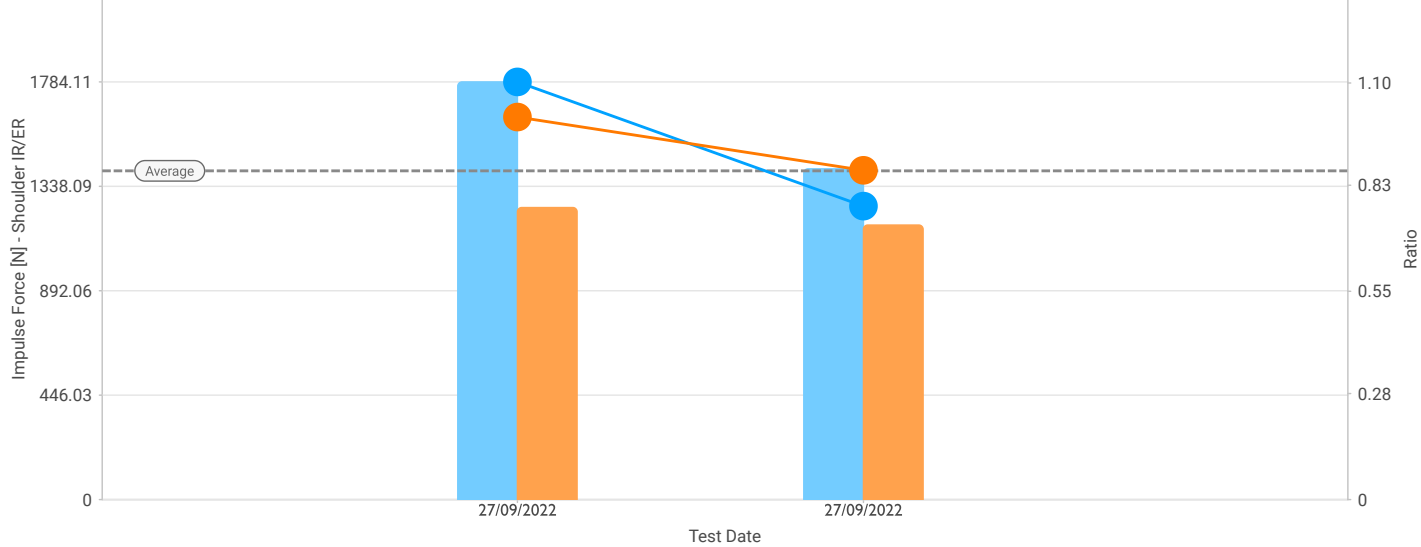
Internal Rotation Impulse Force [N] - Shoulder IR/ER

Range Average
1019.56 - 1967.58 1335.46



External Rotation Impulse Force [N] - Shoulder IR/ER

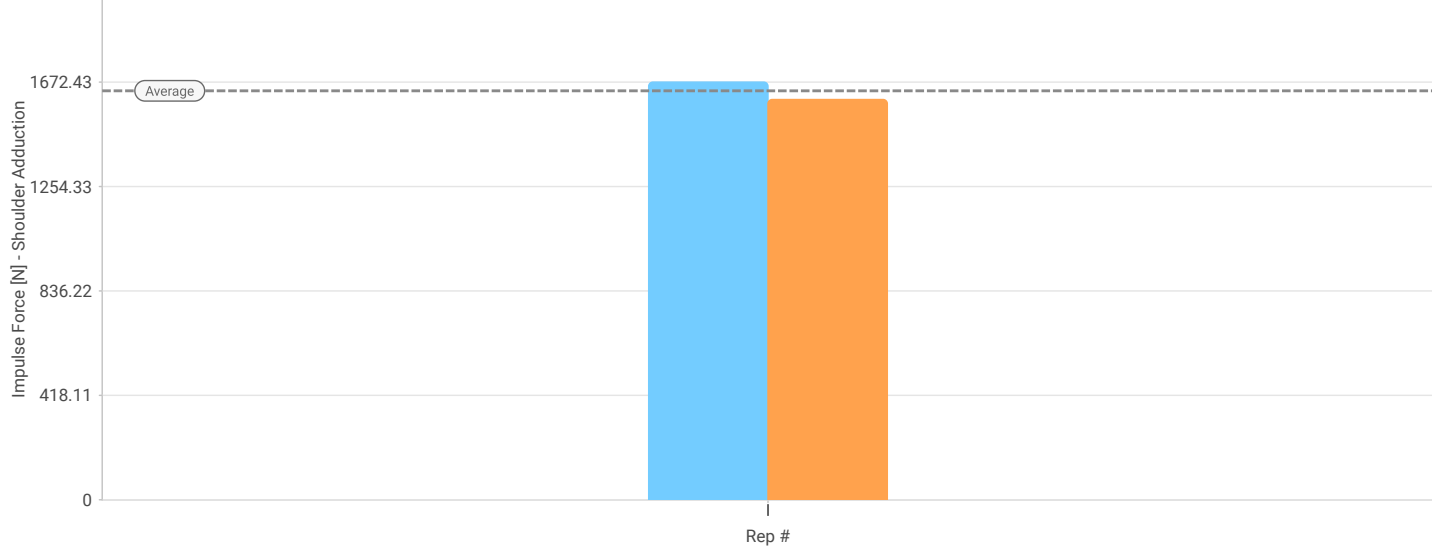
Range Average
1172.71 - 1784.11 1404.26





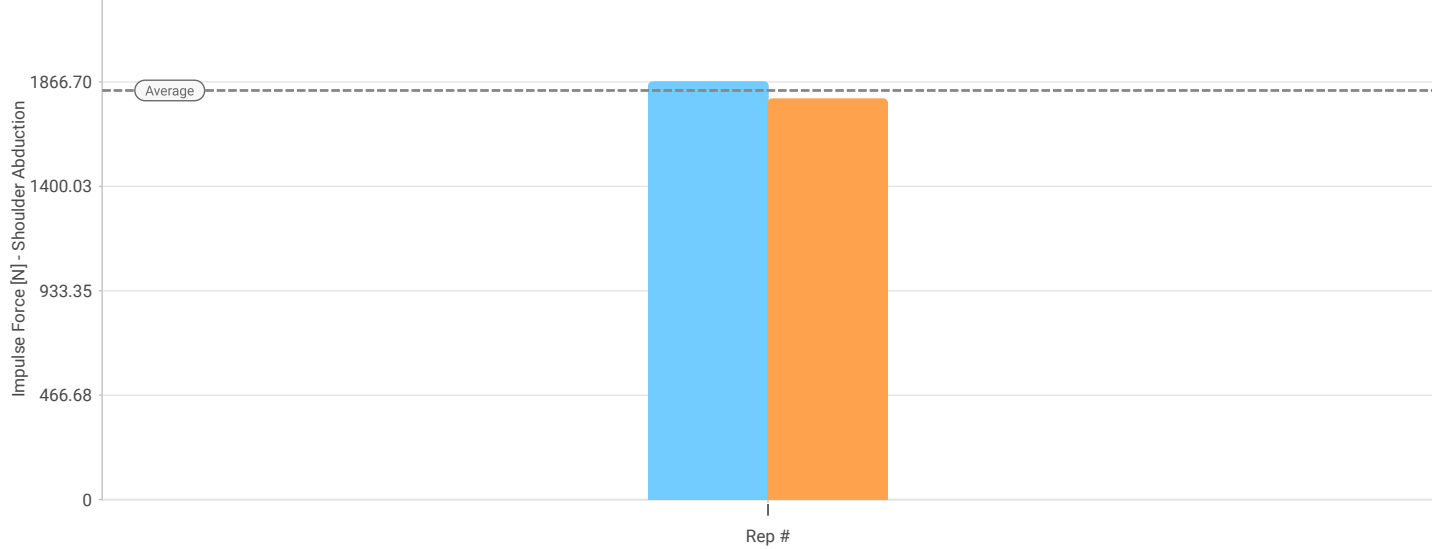
Adduction Impulse Force [N] - Shoulder Adduction

Range Average
1602.73 - 1672.43 1637.58



Abduction Impulse Force [N] - Shoulder Abduction

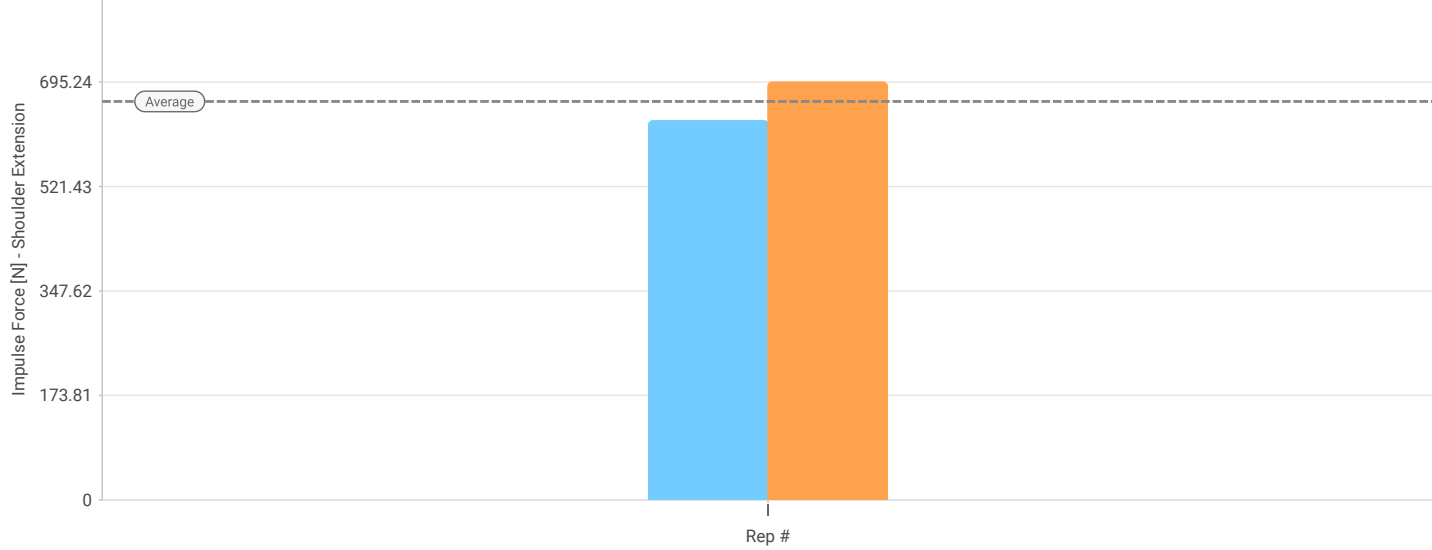
Range Average
1790.22 - 1866.7 1828.46





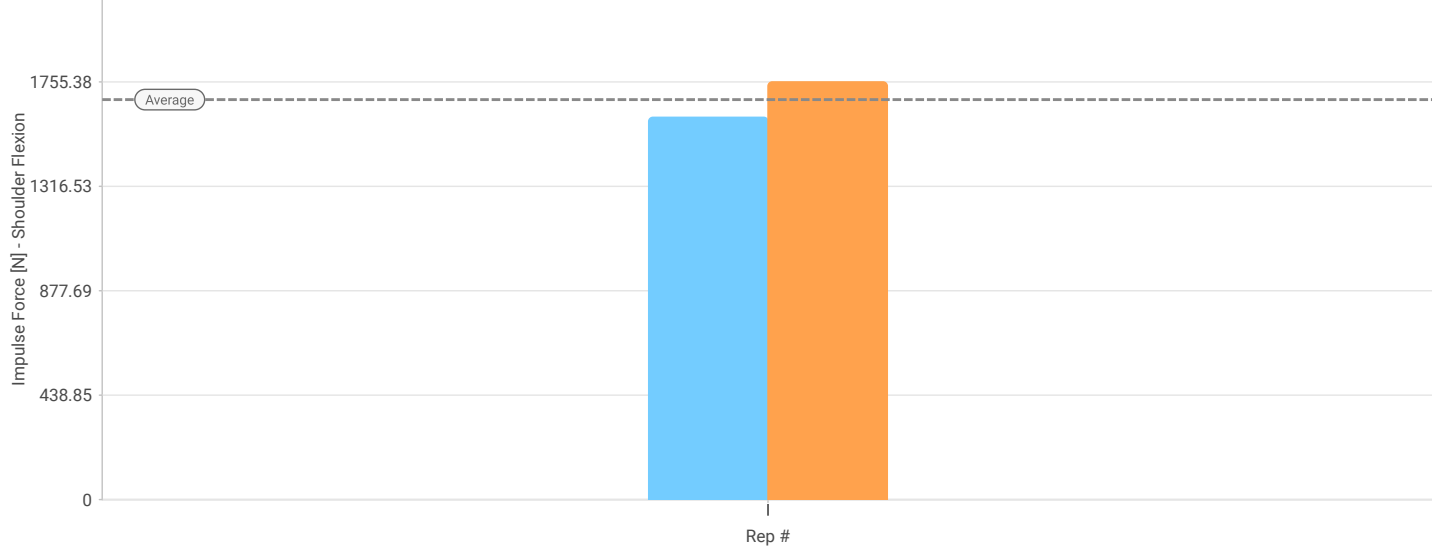
Extension Impulse Force [N] - Shoulder Extension

Range Average
630.86 - 695.24 663.05



Flexion Impulse Force [N] - Shoulder Flexion

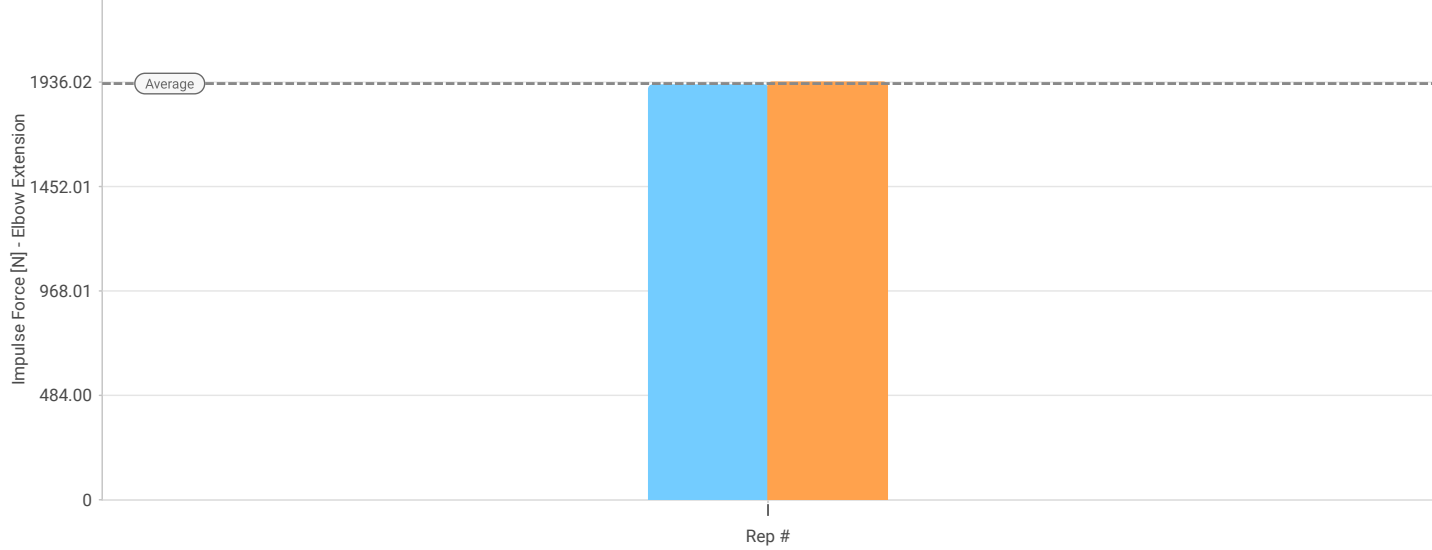
Range Average
1606.65 - 1755.38 1681.01





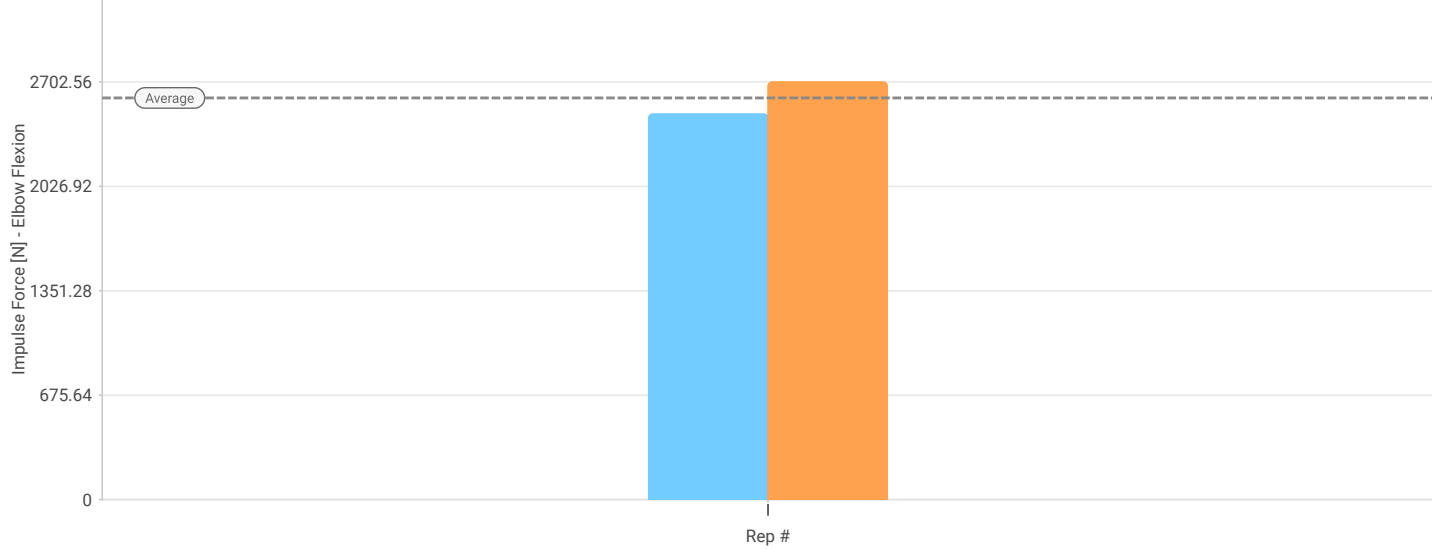
Extension Impulse Force [N] - Elbow Extension

Range Average
1922.62 - 1936.02 1929.32



Impulse Force [N] - Elbow Flexion

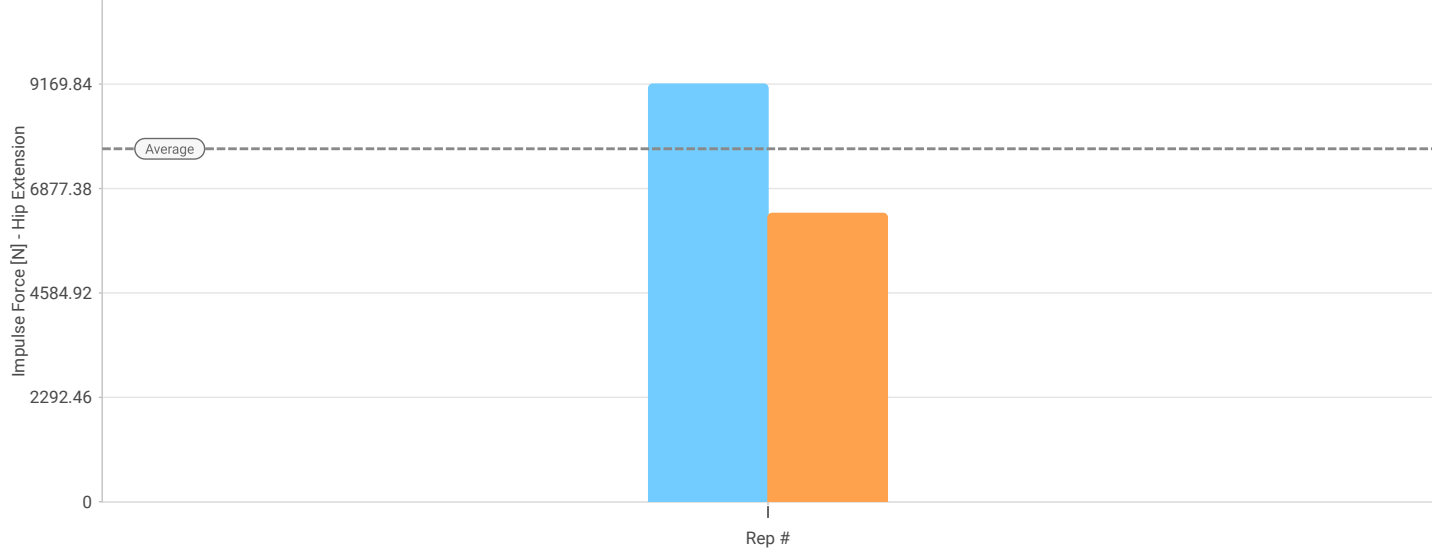
Range Average
2495.18 - 2702.56 2598.87





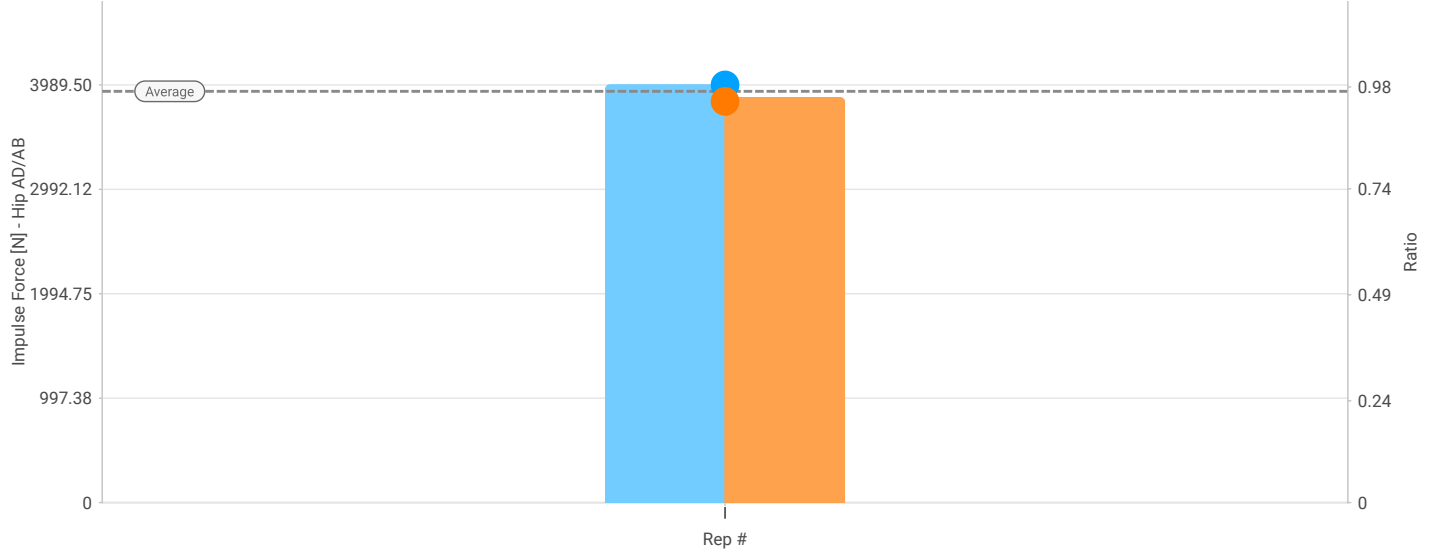
Extension Impulse Force [N] - Hip Extension

Range Average
6330.54 - 9169.84 7750.19



Adduction Impulse Force [N] - Hip AD/AB

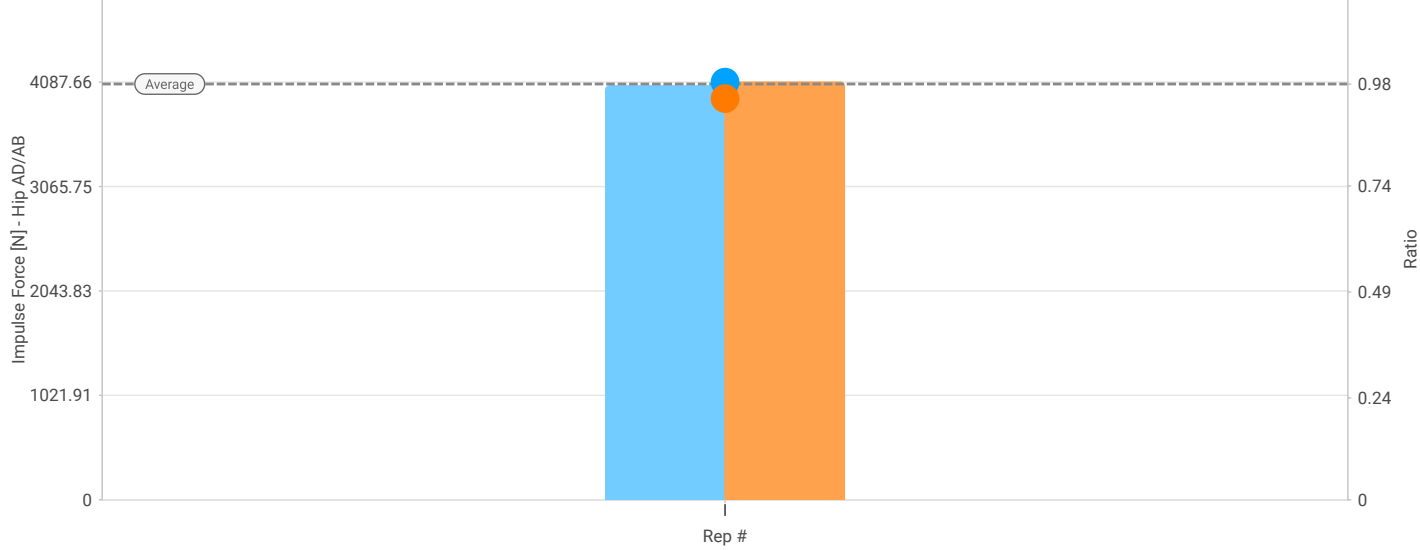
Range Average
3867.1 - 3989.5 3928.3





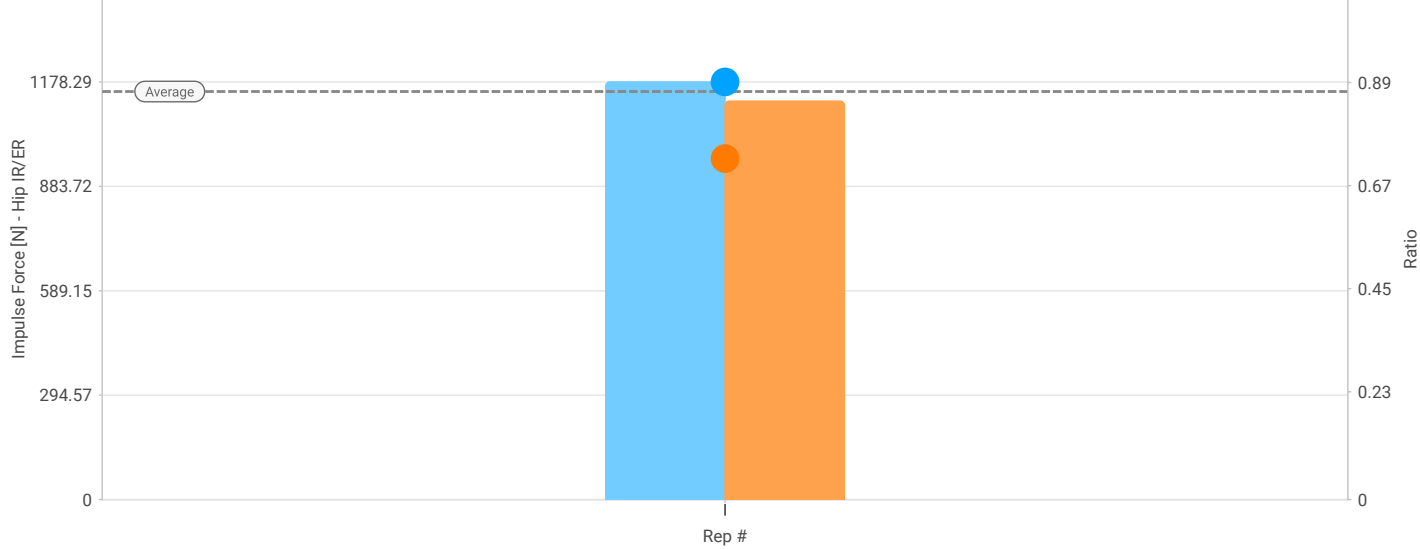
Abduction Impulse Force [N] - Hip AD/AB

Range Average
4050.74 - 4087.66 4069.2



External Rotation Impulse Force [N] - Hip IR/ER

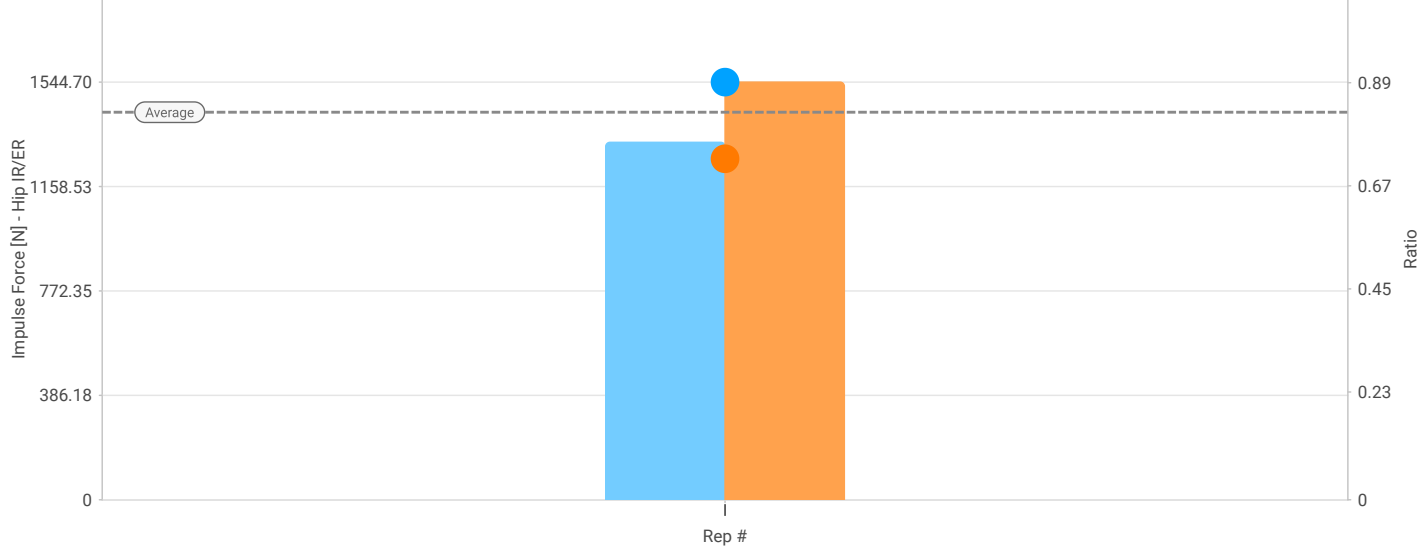
Range Average
1124.11 - 1178.29 1151.2





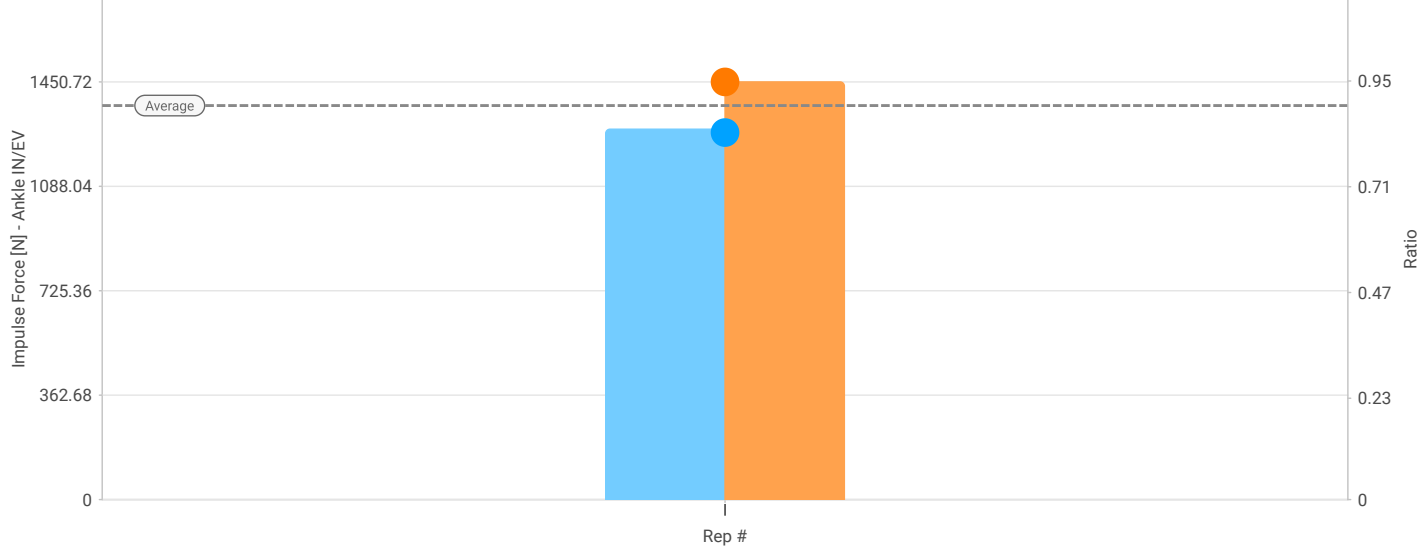
Internal Rotation Impulse Force [N] - Hip IR/ER

Range Average
1322.05 - 1544.71 1433.38



Inversion Impulse Force [N] - Ankle IN/EV

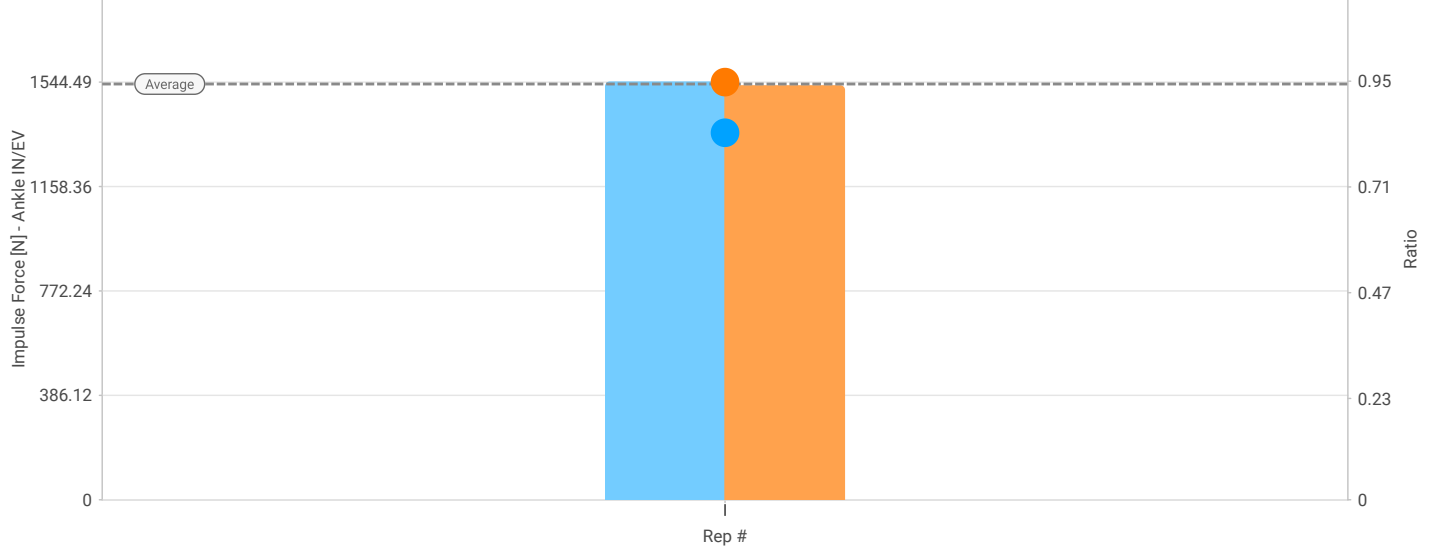
Range Average
1286.46 - 1450.72 1368.59





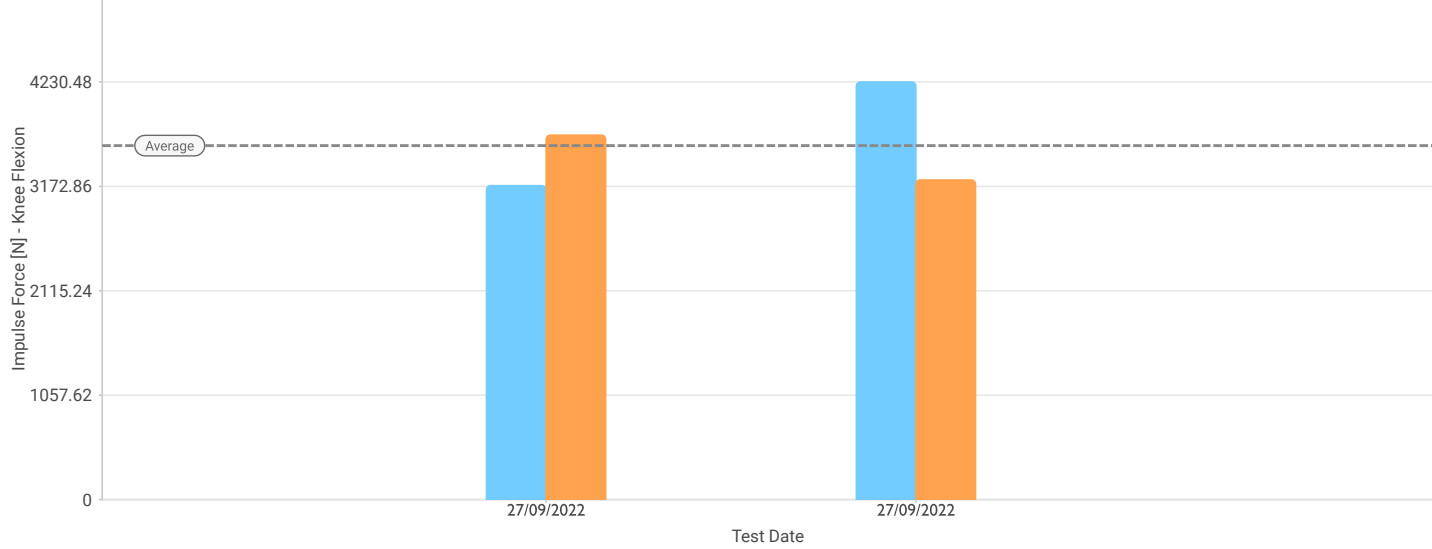
Eversion Impulse Force [N] - Ankle IN/EV

Range Average
1530.48 - 1544.49 1537.48



Knee Flexion Impulse Force [N] - Knee Flexion

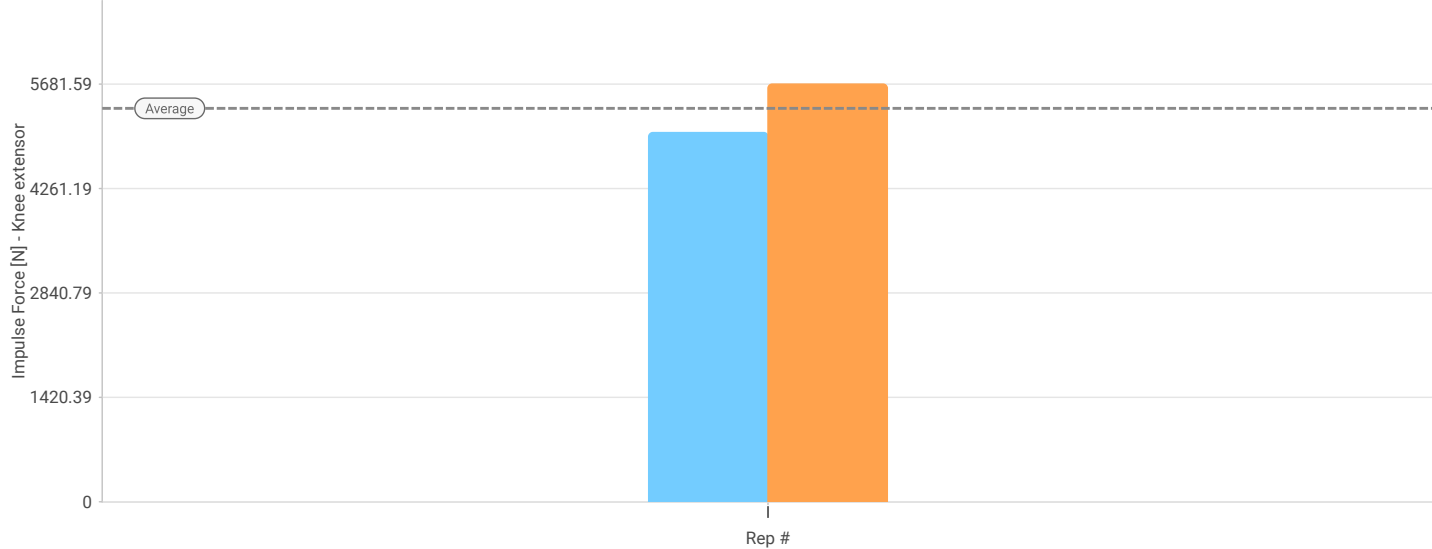
Range Average
3180.78 - 4230.48 3585.25





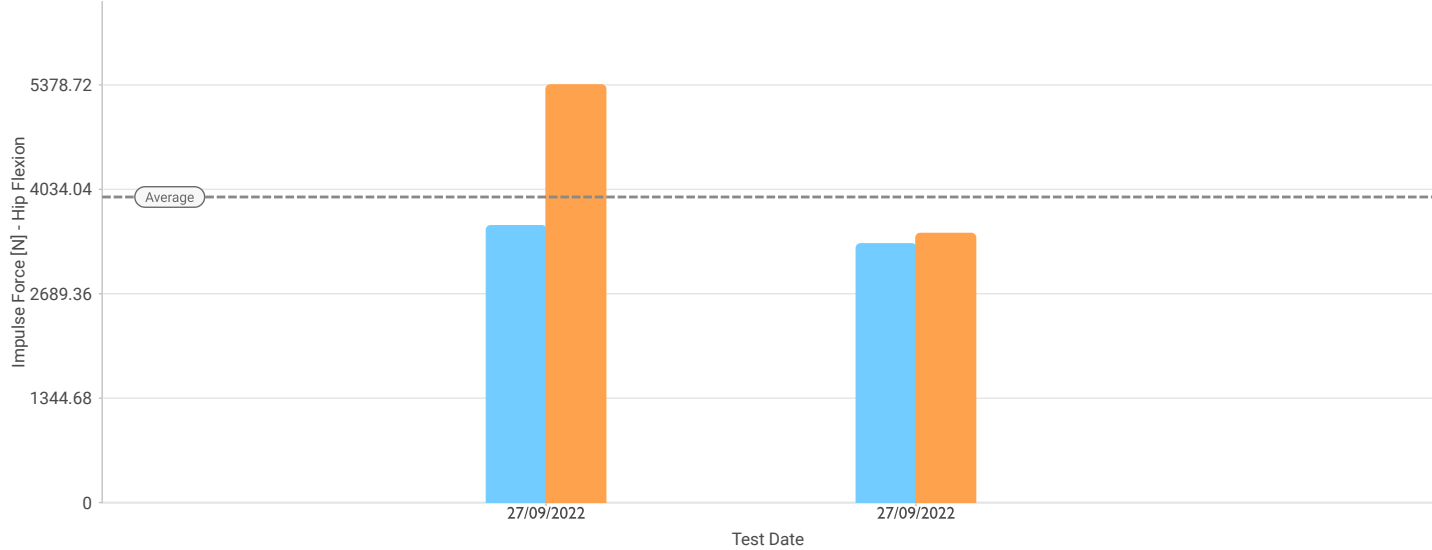
Impulse Force [N] - Knee extensor

Range Average
5022.15 - 5681.59 5351.87



Flexion Impulse Force [N] - Hip Flexion

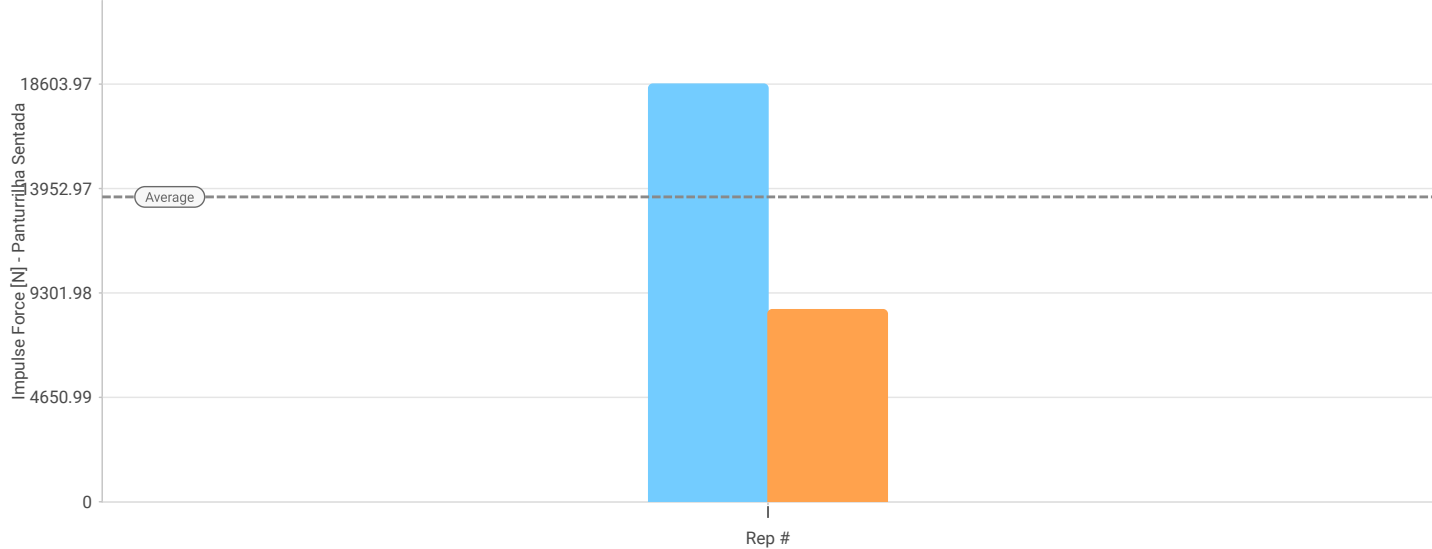
Range Average
3332.34 - 5378.72 3935.49





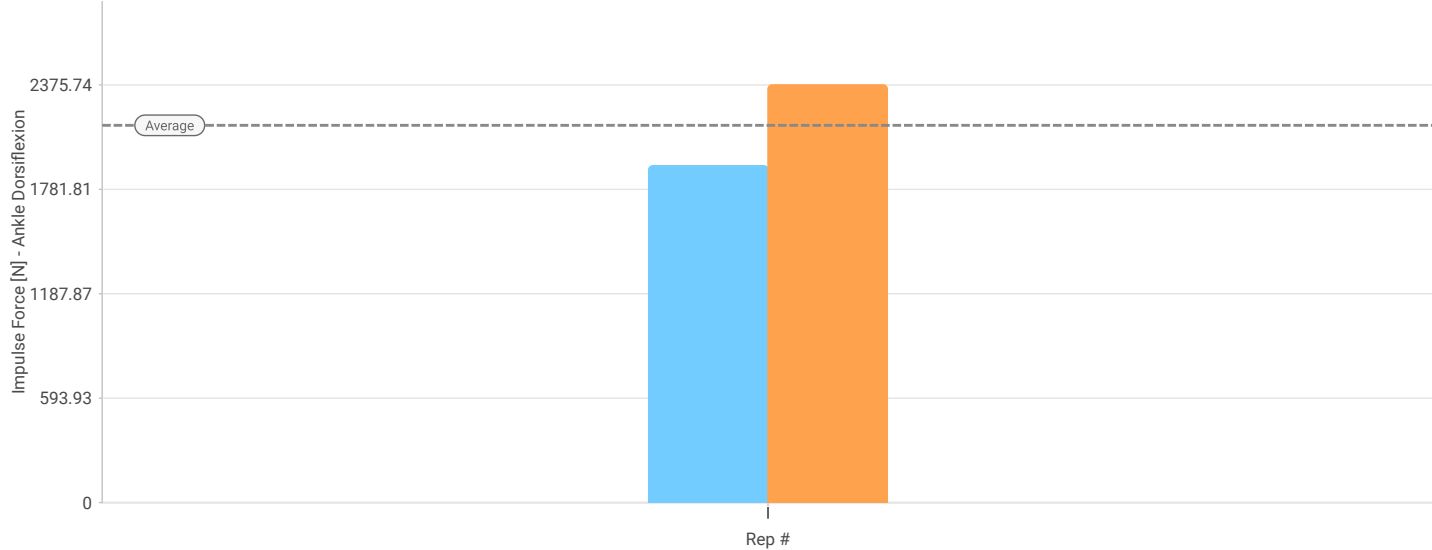
Impulse Force [N] - Panturrilha Sentada

Range Average
8556 - 18603.97 13579.98



Dorsiflexion Impulse Force [N] - Ankle Dorsiflexion

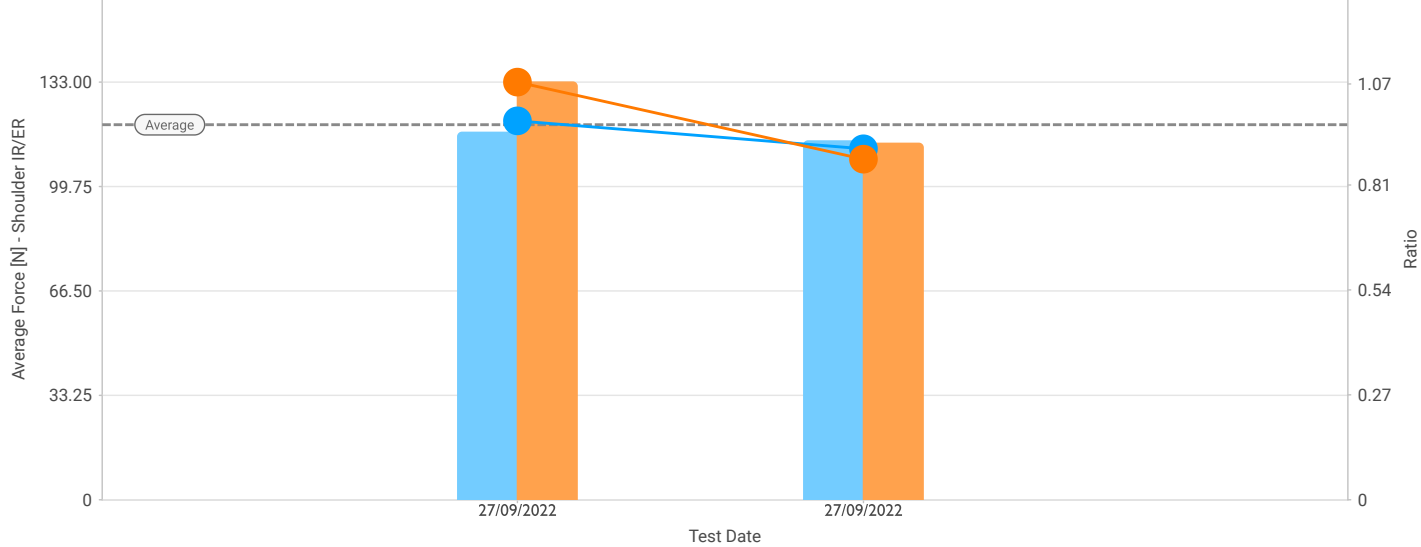
Range Average
1916.02 - 2375.74 2145.88





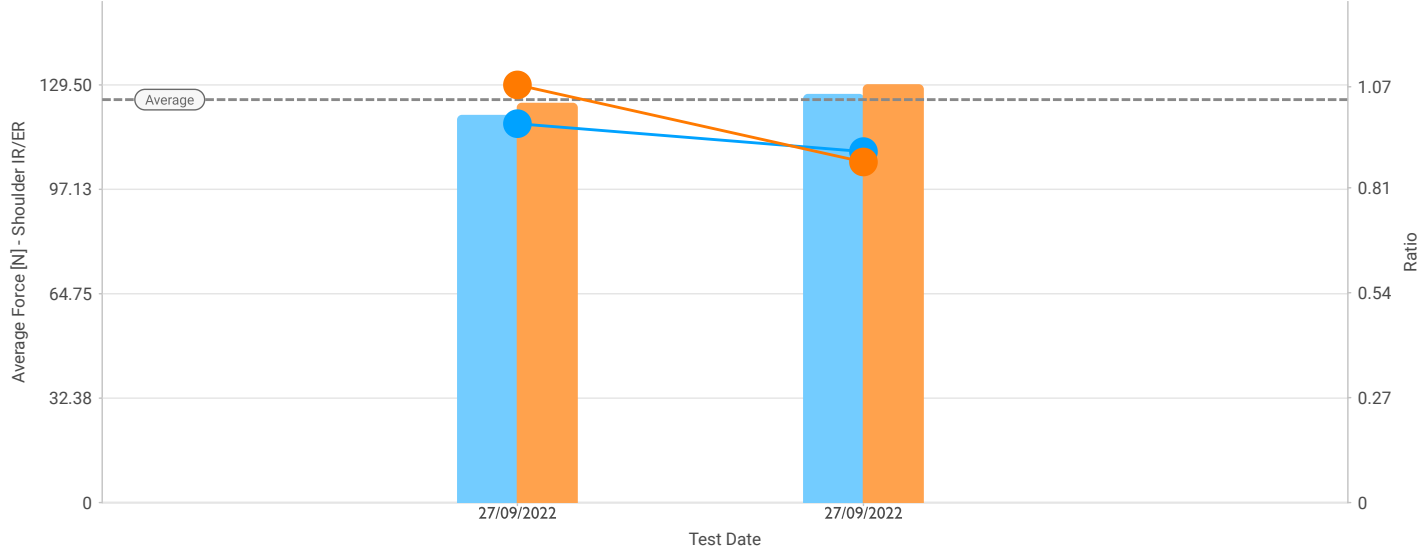
Internal Rotation Average Force [N] - Shoulder IR/ER

Range Average
113.5 - 133 119.44



External Rotation Average Force [N] - Shoulder IR/ER

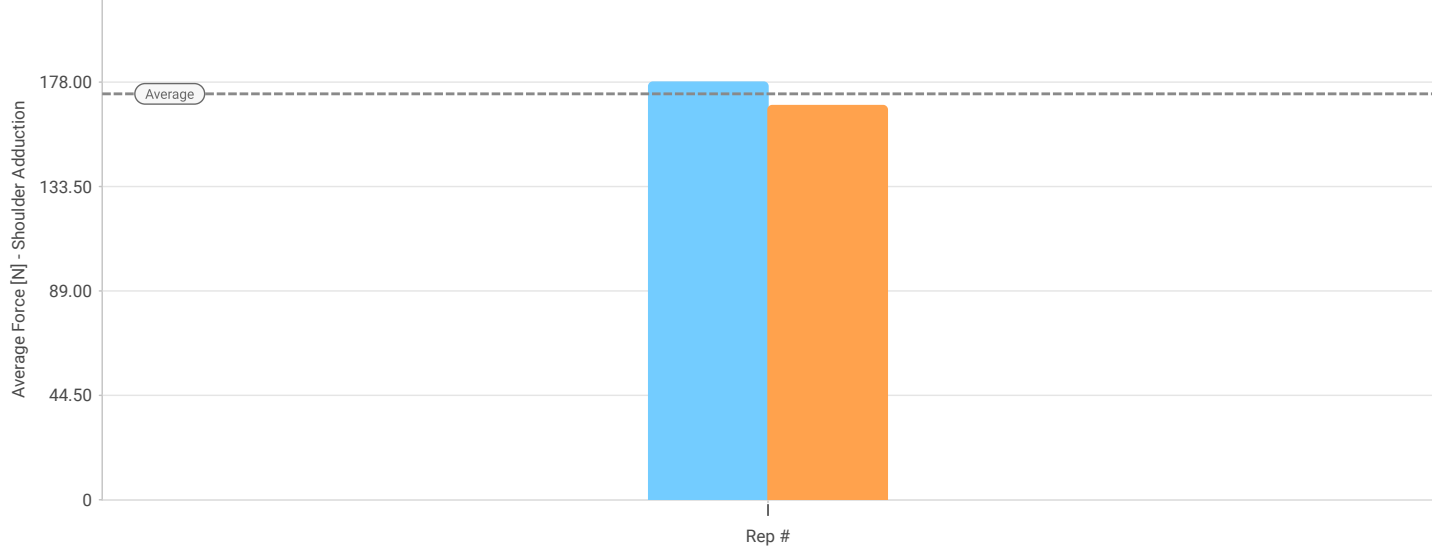
Range Average
120 - 129.5 124.94





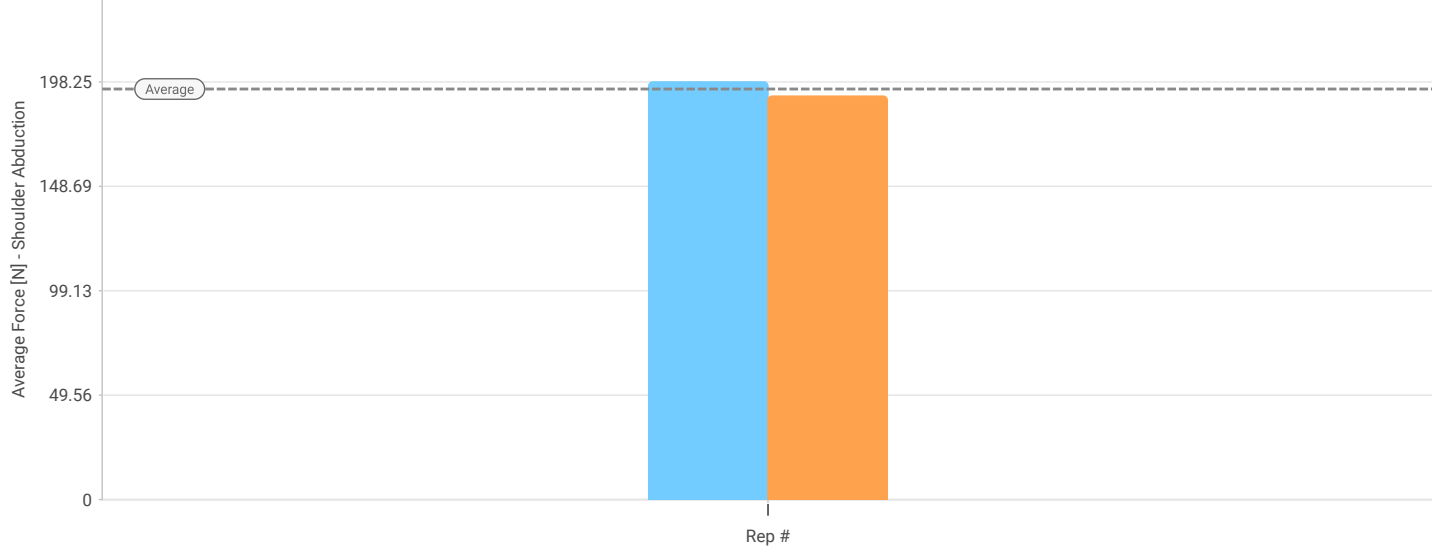
Adduction Average Force [N] - Shoulder Adduction

Range Average
168 - 178 173



Abduction Average Force [N] - Shoulder Abduction

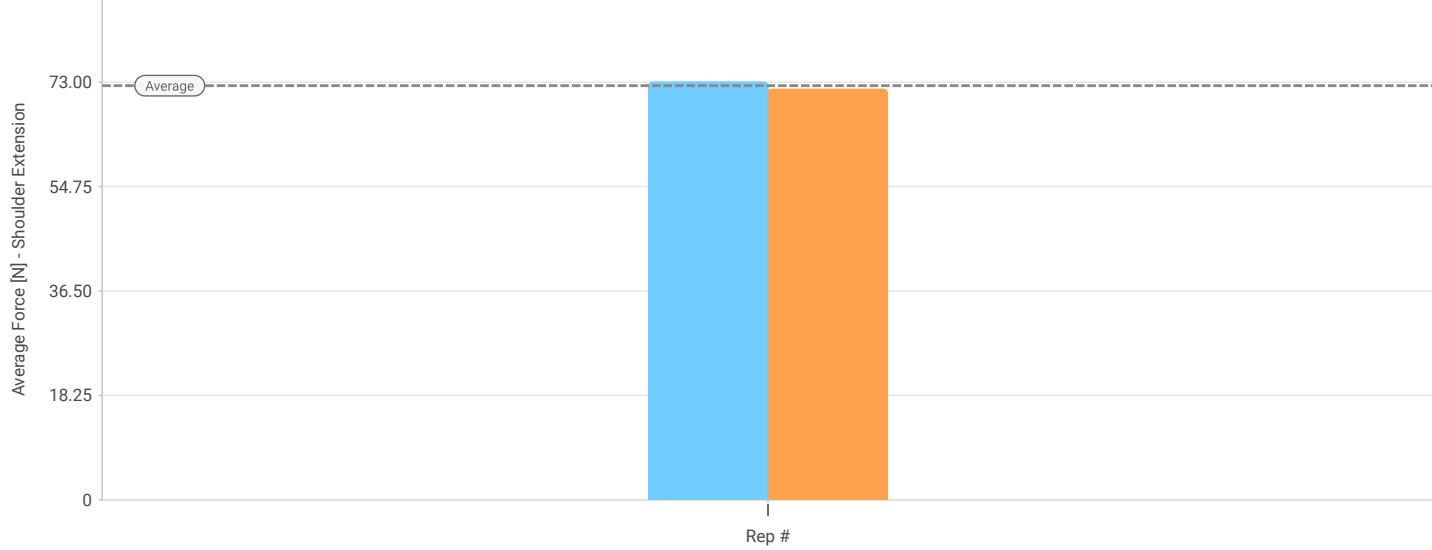
Range Average
191.5 - 198.25 194.88





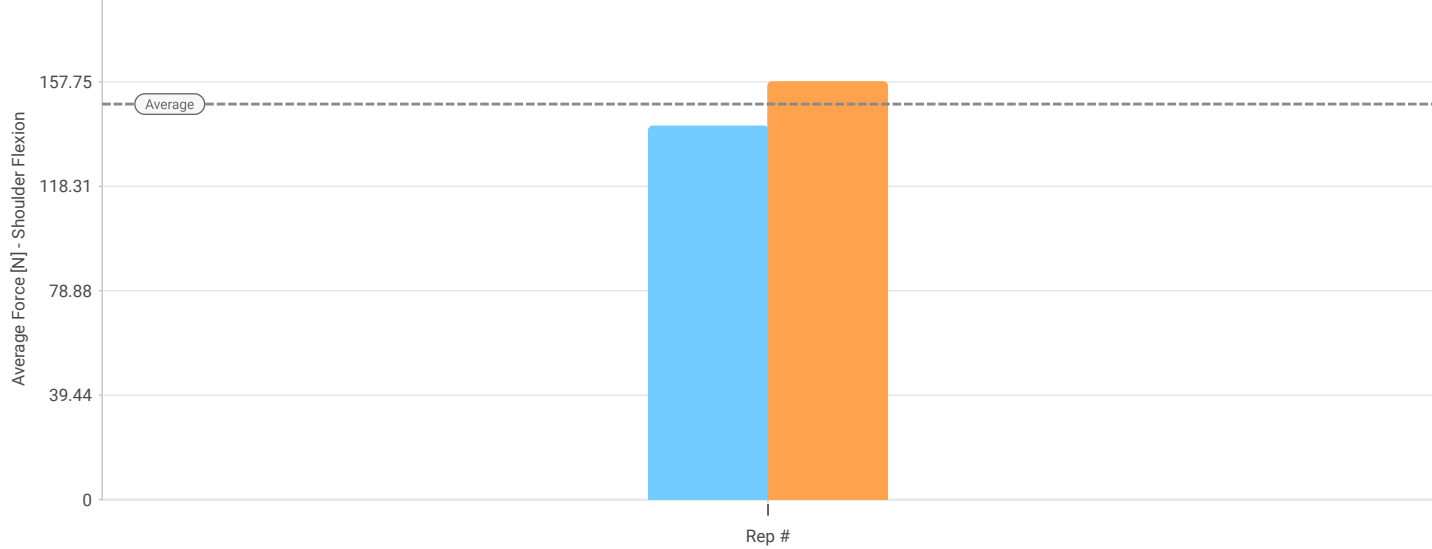
Extension Average Force [N] - Shoulder Extension

Range Average
71.75 - 73 72.38



Flexion Average Force [N] - Shoulder Flexion

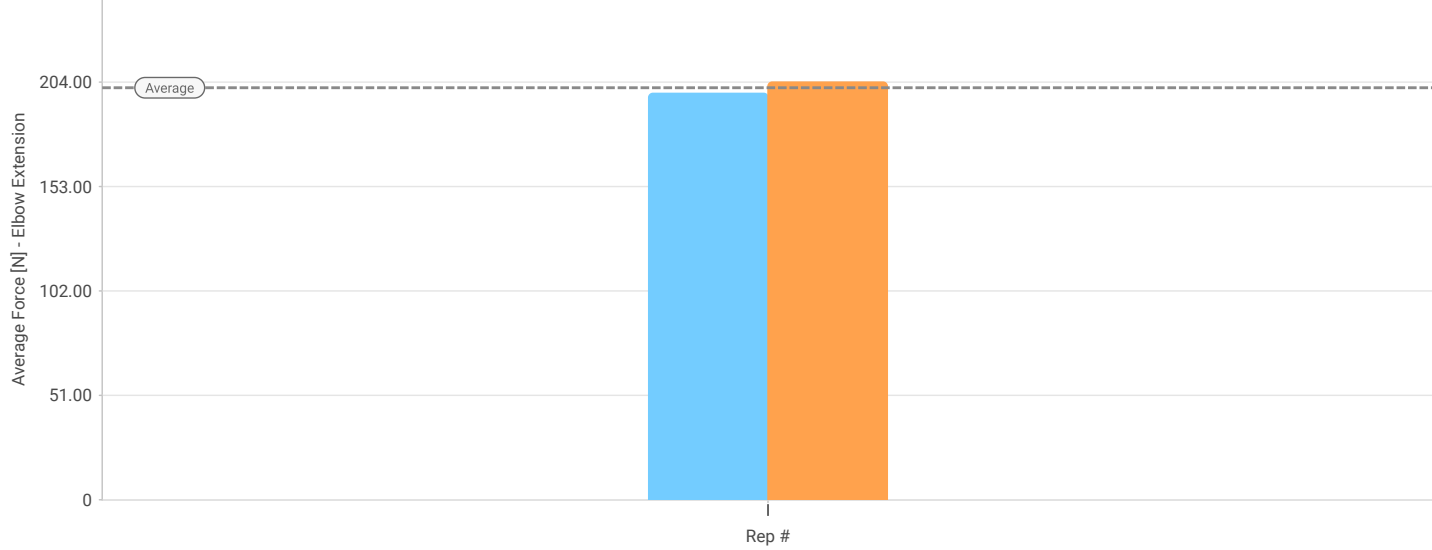
Range Average
141 - 157.75 149.38





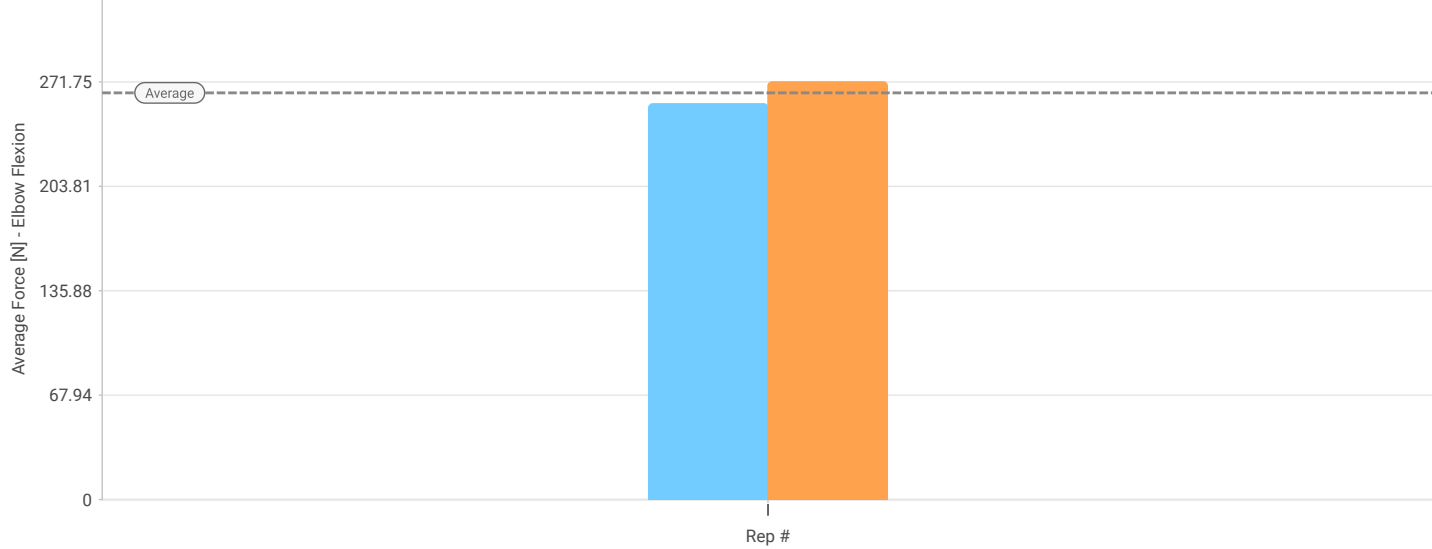
Extension Average Force [N] - Elbow Extension

Range Average
198.5 - 204 201.25



Average Force [N] - Elbow Flexion

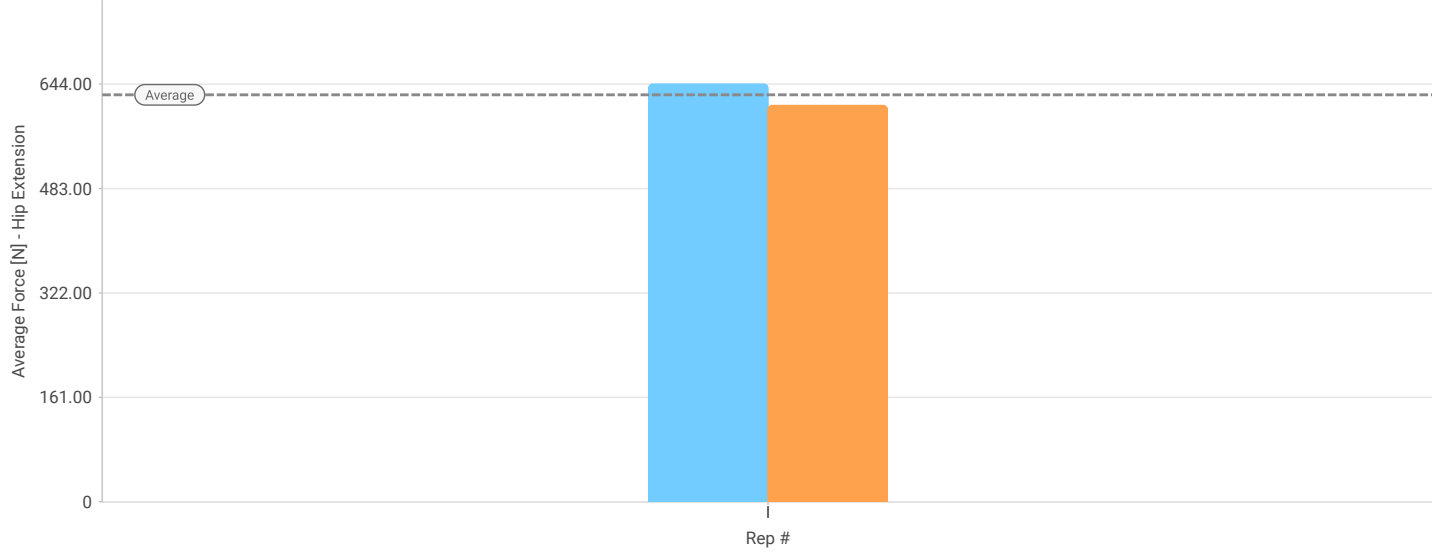
Range Average
257.5 - 271.75 264.63





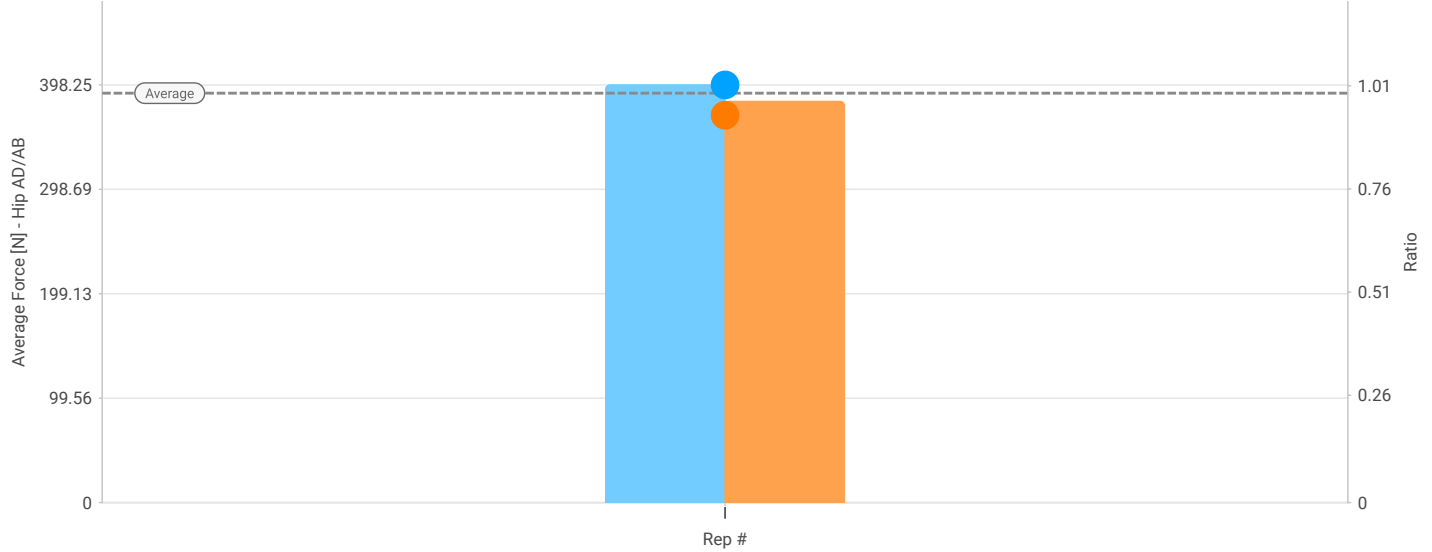
Extension Average Force [N] - Hip Extension

Range Average
611 - 644 627.5



Adduction Average Force [N] - Hip AD/AB

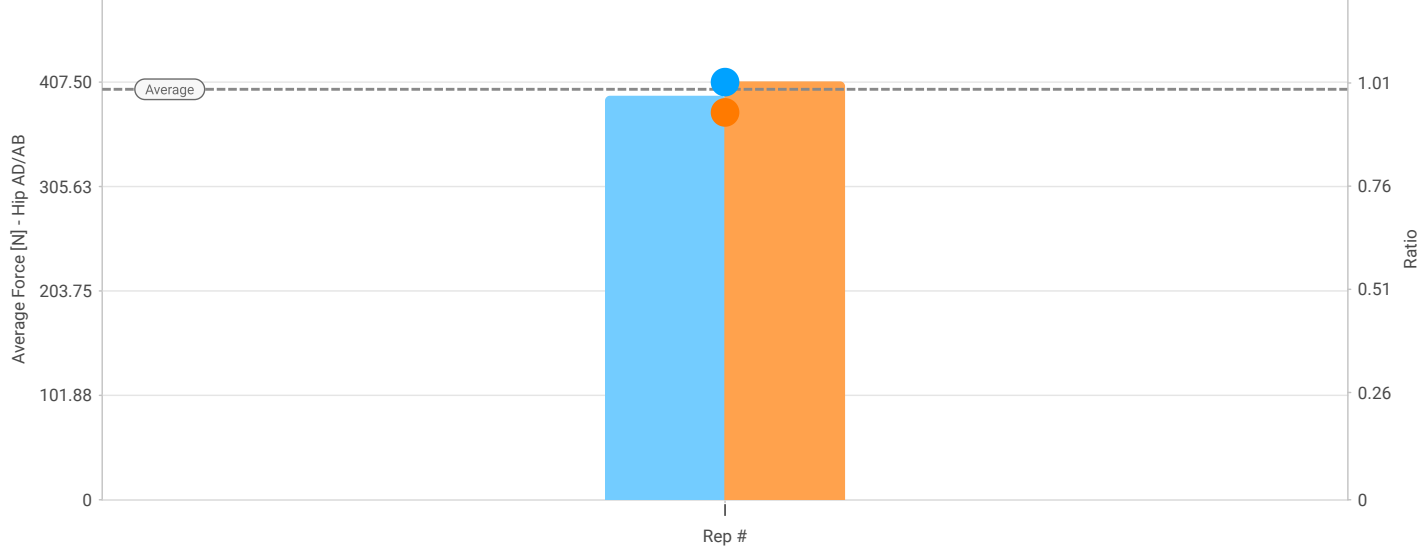
Range Average
382.5 - 398.25 390.38





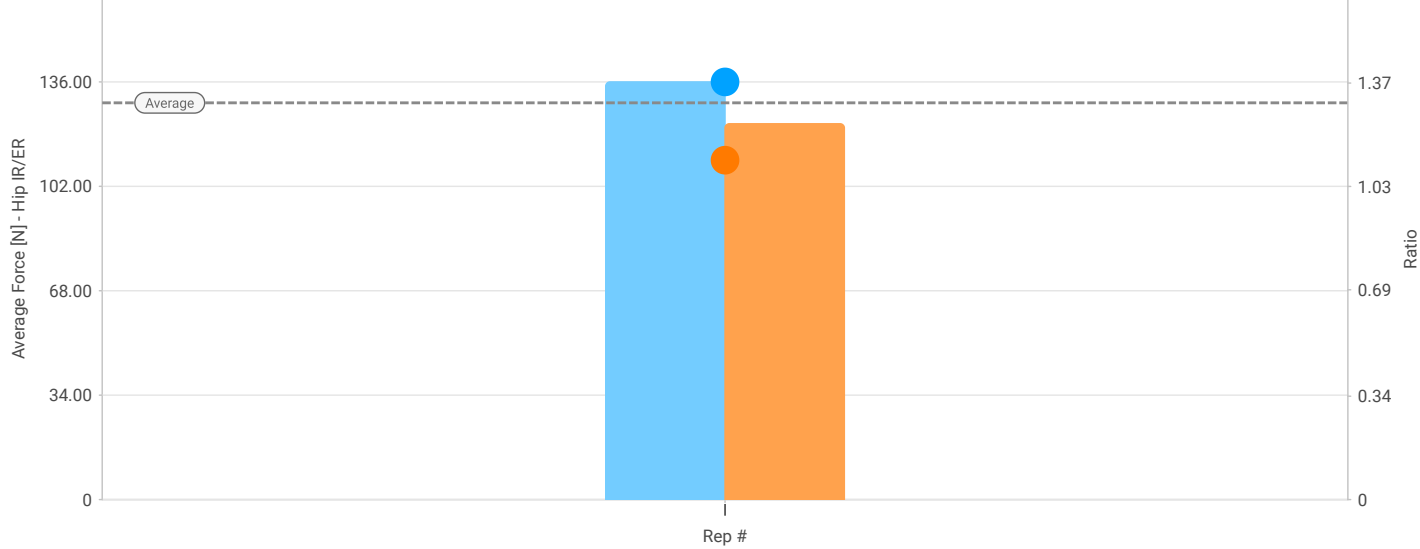
Abduction Average Force [N] - Hip AD/AB

Range Average
393.5 - 407.5 400.5



External Rotation Average Force [N] - Hip IR/ER

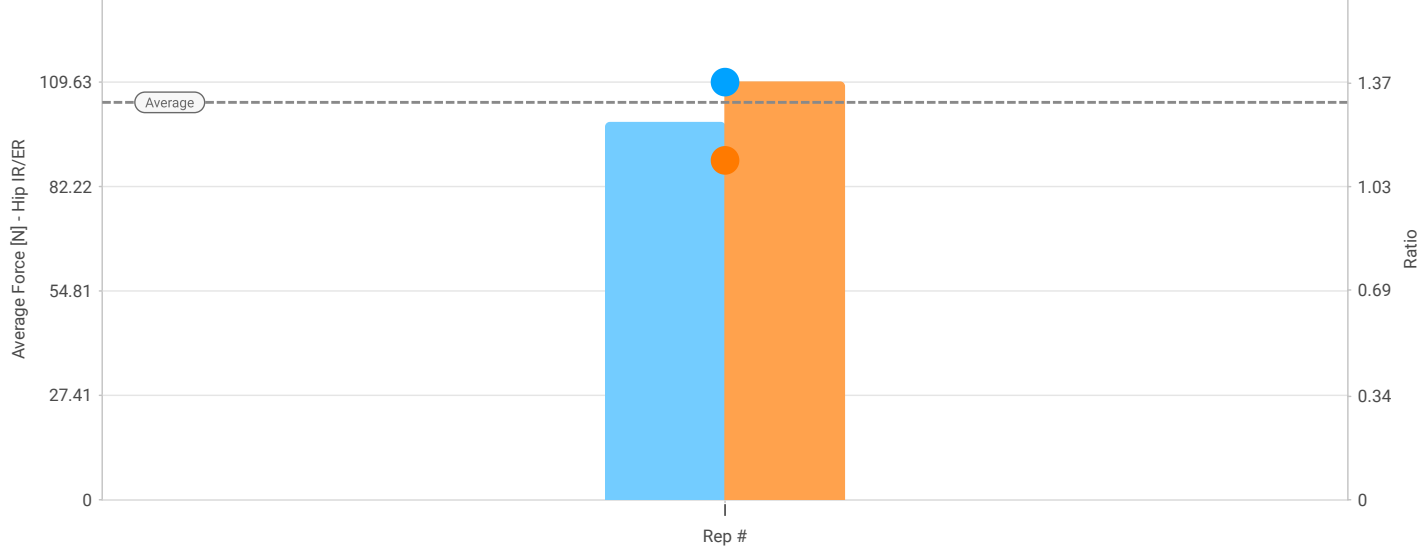
Range Average
122.38 - 136 129.19





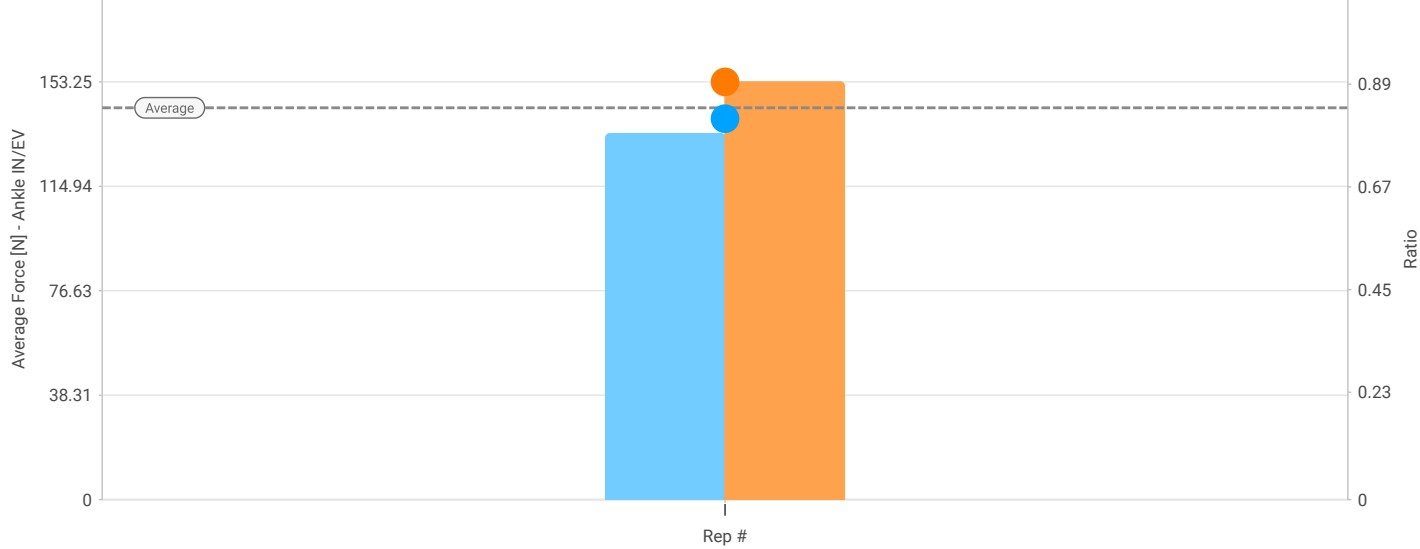
Internal Rotation Average Force [N] - Hip IR/ER

Range Average
99 - 109.63 104.31



Inversion Average Force [N] - Ankle IN/EV

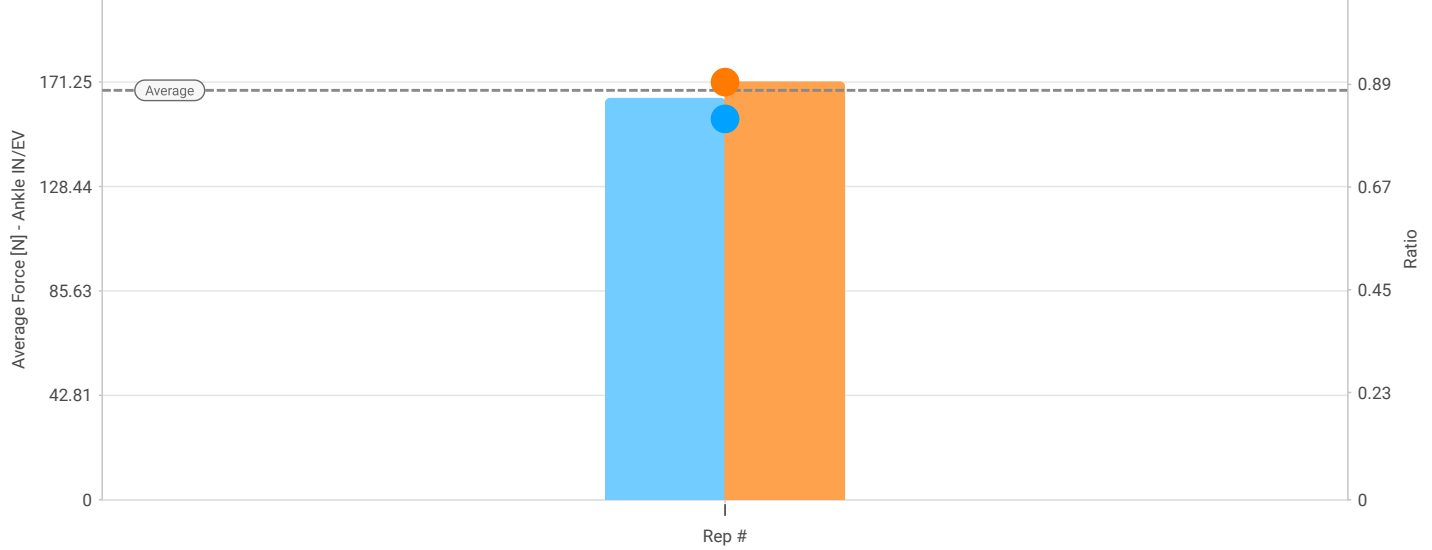
Range Average
134.25 - 153.25 143.75





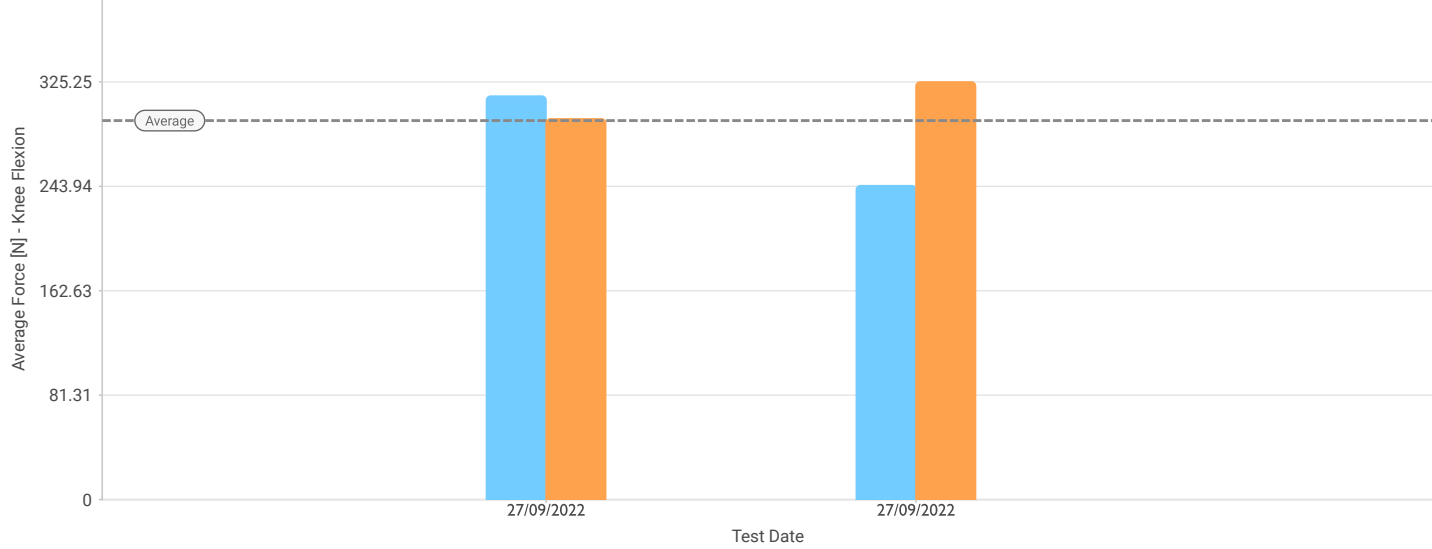
Eversion Average Force [N] - Ankle IN/EV

Range Average
164.5 - 171.25 167.88



Knee Flexion Average Force [N] - Knee Flexion

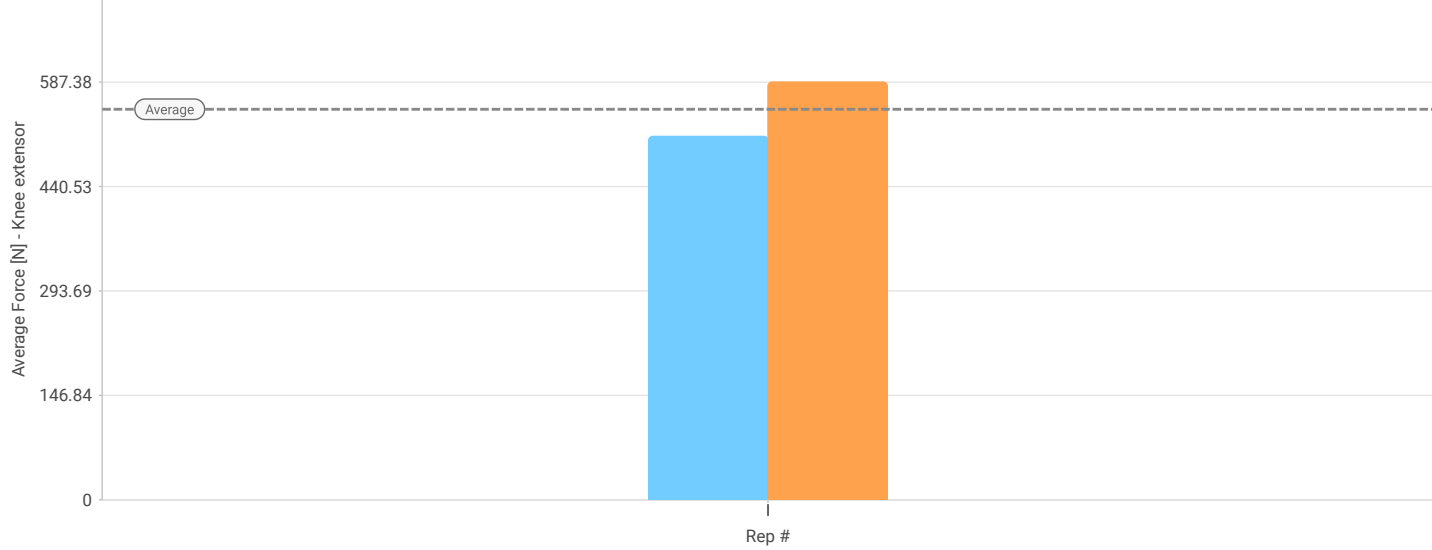
Range Average
244.5 - 325.25 295.13





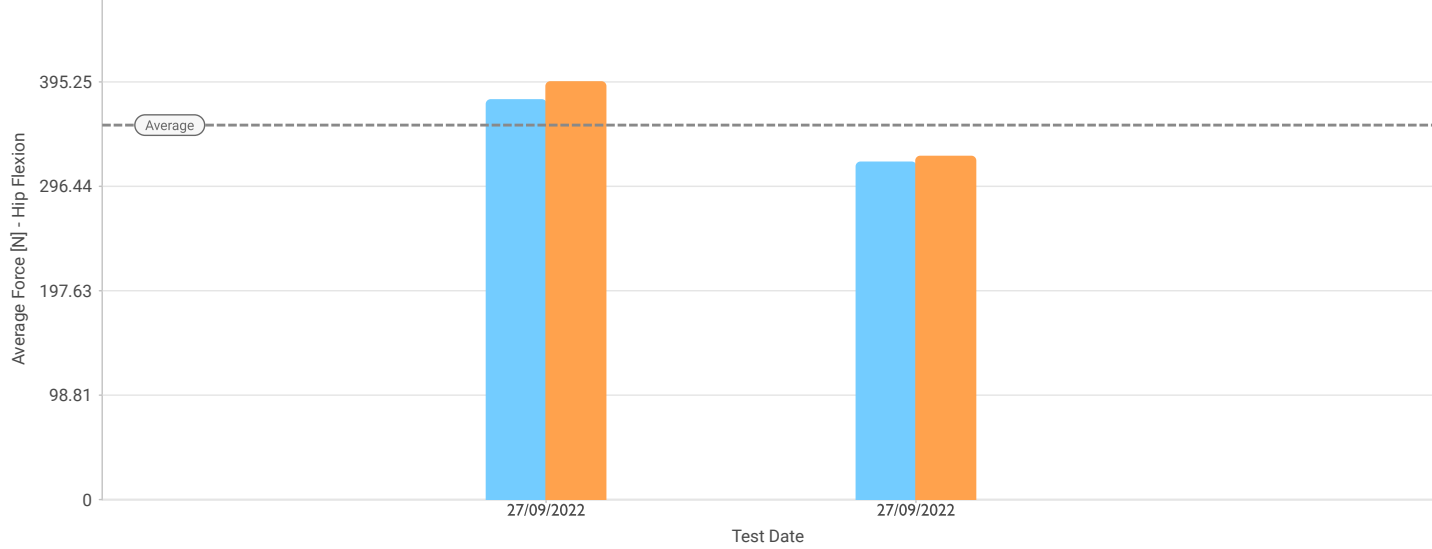
Average Force [N] - Knee extensor

Range Average
511 - 587.38 549.19



Flexion Average Force [N] - Hip Flexion

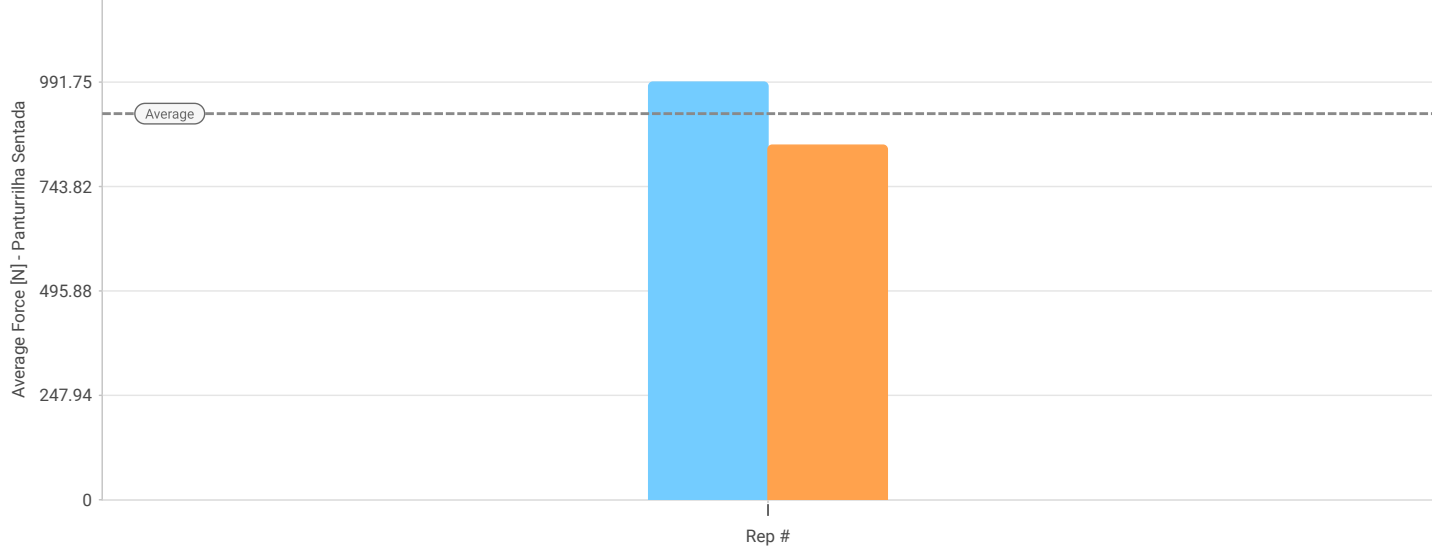
Range Average
319.25 - 395.25 354.38





Average Force [N] - Panturrilha Sentada

Range Average
842 - 991.75 916.88



Dorsiflexion Average Force [N] - Ankle Dorsiflexion

Range Average
200.13 - 236.75 218.44

