Tests (10)

Profile	Date	Test Type	Test Position	Reps
Ana Paola Villalva Braga 10 Tests				
	25/11/2023 9:44 AM	extensão de punho	Pending..	Inner 0 L / 0 R Outer 2 L / 2 R
	25/11/2023 9:43 AM	flexao de punho	Pending..	Inner 0 L / 0 R Outer 2 L / 1 R
	25/11/2023 9:39 AM	Elbow Extension	Seated	EXT 2 L / 2 R
	25/11/2023 9:36 AM	Elbow Flexion	Seated	FLEX 2 L / 2 R
	25/11/2023 9:31 AM	Shoulder IR/ER	Supine (Neutral)	IR 2 L / 2 R ER 2 L / 1 R
	25/11/2023 9:27 AM	Shoulder IR/ER	Supine (90 Degrees AB)	IR 2 L / 0 R ER 2 L / 2 R
	25/11/2023 9:20 AM	Shoulder Extension	Prone	EXT 0 L / 0 R
	25/11/2023 9:18 AM	Shoulder Flexion	Prone	FLEX 2 L / 0 R
	25/11/2023 9:14 AM	Shoulder Adduction	Side lying	AD 2 L / 1 R
	25/11/2023 9:09 AM	Shoulder Abduction	Side lying	AB 0 L / 0 R

Max Force [N] - extensão de punho

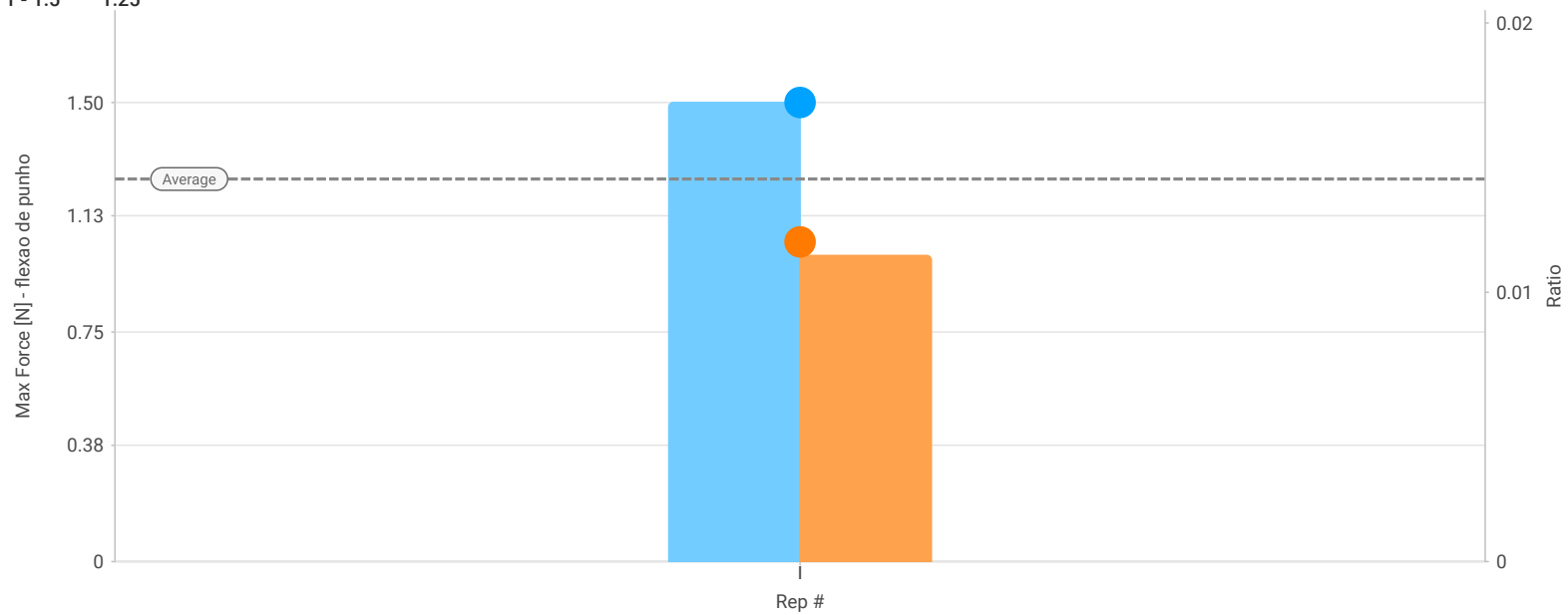| Range	Average
1.25 - 3.75	2.5
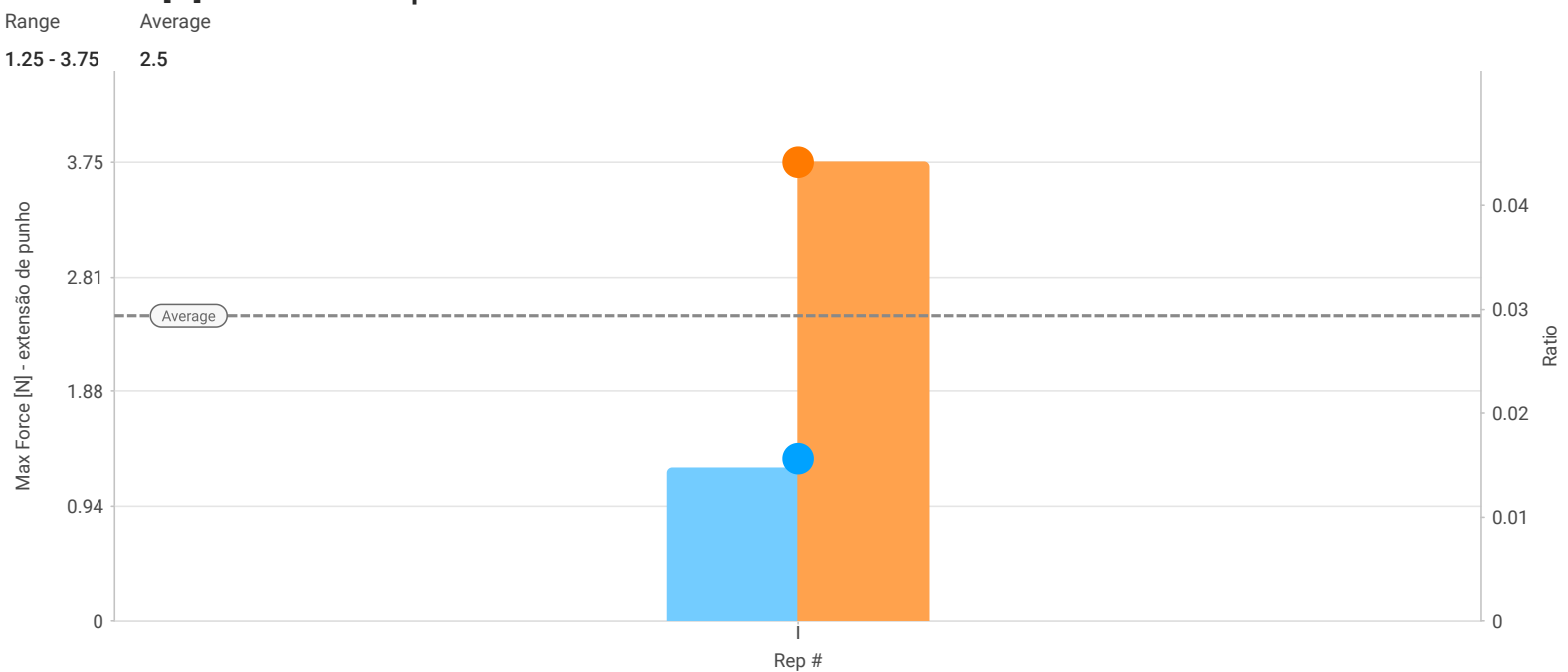
Max Force [N] - extensão de punho

Range   Average

80 - 85   **82.5**
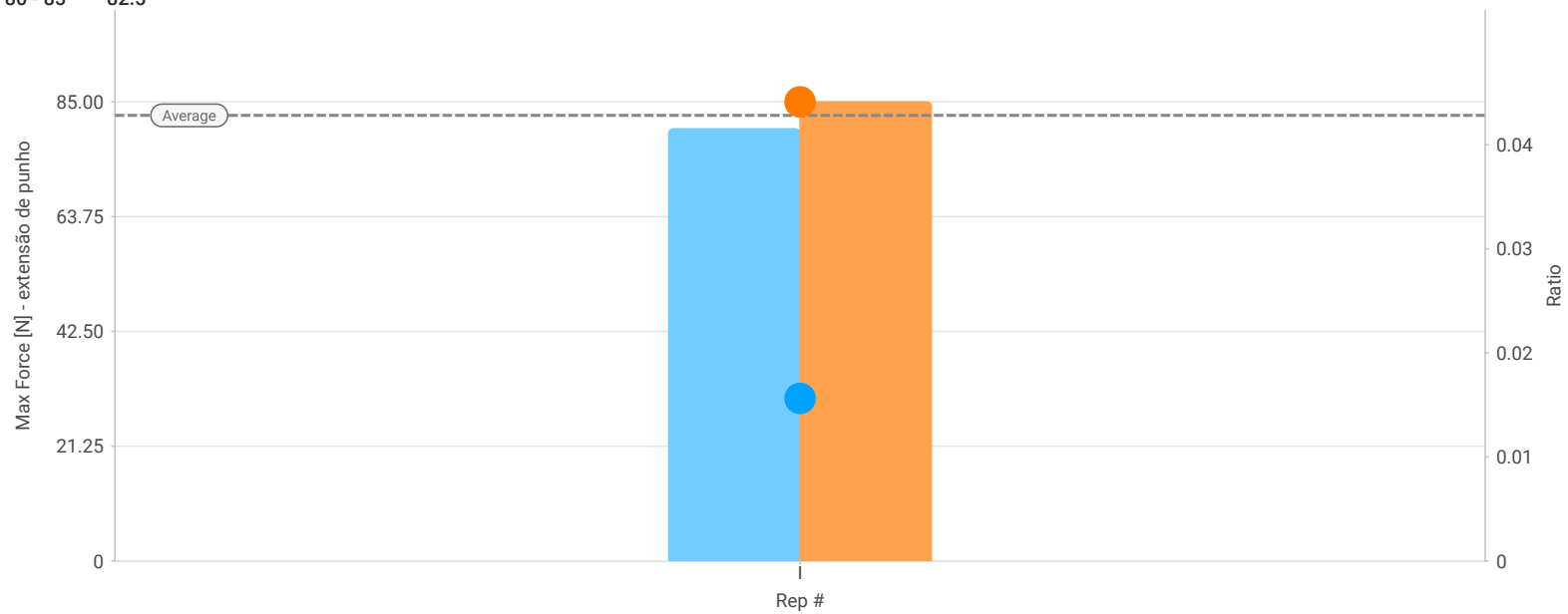
Max Force [N] - flexao de punho

Range   Average

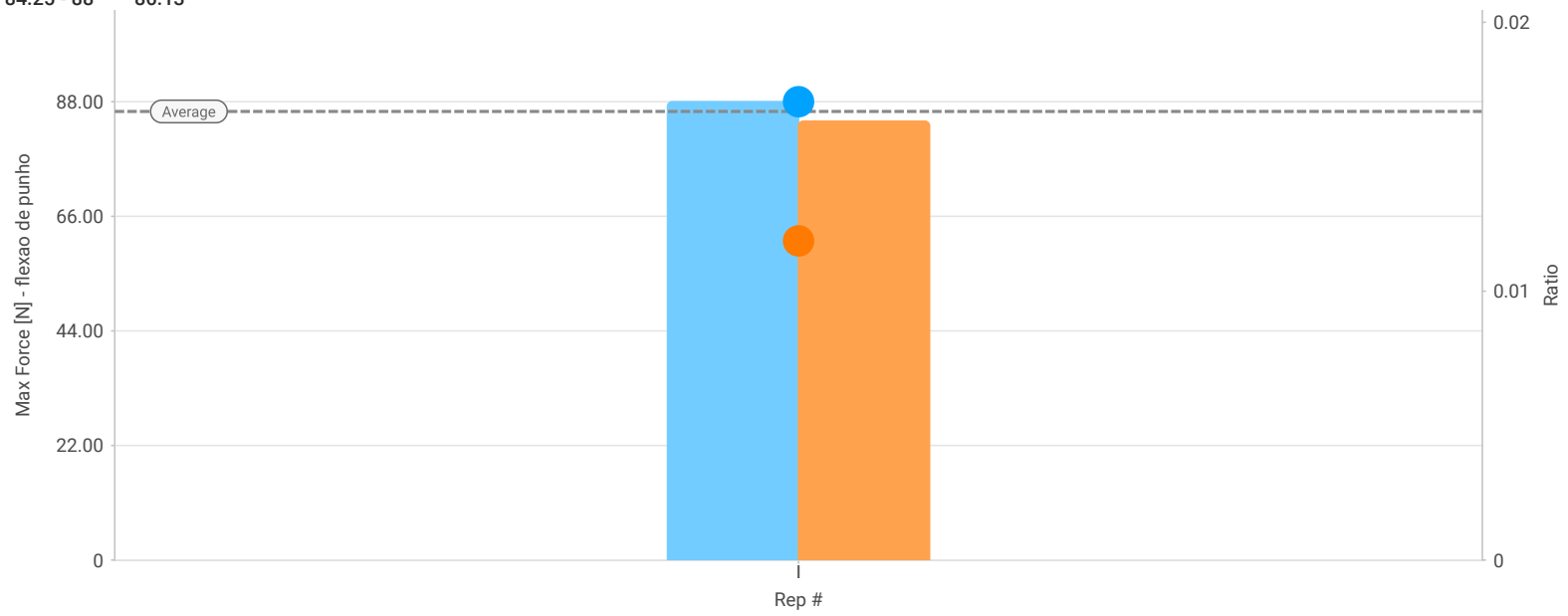**1 - 1.5**   **1.25**

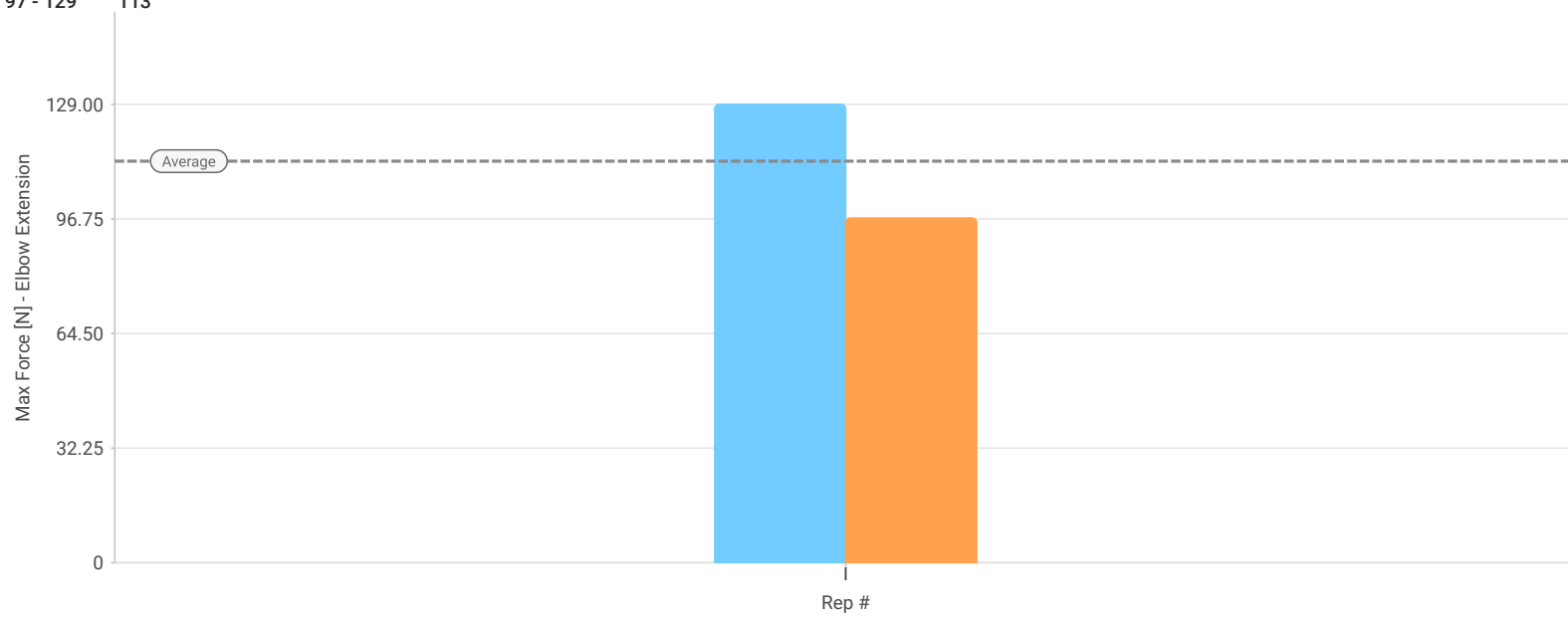# Max Force [N] - flexao de punho

Range | Average
84.25 - 88 | **86.13**

Extension Max Force [N] - Elbow Extension
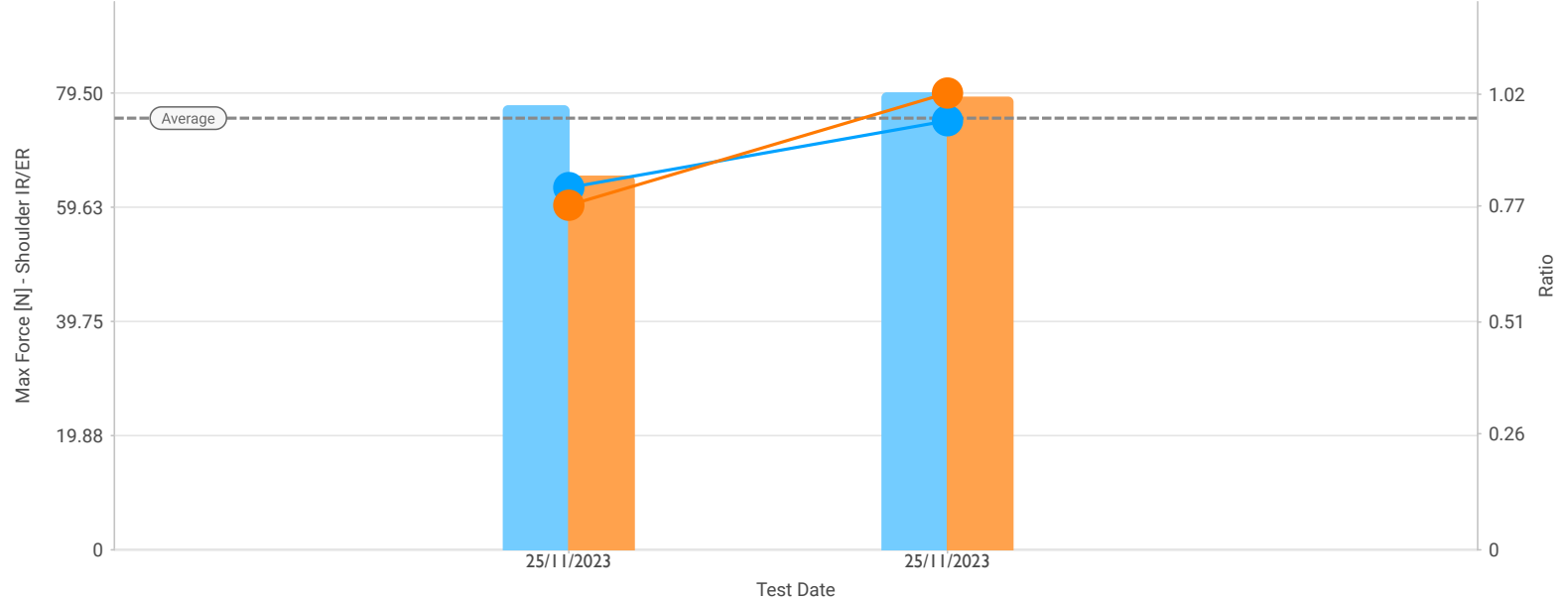
Range | Average
97 - 129 | **113**

Max Force [N] - Elbow Flexion

Range
138.75 - 144.5
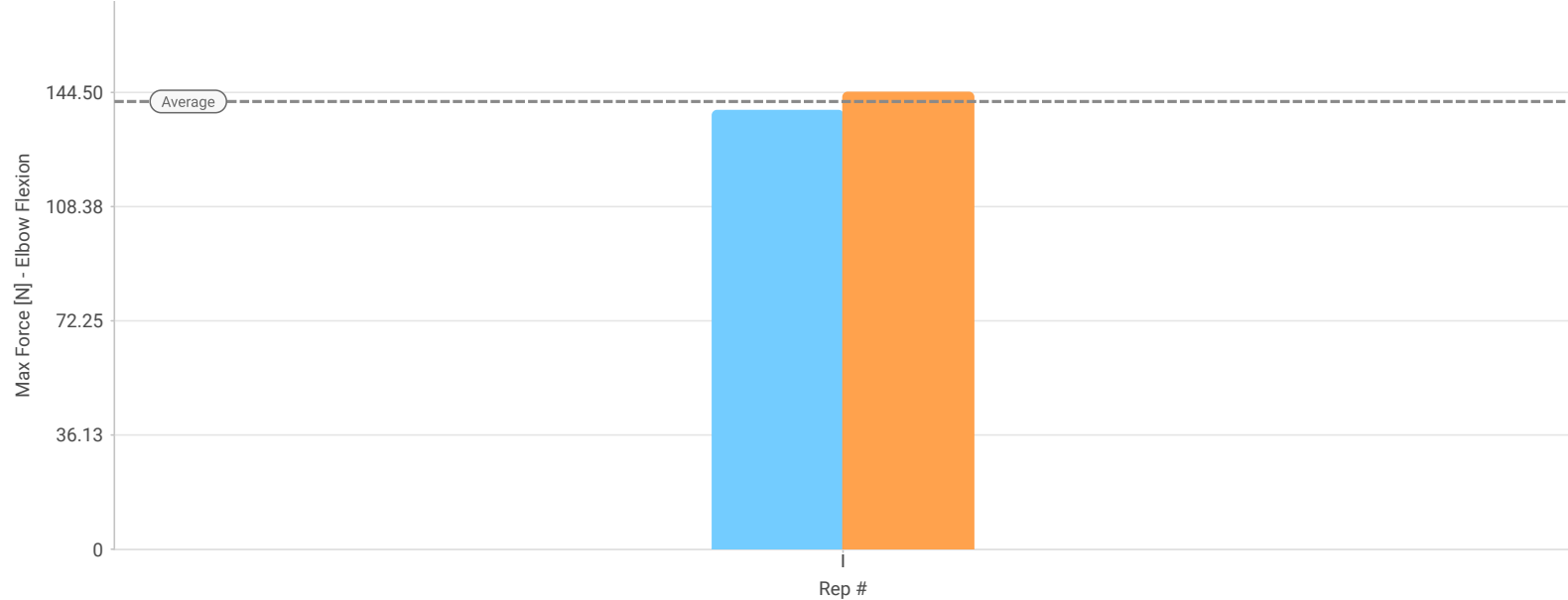
Average
141.63

Internal Rotation Max Force [N] - Shoulder IR/ER
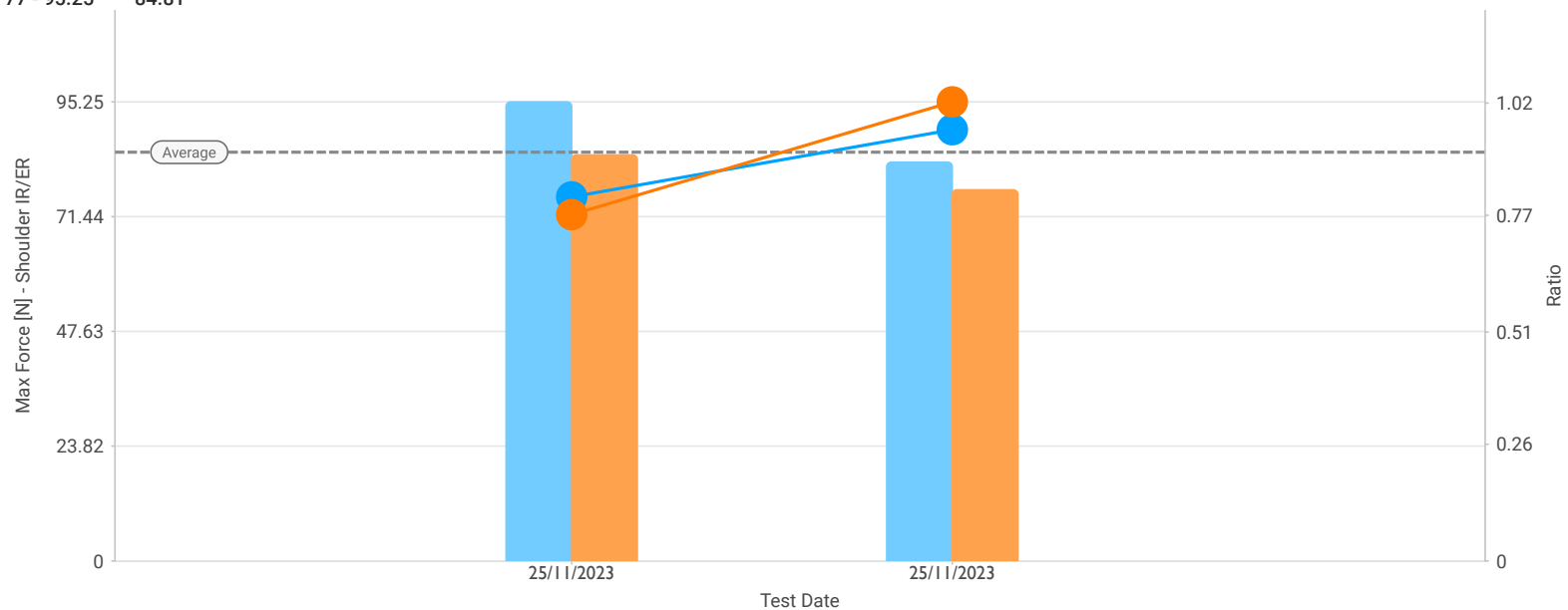
Range
65 - 79.5

Average
75.13

External Rotation Max Force [N] - Shoulder IR/ER
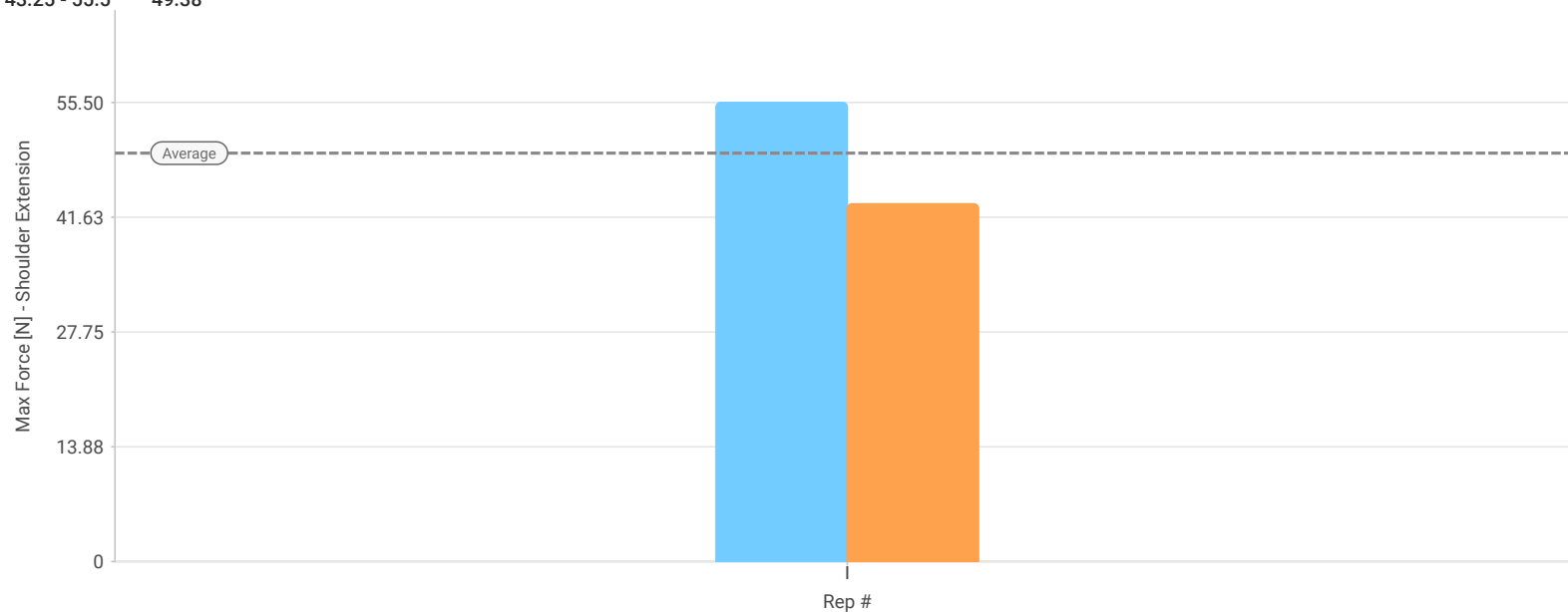
Range
77 - 95.25

Average
84.81

Extension Max Force [N] - Shoulder Extension

Range
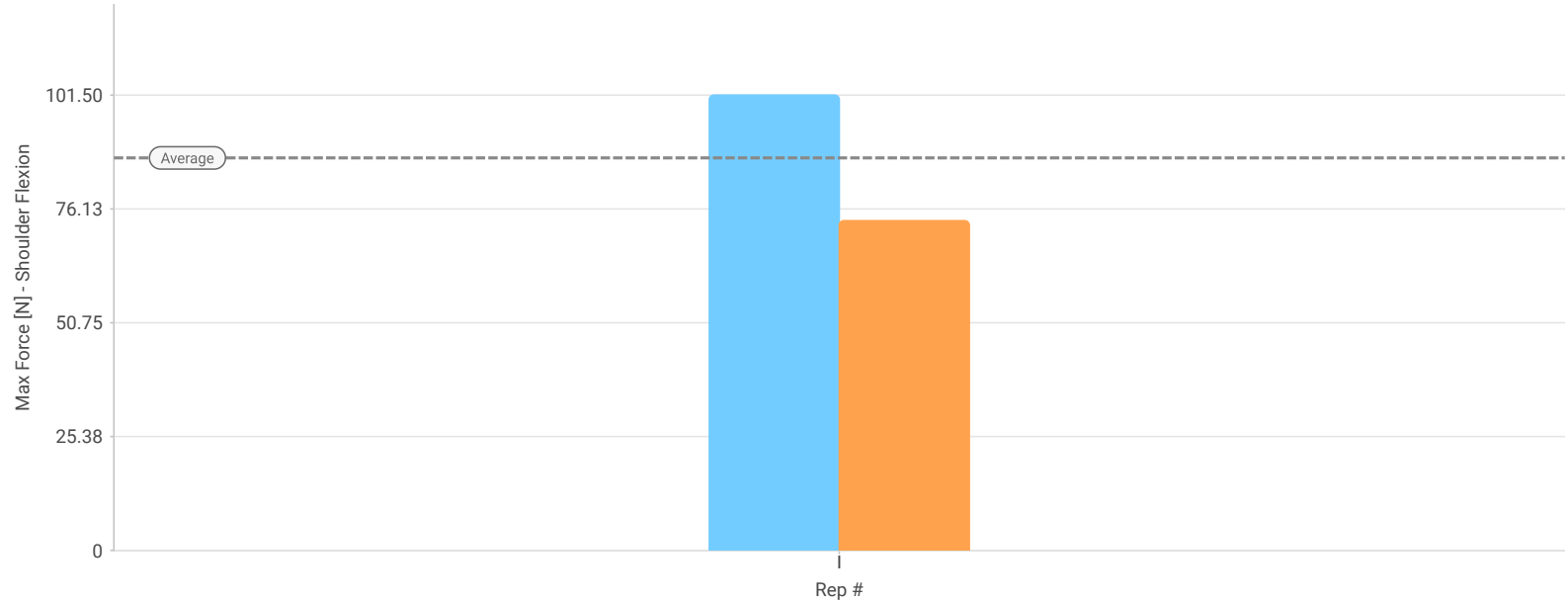**43.25 - 55.5**

Average
49.38

Flexion Max Force [N] - Shoulder Flexion
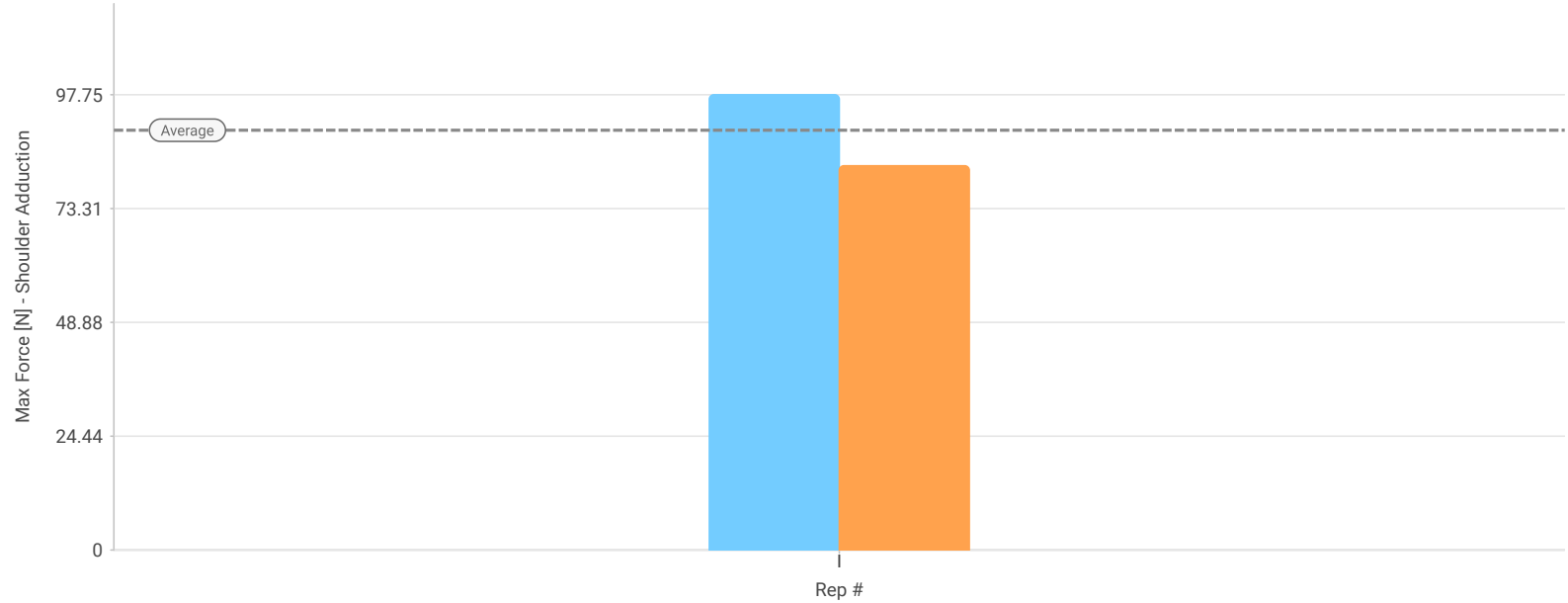
Range
73.5 - 101.5

Average
87.5

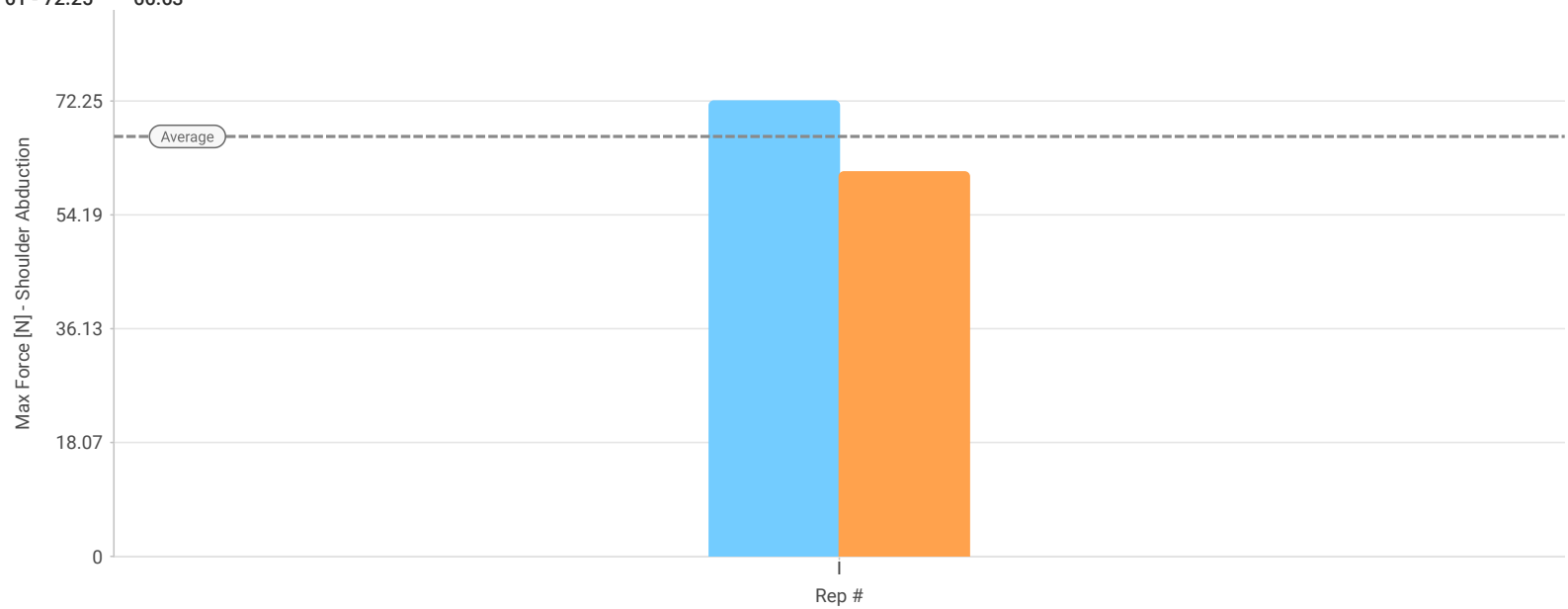# Adduction Max Force [N] - Shoulder Adduction

Range
82.5 - 97.75

Average
90.13

Abduction Max Force [N] - Shoulder Abduction

Range
61 - 72.25

Average
66.63

Asymmetry [%] - extensão de punho

Range
66.67 L - 66.67 R

Average
66.67 R

Asymmetry [%] - extensão de punho

Range
5.88 L - 5.88 R

Average
5.88 R

Rep #

Average

Asymmetry [%] - flexao de punho

Range
33.33 L - 33.33 R

Average
33.33 L

Rep #

Average

Asymmetry [%] - flexao de punho

Range
4.26 L - 4.26 R

Average
4.26 L

Extension Asymmetry [%] - Elbow Extension

Range
24.81 L - 24.81 R

Average
24.81 L

Asymmetry [%] - Elbow Flexion

Range
3.98 L - 3.98 R

Average
3.98 R

Rep #

I

Average

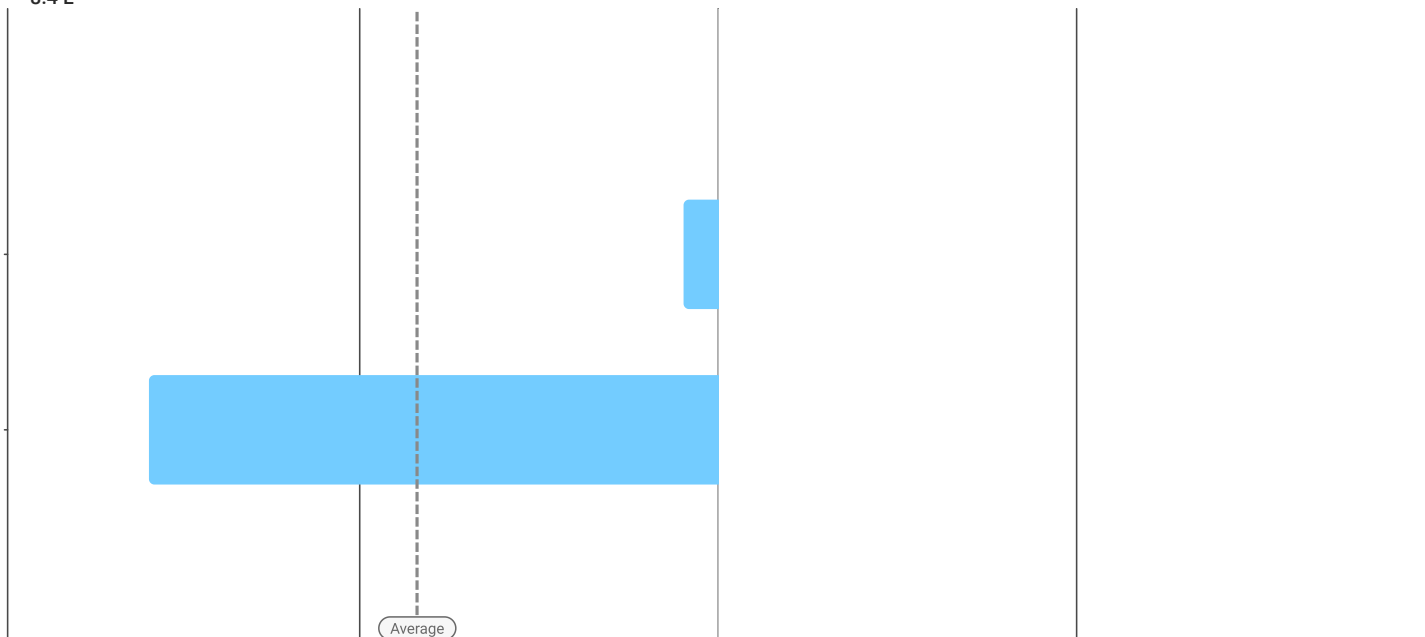## Internal Rotation Asymmetry [%] - Shoulder IR/ER

Range
15.86 L - 0.94 R

Average
8.4 L

Test Date

25/11/2023

25/11/2023

Average

External Rotation Asymmetry [%] - Shoulder IR/ER

Range
11.55 L - 6.95 R

Average
9.25 L

Test Date

25/11/2023

25/11/2023

Average

Extension Asymmetry [%] - Shoulder Extension

Range
22.07 L - 22.07 R

Average
22.07 L

Rep #

1

Average

Flexion Asymmetry [%] - Shoulder Flexion

Range
27.59 L - 27.59 R

Average
27.59 L

Rep #

Average

Adduction Asymmetry [%] - Shoulder Adduction

Range
15.6 L - 15.6 R

Average
15.6 L

Rep #

Average

Abduction Asymmetry [%] - Shoulder Abduction

Range	Average
15.57 L - 15.57 R	**15.57 L**

Rep #
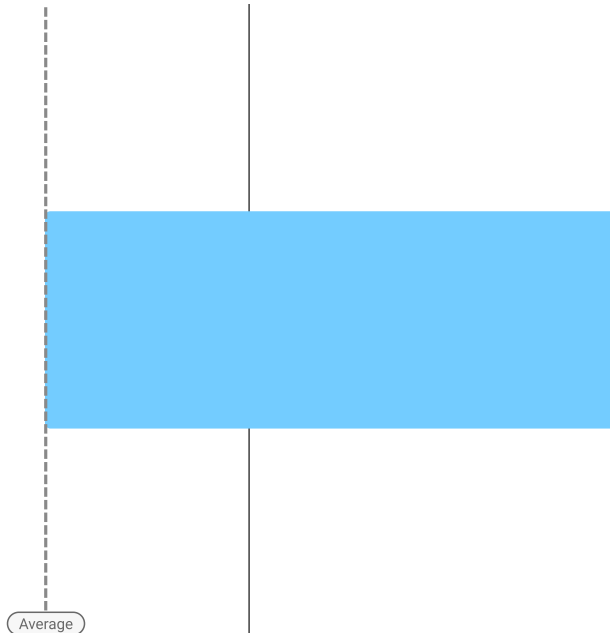
Average

Impulse Force [Ns] - extensão de punho

Range	Average
0 - 0	**0**

Average

Ratio

0

Rep #

Impulse Force [Ns] - extensão de punho
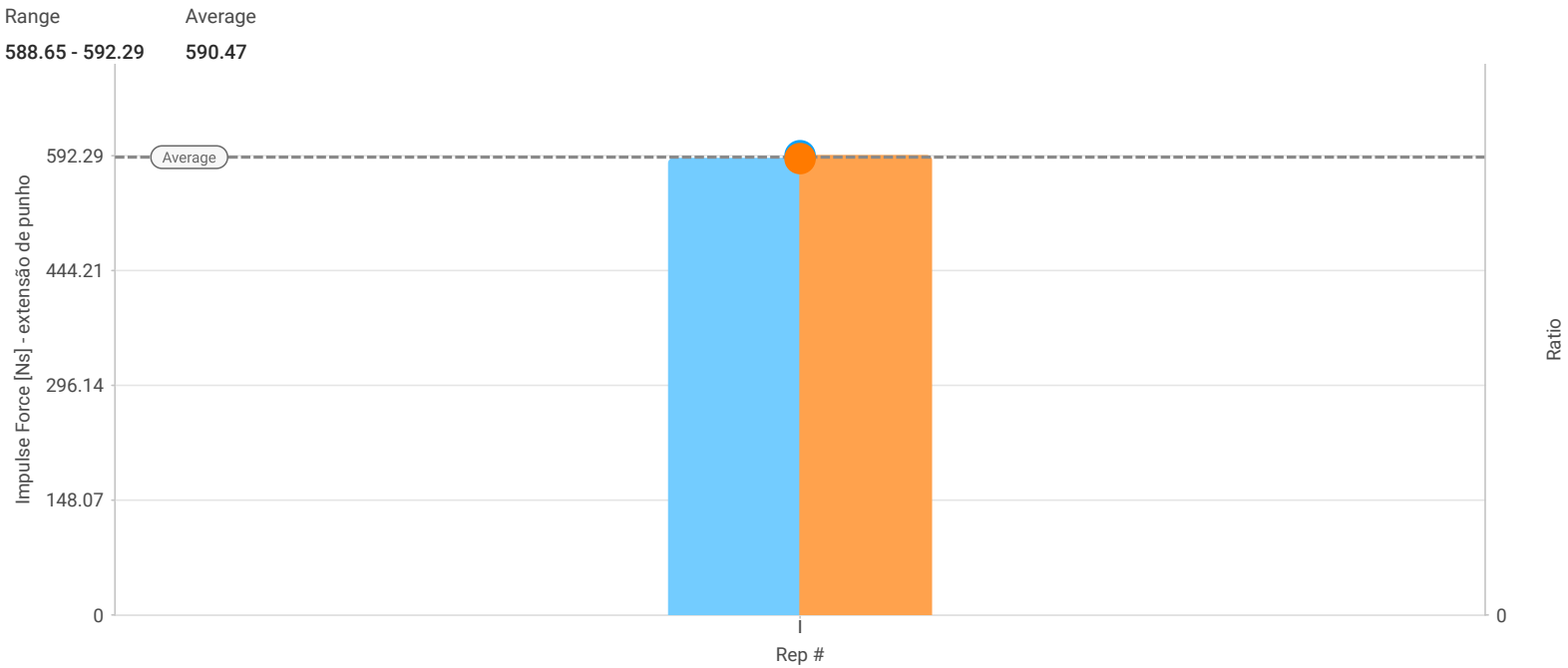
Range
588.65 - 592.29

Average
590.47

Impulse Force [Ns] - flexao de punho
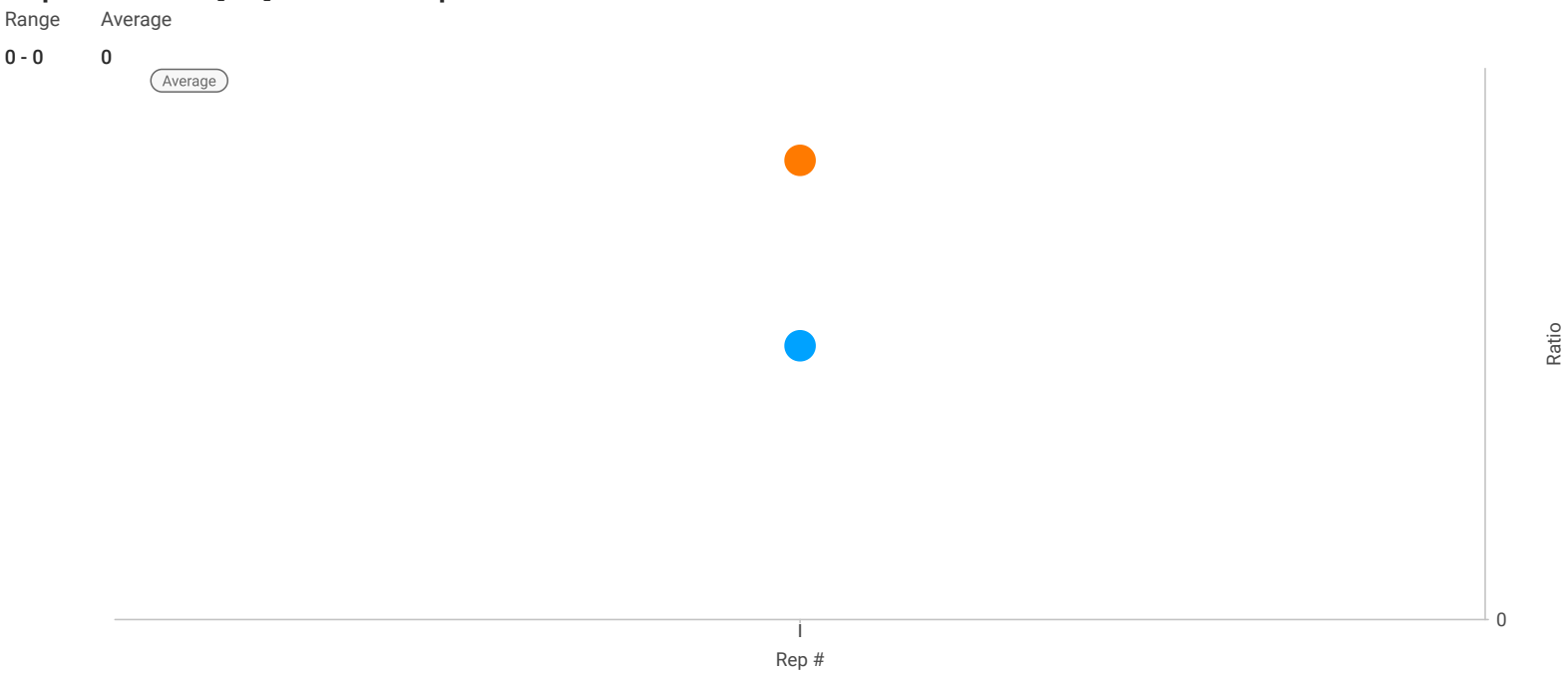
Range
0 - 0

Average
0

Impulse Force [Ns] - flexao de punho

Range | Average
604.42 - 1013.64 | 809.03
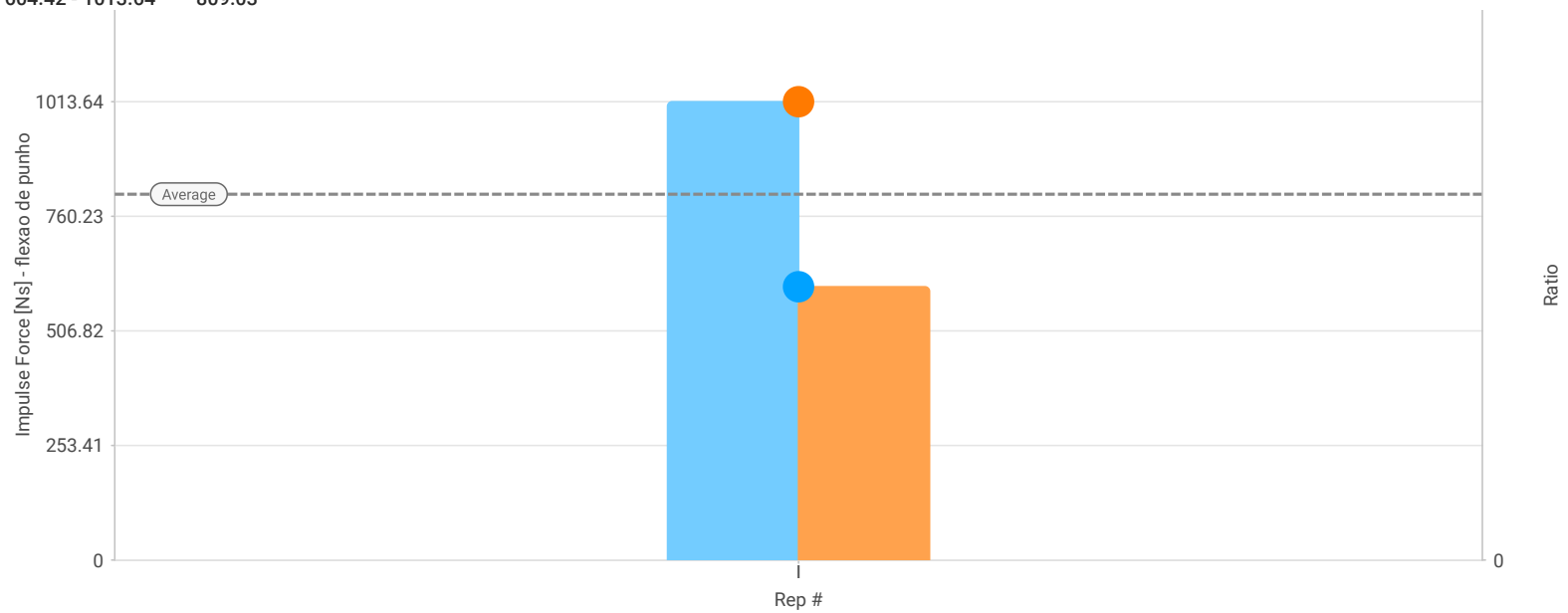
Extension Impulse Force [Ns] - Elbow Extension

Range | Average
796.4 - 1036.79 | 916.59
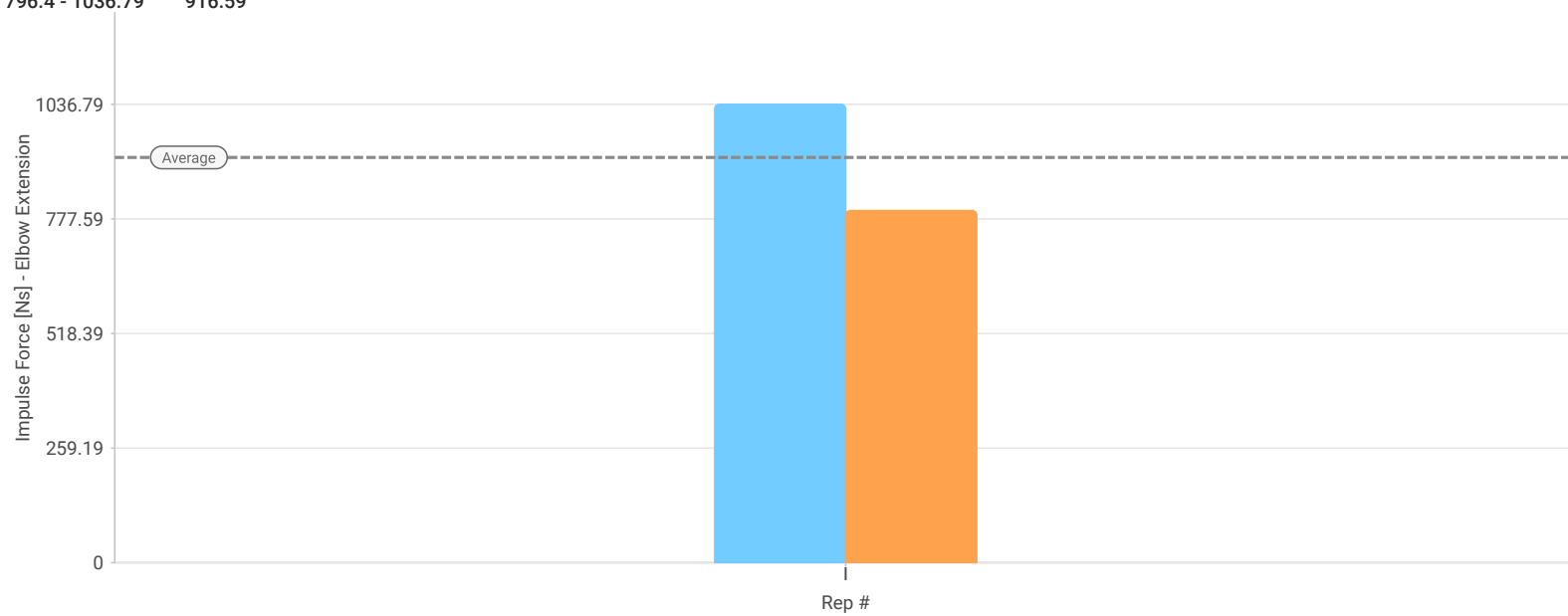
Impulse Force [Ns] - Elbow Flexion
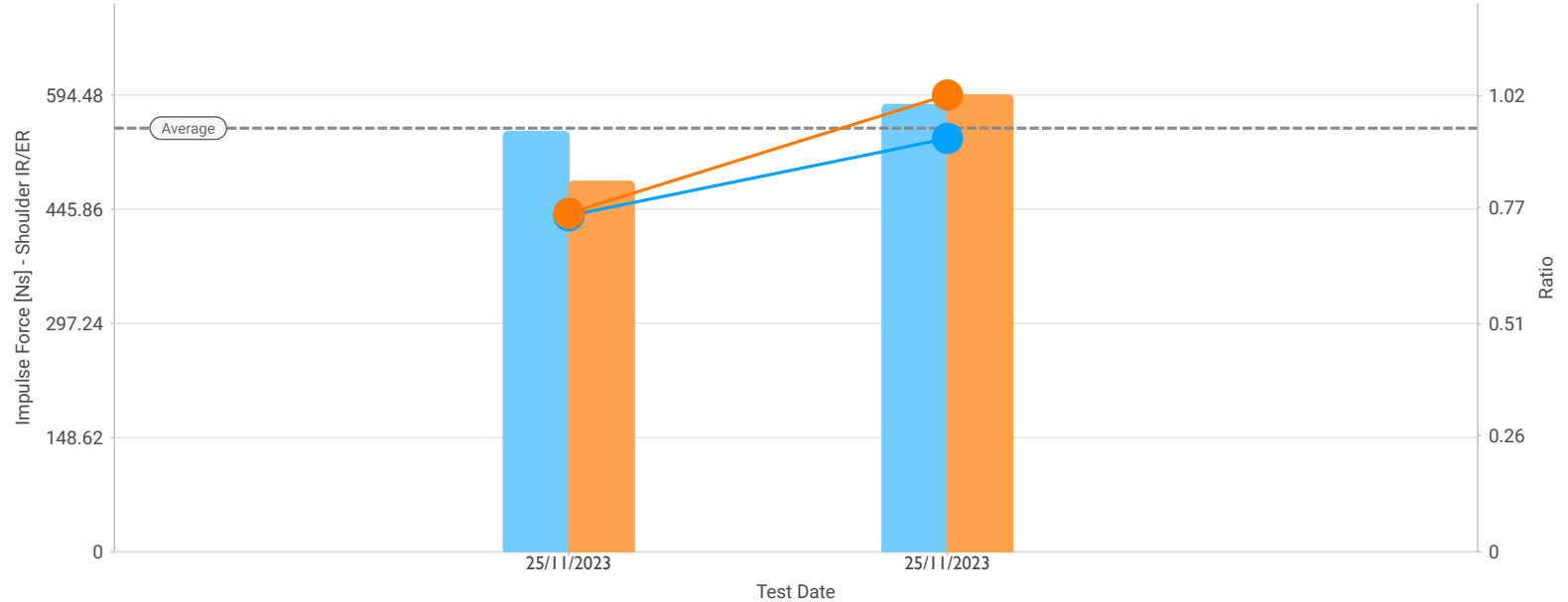
Range
993.65 - 1049.49

Average
1021.57
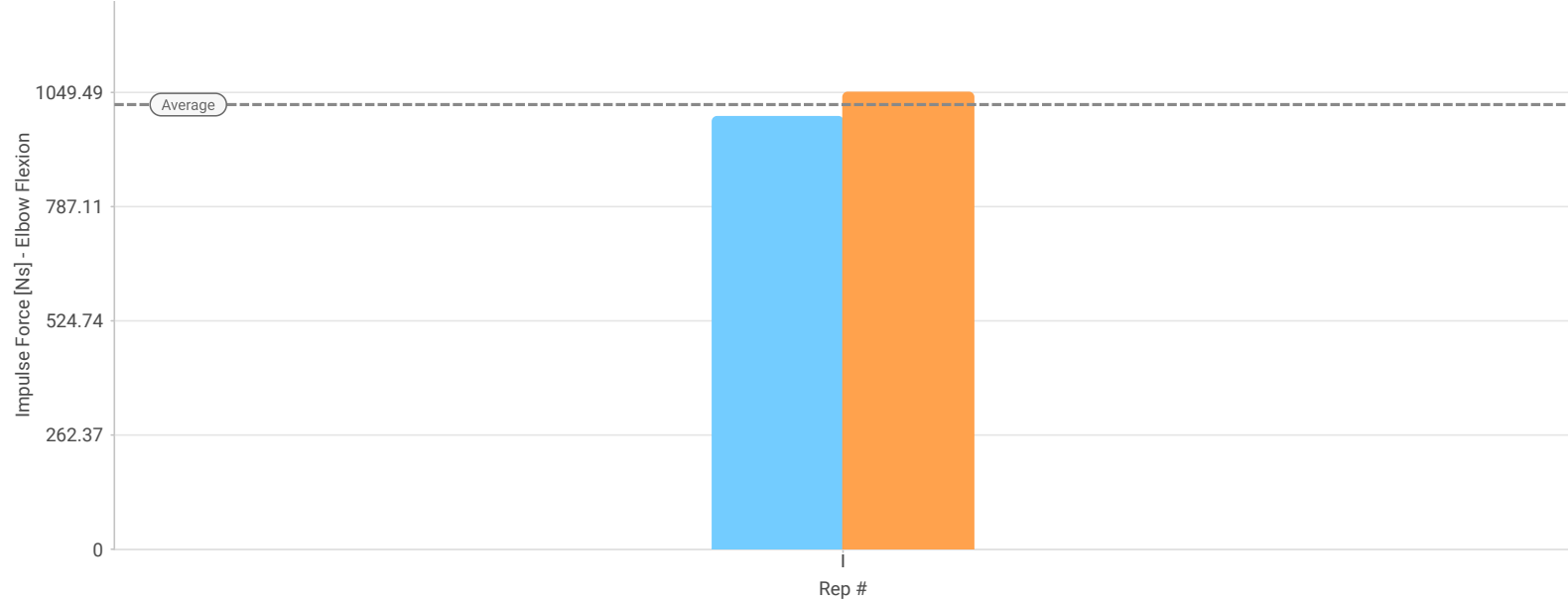
Internal Rotation Impulse Force [Ns] - Shoulder IR/ER
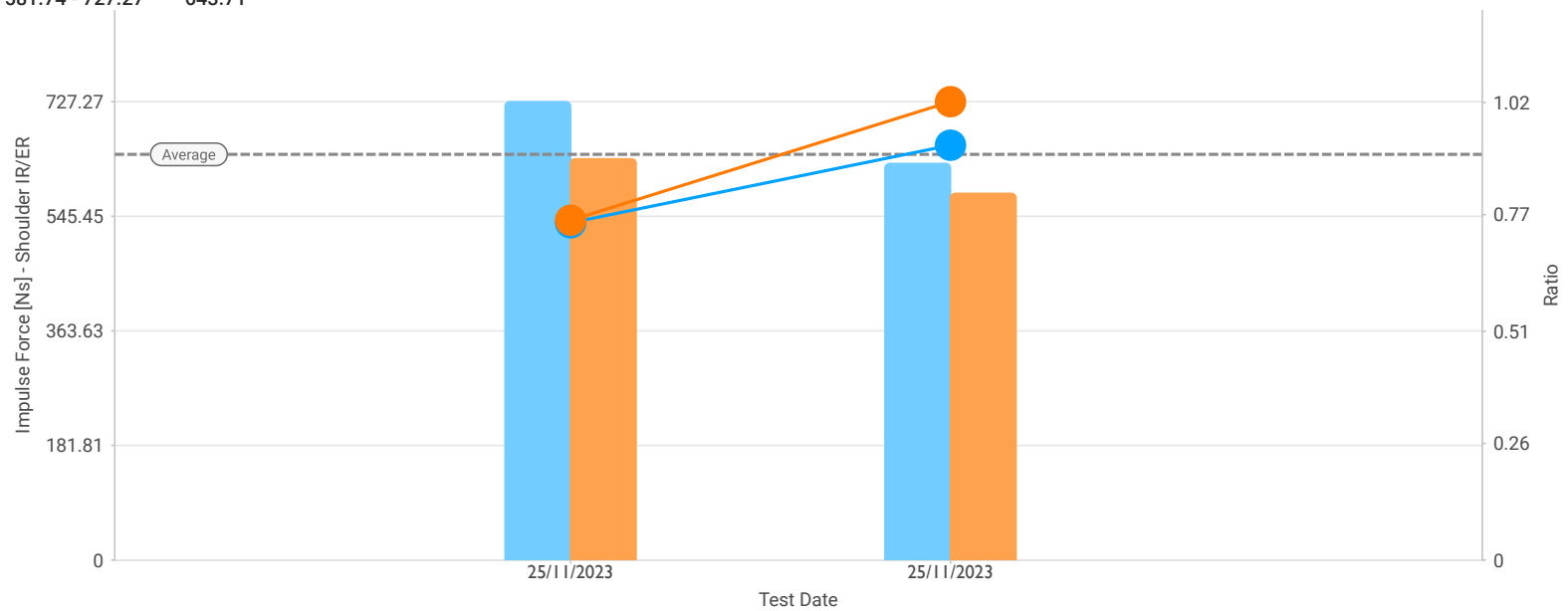
Range
482.17 - 594.48

Average
551.39

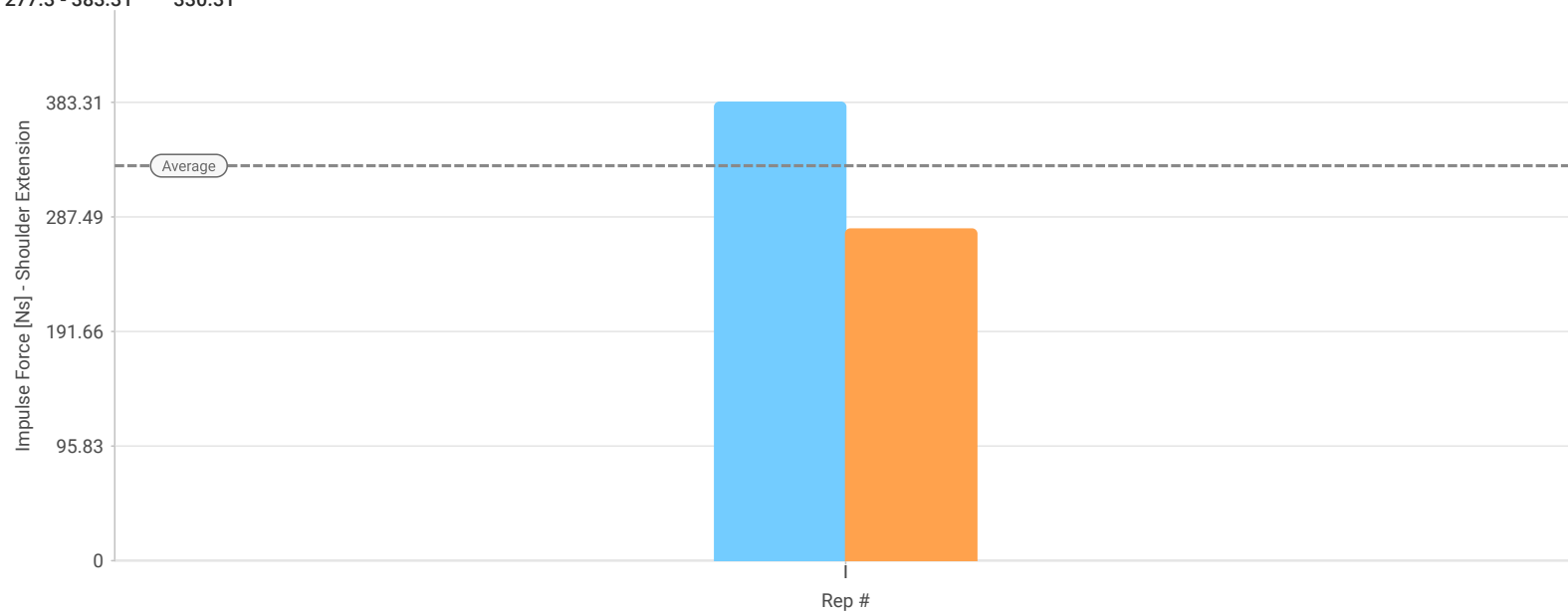# External Rotation Impulse Force [Ns] - Shoulder IR/ER

Range
581.74 - 727.27

Average
643.71

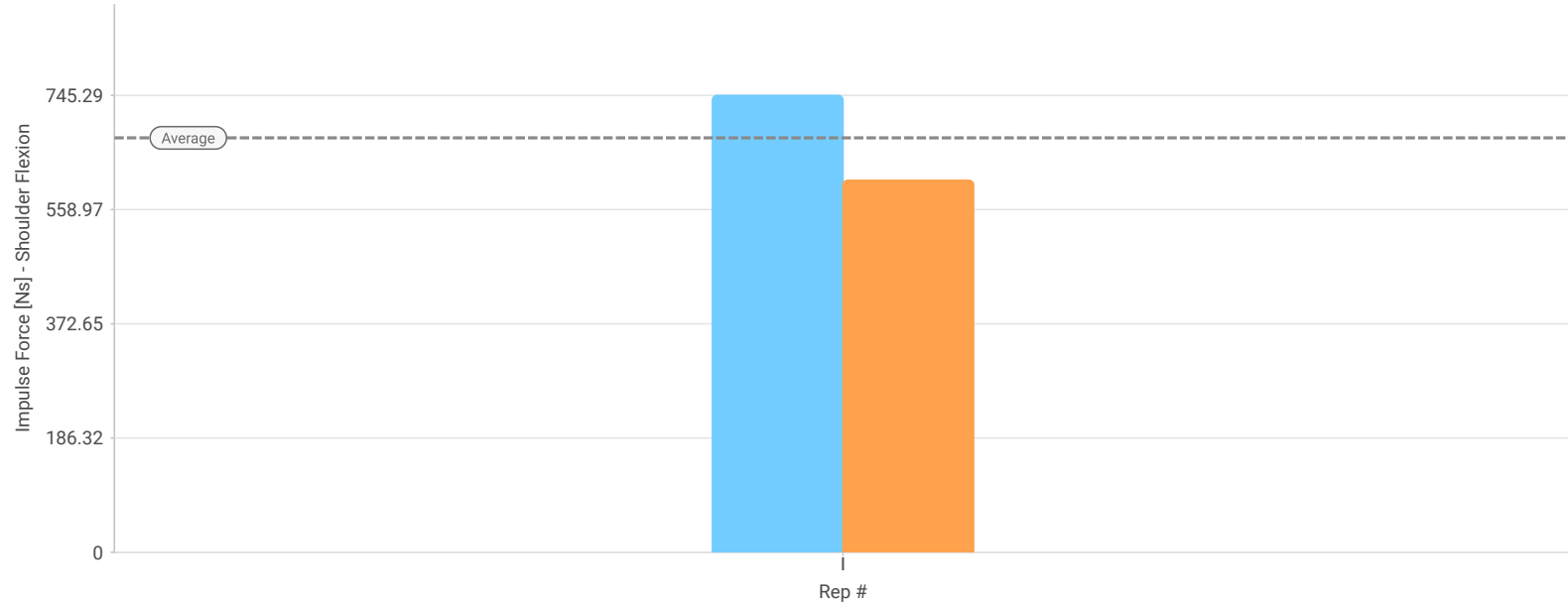# Extension Impulse Force [Ns] - Shoulder Extension

Range
277.3 - 383.31

Average
330.31
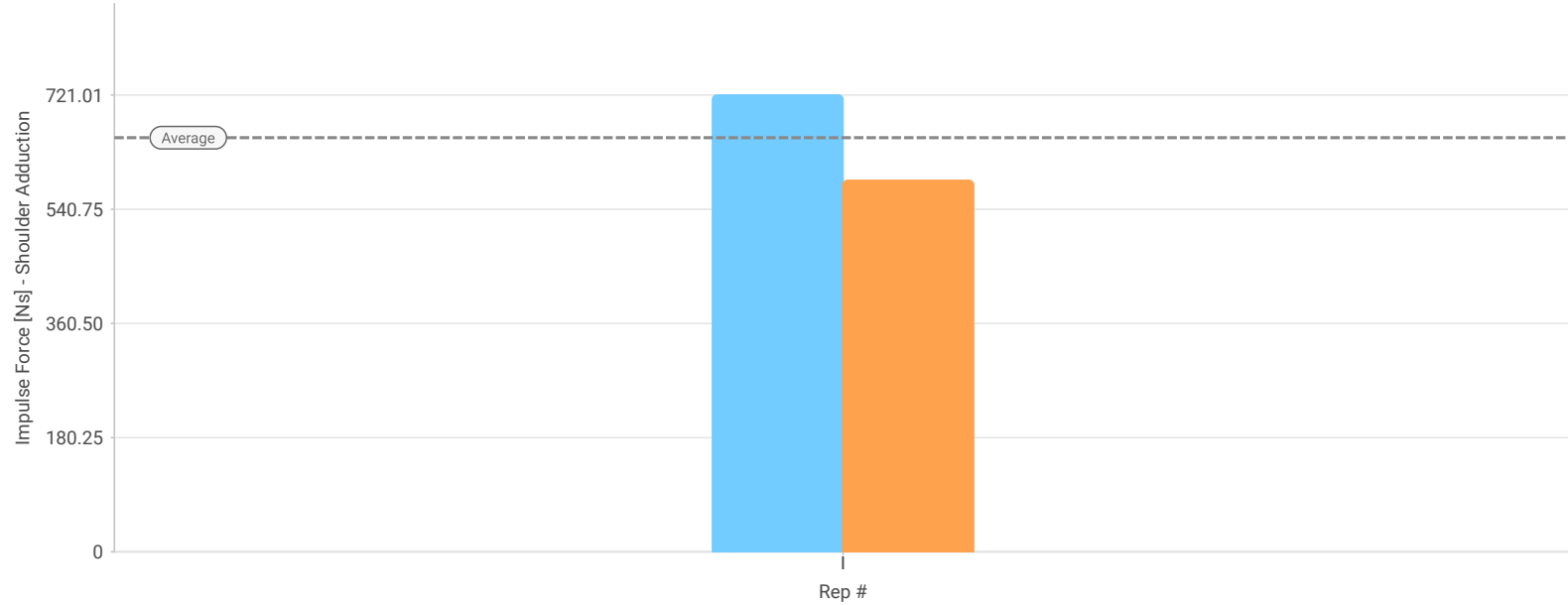
Flexion Impulse Force [Ns] - Shoulder Flexion

Range | Average
606.76 - 745.29 | **676.03**

Adduction Impulse Force [Ns] - Shoulder Adduction
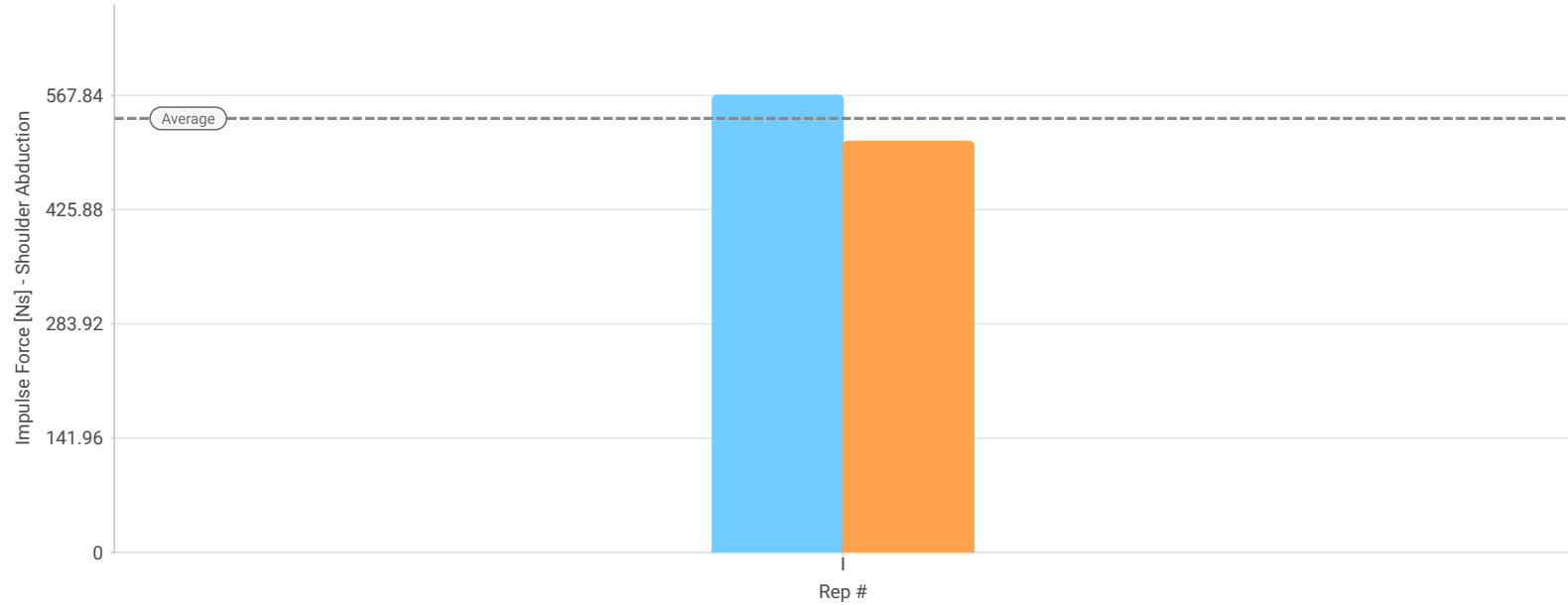
Range | Average
586.33 - 721.01 | **653.67**

Abduction Impulse Force [Ns] - Shoulder Abduction
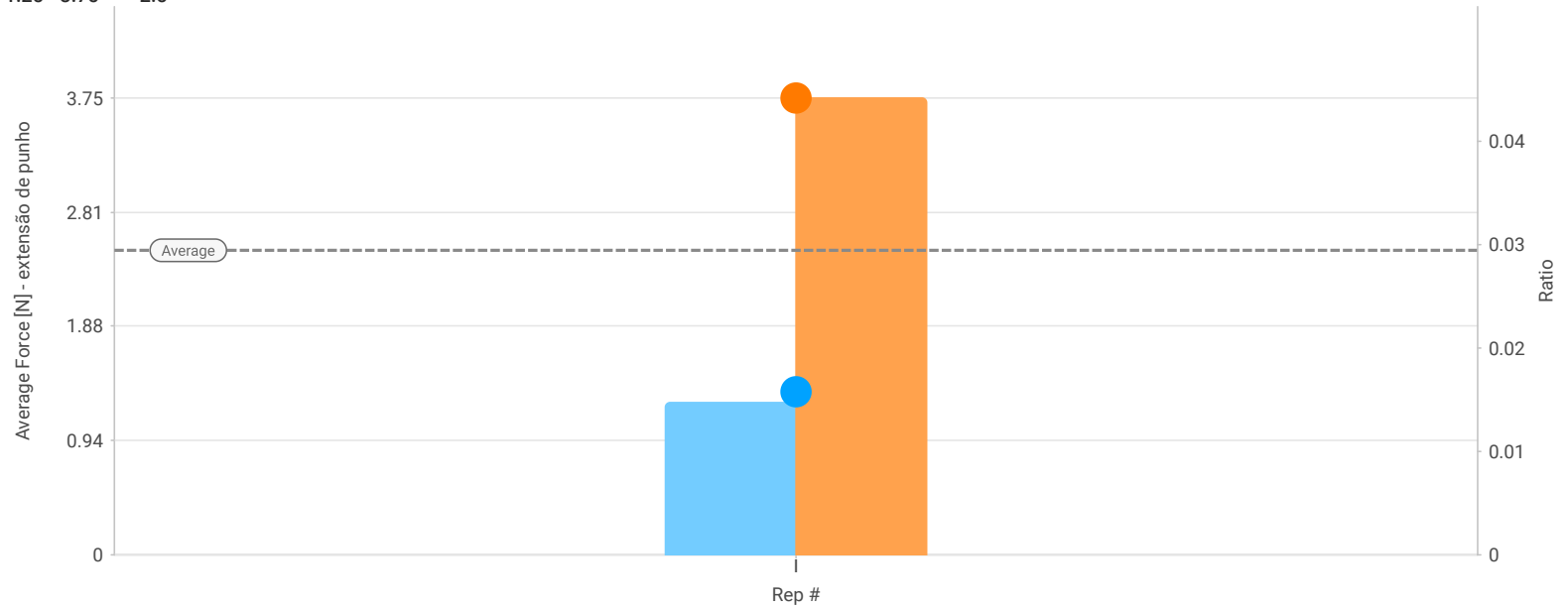
Range
510.67 - 567.84

Average
539.26

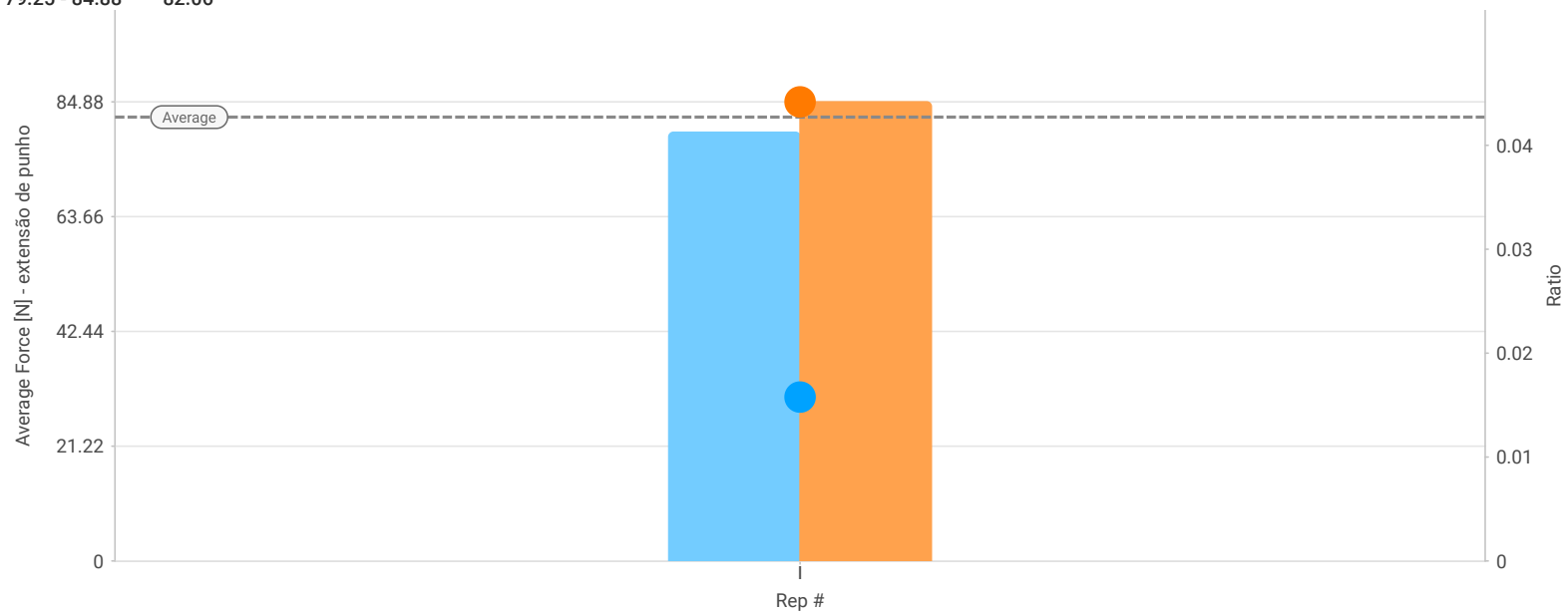# Average Force [N] - extensão de punho

Range
1.25 - 3.75

Average
2.5

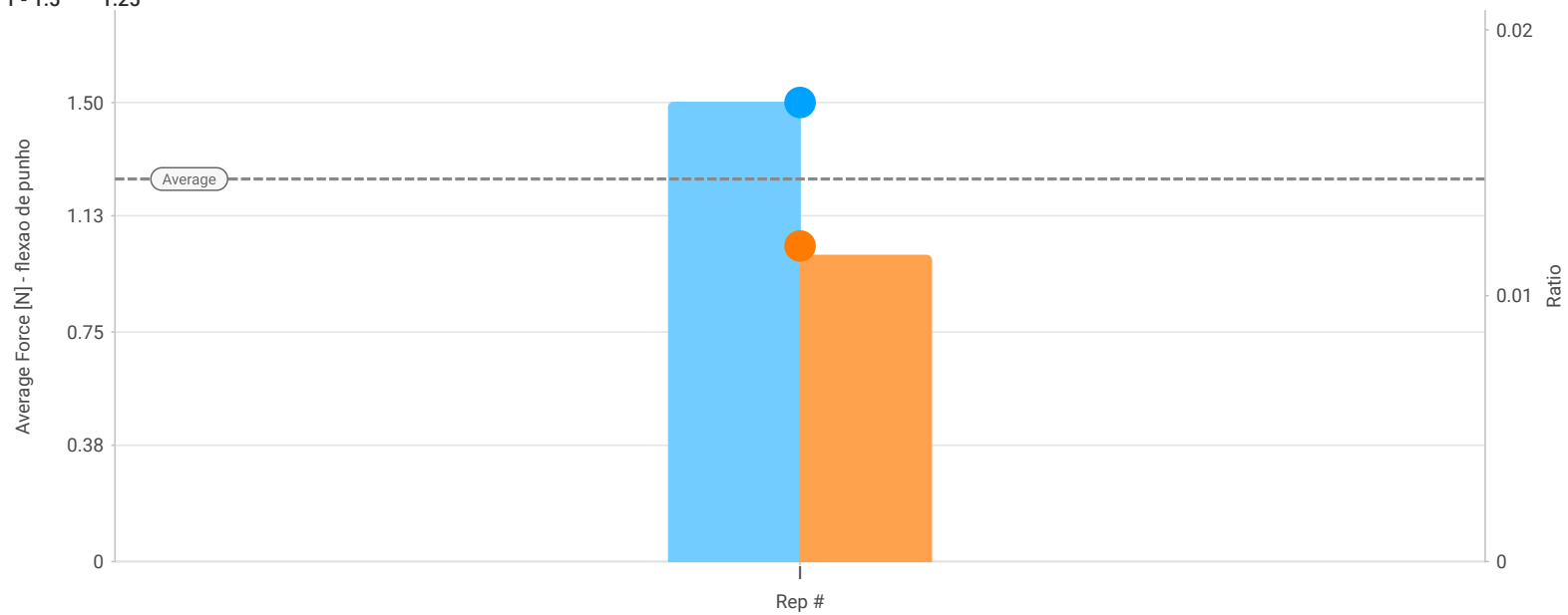# Average Force [N] - extensão de punho

Range | Average
79.25 - 84.88 | **82.06**

Average Force [N] - flexao de punho

Range | Average
1 - 1.5 | **1.25**
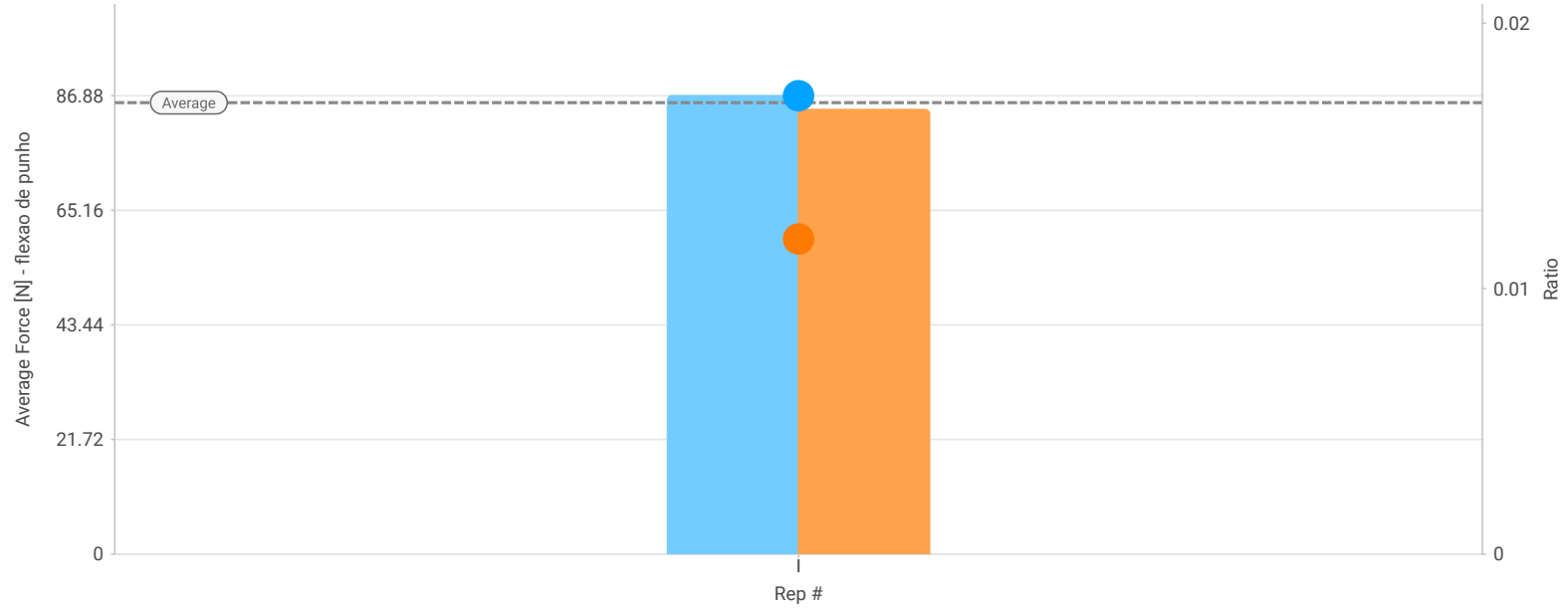
Average Force [N] - flexao de punho

Range   Average
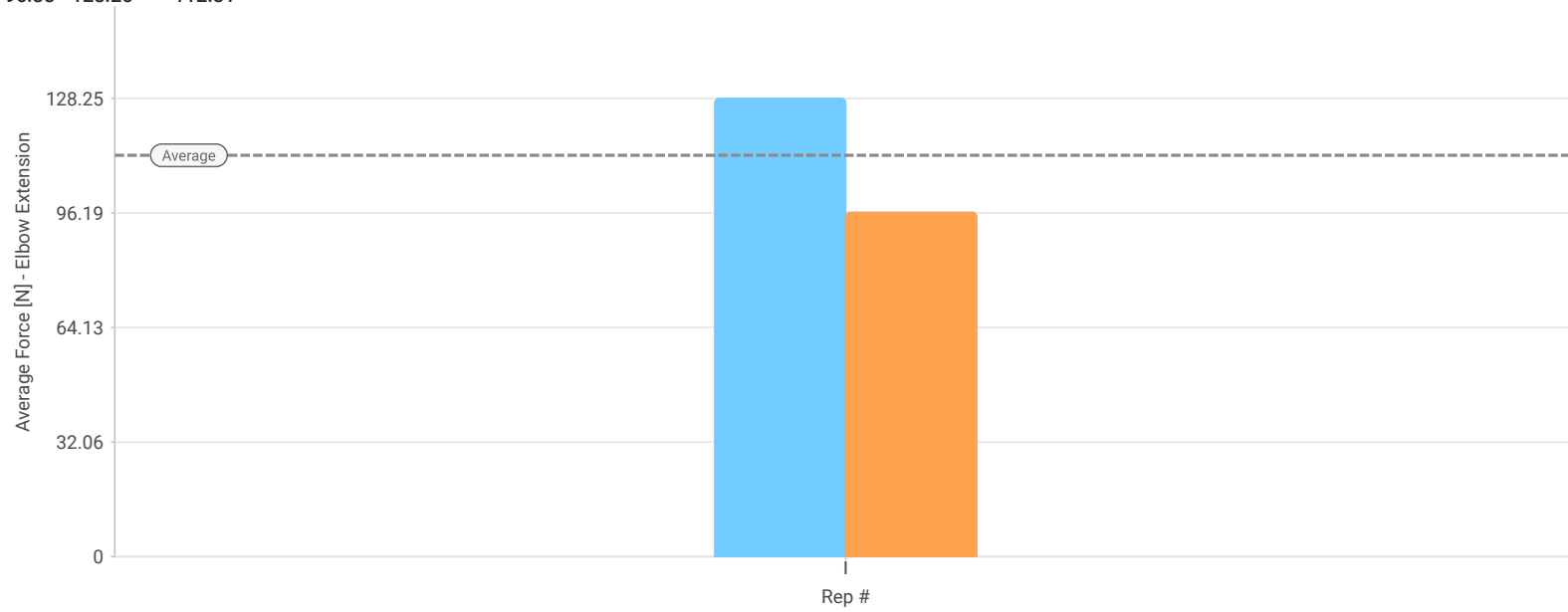
84.25 - 86.88   **85.56**

Extension Average Force [N] - Elbow Extension
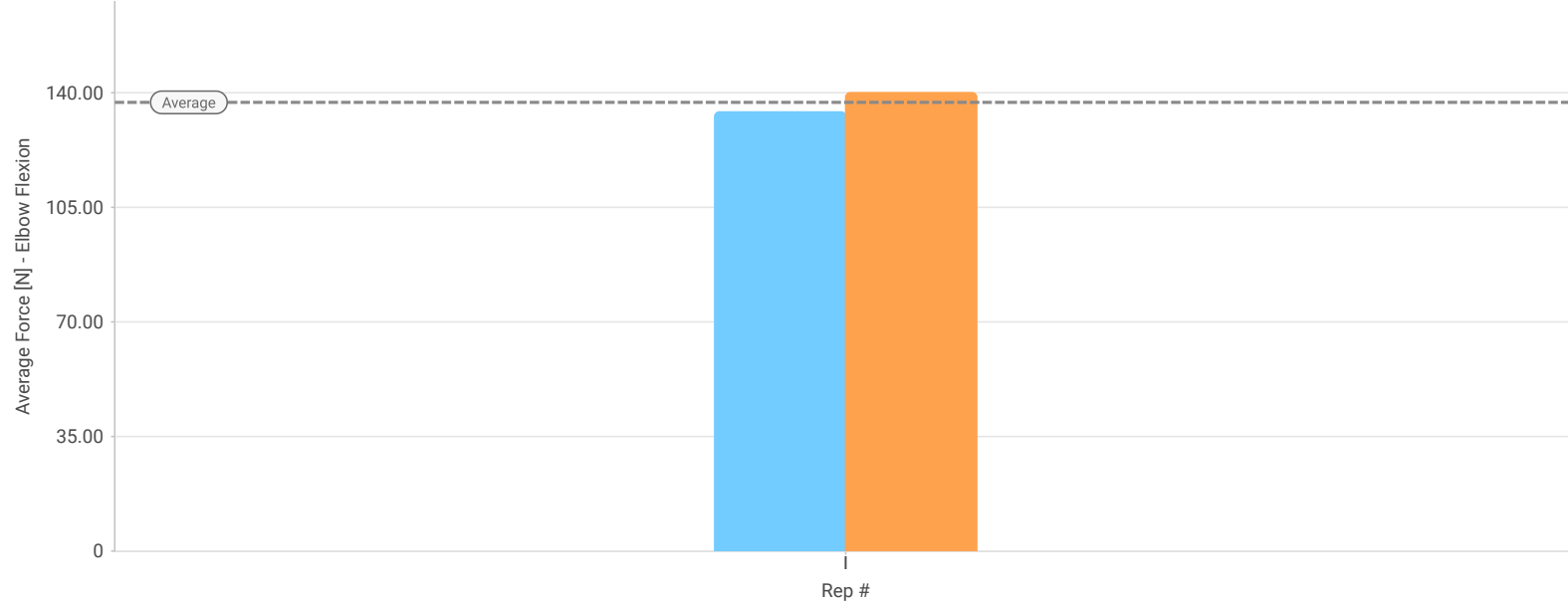
Range   Average

96.38 - 128.25   **112.31**
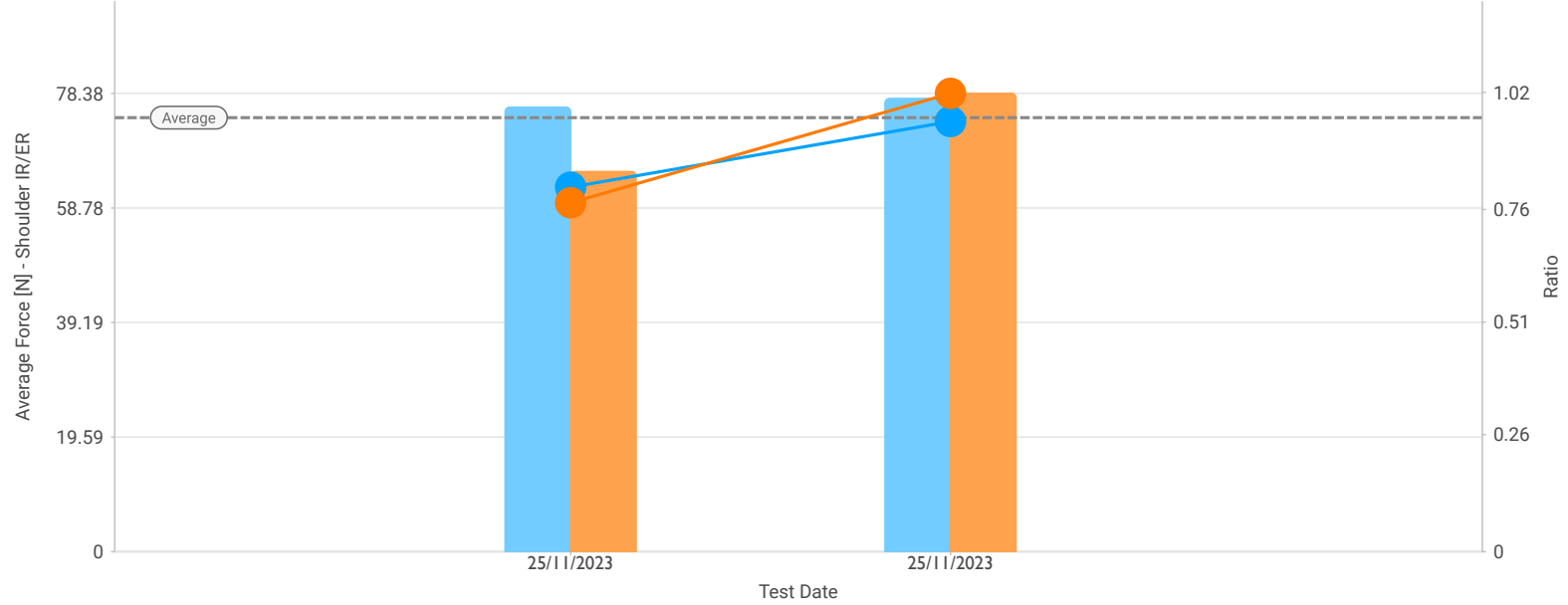
Average Force [N] - Elbow Flexion

Range
134.13 - 140

Average
137.06

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

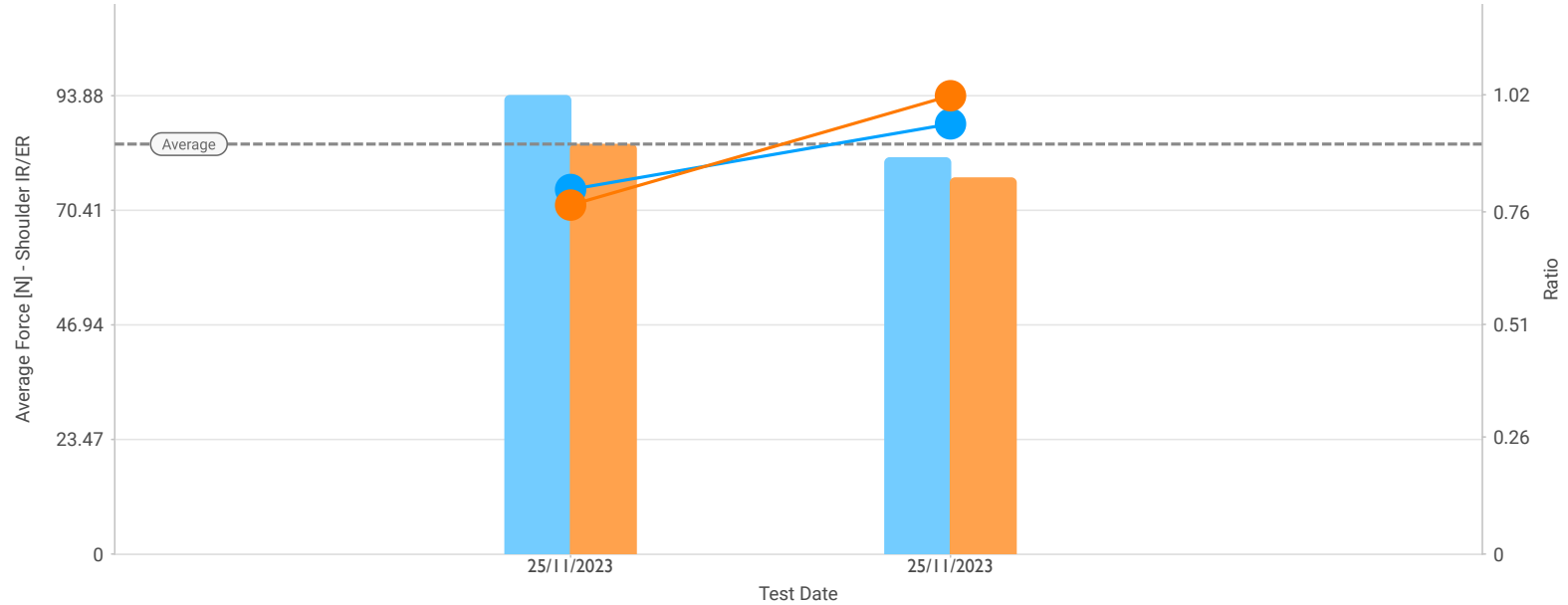Range
65 - 78.38

Average
74.22

External Rotation Average Force [N] - Shoulder IR/ER
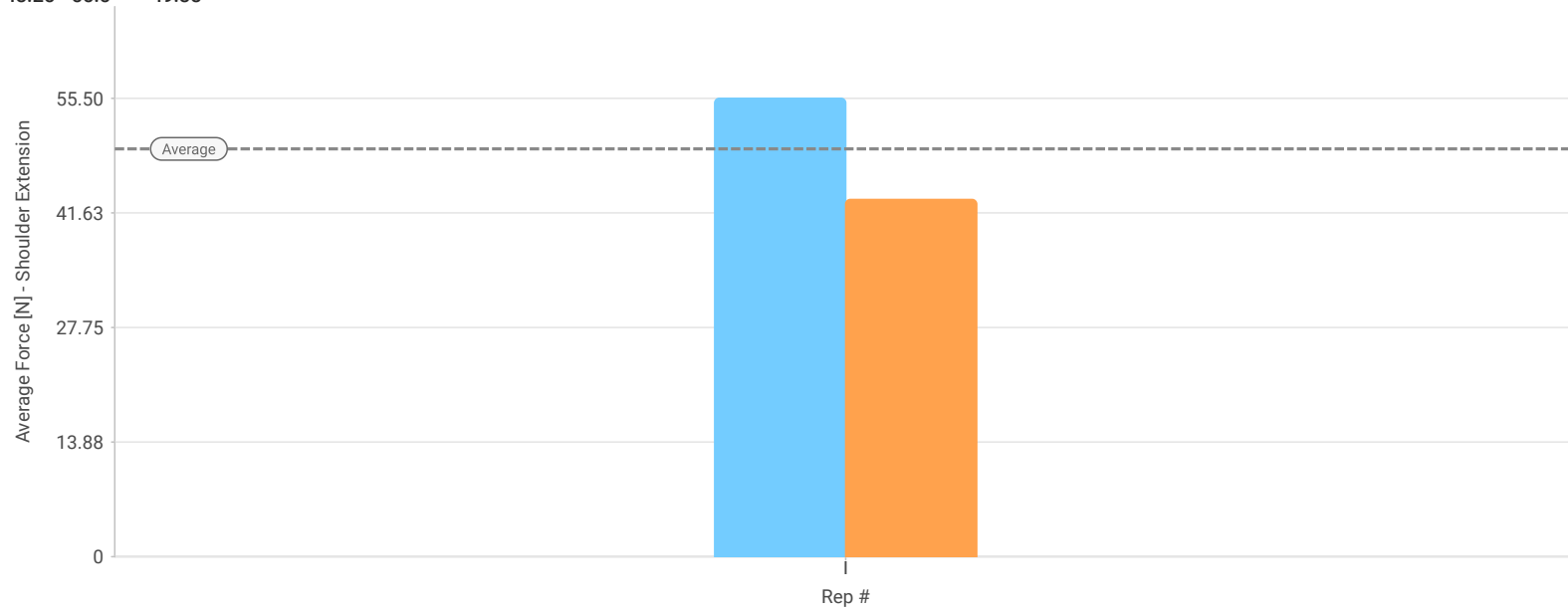
Range
77 - 93.88

Average
83.97

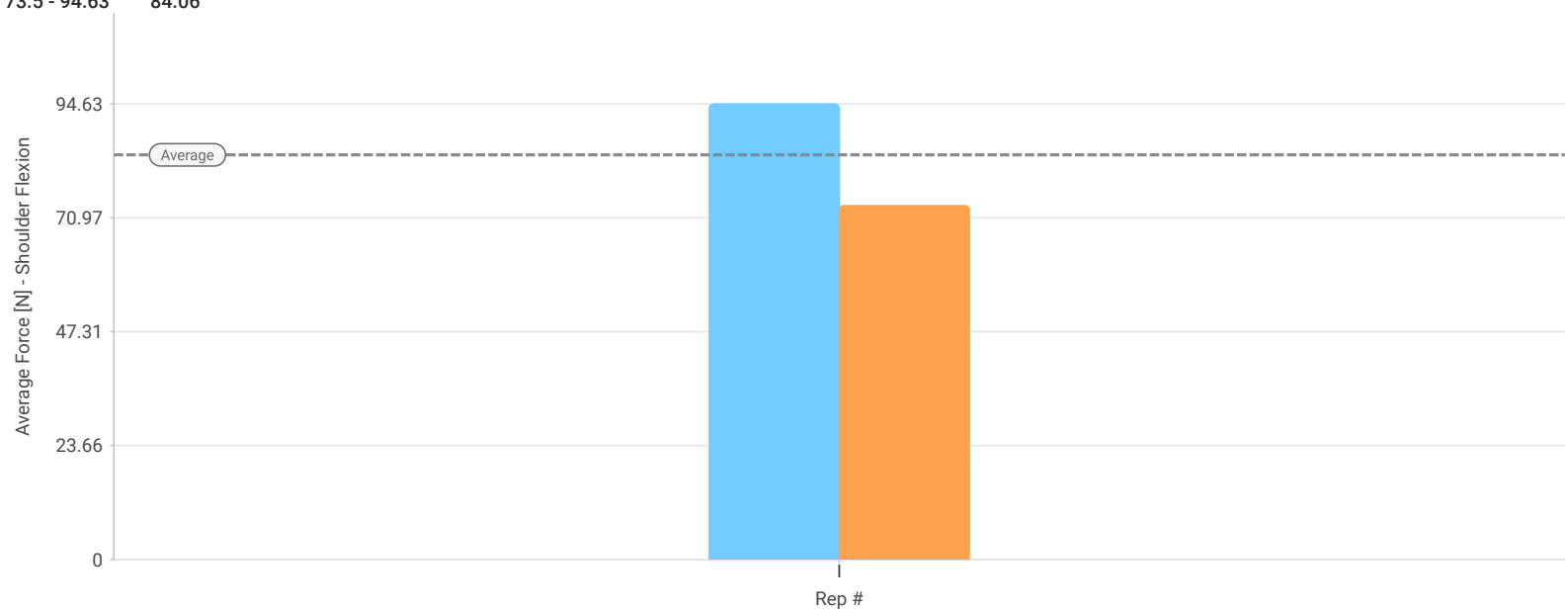# Extension Average Force [N] - Shoulder Extension

Range
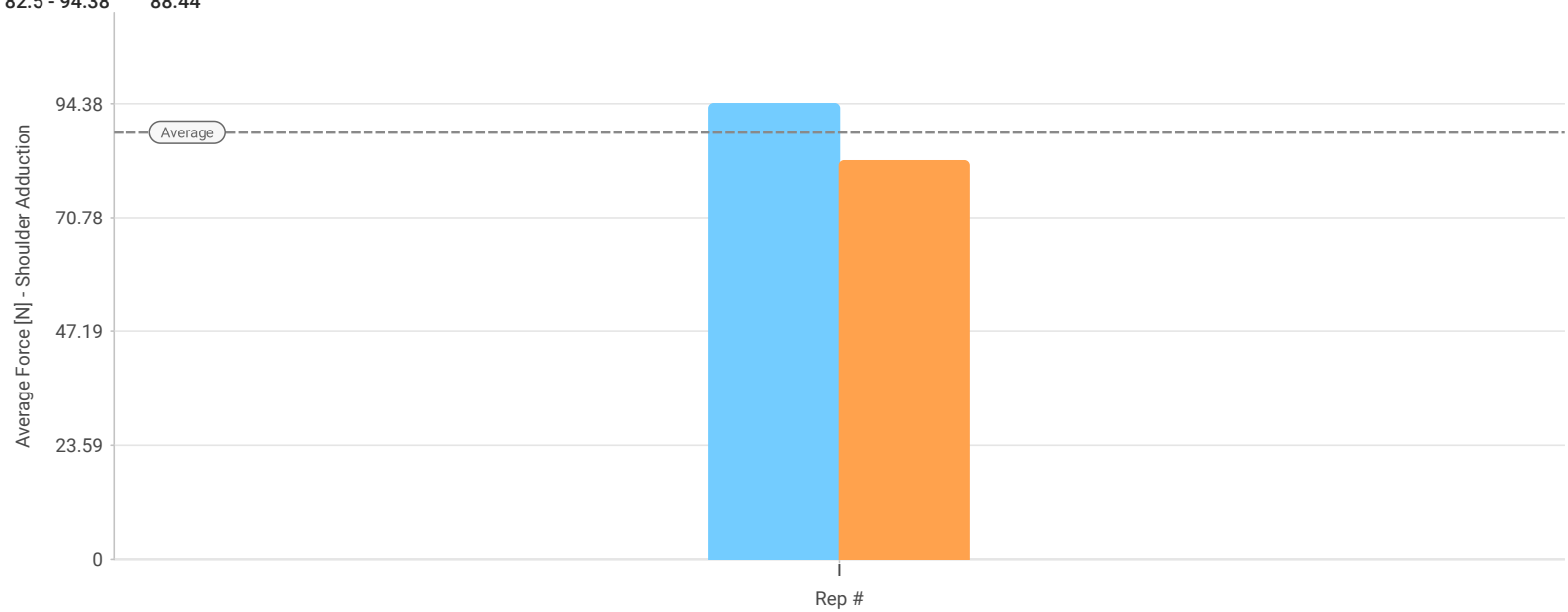**43.25 - 55.5**

Average
49.38

Flexion Average Force [N] - Shoulder Flexion

Range
73.5 - 94.63

Average
84.06

Adduction Average Force [N] - Shoulder Adduction

Range
82.5 - 94.38

Average
88.44

Abduction Average Force [N] - Shoulder Abduction

Range
61 - 72.25

Average
66.63