PROFILE ASSESSMENT

Monique Nastari

31st March, 2022

PROFILE INFORMATION

NAME	Monique Nastari
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	13th May, 1986
GENDER	Female
HEIGHT	162cm / 63in
WEIGHT	58kg / 127lb
AGE	35

Standing Posture

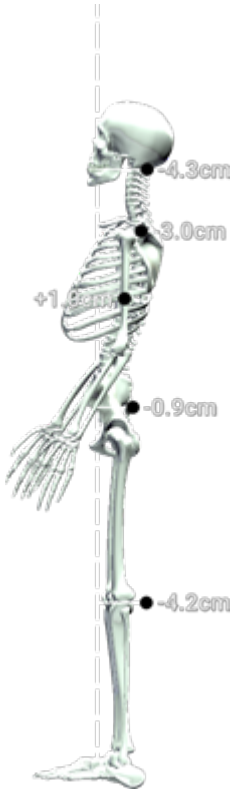
Posture and Stability Assessment

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

RESULTS

BALANCE SNAPSHOT

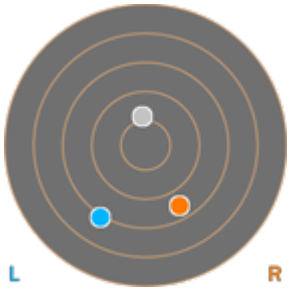
SIDETRAK POSTURAL DEVIATION (SAGITTAL PLANE/SIDE VIEW)



KEY RESULTS

Neck lateral flexion	1.5° Right ▼
Trunk lateral flexion	1.4° Left ▼
Pelvis Lateral Tilt	1.7° Left ▼
Trunk Flexion	1.5° Posterior

SWAYTRAK MOVEMENT PATHS (KNEES AND CENTRE OF MASS)



PRACTITIONER COMMENTS

Single Leg Stand

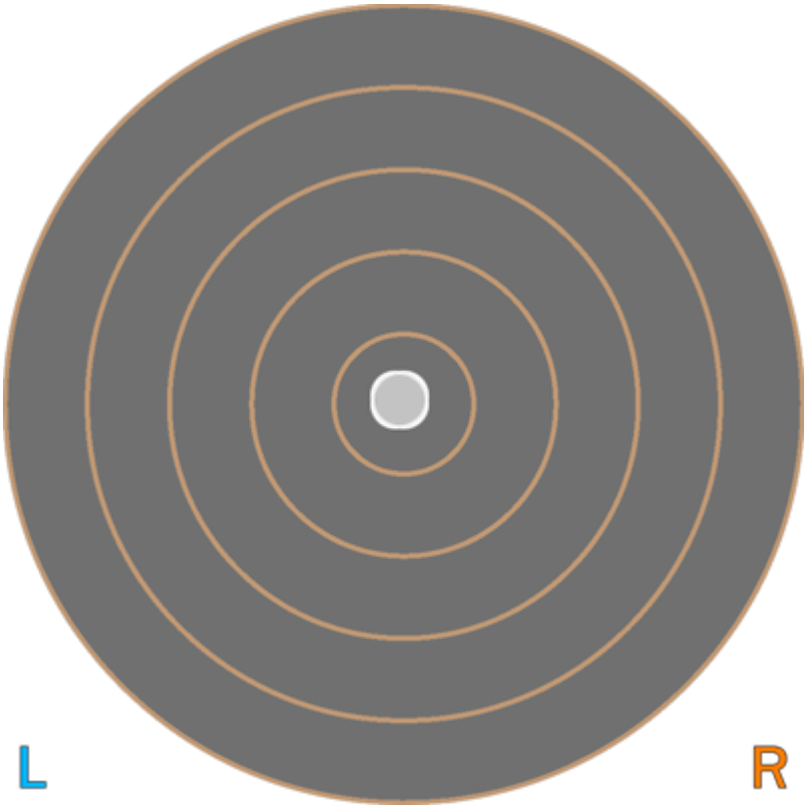
Balance Assessment

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	0.33 cm-2
COM Path Length	17.80 cm
Range – ML	1.44 cm
Range – AP	1.31 cm
Pelvis Lateral Tilt	2.9° Left ▼
Trunk lateral flexion	3.1° Left ▼

PRACTITIONER COMMENTS

Single Leg Stand

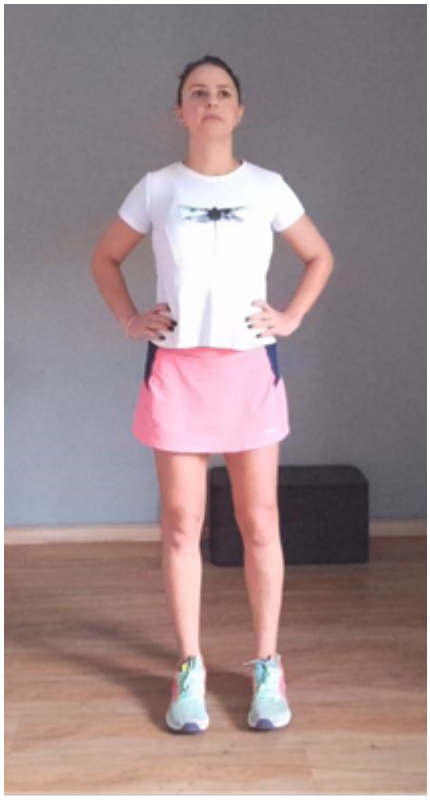
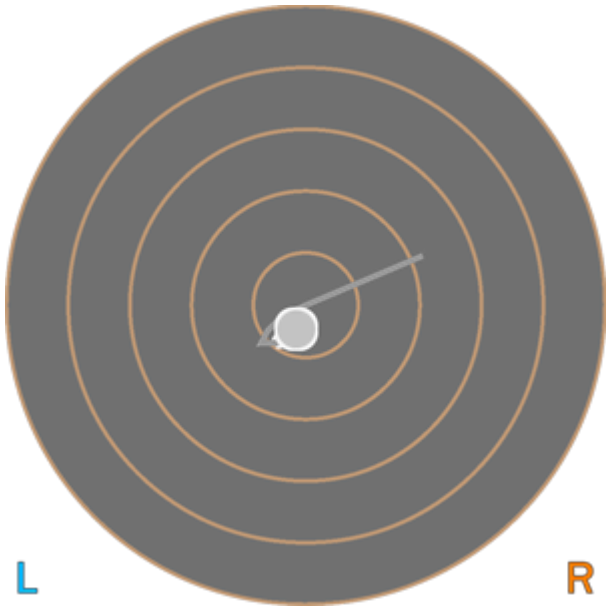
Balance Assessment

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	1.97 cm-2
COM Path Length	22.11 cm
Range – ML	7.98 cm
Range – AP	2.45 cm
Pelvis Lateral Tilt	2.0° Right ▼
Trunk lateral flexion	2.1° Right ▼

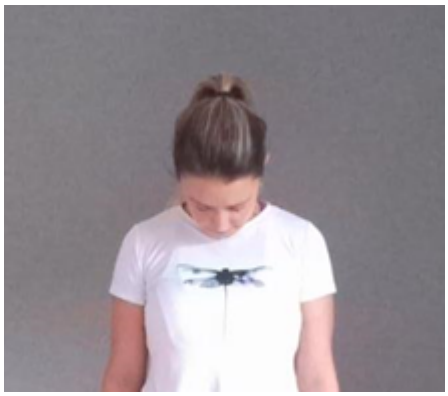
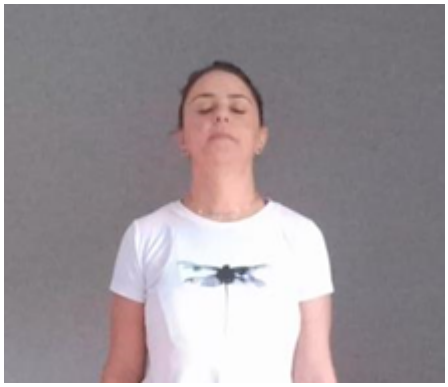
PRACTITIONER COMMENTS

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°	35.6°	3.3°	38.8°
Trunk Flexion	2.3° **Posterior**	2.8° **Anterior**	0.3° **Posterior**	N/A
Trunk lateral flexion	1.1°	0.9° Left ▼	1.1° Left ▼	N/A

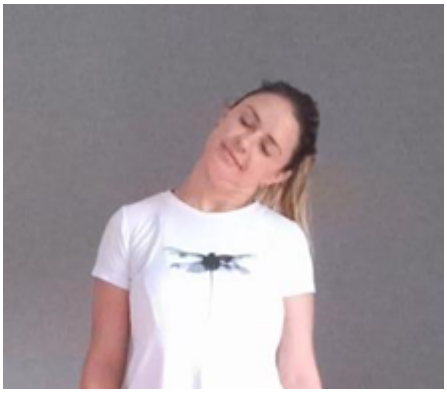
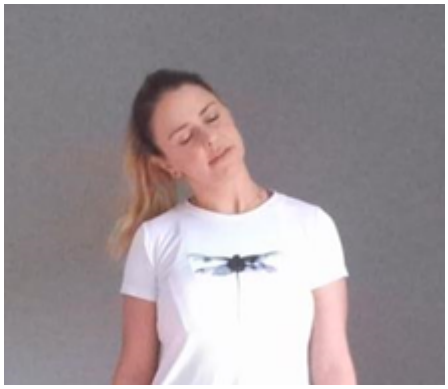
PRACTITIONER COMMENTS

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	17.3°	20.2°	+2.9°
Trunk Flexion	3.2° **Posterior**	1.6° **Posterior**	N/A
Trunk lateral flexion at Peak Flexion	4.9° Left ▼	1.7° Right ▼	+3.2°

PRACTITIONER COMMENTS

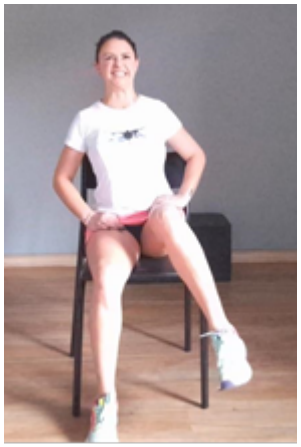
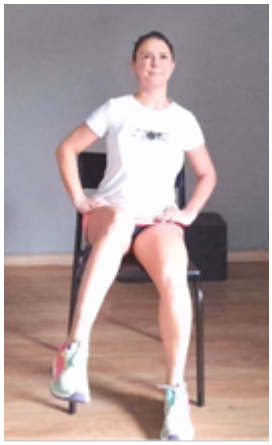
Hip Internal/External Rotation

Range of Motion Assessment

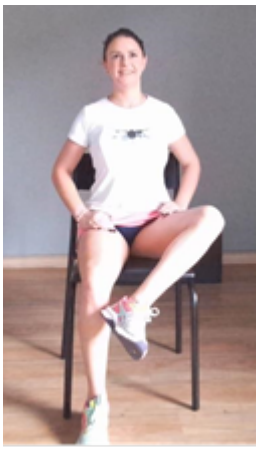
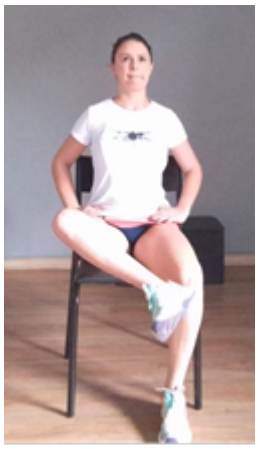
Hip Internal/External Rotation is calculated by taking the angle created by the tibia relative to vertical in the frontal plane (front view) while seated with 90˚ of hip flexion.

RESULTS

PEAK INTERNAL ROTATION

LEFT	RIGHT
	

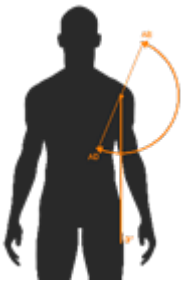
PEAK EXTERNAL ROTATION

LEFT	RIGHT
	

KEY RESULTS	LEFT	RIGHT	IMBALANCE
Peak Internal Rotation	23.6°	30.1°	+6.6°
Peak External Rotation	57.2°	58.0°	+0.8°
Total ROM	80.8°	88.1°	+7.3°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

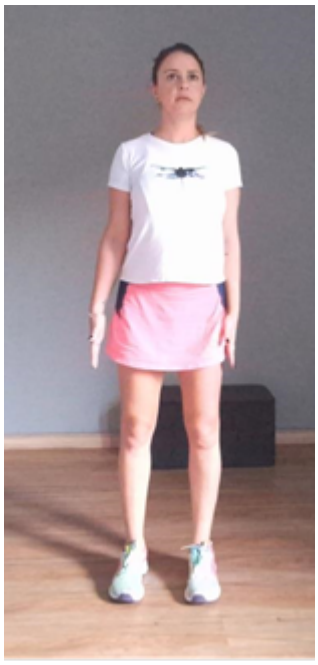
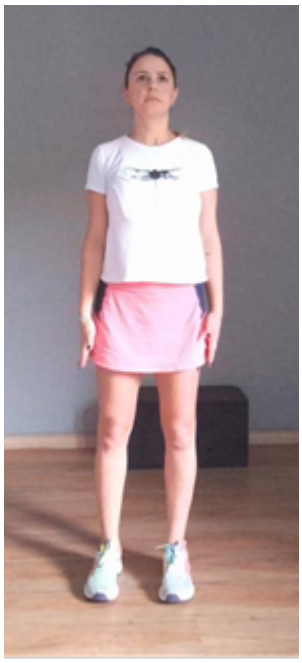
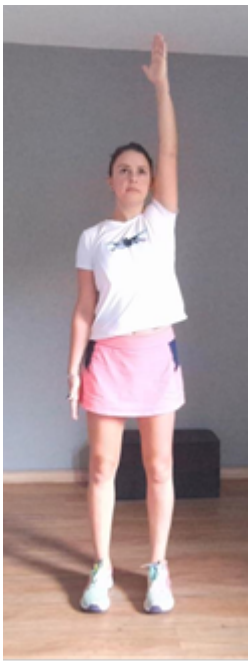
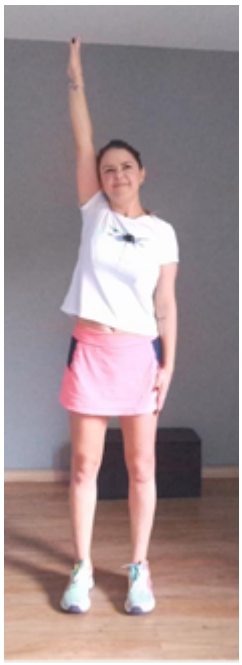


Shoulder Adduction/Abduction

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	1.7°	3.6°	+1.9°
Shoulder Abduction	178.3°	170.6°	+7.7°
Trunk lateral flexion at Peak Abduction	0.1° Right ▼	3.9° Left ▼	+3.8°

PRACTITIONER COMMENTS (LEFT)

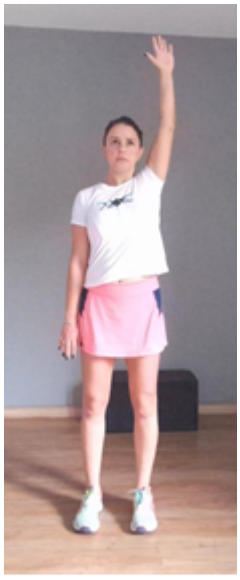
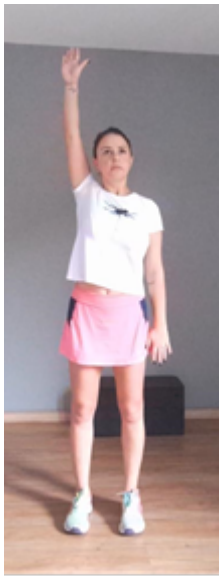
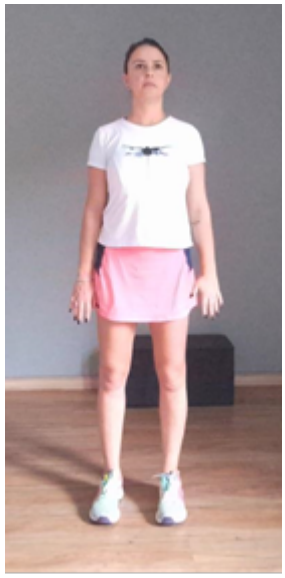
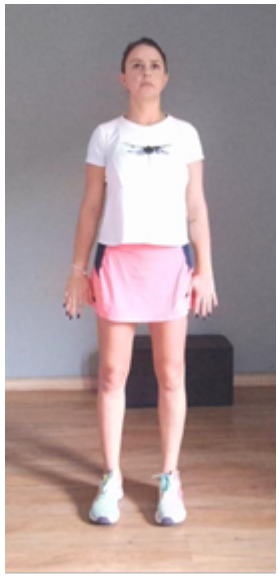
PRACTITIONER COMMENTS (RIGHT)

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).

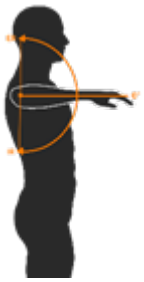
RESULTS

PEAK FLEXION		PEAK EXTENSION	
LEFT	RIGHT	LEFT	RIGHT
			

KEY RESULTS	LEFT	RIGHT	IMBALANCE
Shoulder Flexion	179.8°	179.0°	+0.7°
Shoulder Extension	3.3°	3.5°	+0.2°
Trunk lateral flexion at Peak Flexion	0.4° Left ▼	3.3° Left ▼	+2.9°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)



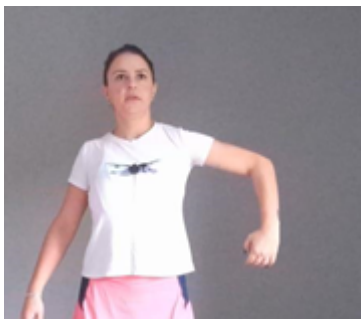
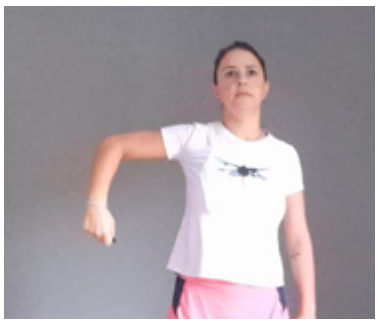
Shoulder Internal/External Rotation

Range of Motion Assessment

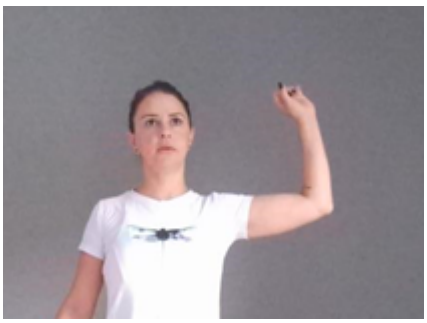
Shoulder Internal/External Rotation calculated by taking the angle created by the forearm relative to horizontal in the sagittal plane (side view).

RESULTS

PEAK INTERNAL ROTATION

LEFT	RIGHT
	

PEAK EXTERNAL ROTATION

LEFT	RIGHT
	

KEY RESULTS	LEFT	RIGHT	IMBALANCE
Shoulder Internal Rotation	72.0°	62.5°	+9.6°
Shoulder External Rotation	91.7°	95.4°	+3.7°
Total ROM	163.7°	157.8°	+5.9°
Trunk lateral flexion at Peak Internal Rotation	0.6° Left ▼	4.2° Left ▼	+3.6°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

Single Leg Squat

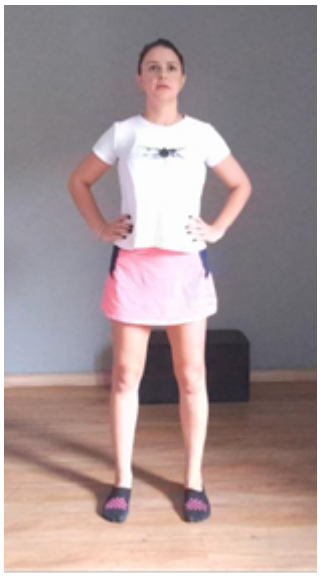
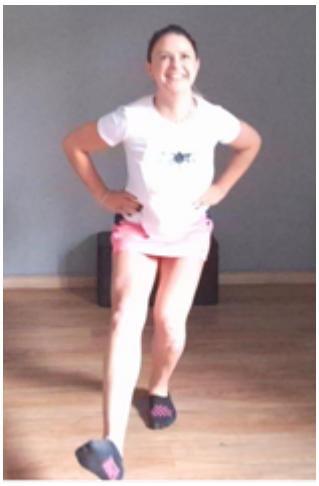
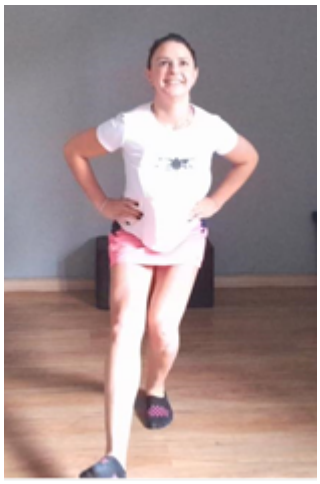
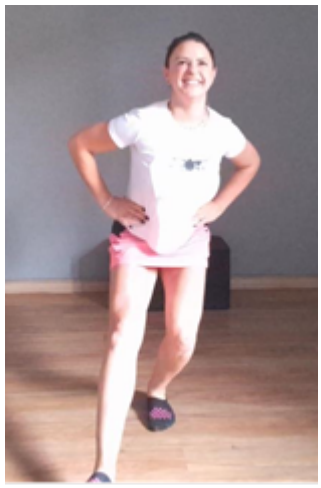
Lower Body Dynamic Assessment

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
			

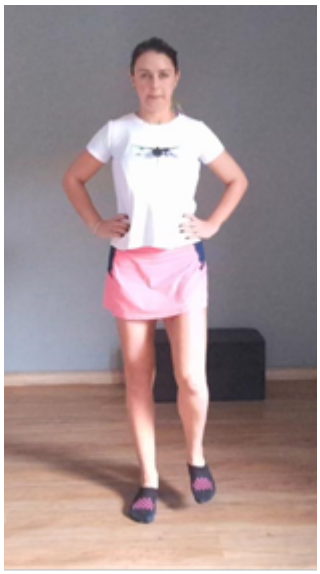
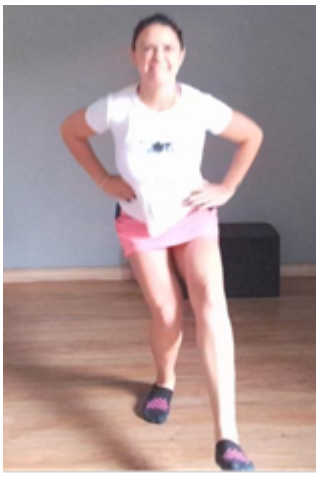
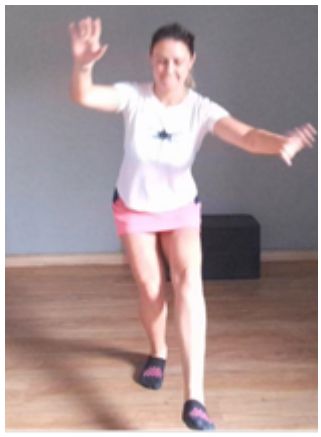
KEY RESULTS	REP 1	REP 2	REP 3
Peak Knee Flexion	100.9°	97.8°	96.8°
Knee Displacement (total)	25.7 cm	15.9 cm	24.5 cm
Peak Knee Valgus	10.3° **Valgus**	8.3° **Valgus**	7.5° **Valgus**
Peak Knee Varus	13.3° **Varus**	7.7° **Varus**	19.8° **Varus**
Trunk lateral flexion at Peak Knee Flexion	6.1° **Left ▼**	6.3° **Left ▼**	6.1° **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	100.6°	93.6°	98.7°
Knee Displacement (total)	29.6 cm	15.0 cm	31.7 cm
Peak Knee Valgus	25.3° **Valgus**	15.3° **Valgus**	26.2° **Valgus**
Peak Knee Varus	4.9° **Varus**	7.3° **Varus**	3.6° **Varus**
Trunk lateral flexion at Peak Knee Flexion	6.5° **Right** ▼	5.5° **Right** ▼	4.0° **Left** ▼

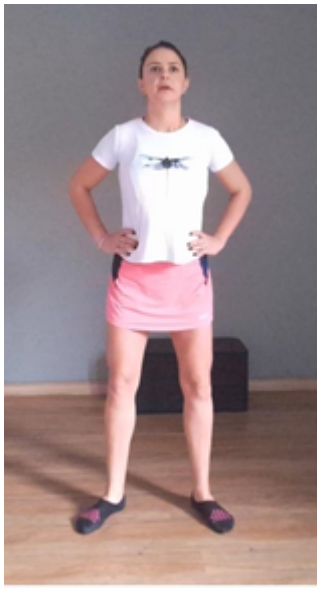
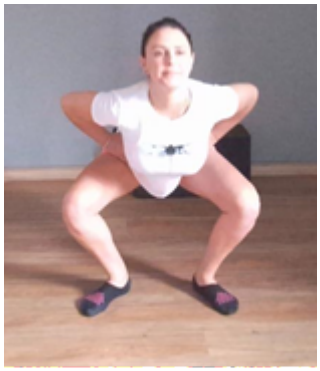
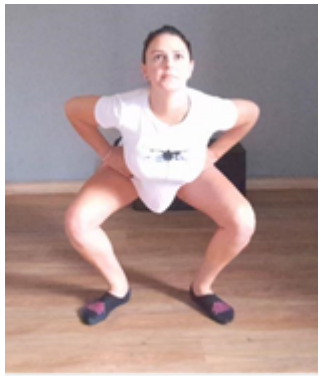
PRACTITIONER COMMENTS

Squat

Lower Body Dynamic Assessment

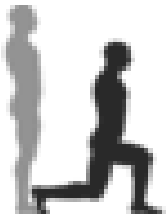
Squat is a dynamic movement assessment providing insight into an individual's balance, stability, flexibility, and strength.

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)	134.8°	131.6°	124.8°
Peak Knee Flexion (Right)	133.7°	129.6°	121.4°
Spine Tilt at Peak Knee Flexion	45.0° Anterior	43.9° Anterior	44.3° Anterior
Trunk lateral flexion at Peak Knee Flexion	3.3° Left ▼	3.3° Left ▼	4.4° Left ▼

PRACTITIONER COMMENTS



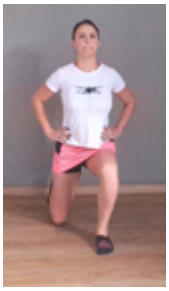
Lunge

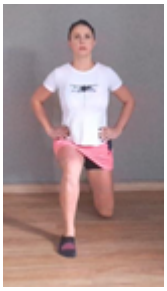
Lower Body Dynamic Assessment

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	76.3°	78.8°	3.2%
Peak Knee Flexion	91.9°	93.9°	2.1%
Peak Spine Lateral Tilt	0.3° **Anterior**	0.6° **Posterior**	N/A
Peak Pelvic Lateral Tilt	1.2° **Left**	0.5° **Right**	N/A

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

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)	121.0°	121.2°	119.4°
Peak Knee Flexion (Right)	118.2°	119.4°	115.0°
Trunk Flexion at Peak Knee Flexion	29.7° Anterior	31.7° Anterior	31.1° Anterior
Trunk lateral flexion at Peak Knee Flexion	6.9° Left ▼	5.0° Left ▼	2.6° Left ▼

PRACTITIONER COMMENTS

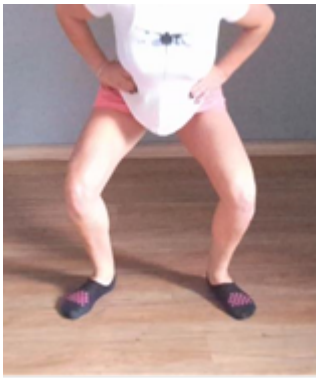
Countermovement Jump

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	18.71 cm		
Peak Spine Tilt after landing	29.9° **Anterior**		
Peak Lateral Spine Tilt after landing	2.9° **Left**		
Peak Lateral Pelvic Tilt after landing	3.2° **Right**		
KEY METRICS (LEGS)	**LEFT LEG**	**RIGHT LEG**	**ASYMMETRY**
Peak Hip Flexion after landing	77.4°	78.6°	1.6%
Peak Knee Flexion after landing	87.8°	86.0°	2.1%
Peak Knee Valgus/Varus after landing	51.1° **Varus**	50.1° **Varus**	1.9%

PRACTITIONER COMMENTS

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	1.1
Hip Flexion (Left)	28.9°	75.7°
Hip Flexion (Right)	34.6°	78.5°
Knee Flexion (Left)	38.1°	88.1°
Knee Flexion (Right)	38.6°	86.0°

PRACTITIONER COMMENTS