

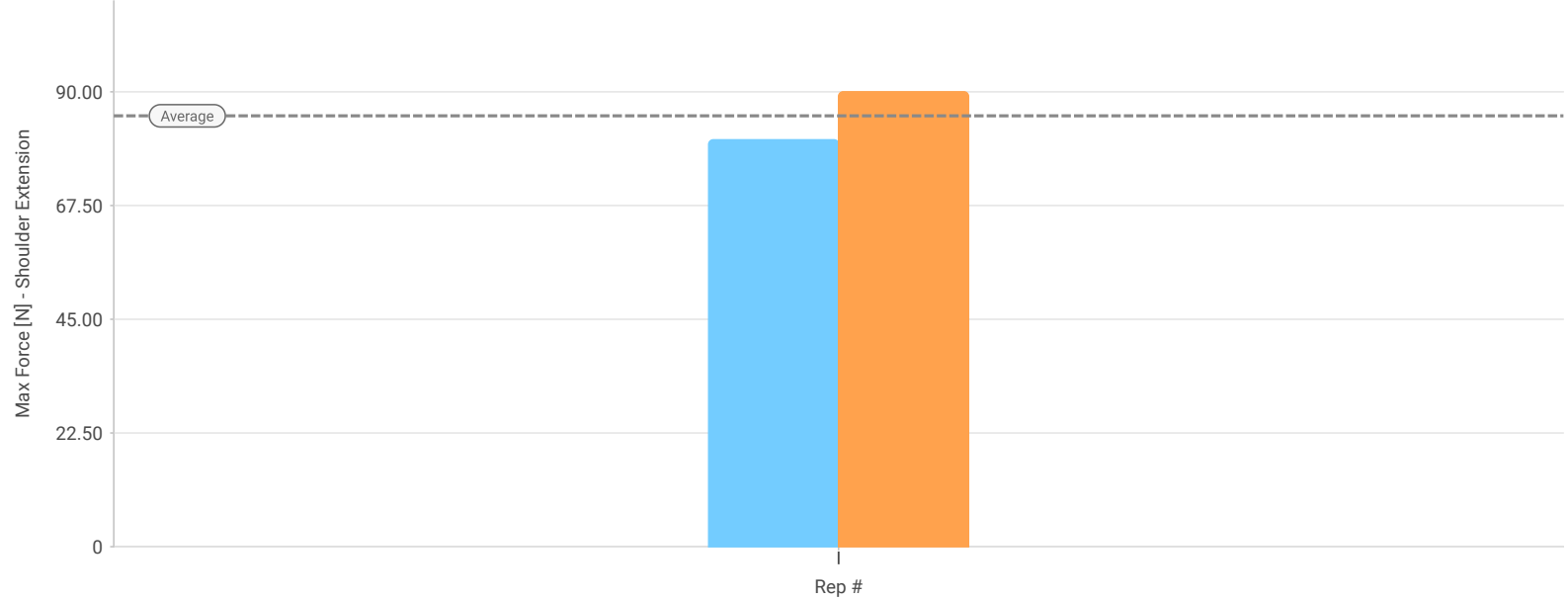
Tests (17)

Profile	Date	Test Type	Test Position	Reps
Paula Regina dos Santos Costa				
17 Tests				
	30/05/2023 8:09 PM	Shoulder Extension	Prone	EXT 1 L / 2 R
	30/05/2023 8:07 PM	Shoulder Flexion	Prone	FLEX 0 L / 0 R
	30/05/2023 8:04 PM	Shoulder IR/ER	Supine (90 Degrees AB)	IR 2 L / 2 R ER 0 L / 2 R
	30/05/2023 8:00 PM	Shoulder IR/ER	Supine (Neutral)	IR 0 L / 0 R ER 0 L / 2 R
	30/05/2023 7:56 PM	Shoulder Abduction	Side lying	AB 0 L / 0 R
	30/05/2023 7:54 PM	Shoulder Adduction	Side lying	AD 0 L / 2 R
	30/05/2023 7:50 PM	Elbow Extension	Seated	EXT 2 L / 2 R
	30/05/2023 7:48 PM	Elbow Flexion	Seated	FLEX 2 L / 2 R
	30/05/2023 7:44 PM	Hip Extension	Standing	EXT 2 L / 2 R
	30/05/2023 7:41 PM	Hip Flexion	Kicker	FLEX 2 L / 2 R
	30/05/2023 7:38 PM	Knee Flexion	Standing	FLEX 2 L / 2 R
	30/05/2023 7:34 PM	Ankle IN/EV	Supine	INV 0 L / 0 R EV 2 L / 2 R
	30/05/2023 7:30 PM	Hip AD/AB	Seated	ADD 2 L / 2 R ABD 2 L / 2 R
	30/05/2023 7:27 PM	Hip Flexion	Seated	FLEX 2 L / 2 R
	30/05/2023 7:24 PM	Ankle Dorsiflexion	Seated	DF 2 L / 2 R
	30/05/2023 7:21 PM	Panturrilha Sentada	Panturrilha Sentada	Outer 2 L / 2 R
	30/05/2023 7:18 PM	Knee extensor	Knee ext	Outer 2 L / 2 R

Extension Max Force [N] - Shoulder Extension

Range
80.5 - 90

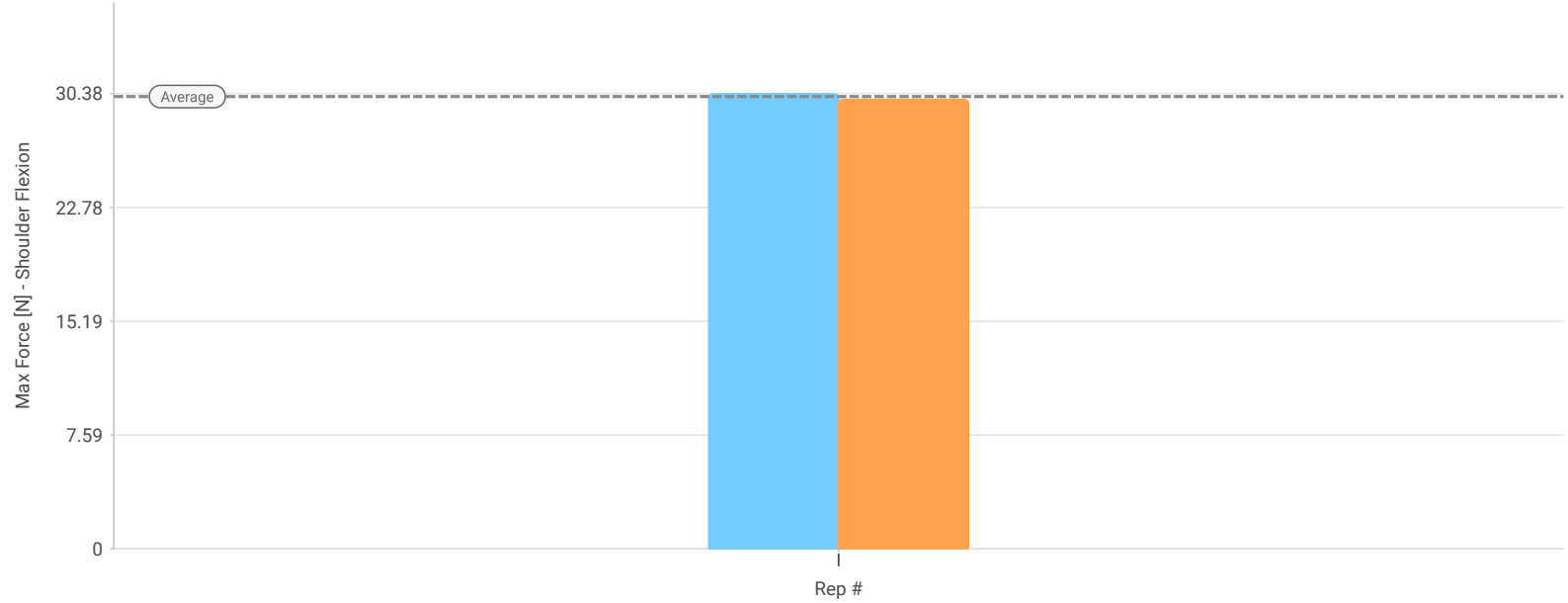
Average
85.25



Flexion Max Force [N] - Shoulder Flexion

Range
30 - 30.38

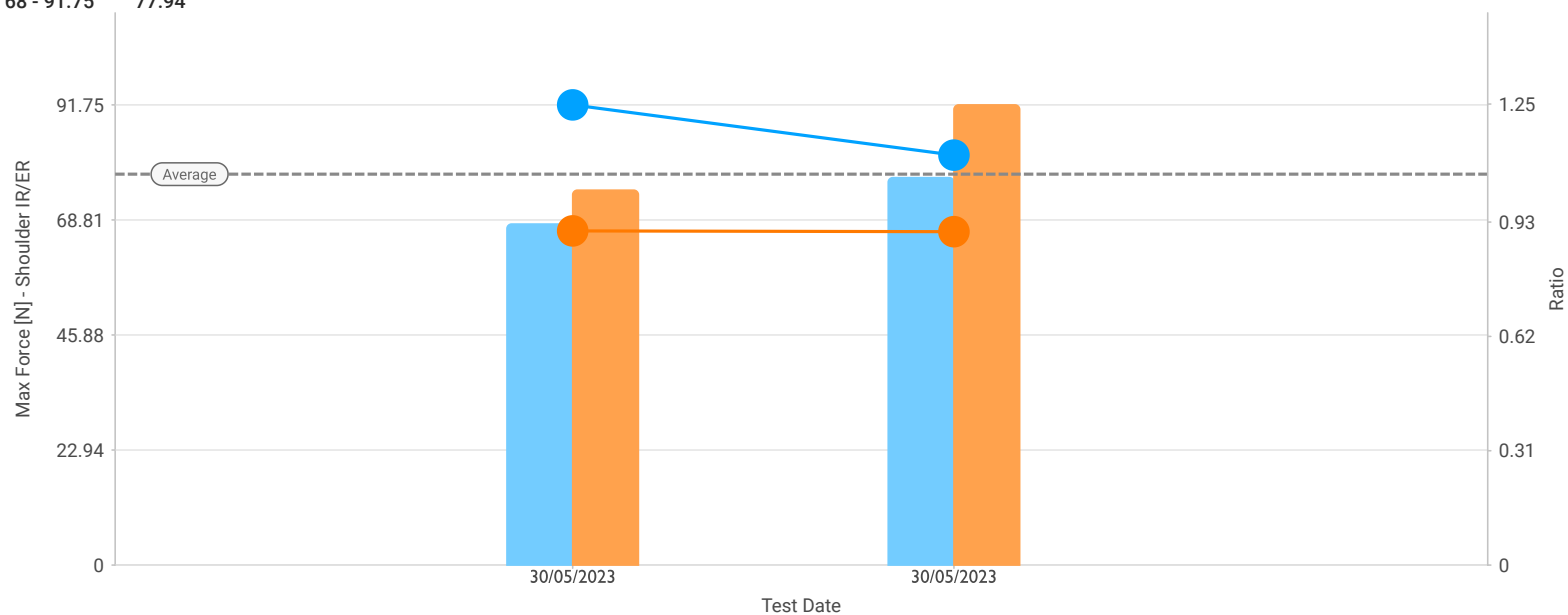
Average
30.19



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

Range
68 - 91.75

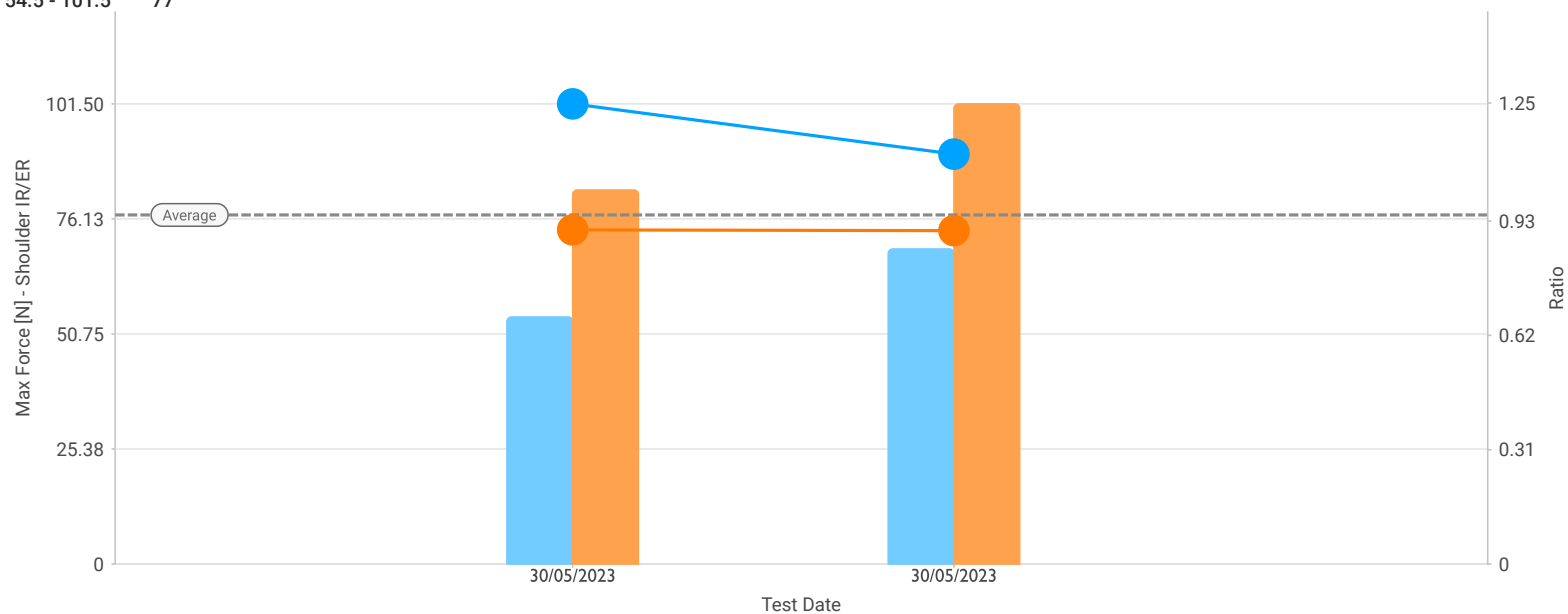
Average
77.94



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

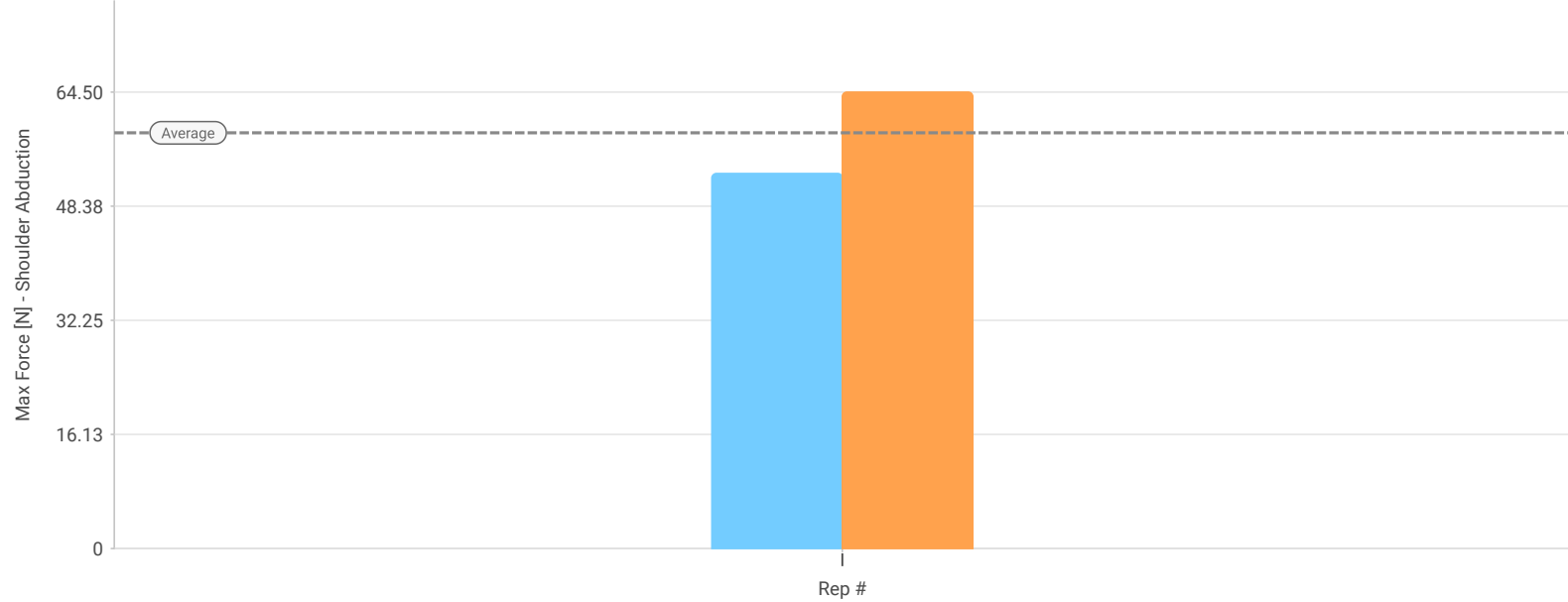
Range
54.5 - 101.5

Average
77



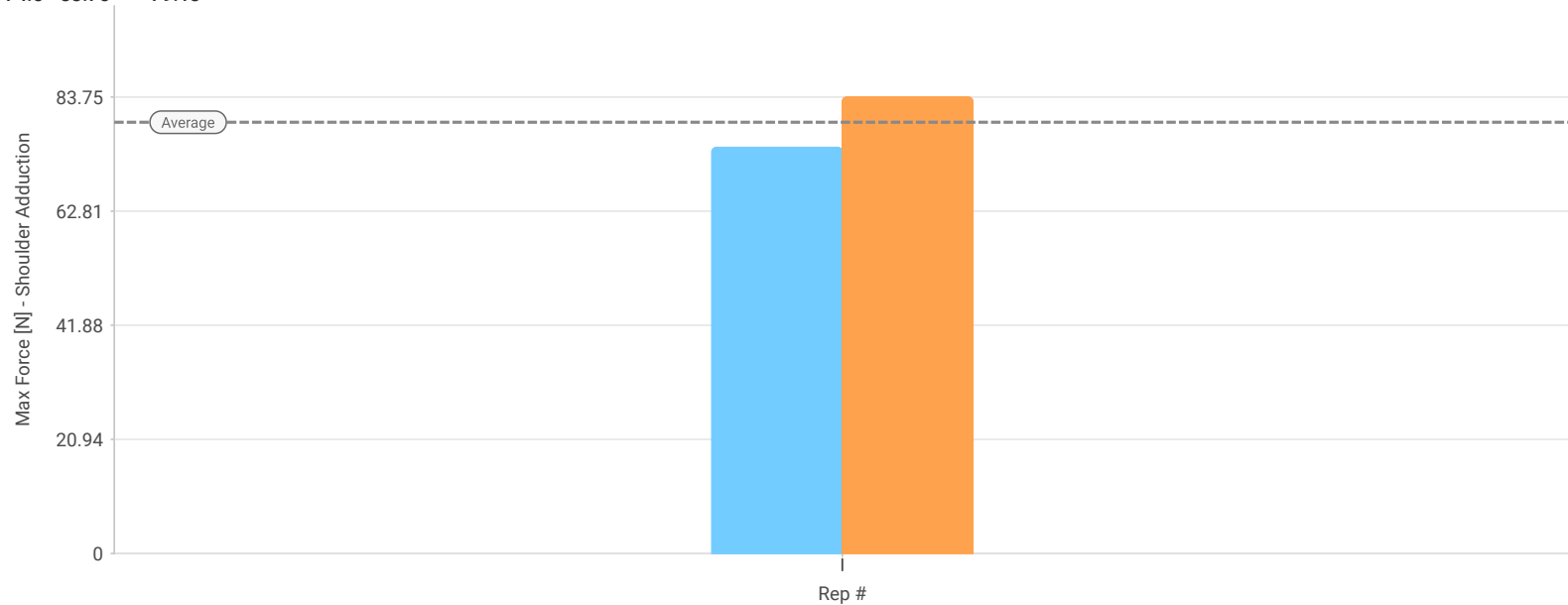
Abduction Max Force [N] - Shoulder Abduction

Range Average
53 - 64.5 58.75



Adduction Max Force [N] - Shoulder Adduction

Range Average
74.5 - 83.75 79.13



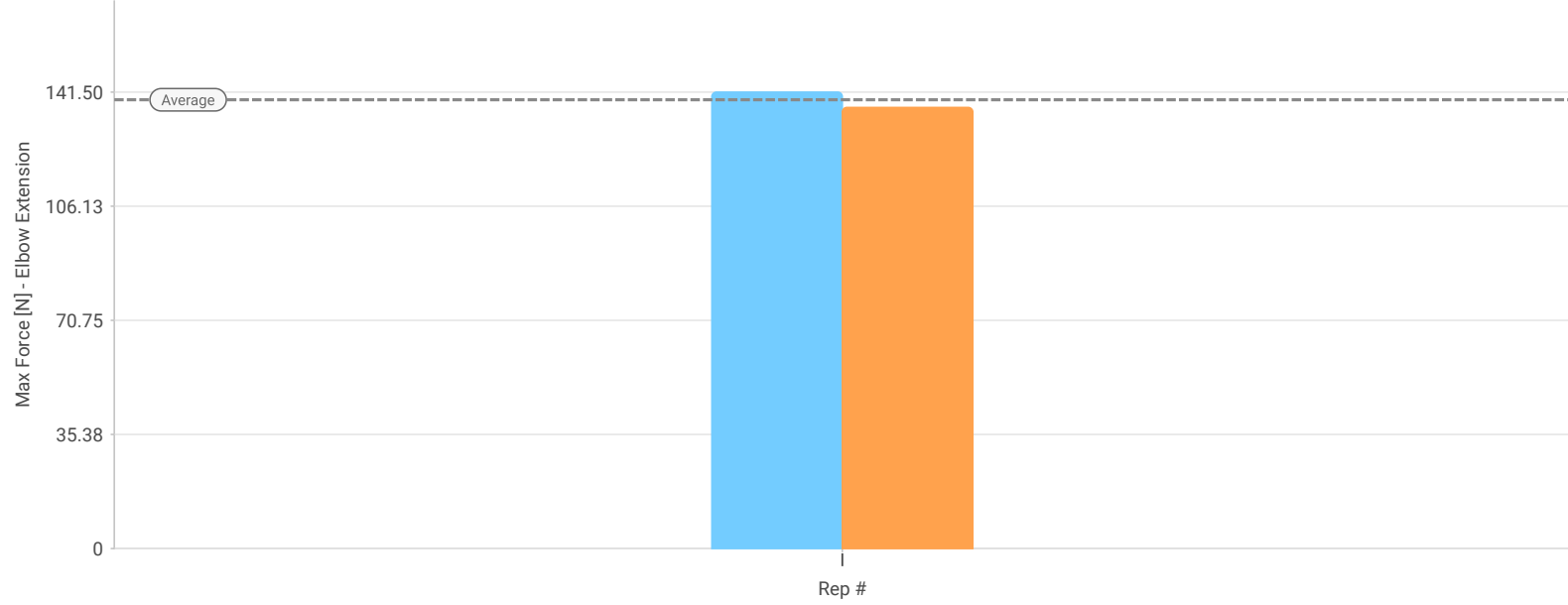
Extension Max Force [N] - Elbow Extension

Range

Average

136.75 - 141.5

139.13



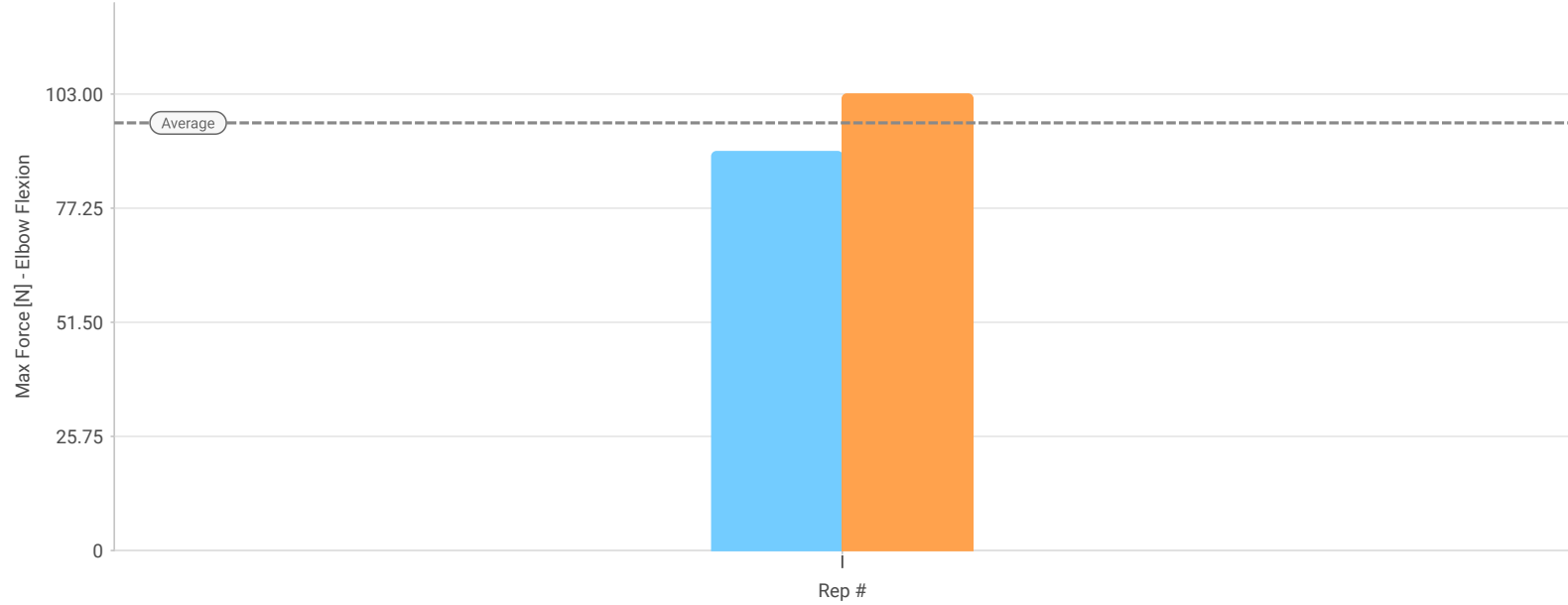
Max Force [N] - Elbow Flexion

Range

Average

90 - 103

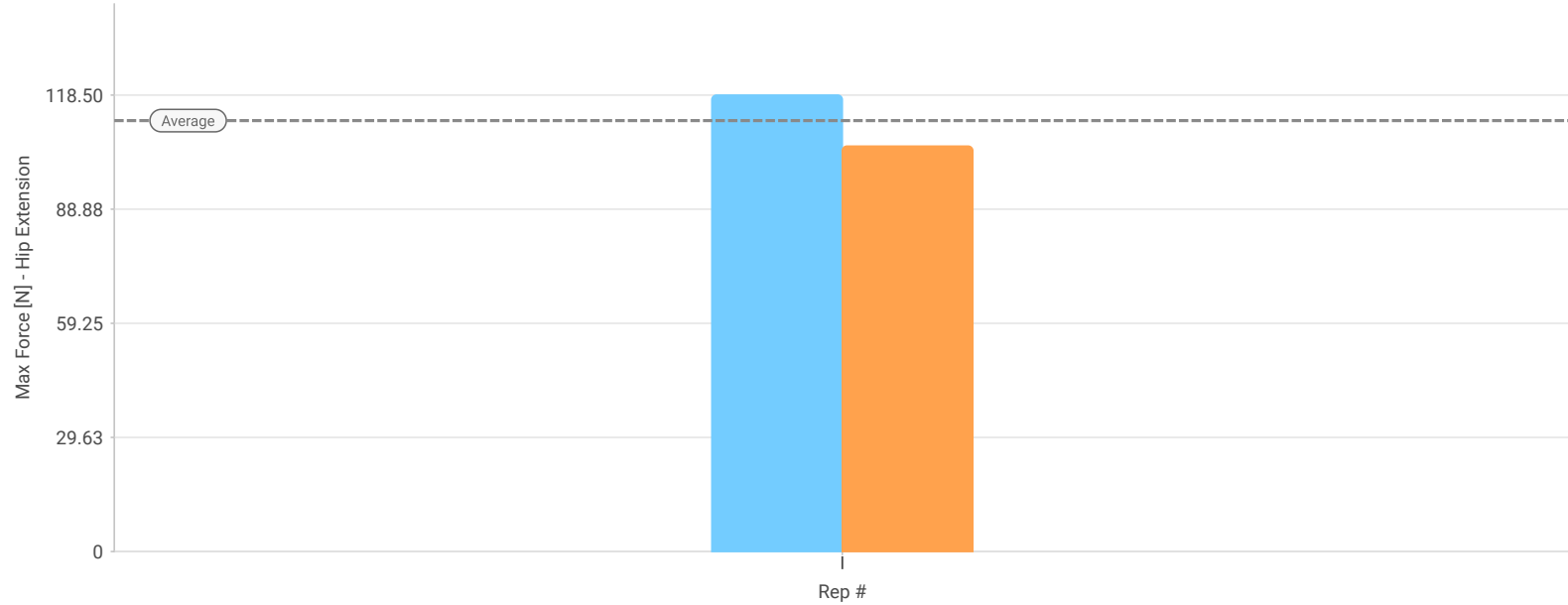
96.5



Extension Max Force [N] - Hip Extension

Range
105.25 - 118.5

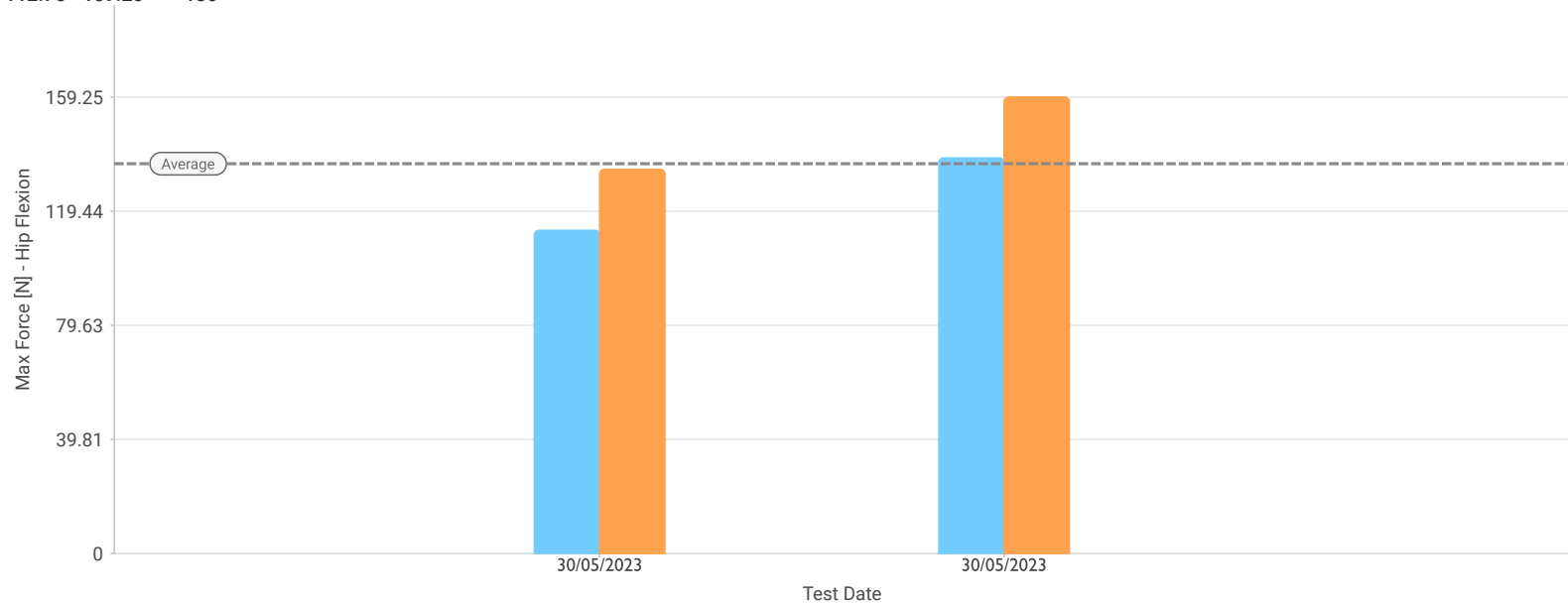
Average
111.88



Flexion Max Force [N] - Hip Flexion

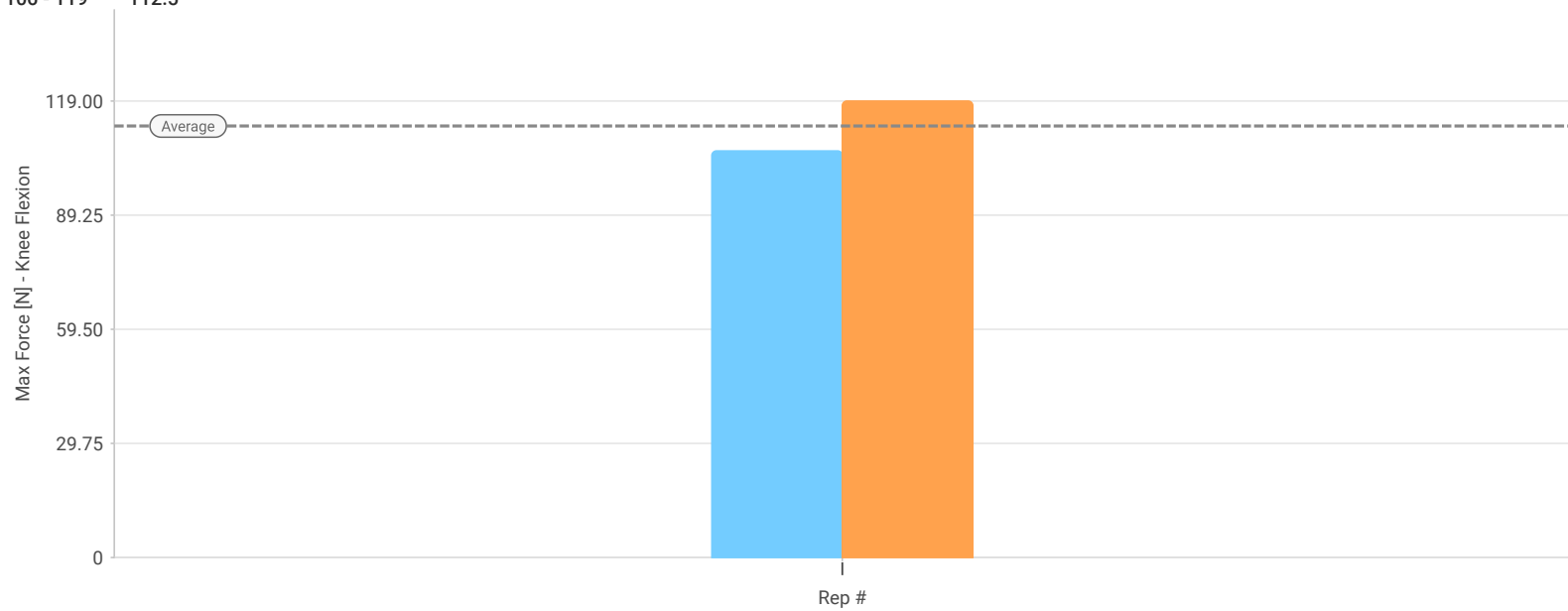
Range
112.75 - 159.25

Average
136



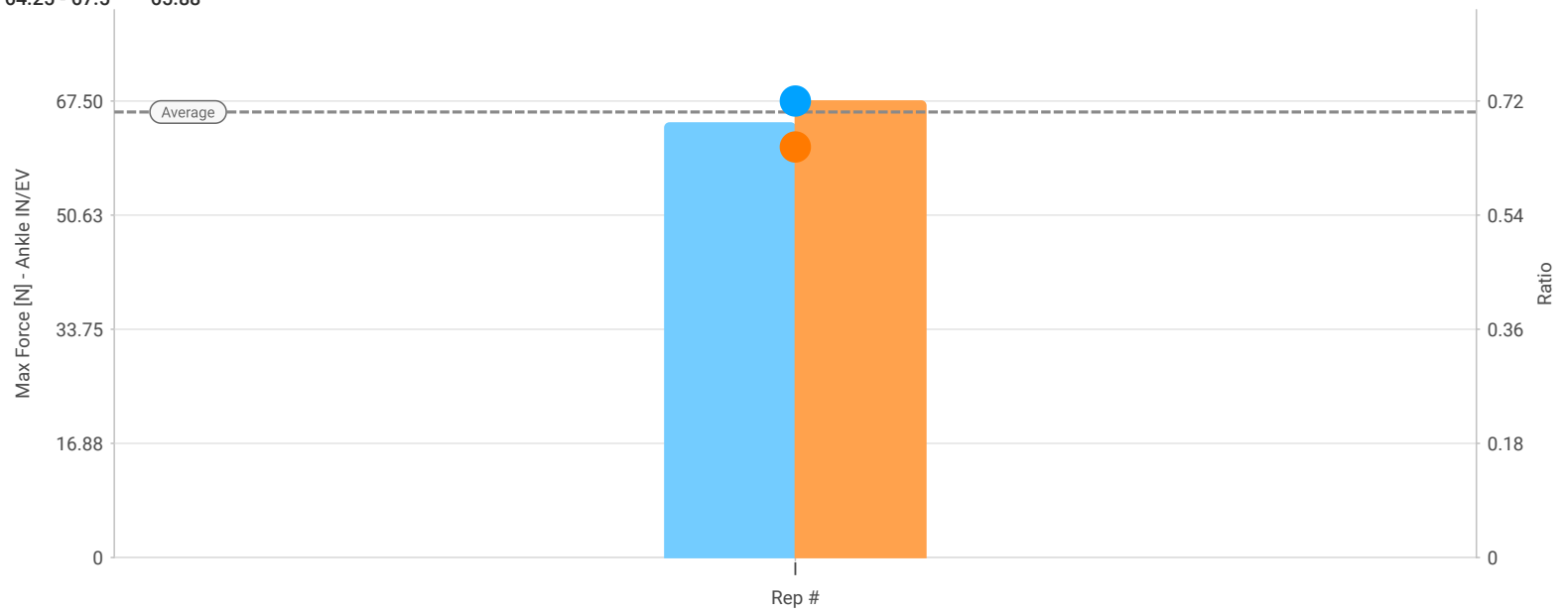
Knee Flexion Max Force [N] - Knee Flexion

Range Average
106 - 119 112.5



Inversion Max Force [N] - Ankle IN/EV

Range Average
64.25 - 67.5 65.88



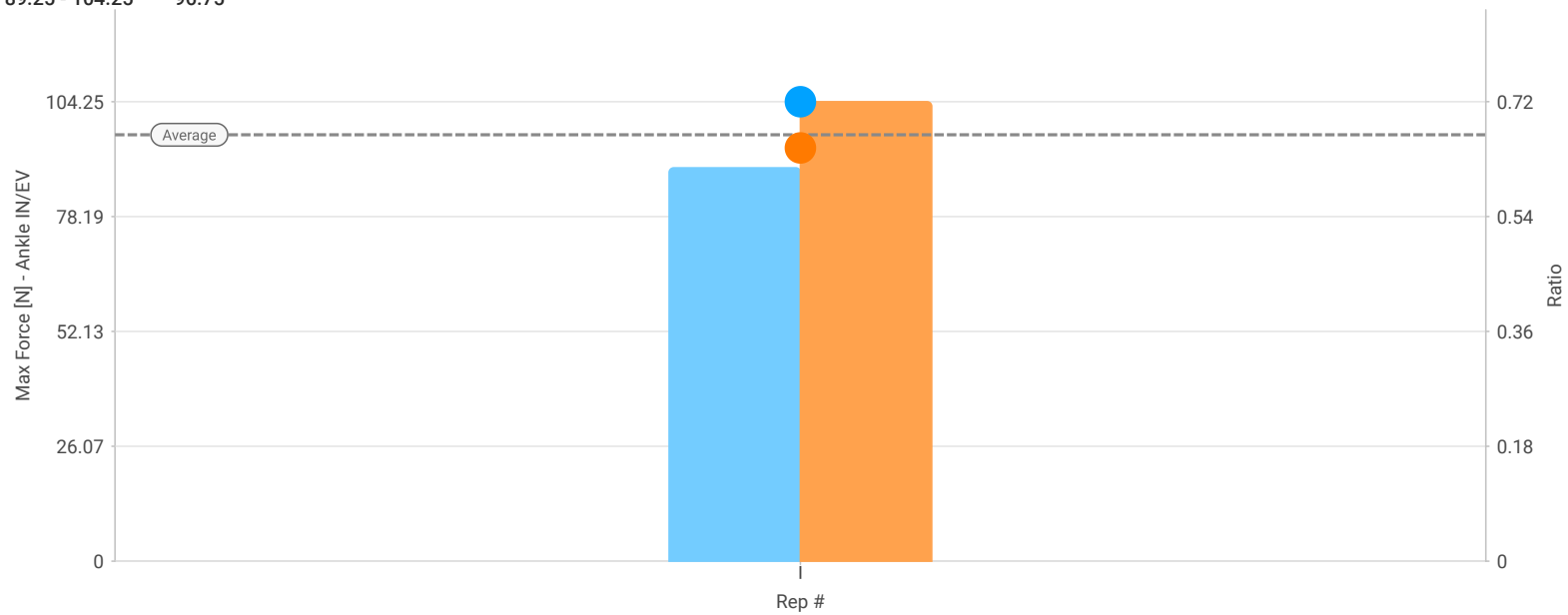
Eversion Max Force [N] - Ankle IN/EV

Range

Average

89.25 - 104.25

96.75



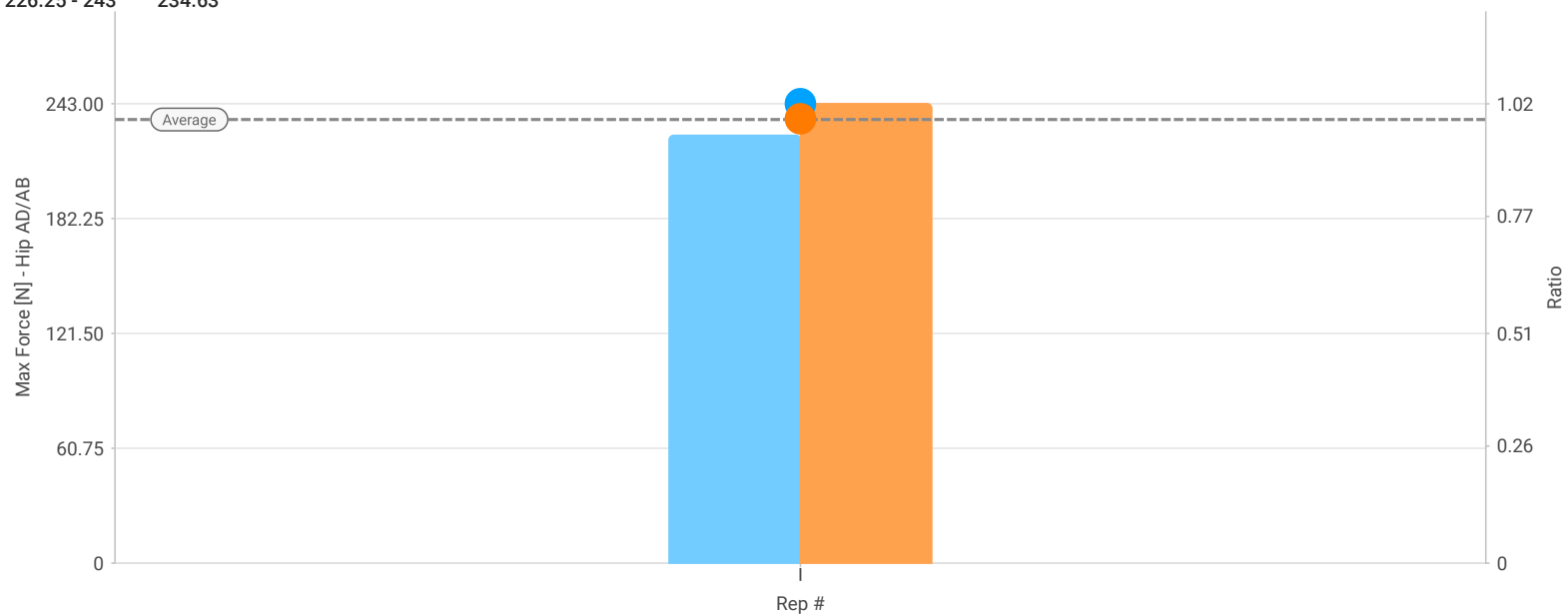
Adduction Max Force [N] - Hip AD/AB

Range

Average

226.25 - 243

234.63



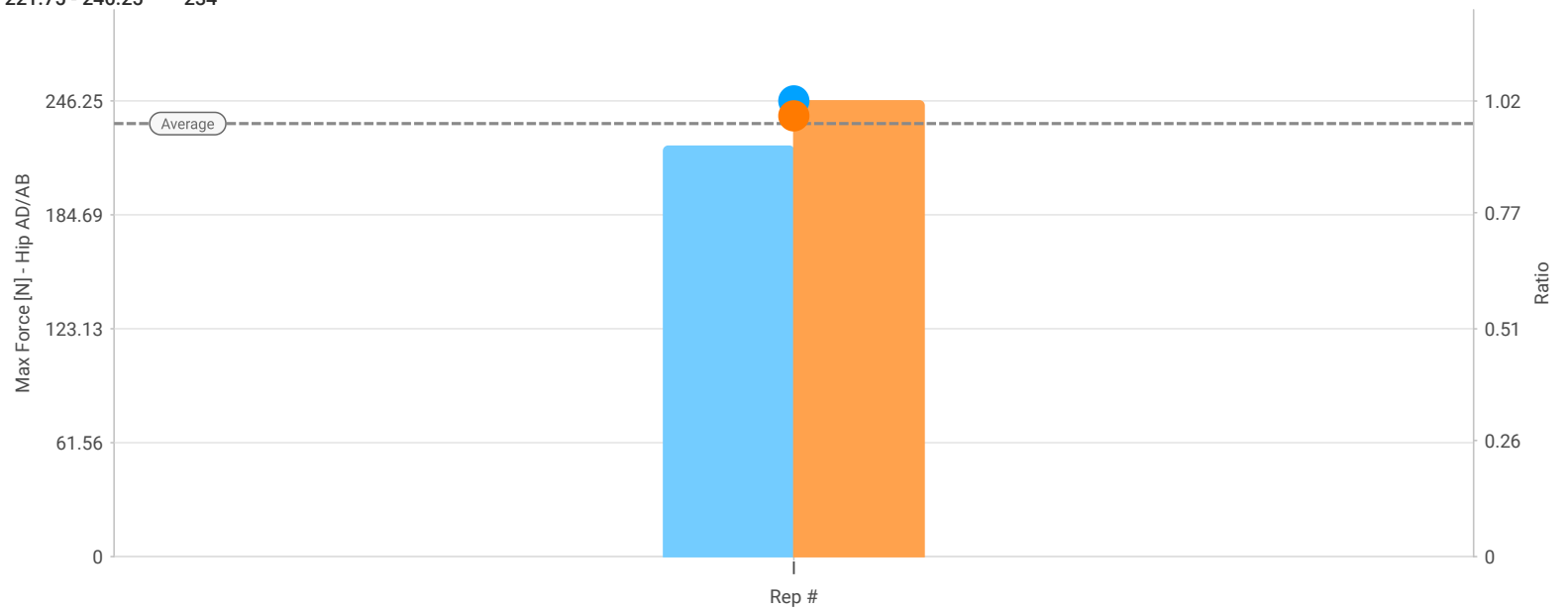
Abduction Max Force [N] - Hip AD/AB

Range

Average

221.75 - 246.25

234



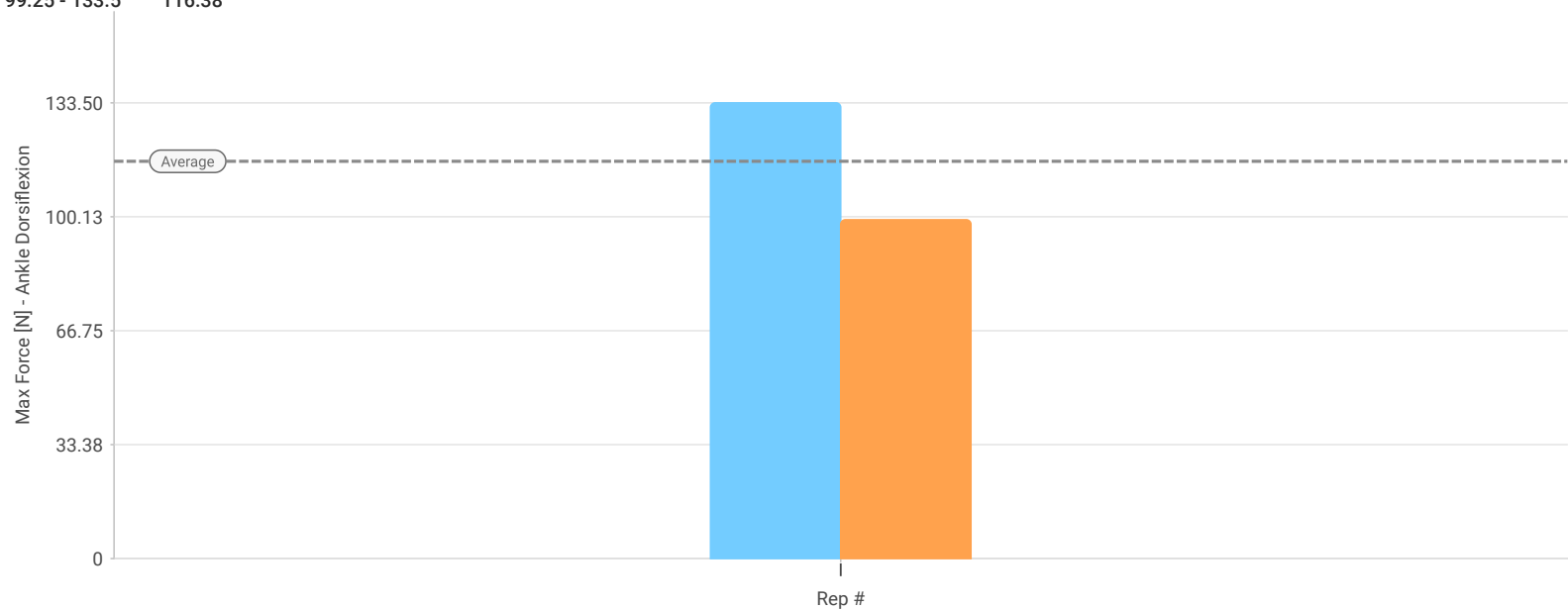
Dorsiflexion Max Force [N] - Ankle Dorsiflexion

Range

Average

99.25 - 133.5

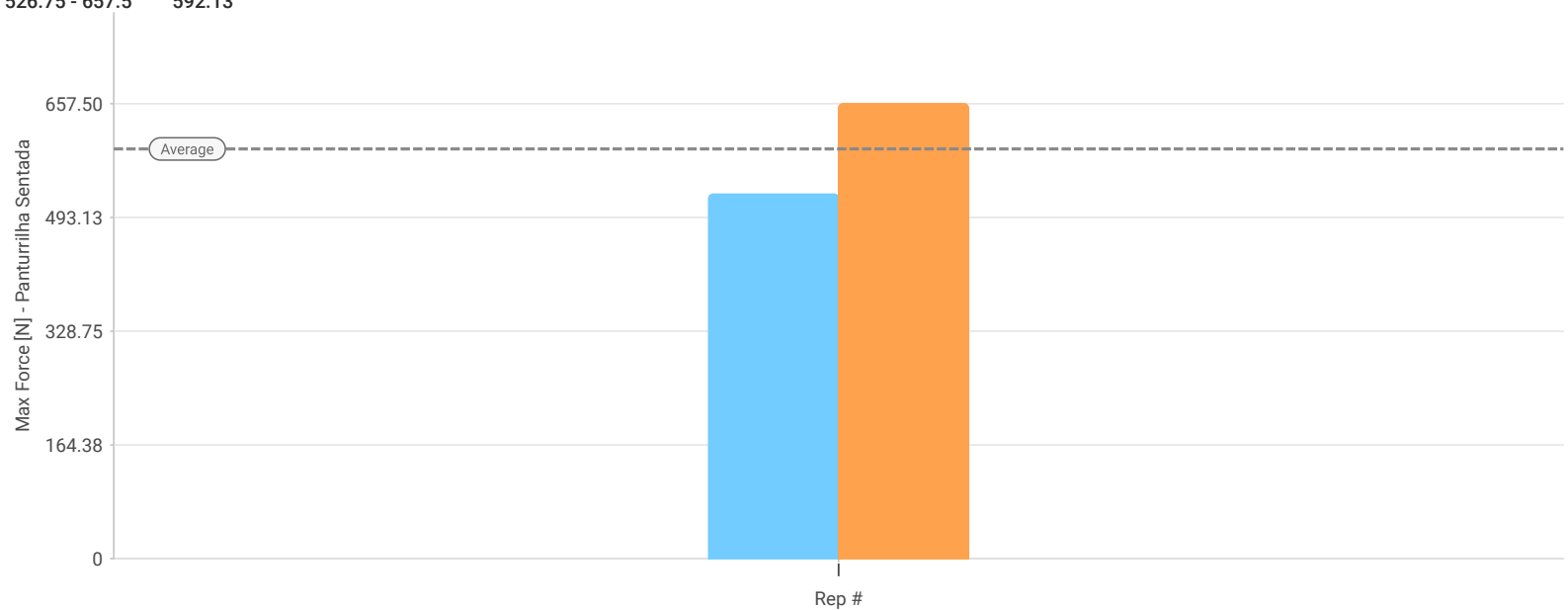
116.38



Max Force [N] - Panturrilha Sentada

Range
526.75 - 657.5

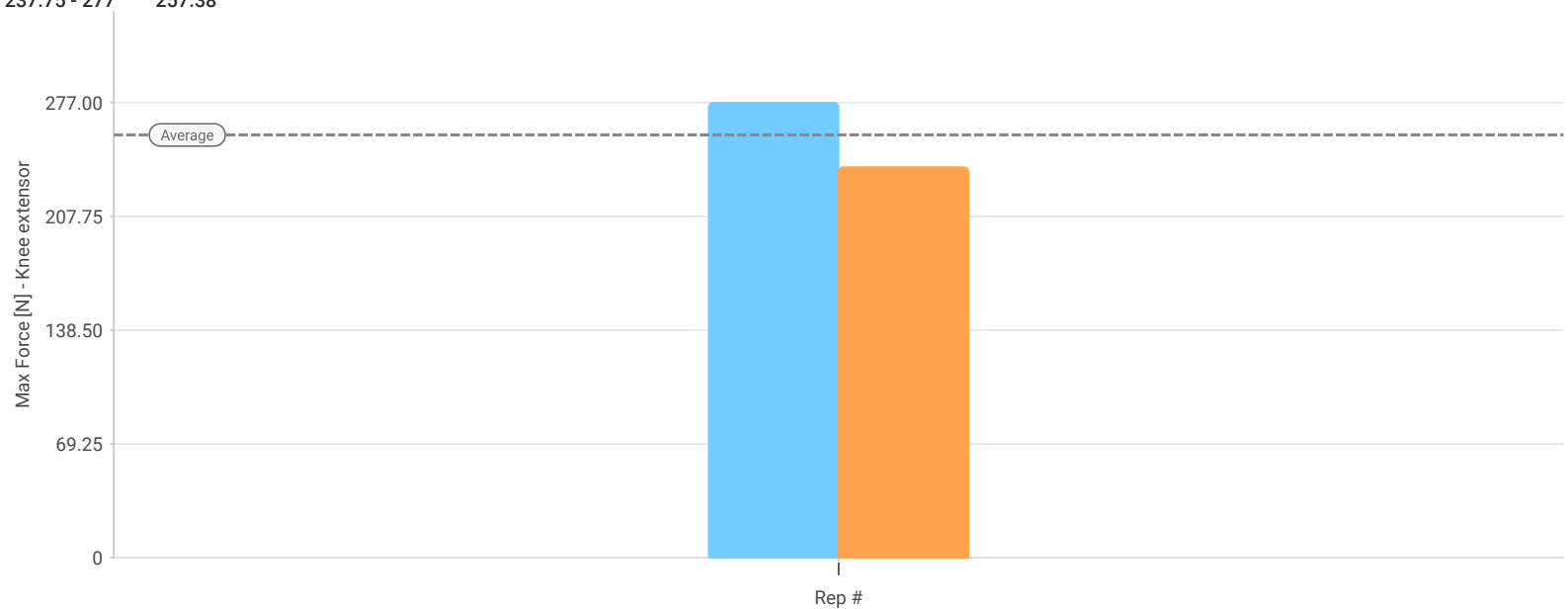
Average
592.13



Max Force [N] - Knee extensor

Range
237.75 - 277

Average
257.38



Extension Asymmetry [%] - Shoulder Extension

Range

Average

10.56 L - 10.56 R

10.56 R

Rep #



Flexion Asymmetry [%] - Shoulder Flexion

Range

Average

1.23 L - 1.23 R

1.23 L

Rep #



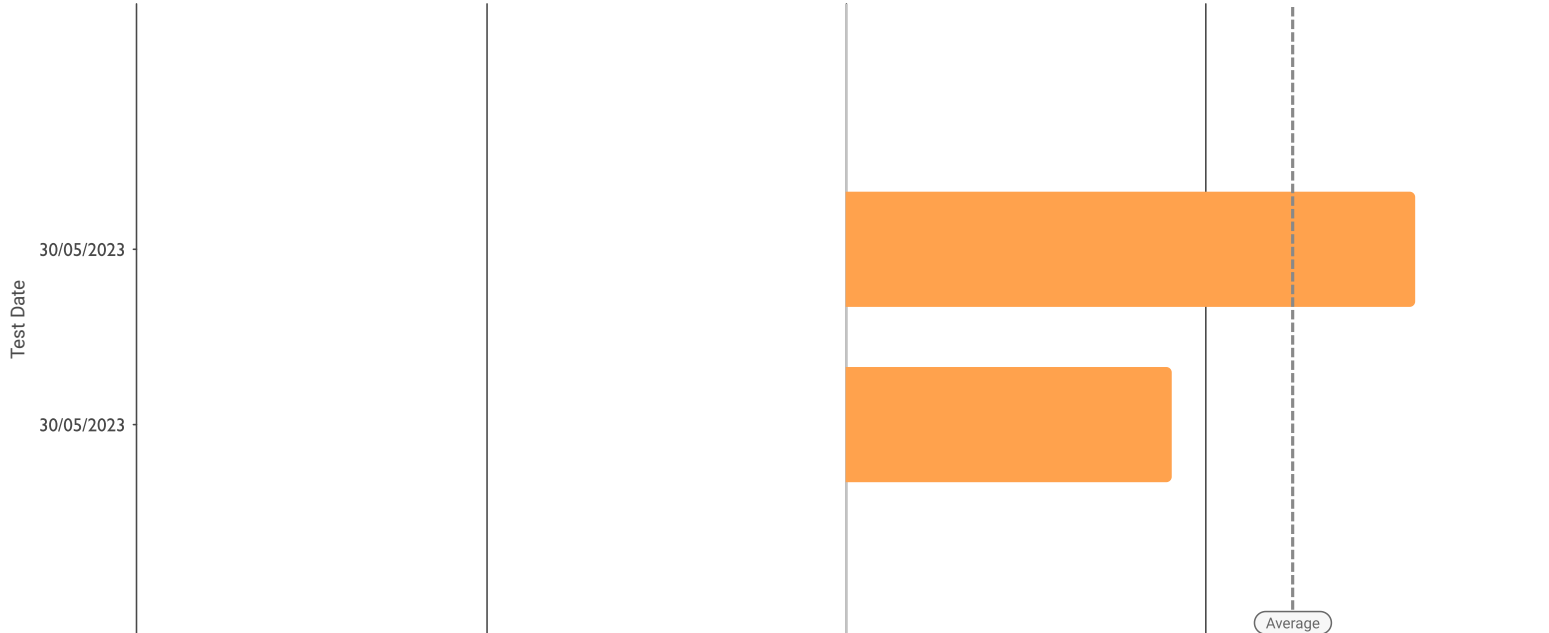
Internal Rotation Asymmetry [%] - Shoulder IR/ER

Range

Average

9.03 L - 15.8 R

12.42 R



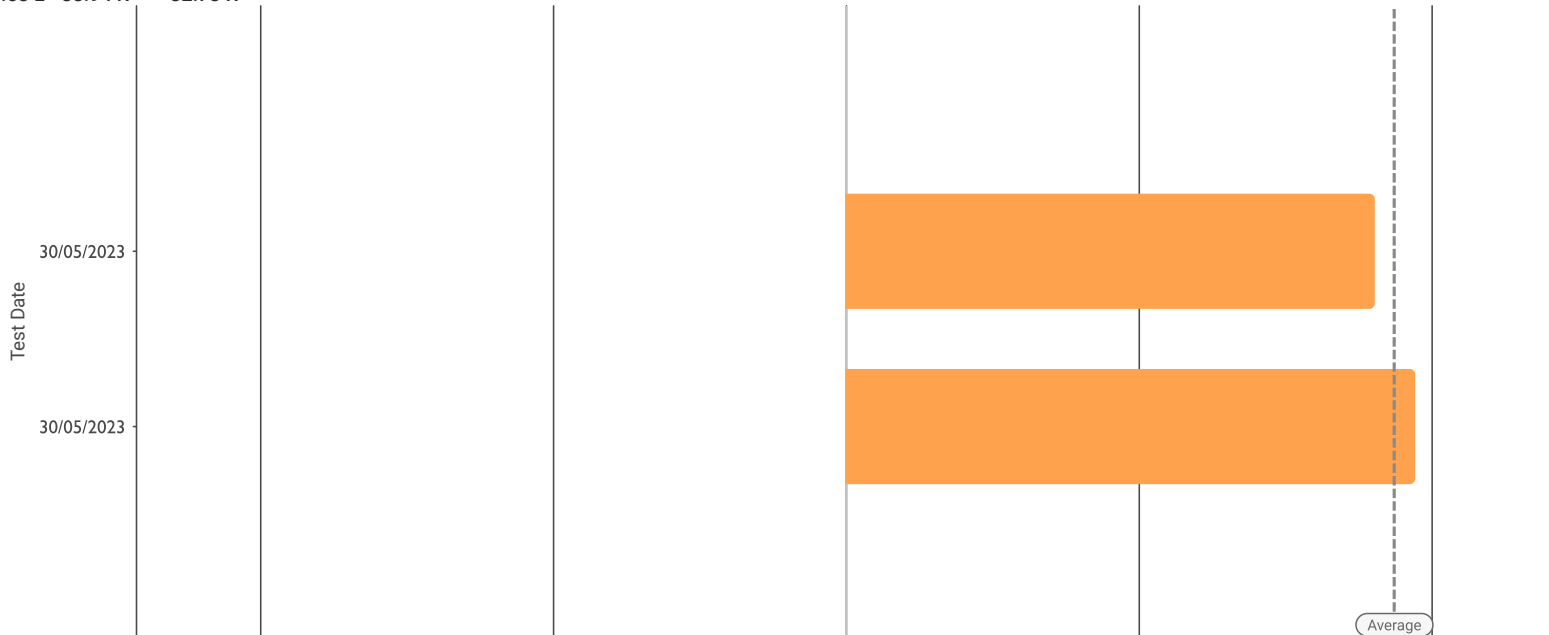
External Rotation Asymmetry [%] - Shoulder IR/ER

Range

Average

31.53 L - 33.94 R

32.73 R



Abduction Asymmetry [%] - Shoulder Abduction

Range

Average

17.83 L - 17.83 R

17.83 R

Rep #

1



Average

Adduction Asymmetry [%] - Shoulder Adduction

Range

Average

11.04 L - 11.04 R

11.04 R

Rep #

1



Average

Extension Asymmetry [%] - Elbow Extension

Range

Average

3.36 L - 3.36 R

3.36 L

Rep #



Asymmetry [%] - Elbow Flexion

Range

Average

12.62 L - 12.62 R

12.62 R

Rep #



Extension Asymmetry [%] - Hip Extension

Range

Average

11.18 L - 11.18 R

11.18 L

Rep #



Flexion Asymmetry [%] - Hip Flexion

Range

Average

13.34 L - 15.86 R

14.6 R

Test Date

30/05/2023

30/05/2023



Knee Flexion Asymmetry [%] - Knee Flexion

Range

Average

10.92 L - 10.92 R

10.92 R

Rep #



Inversion Asymmetry [%] - Ankle IN/EV

Range

Average

4.81 L - 4.81 R

4.81 R

Rep #



Eversion Asymmetry [%] - Ankle IN/EV

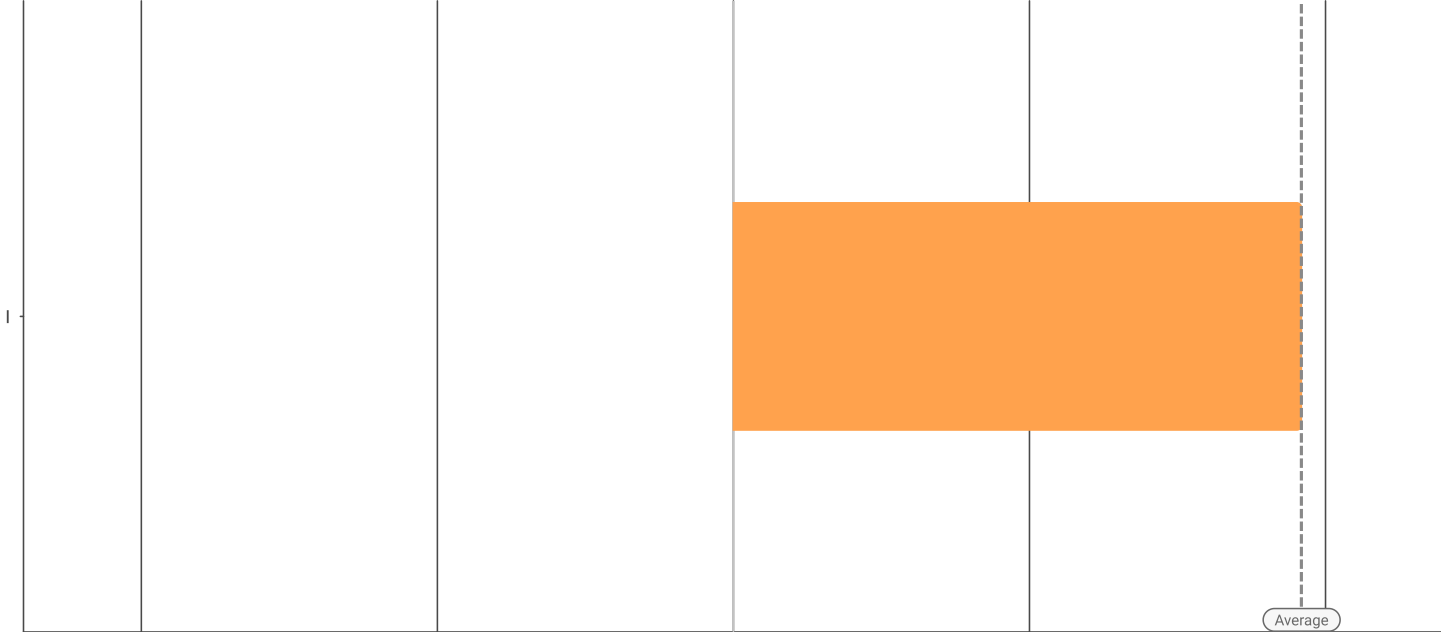
Range

Average

14.39 L - 14.39 R

14.39 R

Rep #



Adduction Asymmetry [%] - Hip AD/AB

Range

Average

6.89 L - 6.89 R

6.89 R

Rep #



Abduction Asymmetry [%] - Hip AD/AB

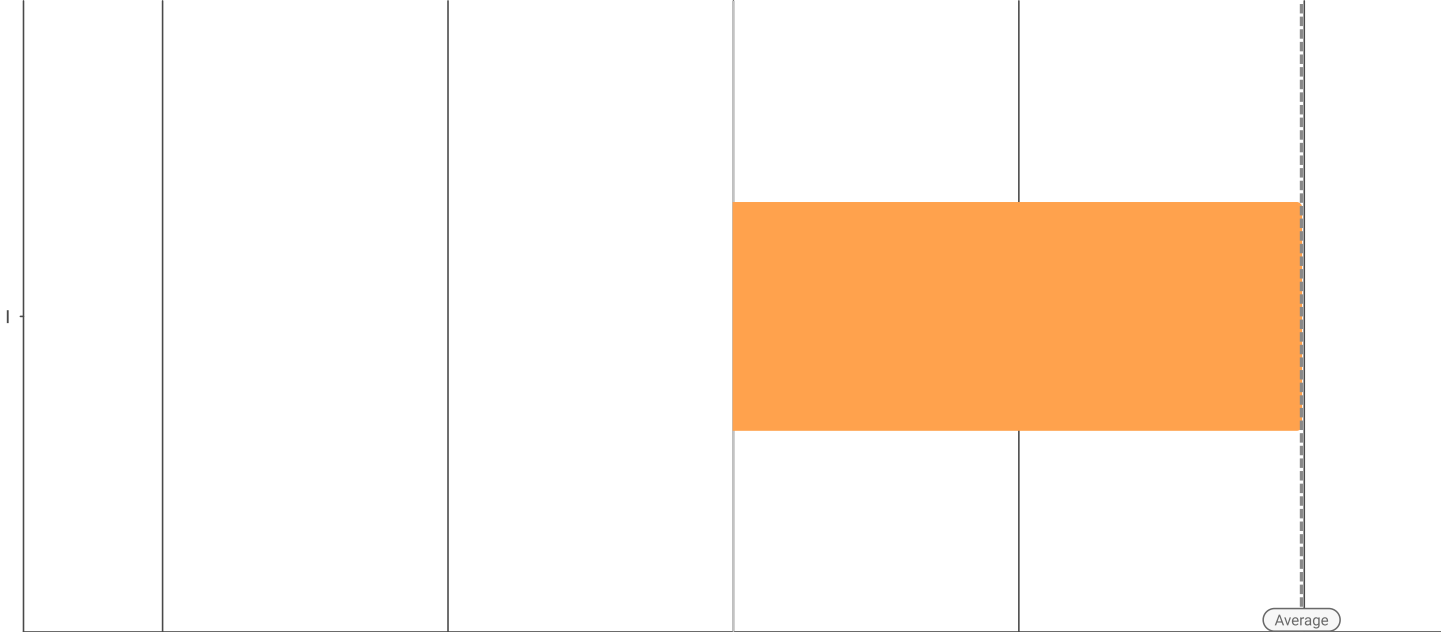
Range

Average

9.95 L - 9.95 R

9.95 R

Rep #



Dorsiflexion Asymmetry [%] - Ankle Dorsiflexion

Range

Average

25.66 L - 25.66 R

25.66 L

Rep #



Asymmetry [%] - Panturrilha Sentada

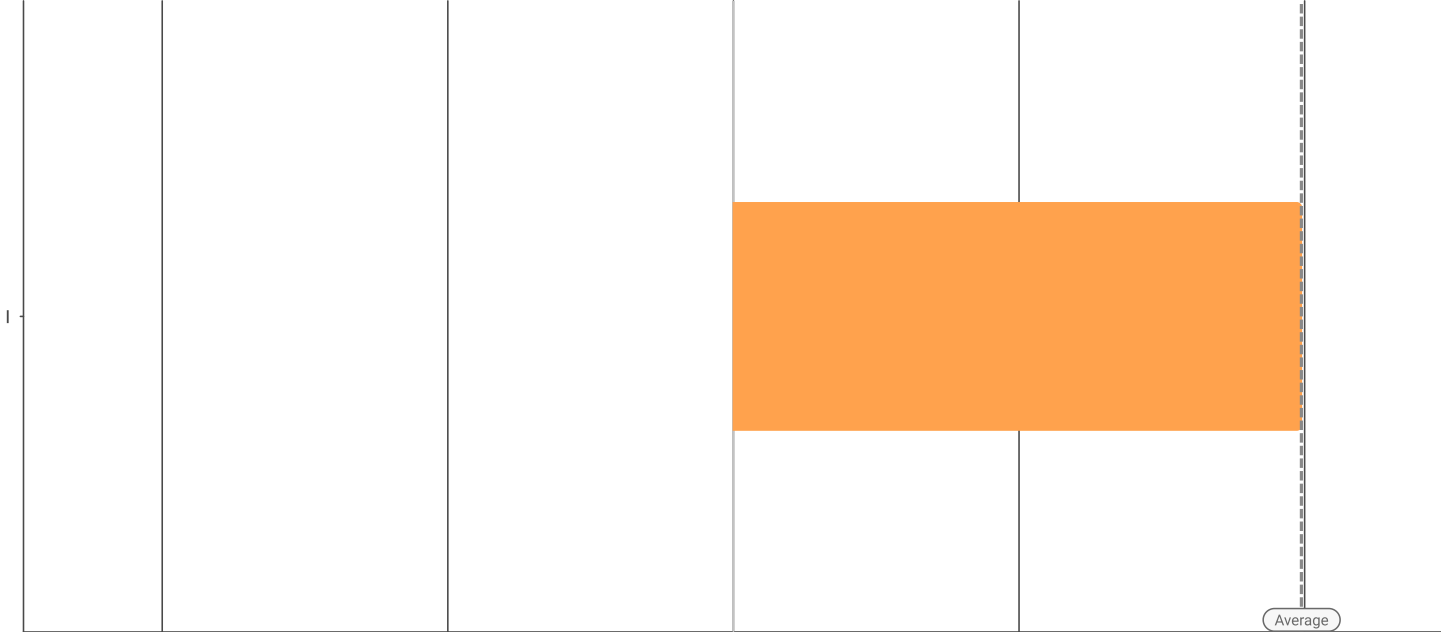
Range

Average

19.89 L - 19.89 R

19.89 R

Rep #



Asymmetry [%] - Knee extensor

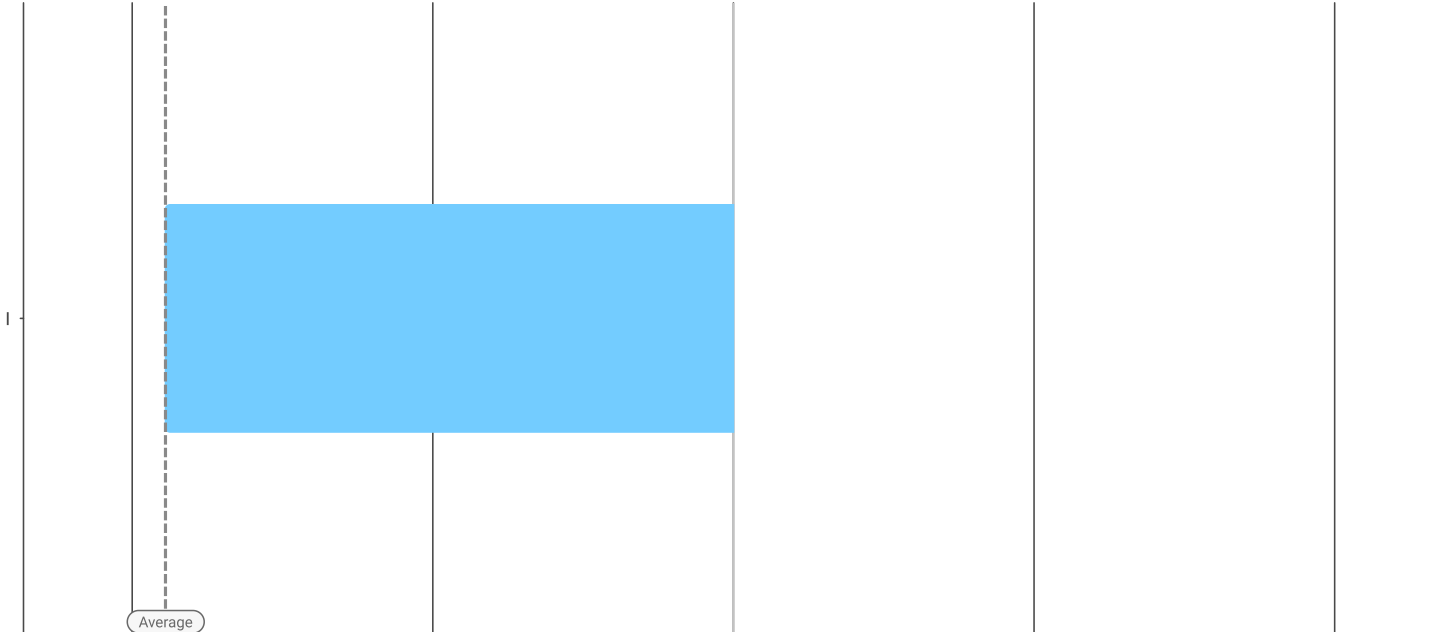
Range

Average

14.17 L - 14.17 R

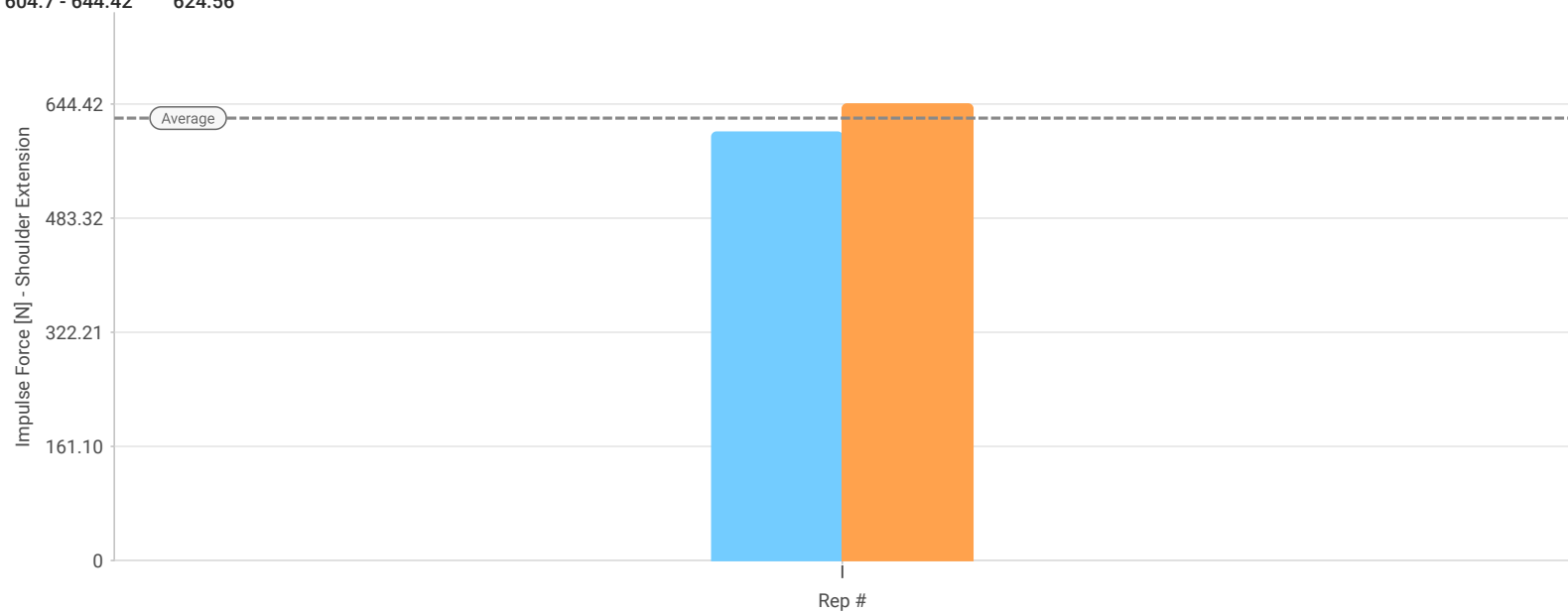
14.17 L

Rep #



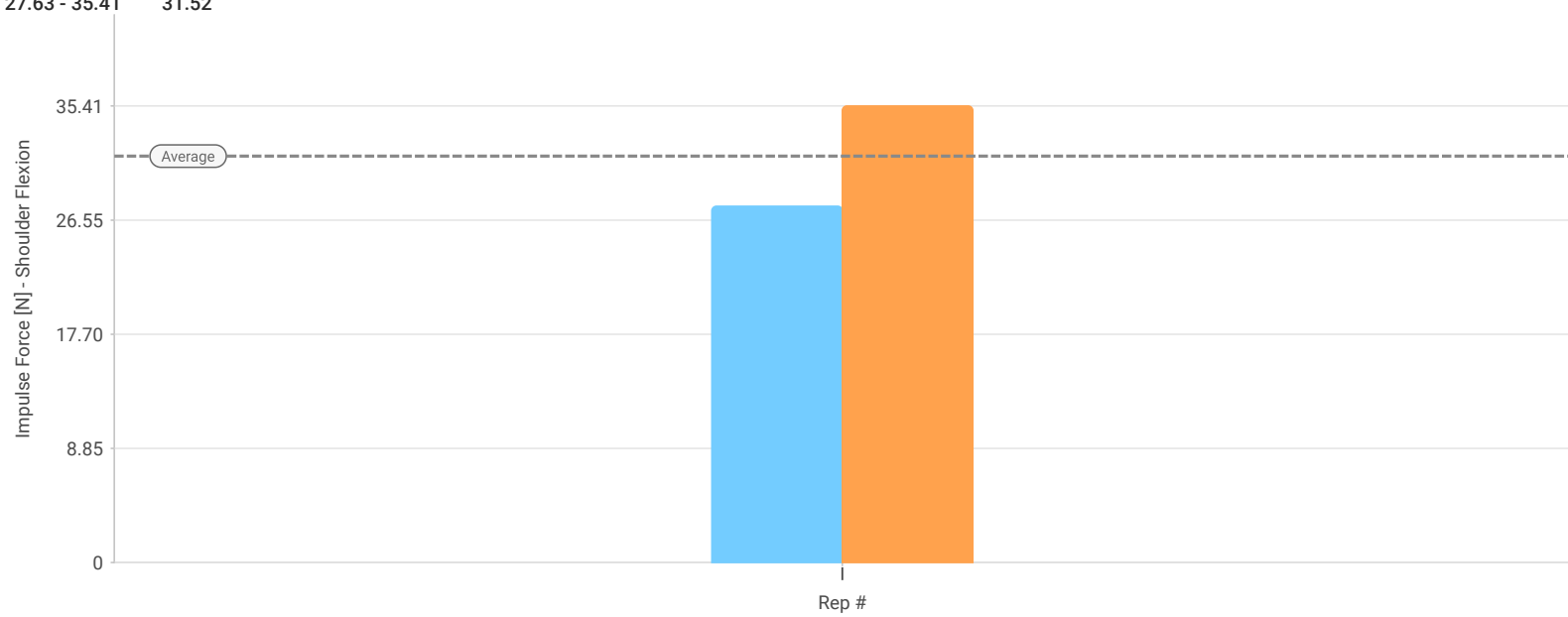
Extension Impulse Force [N] - Shoulder Extension

Range Average
604.7 - 644.42 624.56



Flexion Impulse Force [N] - Shoulder Flexion

Range Average
27.63 - 35.41 31.52



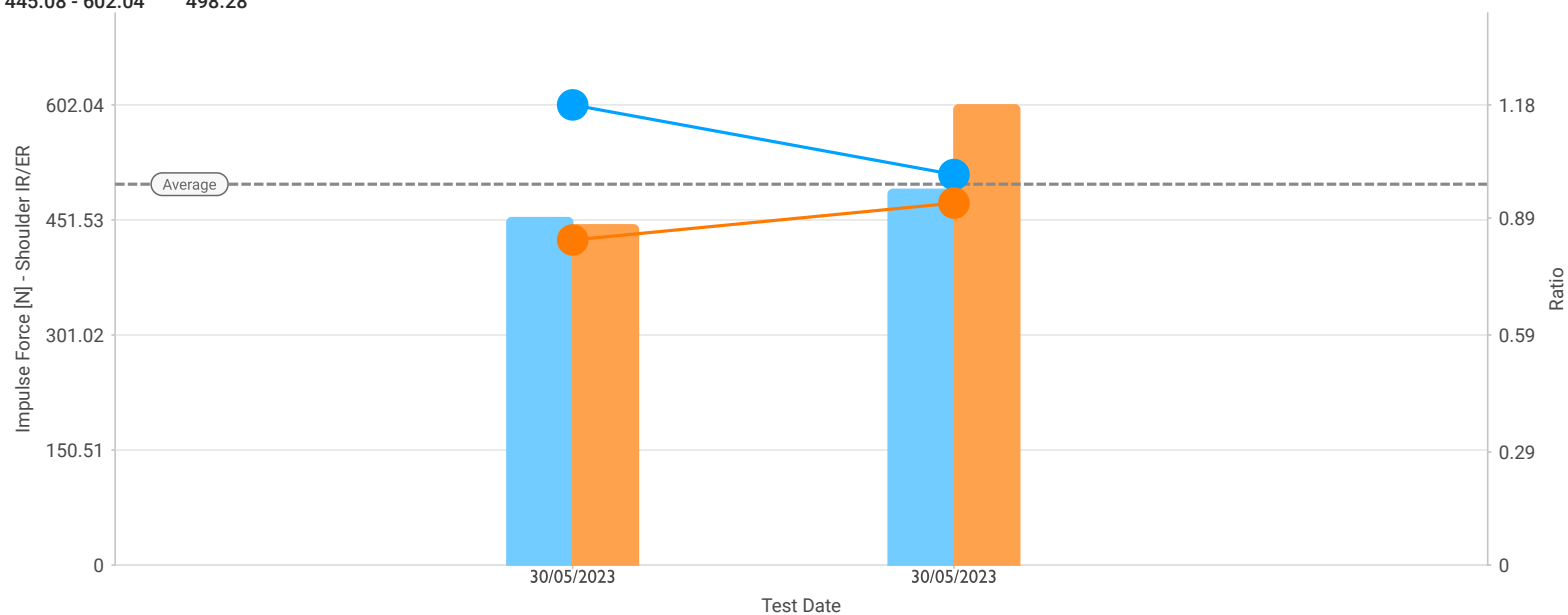
Internal Rotation Impulse Force [N] - Shoulder IR/ER

Range

Average

445.08 - 602.04

498.28



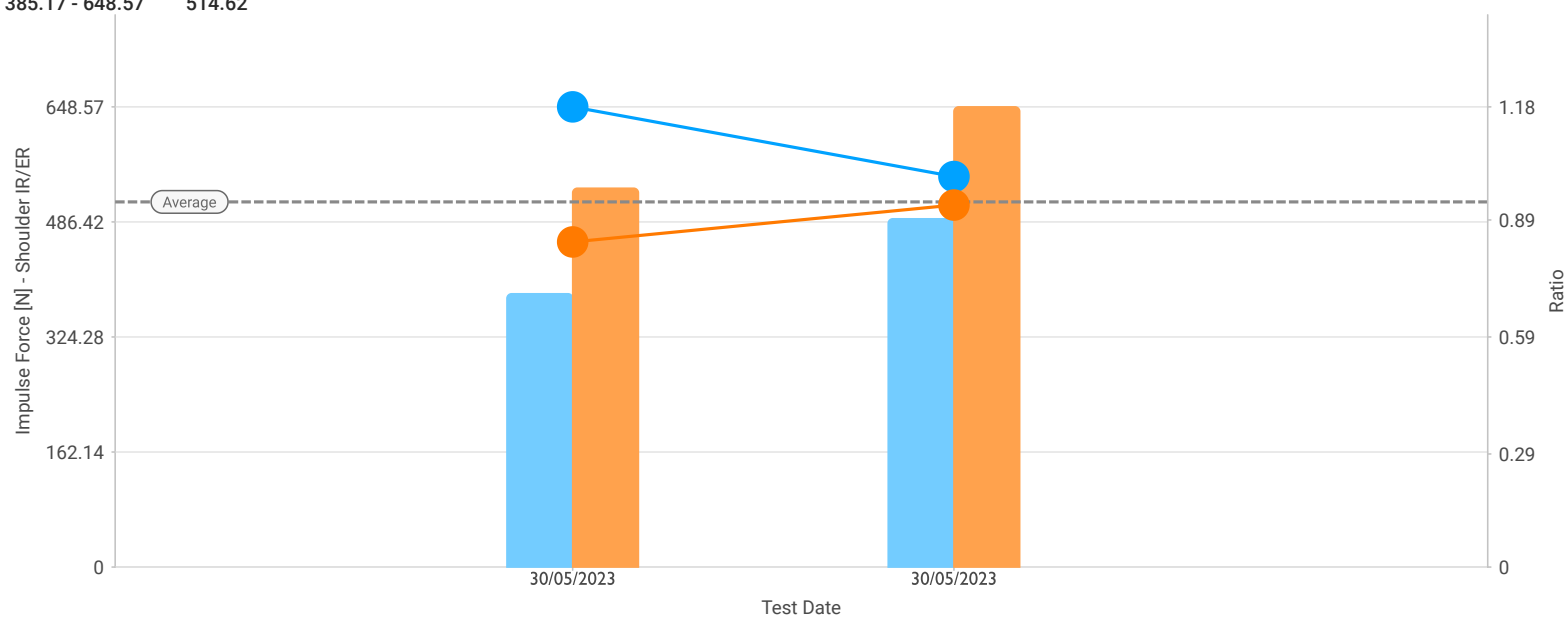
External Rotation Impulse Force [N] - Shoulder IR/ER

Range

Average

385.17 - 648.57

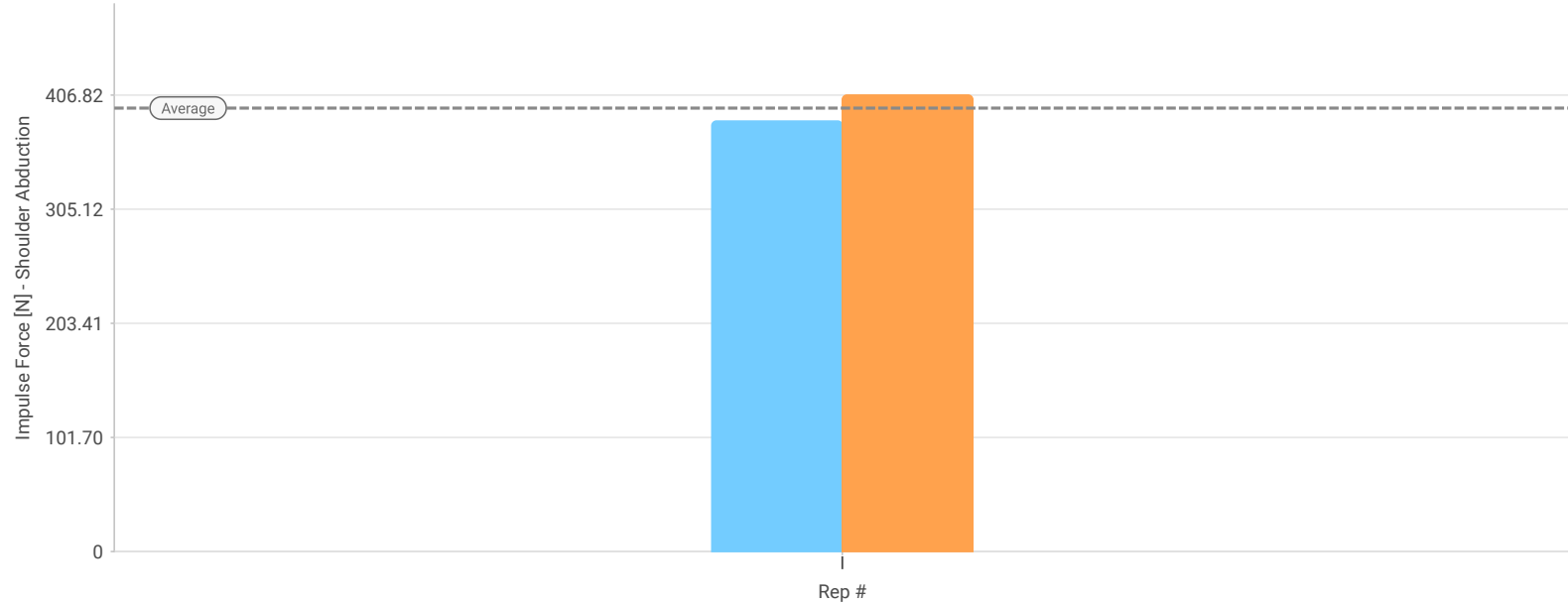
514.62



Abduction Impulse Force [N] - Shoulder Abduction

Range
383.66 - 406.82

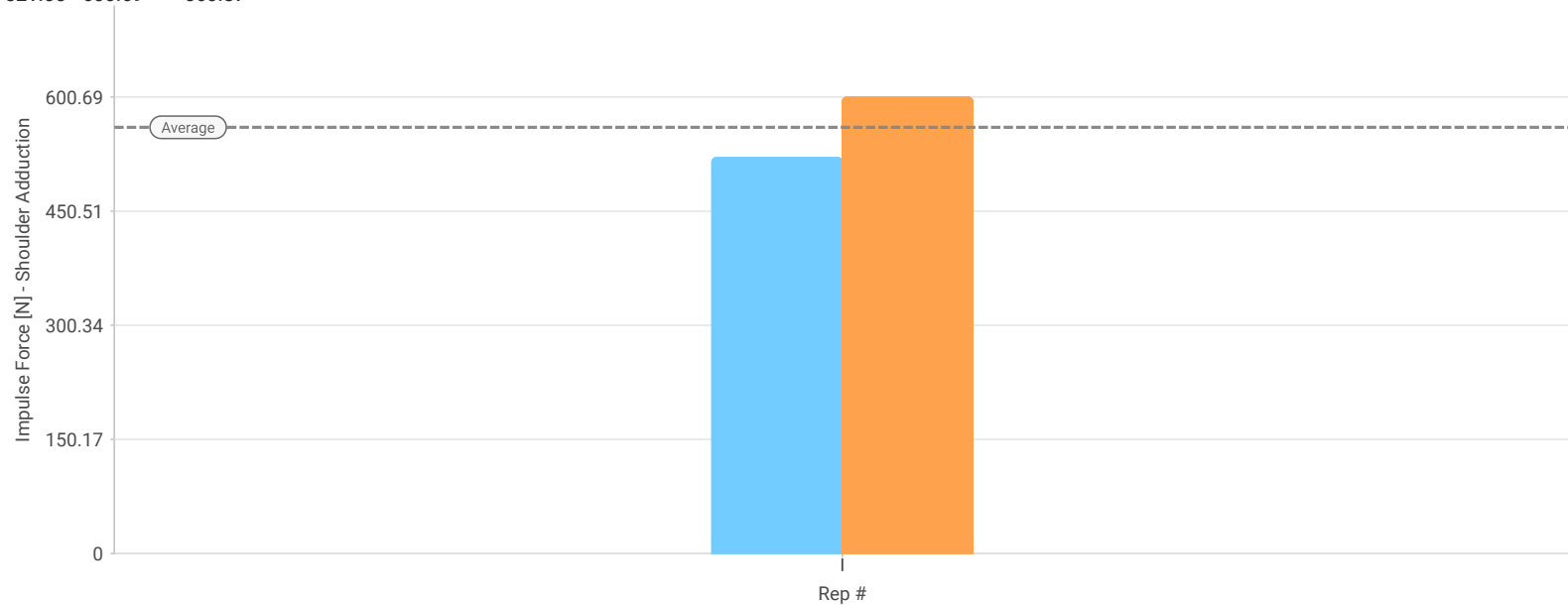
Average
395.24



Adduction Impulse Force [N] - Shoulder Adduction

Range
521.05 - 600.69

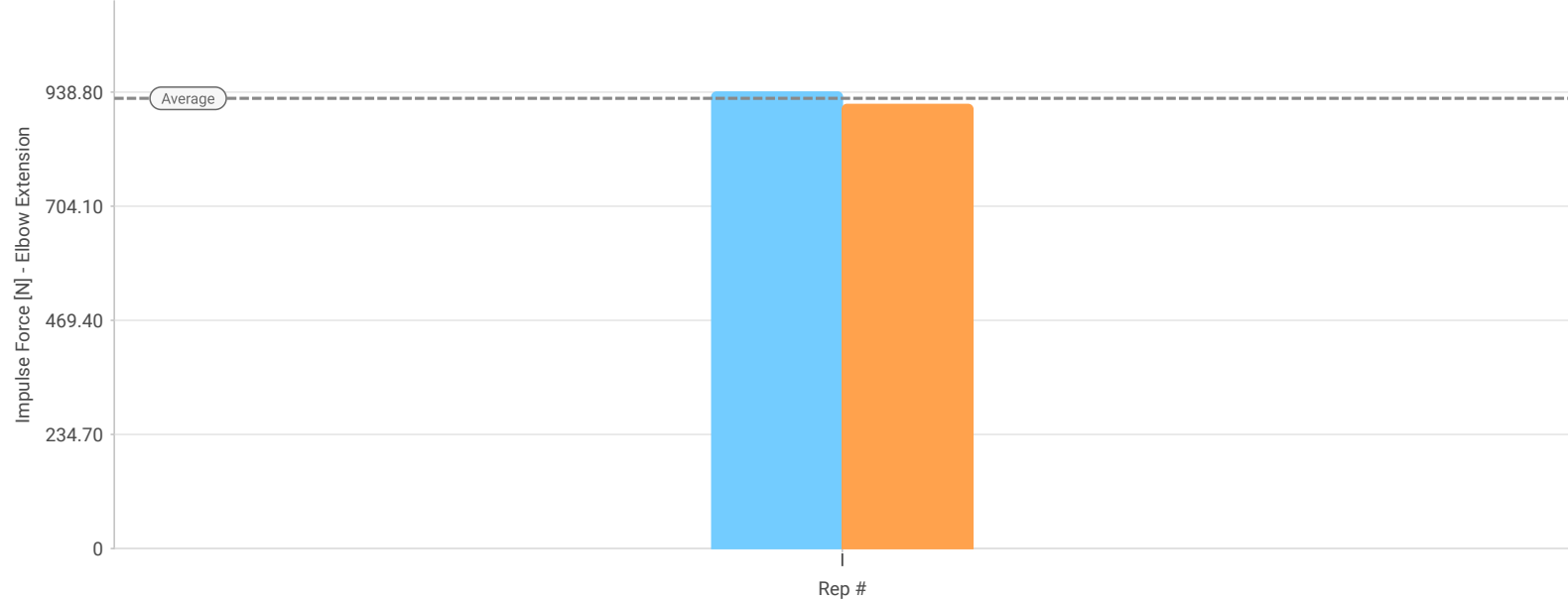
Average
560.87



Extension Impulse Force [N] - Elbow Extension

Range
913.28 - 938.8

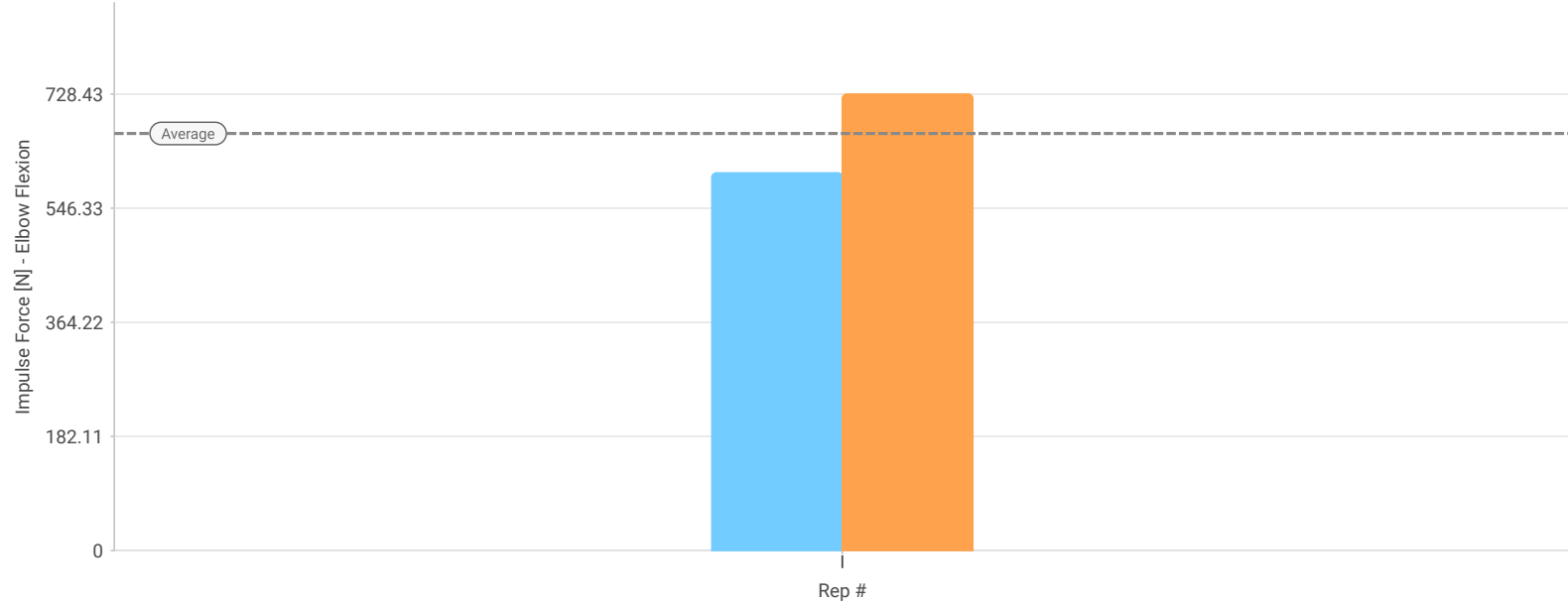
Average
926.04



Impulse Force [N] - Elbow Flexion

Range
602.67 - 728.43

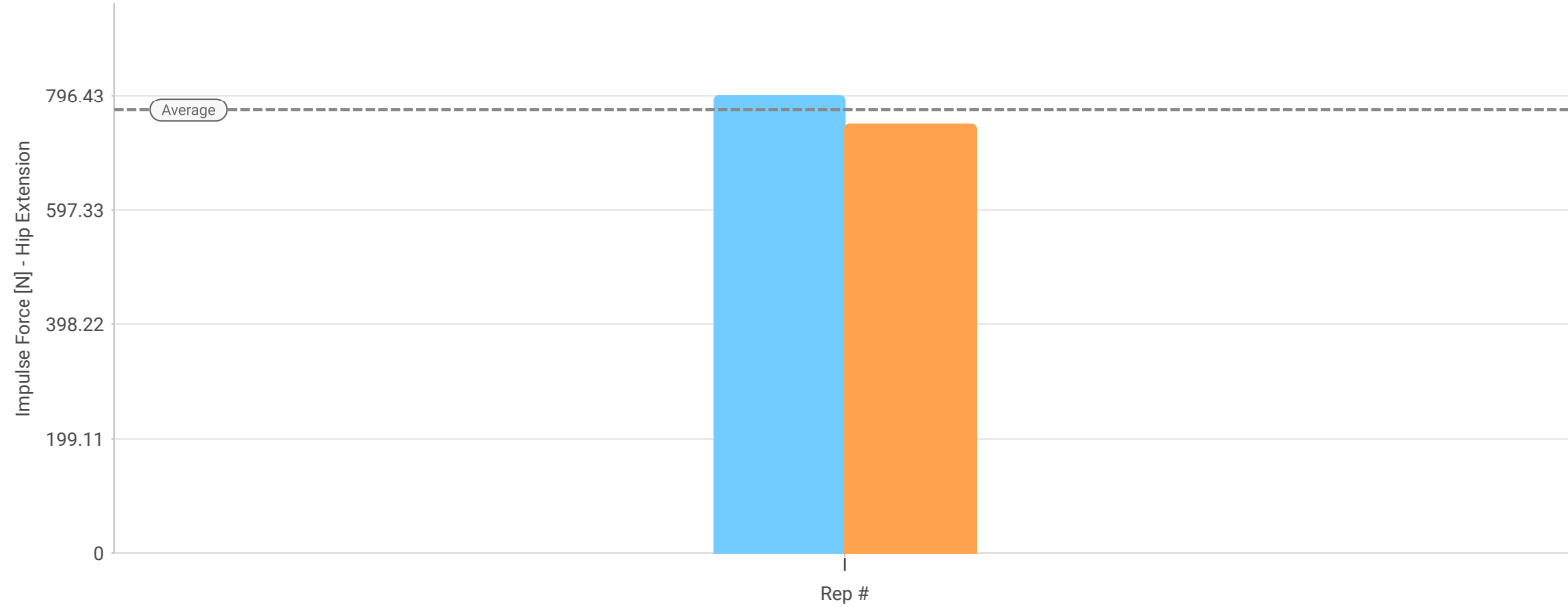
Average
665.55



Extension Impulse Force [N] - Hip Extension

Range
745.47 - 796.43

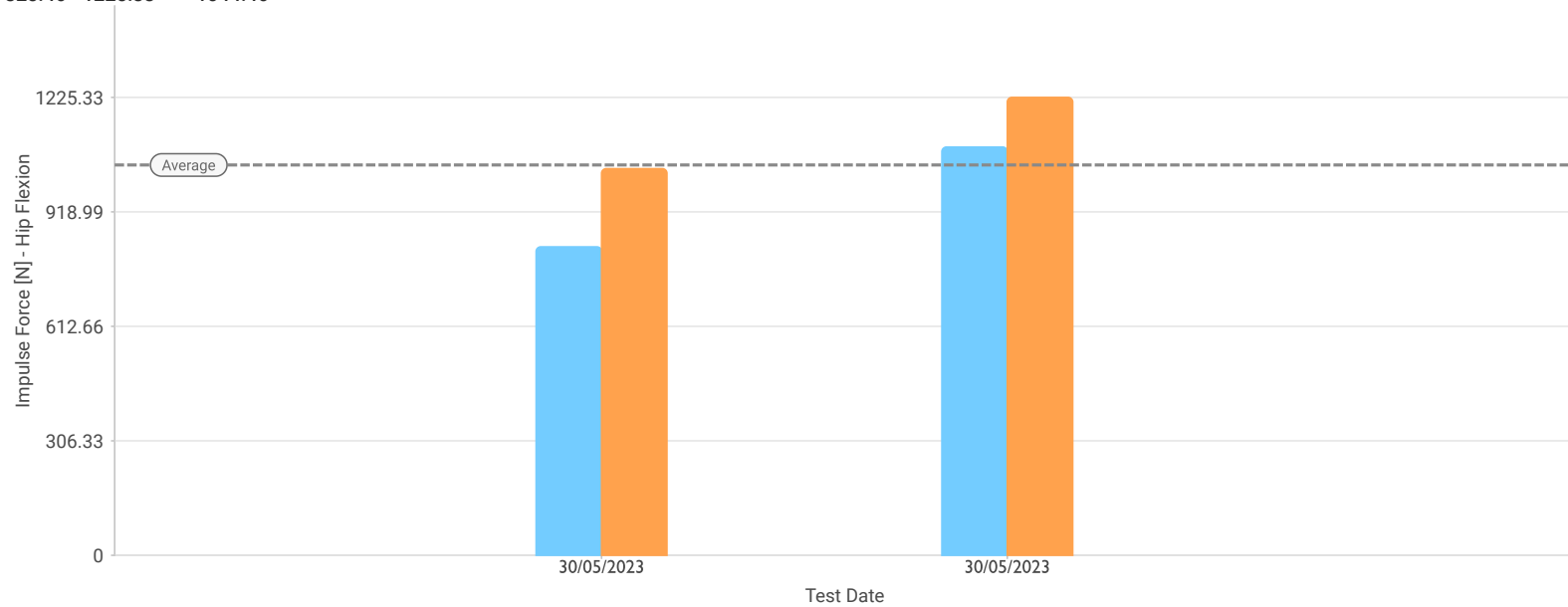
Average
770.95



Flexion Impulse Force [N] - Hip Flexion

Range
825.46 - 1225.33

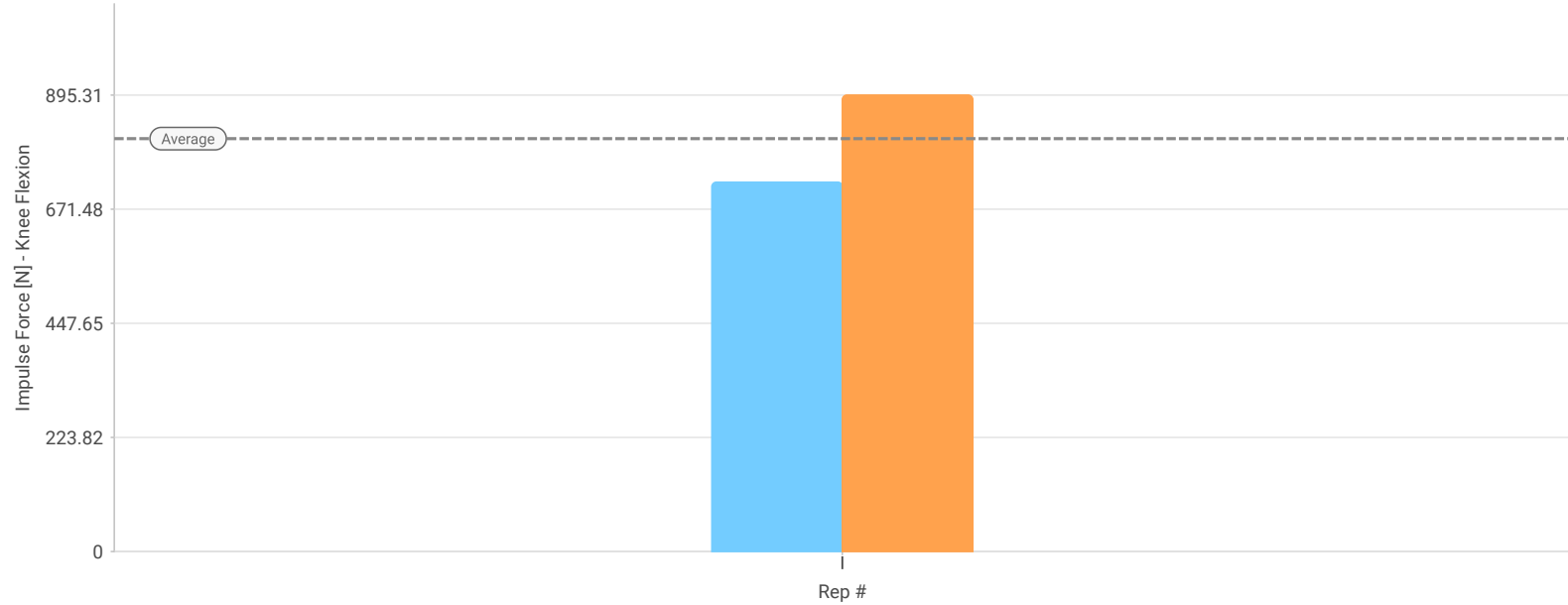
Average
1044.46



Knee Flexion Impulse Force [N] - Knee Flexion

Range
724.5 - 895.31

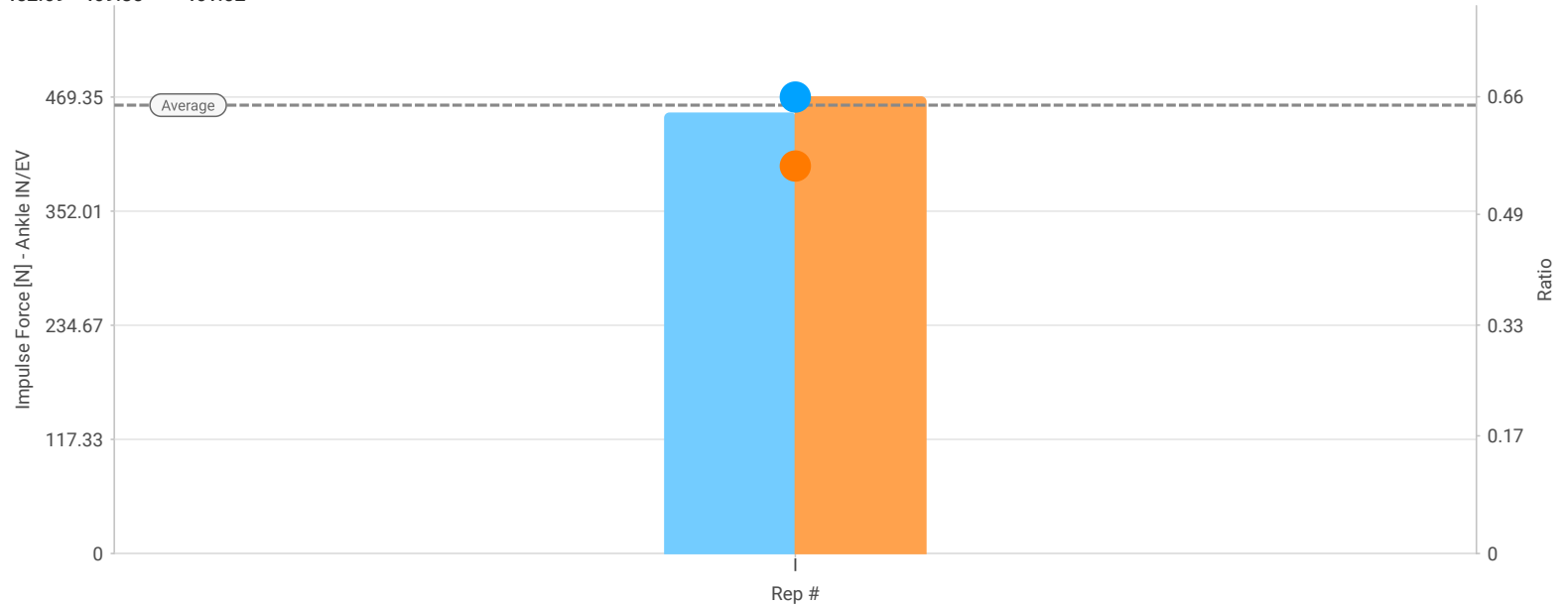
Average
809.9



Inversion Impulse Force [N] - Ankle IN/EV

Range
452.69 - 469.35

Average
461.02



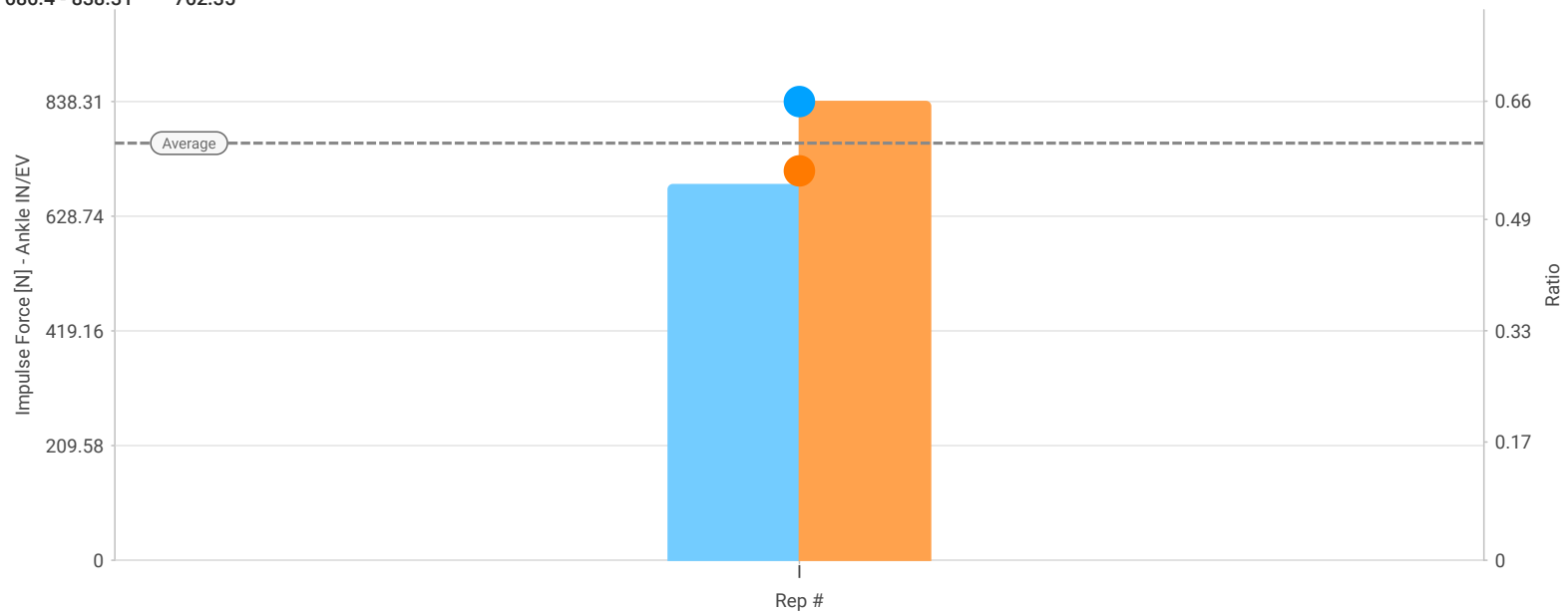
Eversion Impulse Force [N] - Ankle IN/EV

Range

Average

686.4 - 838.31

762.35



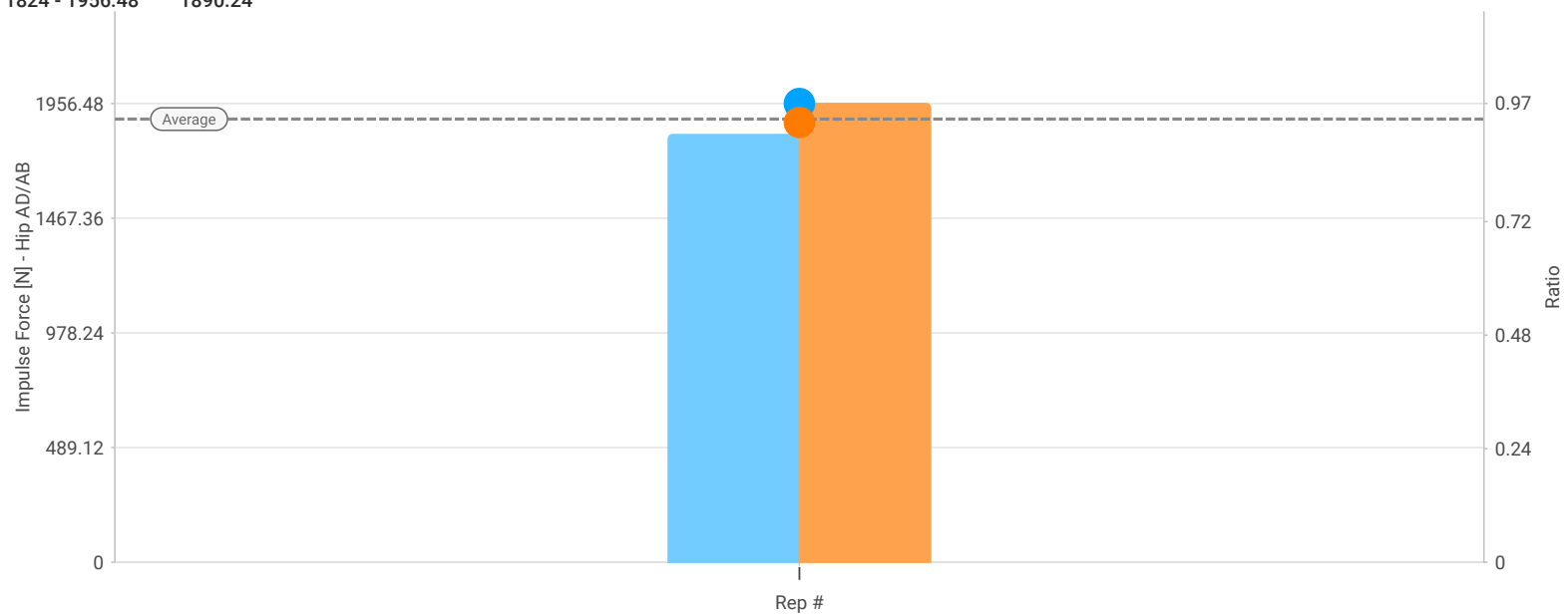
Adduction Impulse Force [N] - Hip AD/AB

Range

Average

1824 - 1956.48

1890.24



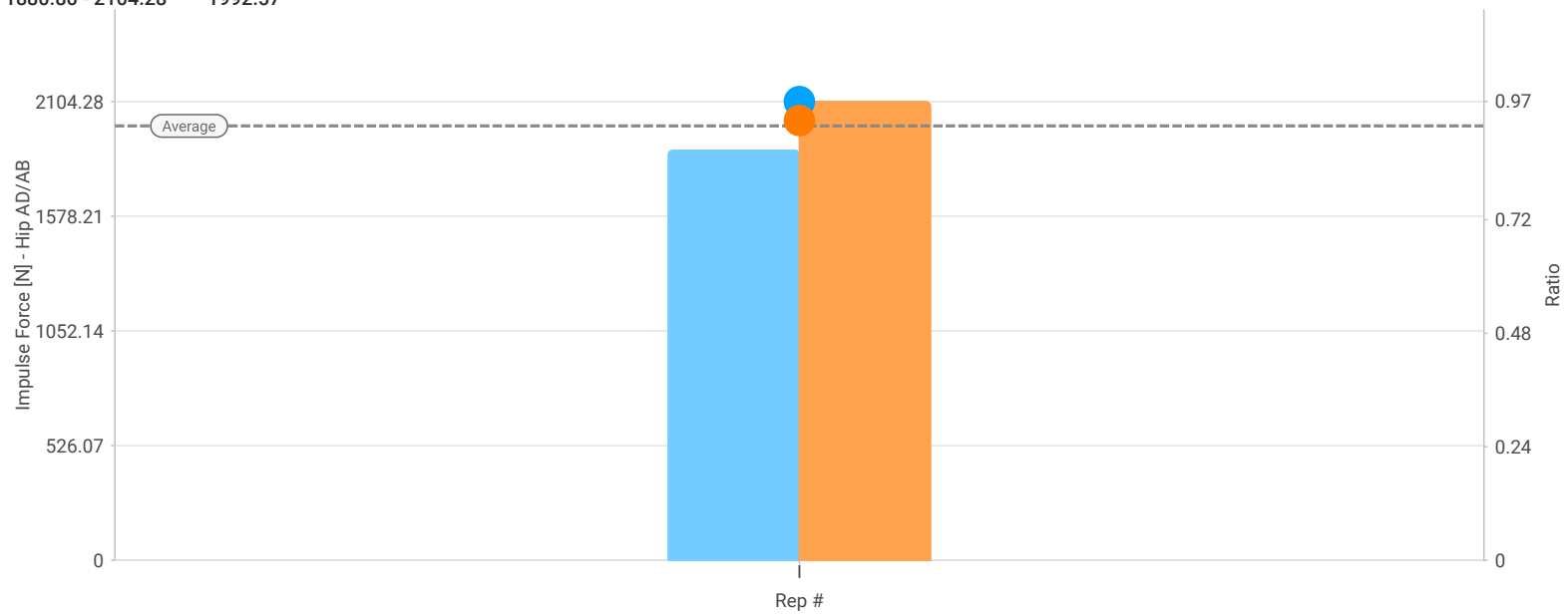
Abduction Impulse Force [N] - Hip AD/AB

Range

Average

1880.86 - 2104.28

1992.57



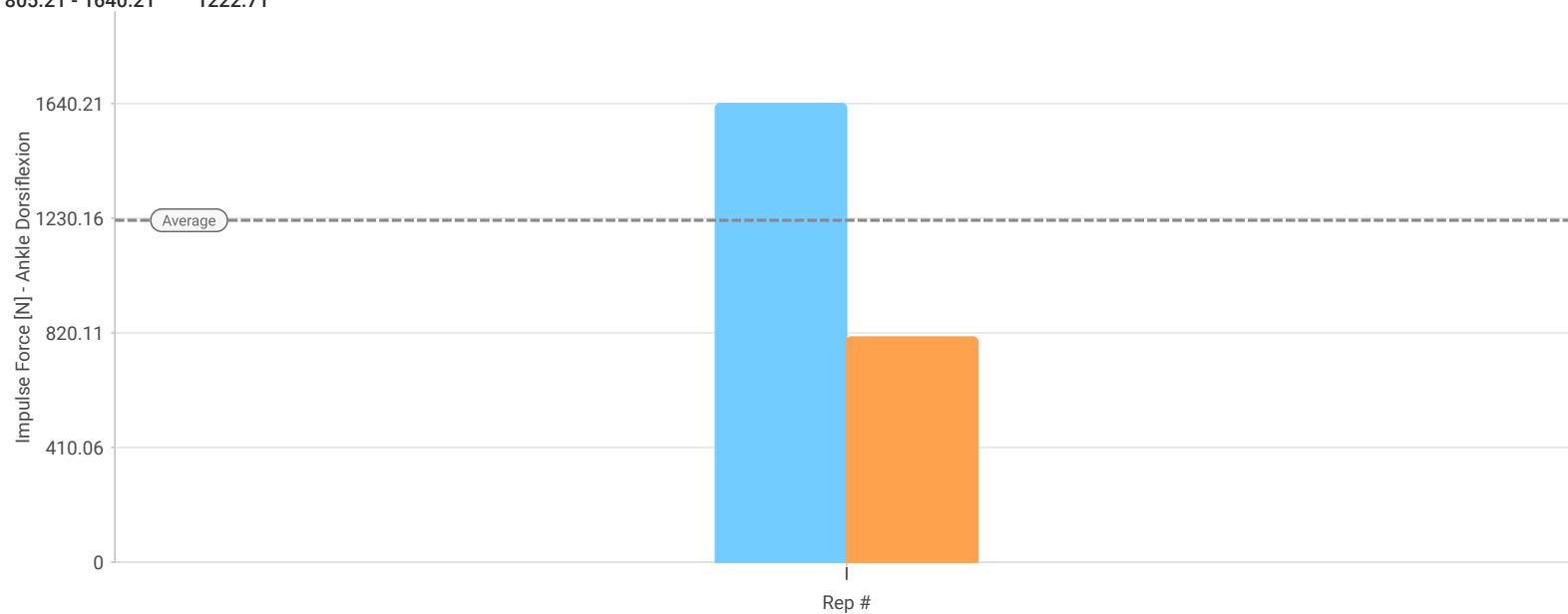
Dorsiflexion Impulse Force [N] - Ankle Dorsiflexion

Range

Average

805.21 - 1640.21

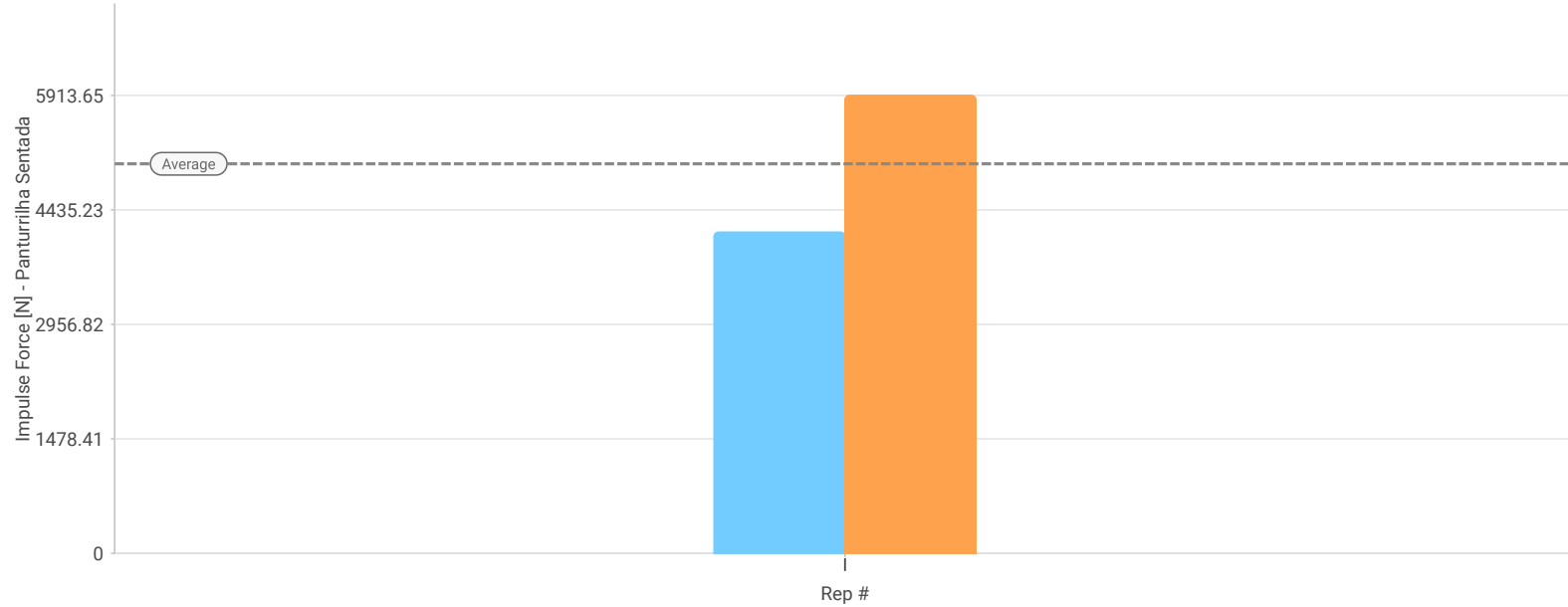
1222.71



Impulse Force [N] - Panturrilha Sentada

Range
4147.69 - 5913.65

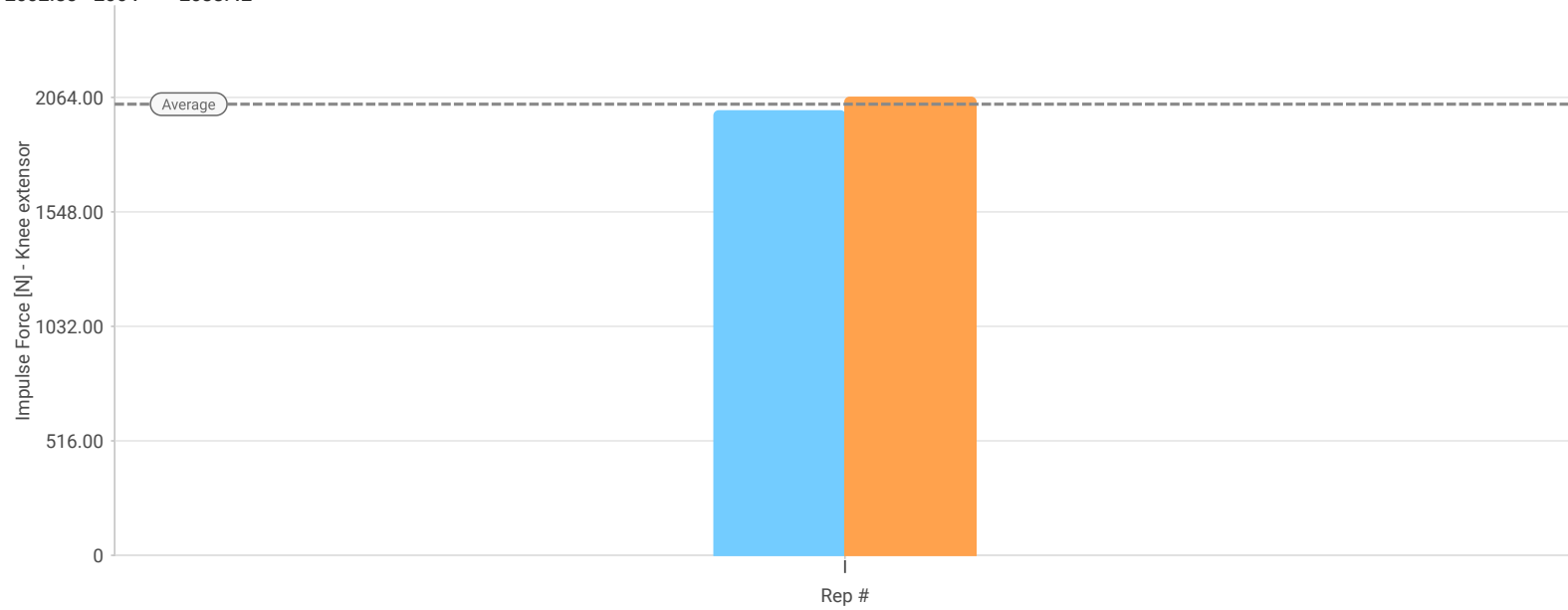
Average
5030.67



Impulse Force [N] - Knee extensor

Range
2002.85 - 2064

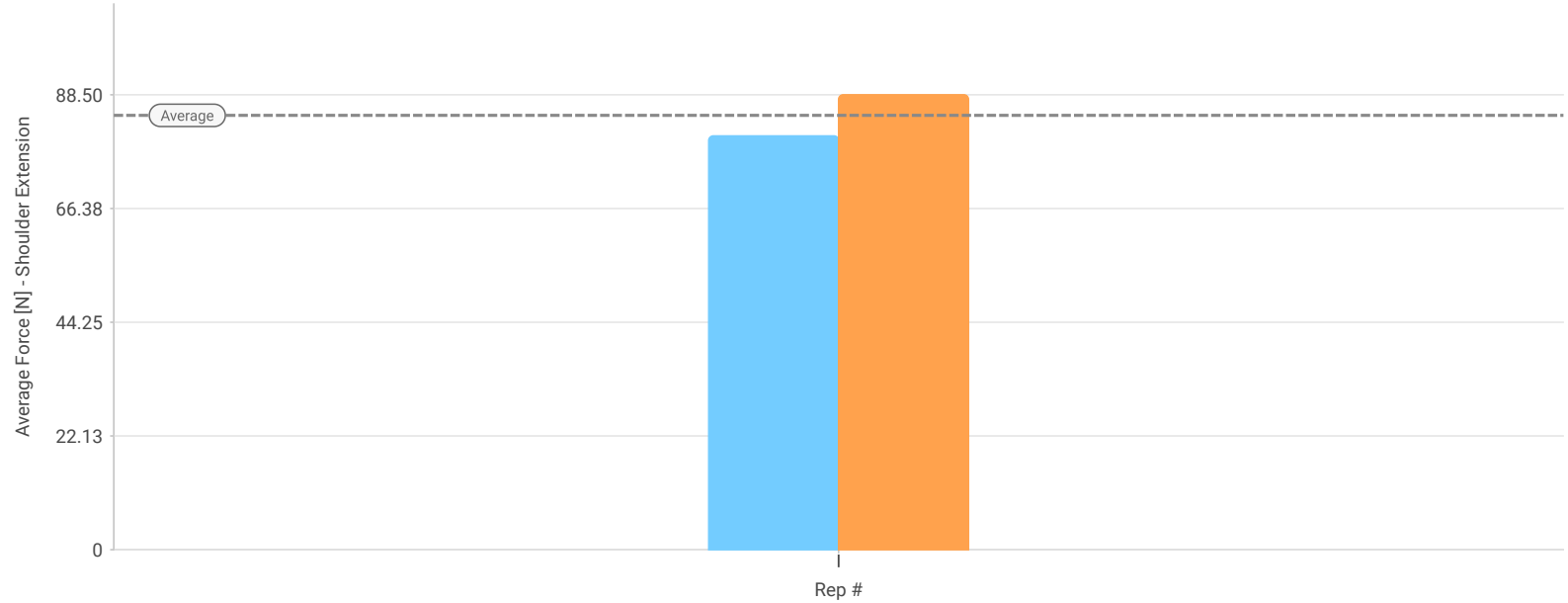
Average
2033.42



Extension Average Force [N] - Shoulder Extension

Range
80.5 - 88.5

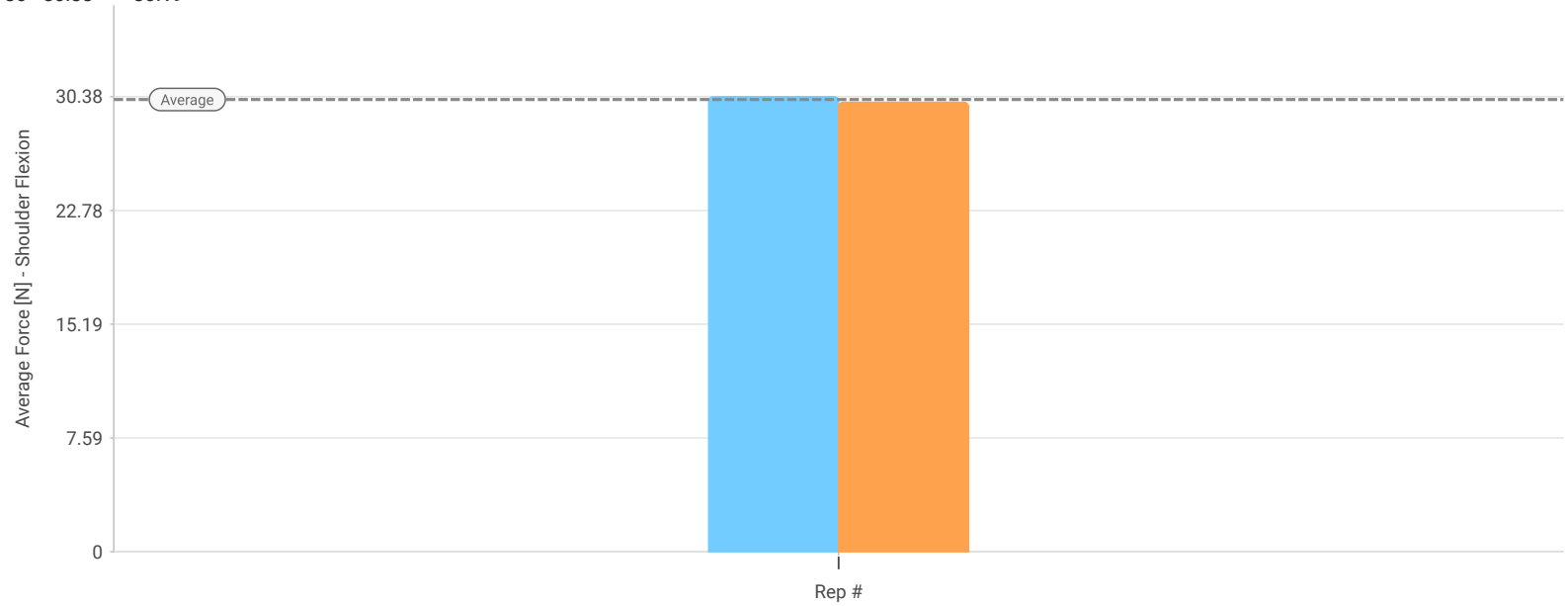
Average
84.5



Flexion Average Force [N] - Shoulder Flexion

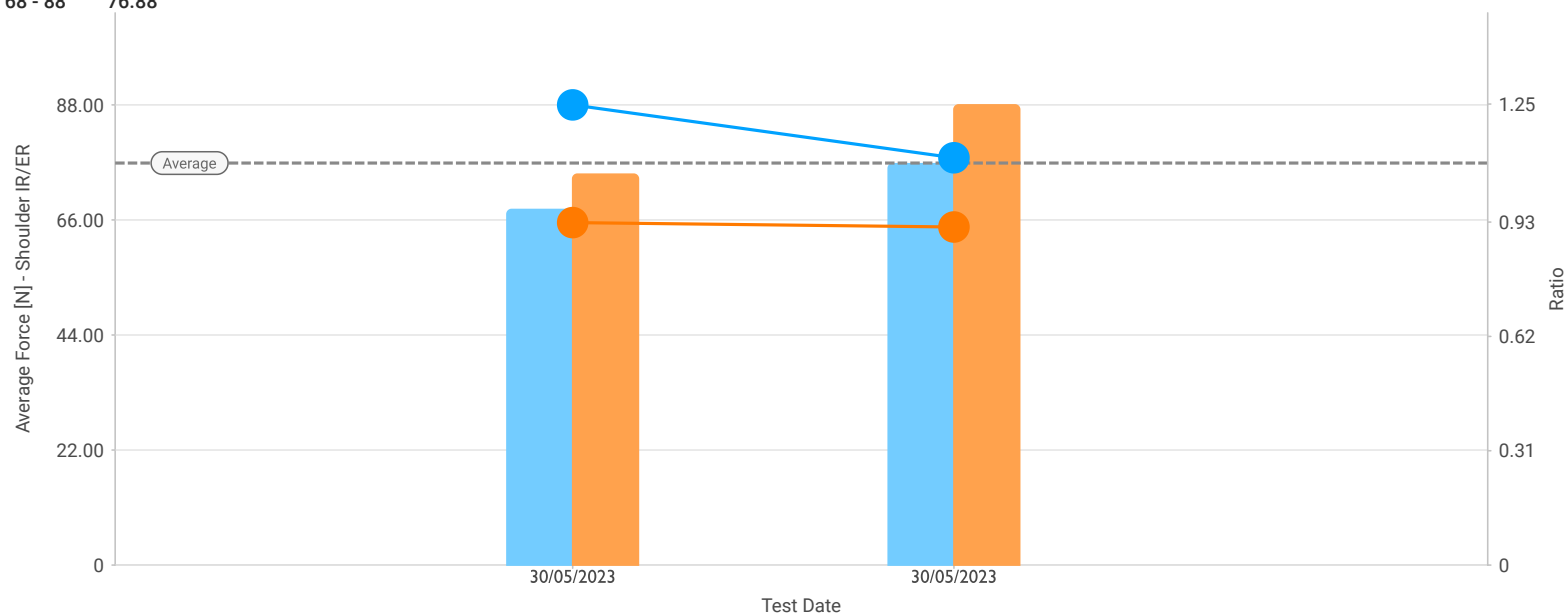
Range
30 - 30.38

Average
30.19



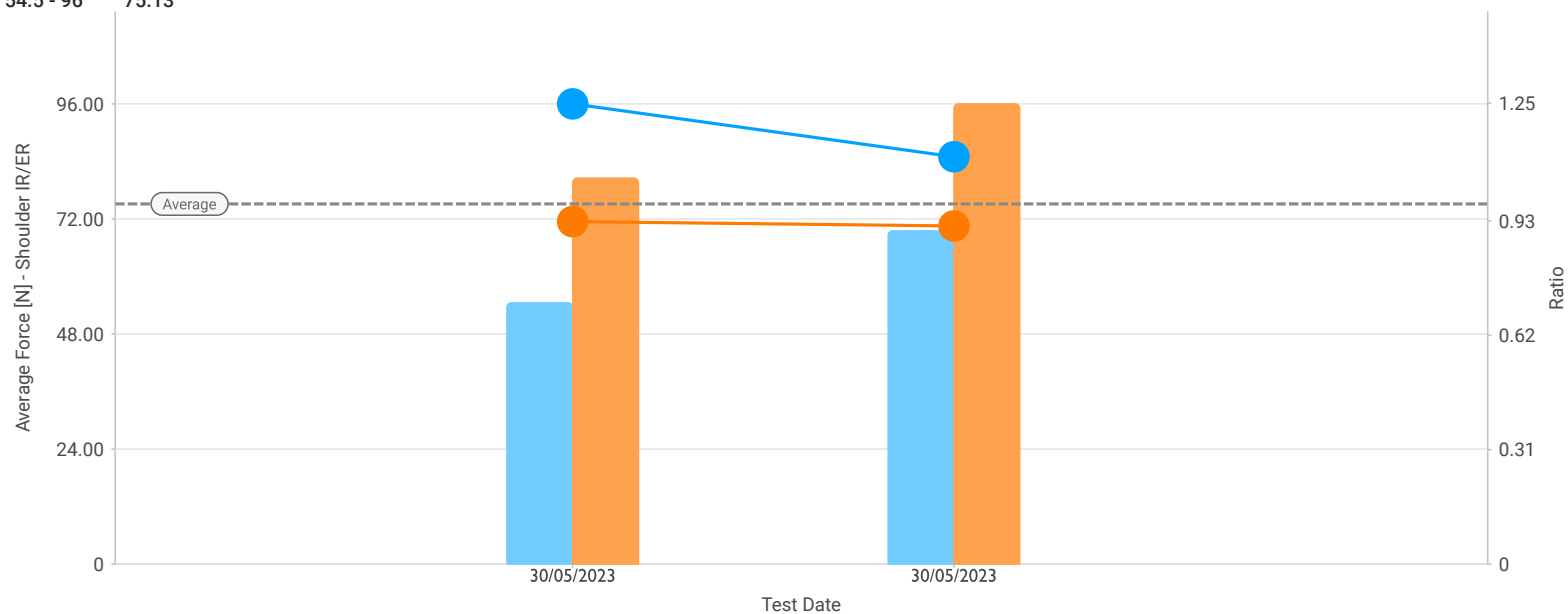
Internal Rotation Average Force [N] - Shoulder IR/ER

Range Average
68 - 88 76.88



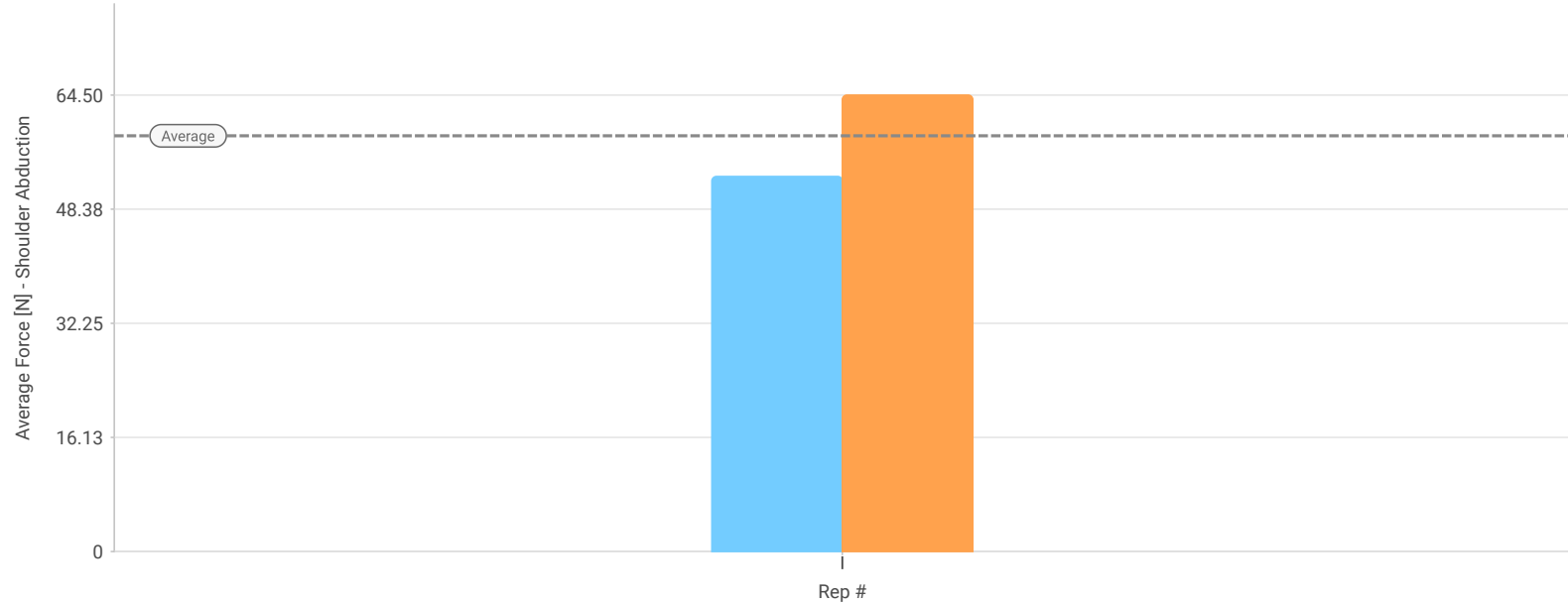
External Rotation Average Force [N] - Shoulder IR/ER

Range Average
54.5 - 96 75.13



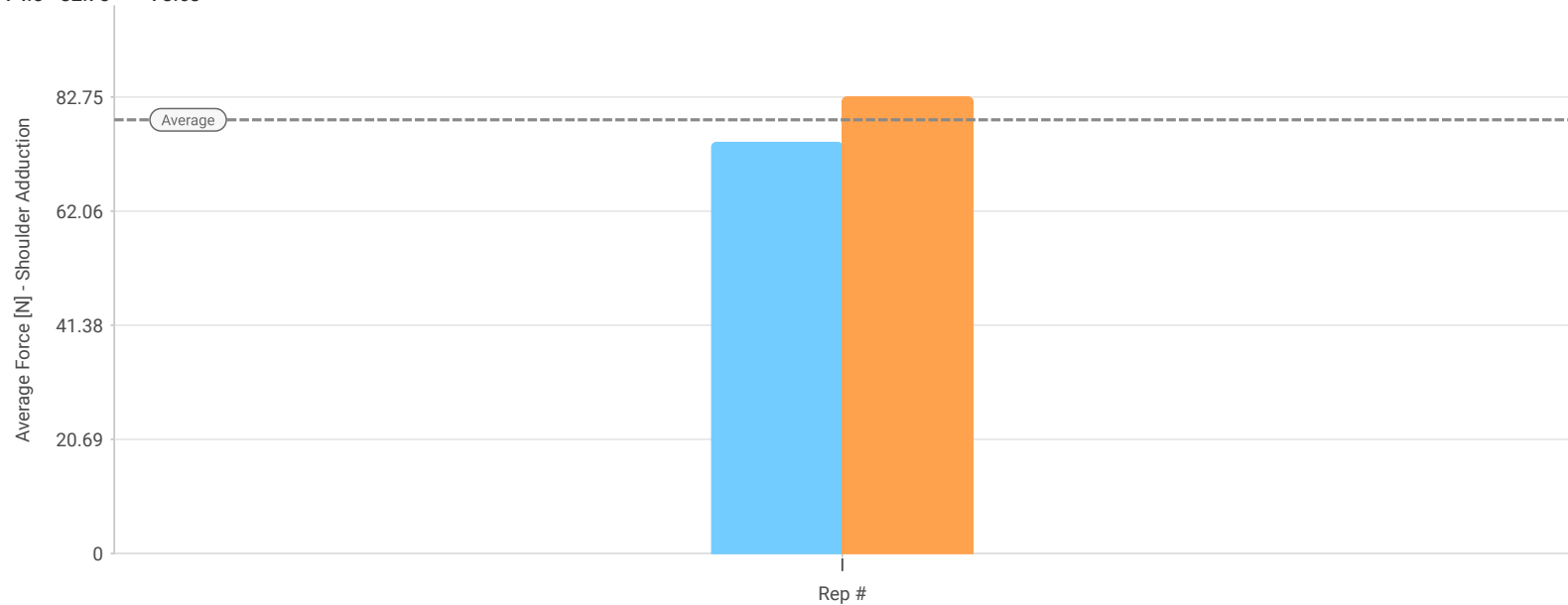
Abduction Average Force [N] - Shoulder Abduction

Range Average
53 - 64.5 58.75



Adduction Average Force [N] - Shoulder Adduction

Range Average
74.5 - 82.75 78.63



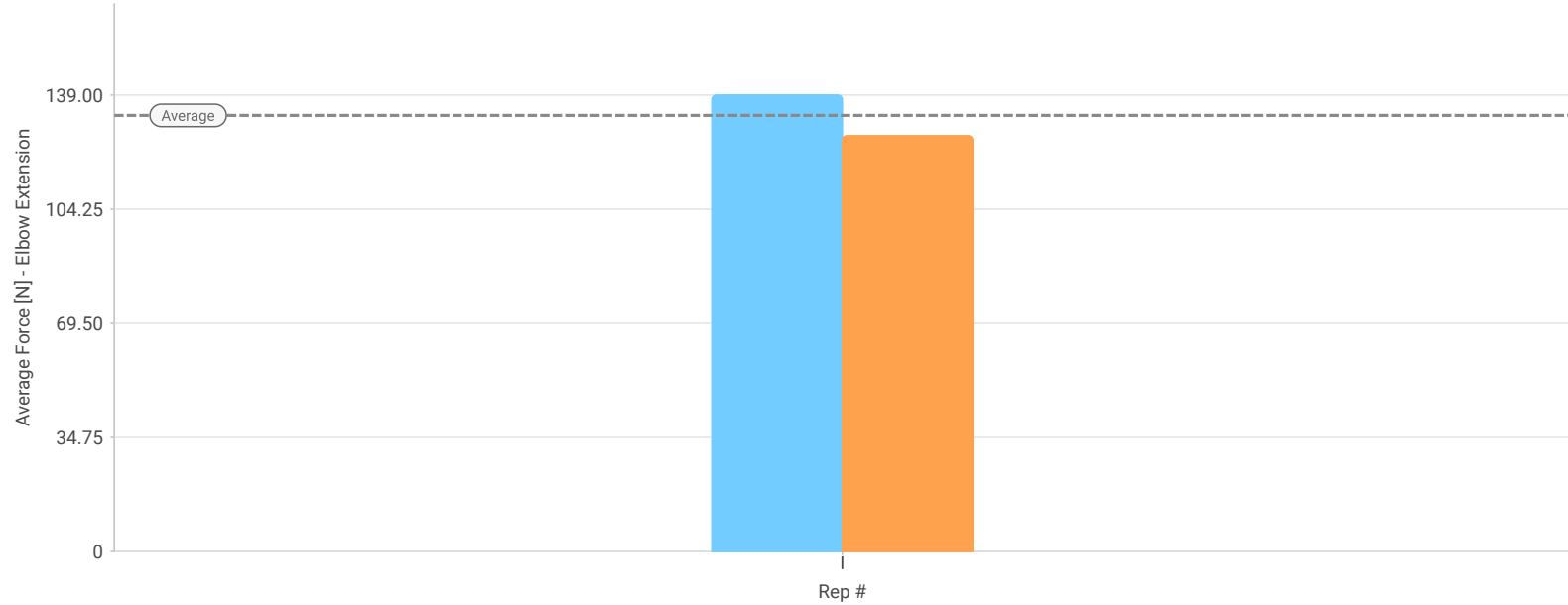
Extension Average Force [N] - Elbow Extension

Range

126.63 - 139

Average

132.81



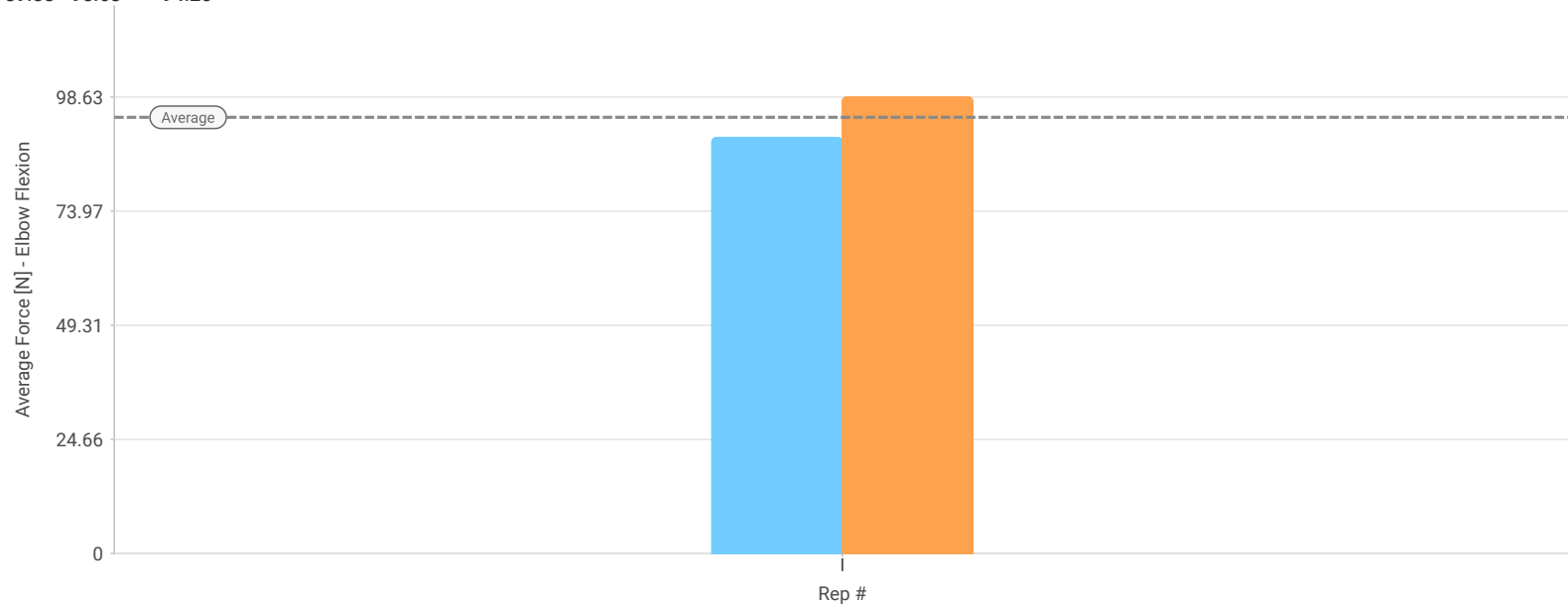
Average Force [N] - Elbow Flexion

Range

89.88 - 98.63

Average

94.25



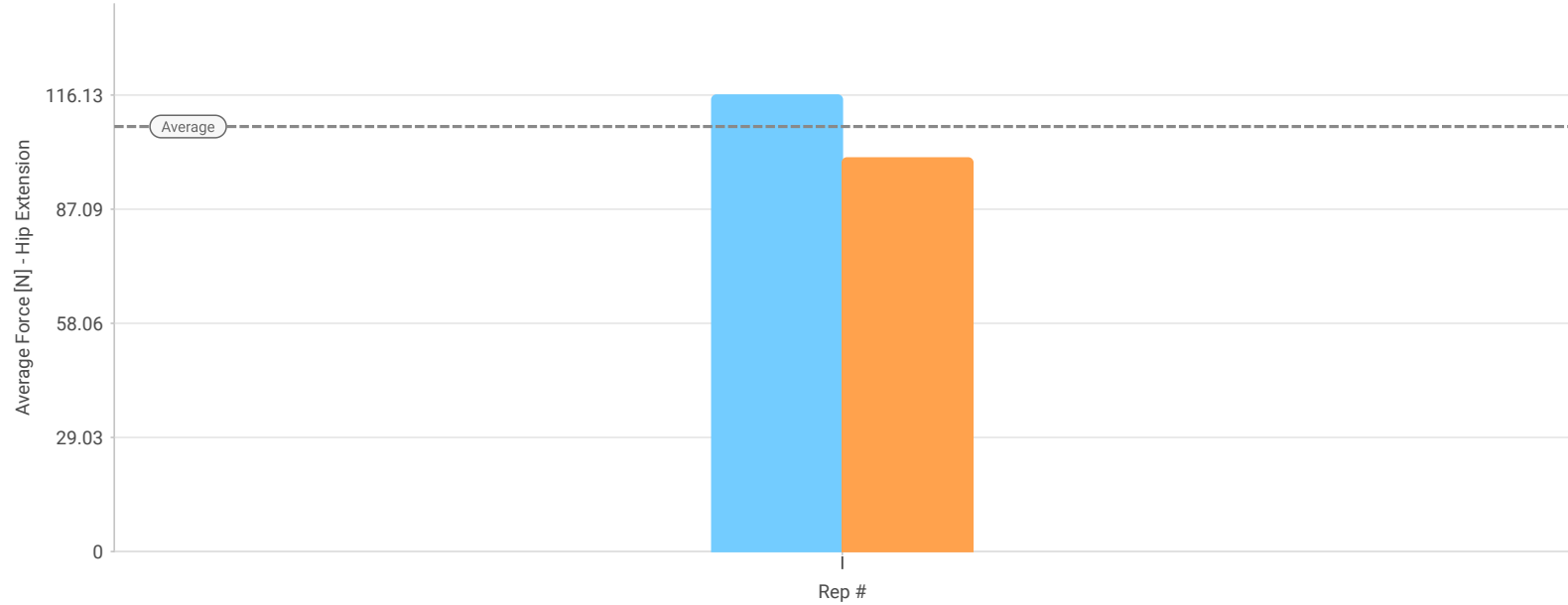
Extension Average Force [N] - Hip Extension

Range

Average

100.13 - 116.13

108.13



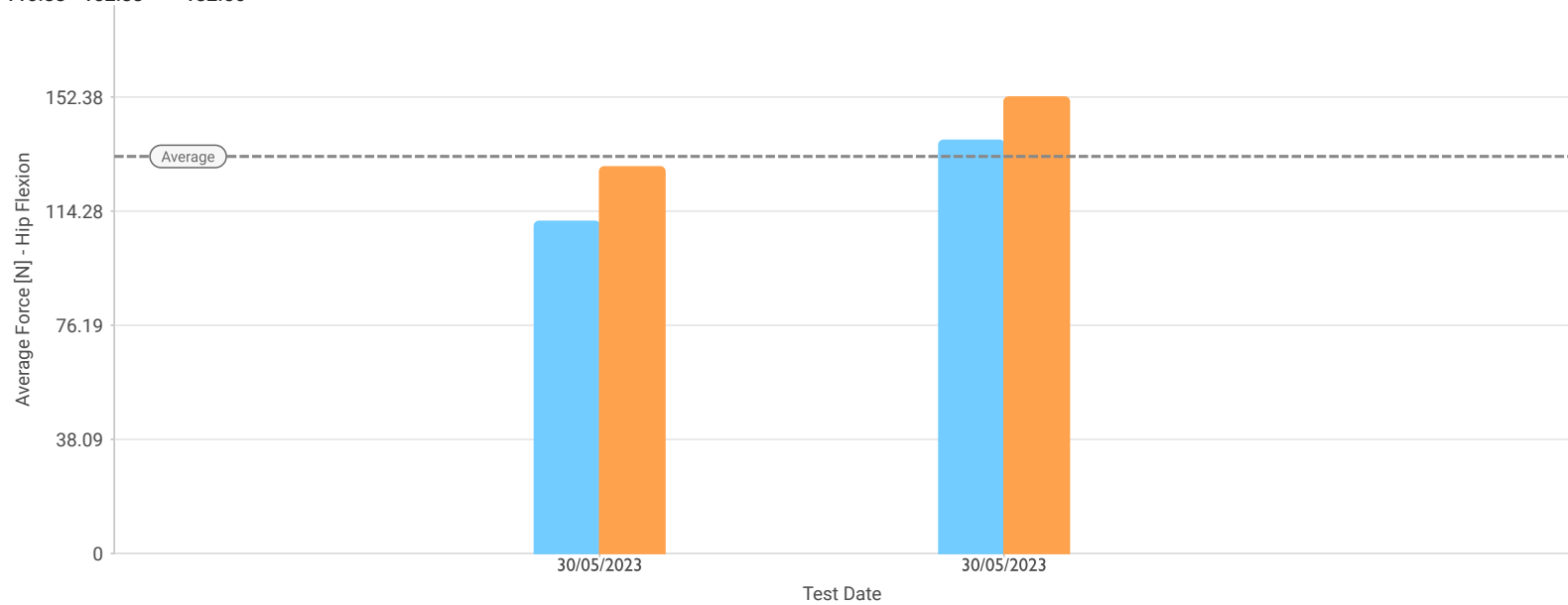
Flexion Average Force [N] - Hip Flexion

Range

Average

110.88 - 152.38

132.56



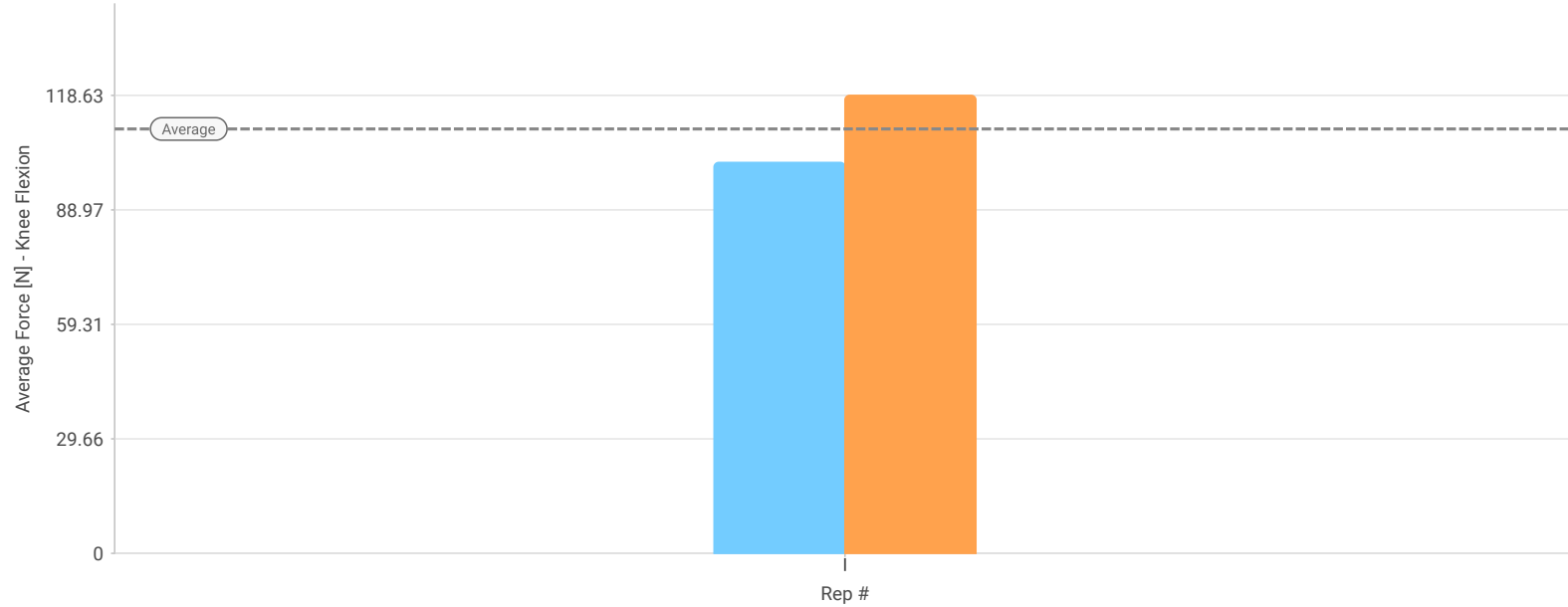
Knee Flexion Average Force [N] - Knee Flexion

Range

Average

101.25 - 118.63

109.94



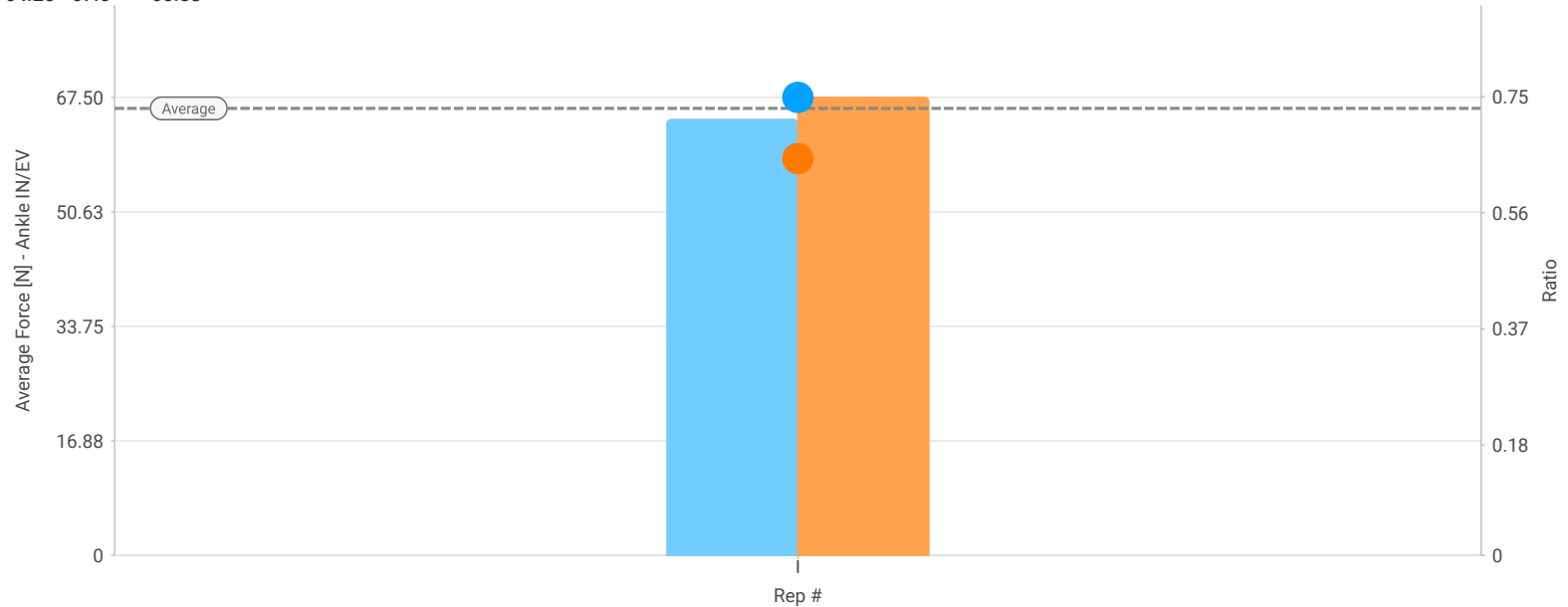
Inversion Average Force [N] - Ankle IN/EV

Range

Average

64.25 - 67.5

65.88



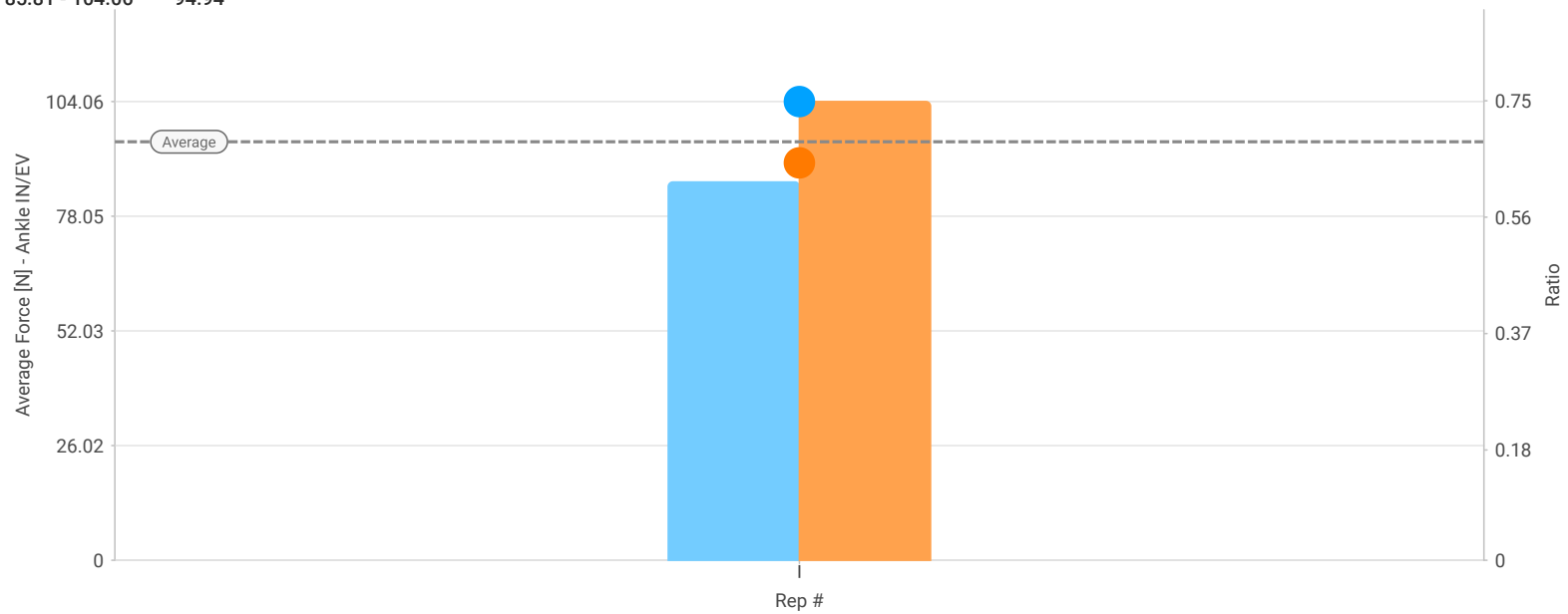
Eversion Average Force [N] - Ankle IN/EV

Range

Average

85.81 - 104.06

94.94



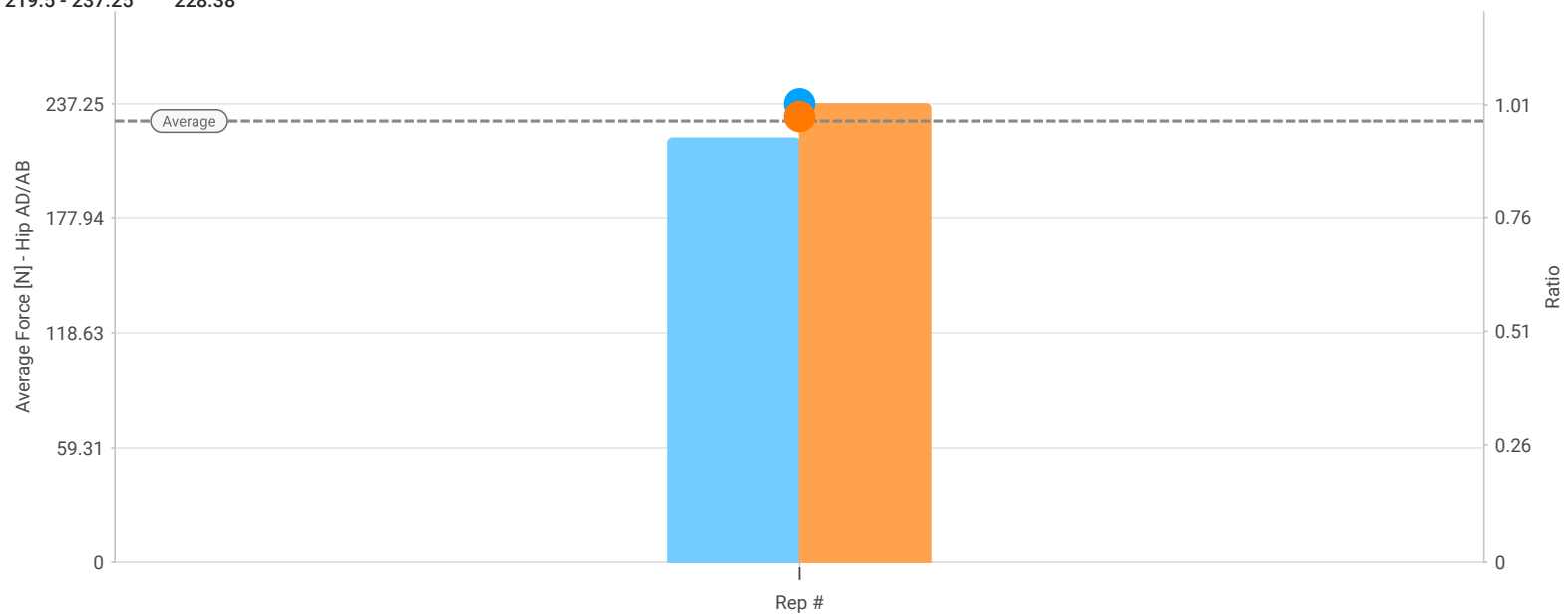
Adduction Average Force [N] - Hip AD/AB

Range

Average

219.5 - 237.25

228.38



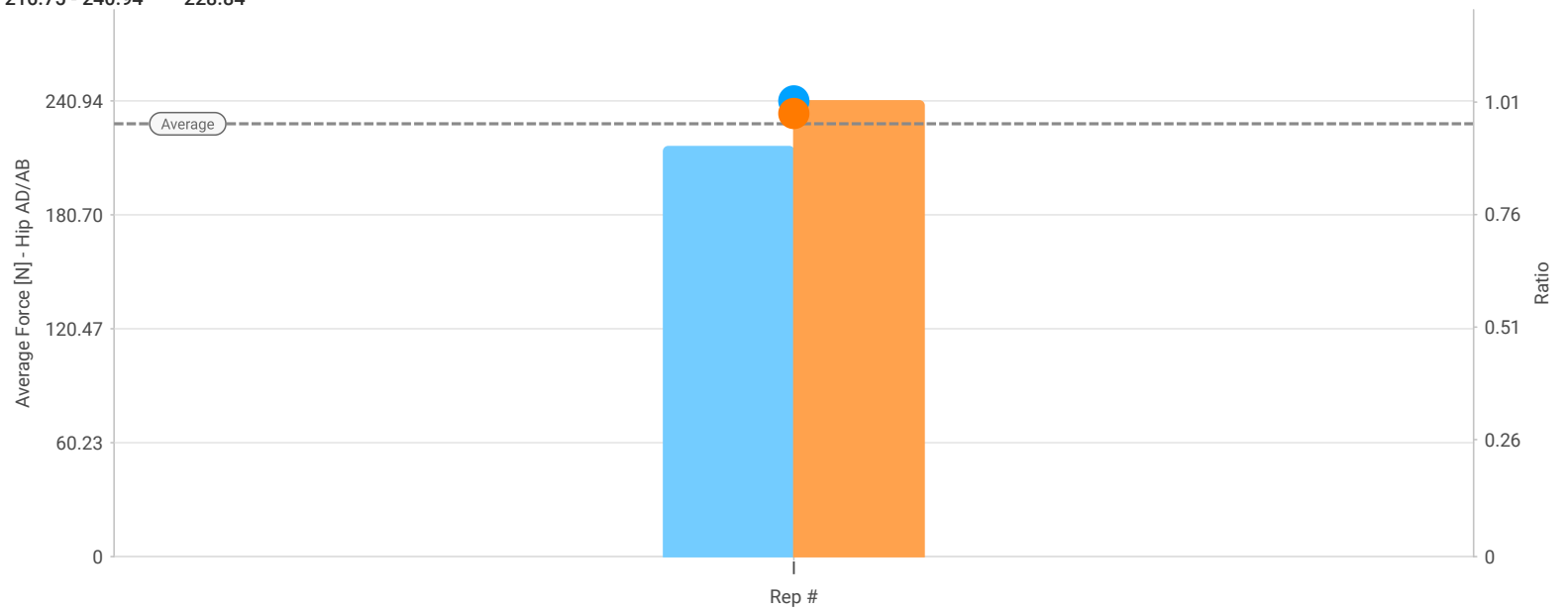
Abduction Average Force [N] - Hip AD/AB

Range

216.75 - 240.94

Average

228.84



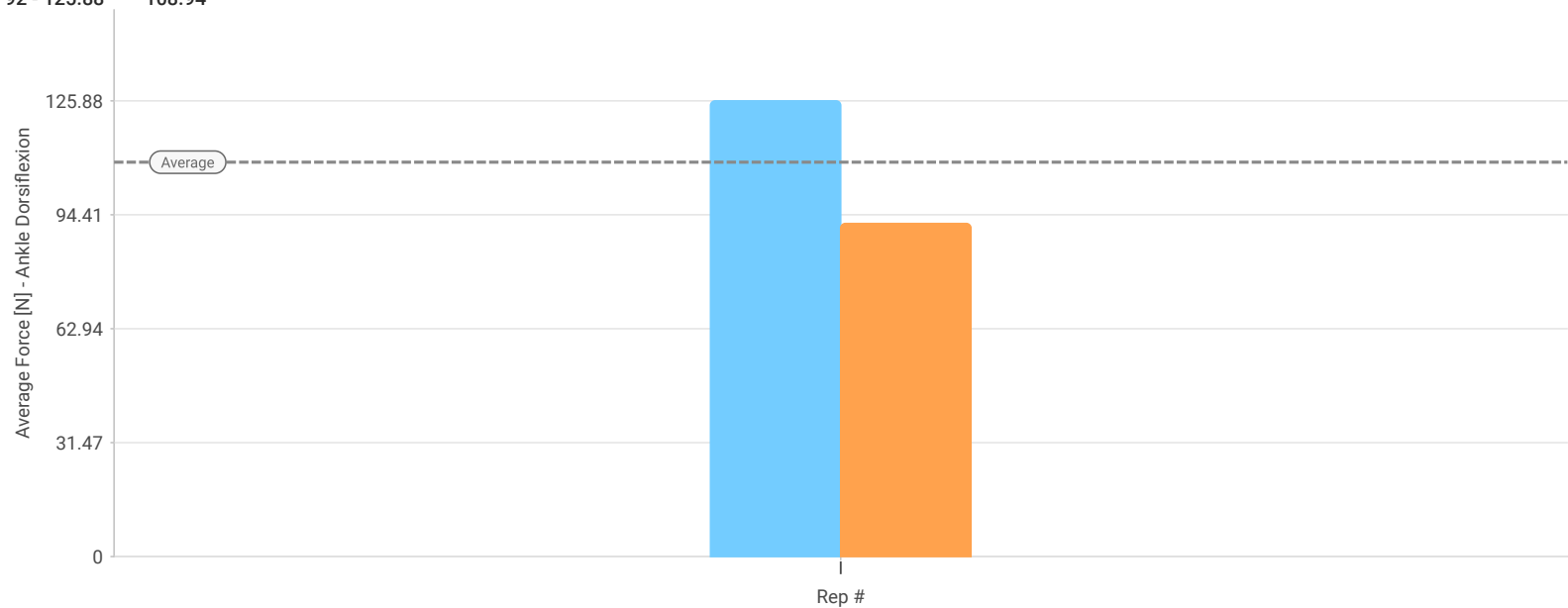
Dorsiflexion Average Force [N] - Ankle Dorsiflexion

Range

92 - 125.88

Average

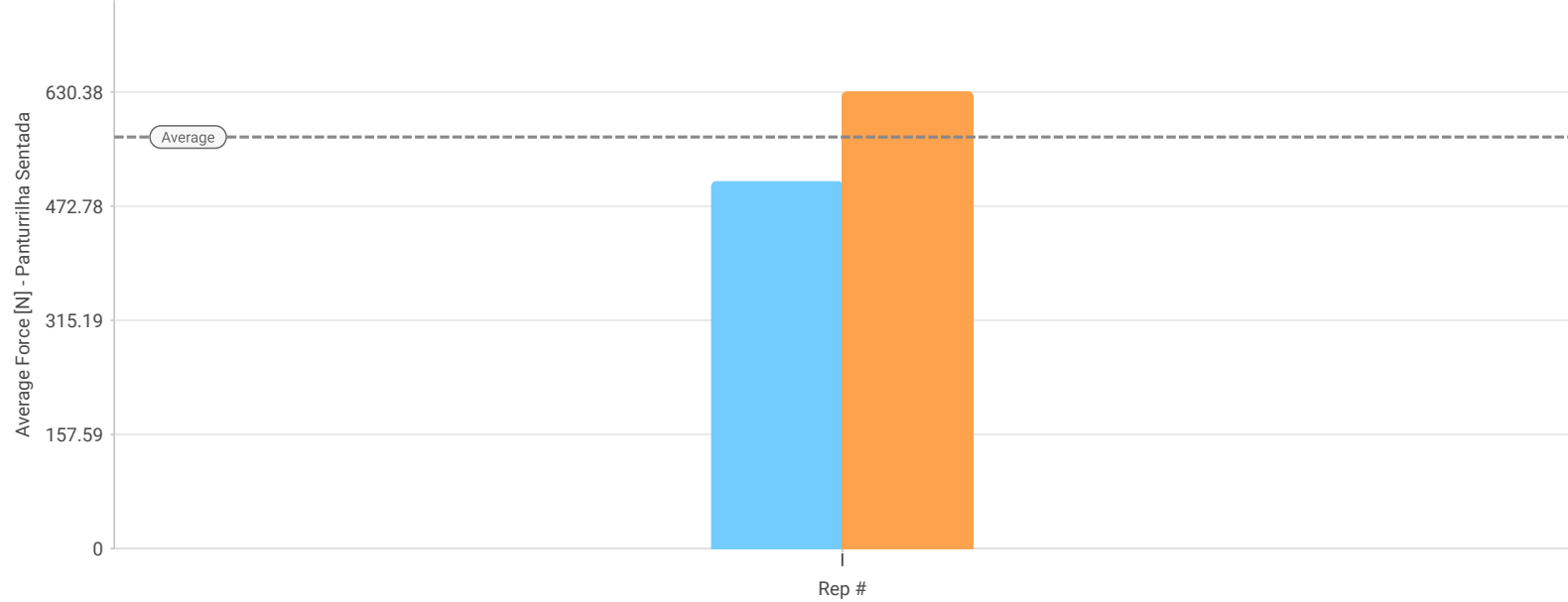
108.94



Average Force [N] - Panturrilha Sentada

Range
506.38 - 630.38

Average
568.38



Average Force [N] - Knee extensor

Range
223.75 - 242.38

Average
233.06

