

# PROFILE ASSESSMENT

Iman Abdallah Fares Bertholdo

27<sup>th</sup> April, 2023

## PROFILE INFORMATION

NAME	Iman Abdallah Fares Bertholdo
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	7 <sup>th</sup> November, 1987
GENDER	Female
HEIGHT	154cm / 60in
WEIGHT	62kg / 136lb
AGE	35



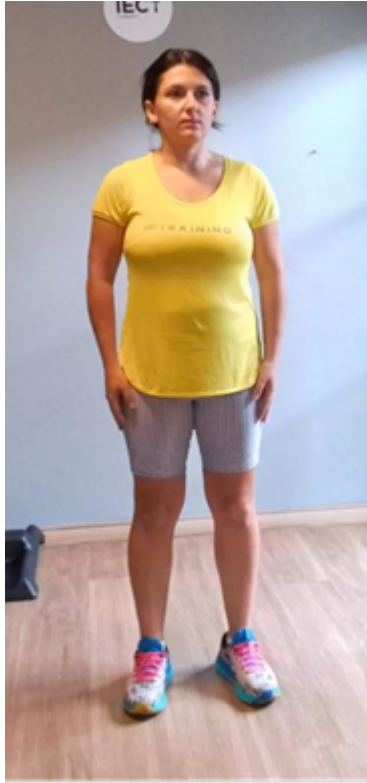
## Standing Posture

### Posture and Stability Assessment

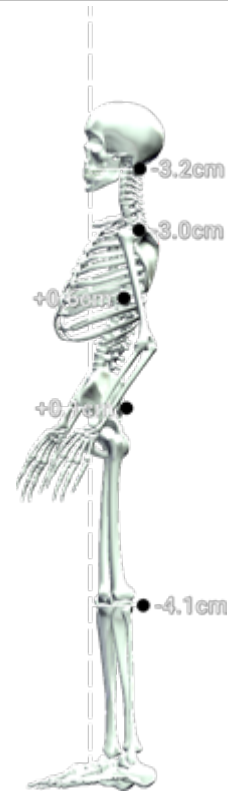
Standing Posture is a baseline postural assessment that can provide insight into an individual's structural balance, alignment, and postural strategy.

## RESULTS

### BALANCE SNAPSHOT



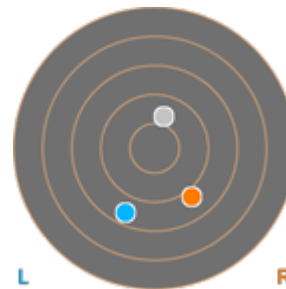
### SIDETRAK POSTURAL DEVIATION (SAGITTAL PLANE/SIDE VIEW)



### KEY RESULTS

Neck lateral flexion	3.7° Right ▼
Trunk lateral flexion	0.9° Right ▼
Pelvis Lateral Tilt	0.8° Right ▼
Trunk Flexion	3.7° Posterior

### SWAYTRAK MOVEMENT PATHS (KNEES AND CENTRE OF MASS)



### PRACTITIONER COMMENTS



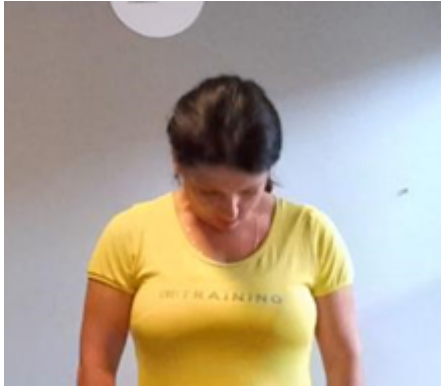
## Cervical Spine Flexion/Extension

### 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°	28.3°	6.9°	35.2°
Trunk Flexion	4.5° Posterior	0.4° Posterior	4.4° Posterior	N/A
Trunk lateral flexion	1.4°	0.8° Right ▼	2.1° Right ▼	N/A

## PRACTITIONER COMMENTS



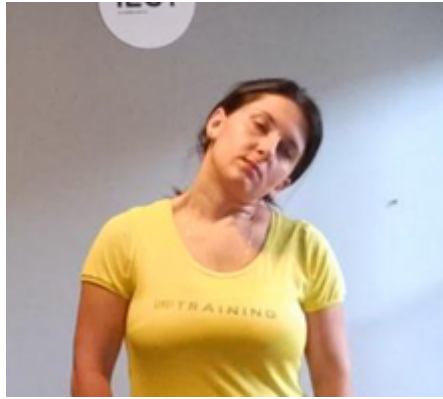
## Cervical Spine Lateral Flexion

### 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

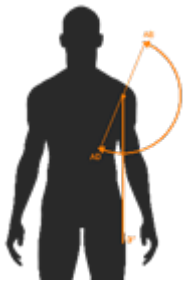


### PEAK RIGHT LATERAL FLEXION



KEY RESULTS	PEAK FLEXION (LEFT)	PEAK FLEXION (RIGHT)	IMBALANCE
Lateral Flexion	15.2°	21.7°	+6.5°
Trunk Flexion	3.5° Posterior	3.8° Posterior	N/A
Trunk lateral flexion at Peak Flexion	1.2° Left ▼	3.3° Right ▼	+2.0°

## 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	22.3°	36.7°	+14.4°
Shoulder Abduction	185.1°	167.9°	+17.2°
Trunk lateral flexion at Peak Abduction	5.2° Right ▼	1.0° Left ▼	+4.2°

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	203.1°	193.1°	+10.0°
Shoulder Extension	42.3°	50.5°	+8.2°
Trunk lateral flexion at Peak Flexion	2.7° Right ▼	1.0° Left ▼	+1.6°
PRACTITIONER COMMENTS ( LEFT )		PRACTITIONER COMMENTS ( RIGHT )	



## Shoulder Internal/External Rotation

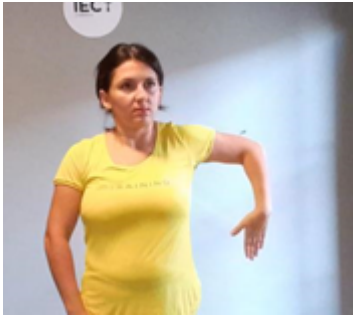
### Range of Motion Assessment

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

52.5°

49.6°

+2.9°

Shoulder External Rotation

92.1°

95.7°

+3.6°

Total ROM

144.6°

145.3°

+0.7°

Trunk lateral flexion  
at Peak Internal Rotation

1.9° Right ▼

0.8° Right ▼

+1.1°

#### PRACTITIONER COMMENTS ( LEFT )

#### PRACTITIONER COMMENTS ( RIGHT )





## 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.

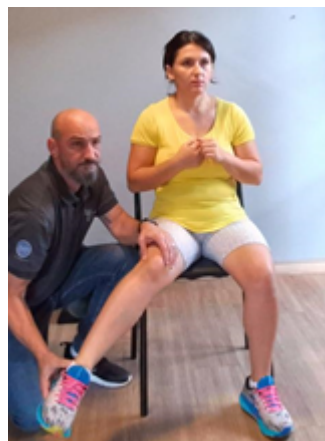
## RESULTS

### PEAK INTERNAL ROTATION

#### LEFT

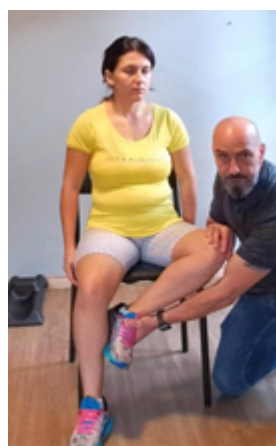


#### RIGHT

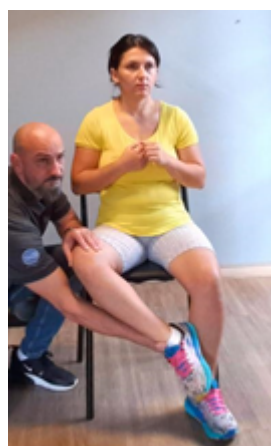


### PEAK EXTERNAL ROTATION

#### LEFT



#### RIGHT



#### KEY RESULTS

#### LEFT

#### RIGHT

#### IMBALANCE

Peak Internal Rotation

36.7°

39.7°

+2.9°

Peak External Rotation

52.1°

45.2°

+6.9°

Total ROM

88.8°

84.8°

+4.0°

PRACTITIONER COMMENTS ( **LEFT** )

PRACTITIONER COMMENTS ( **RIGHT** )





## Single Leg Stand

### Balance Assessment

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

Eyes Open  
Surface Stable  
Time 10.0 s

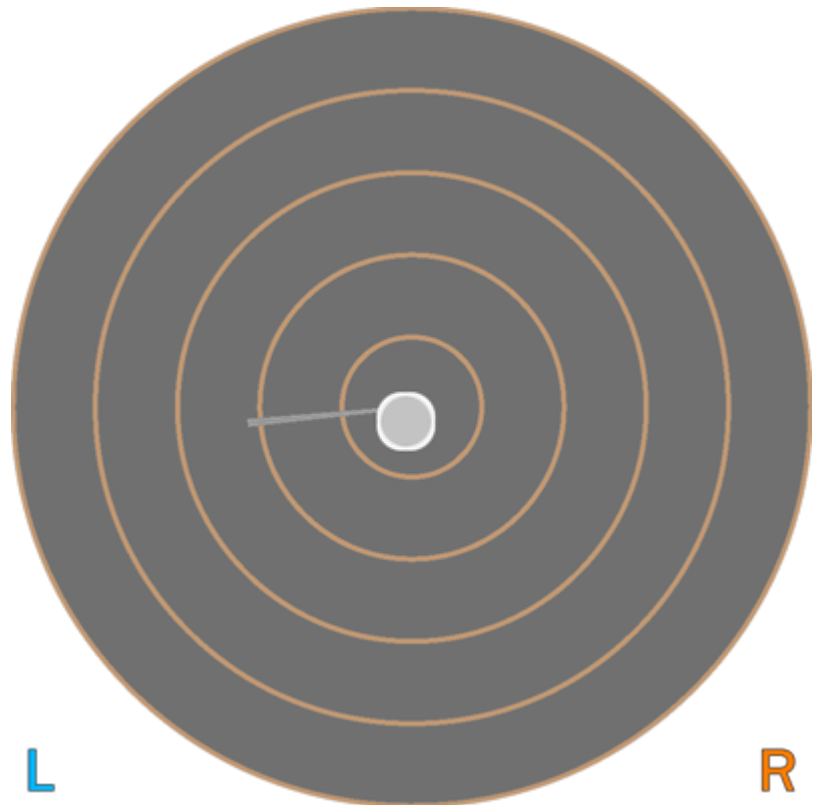
## RESULTS

### BALANCE RESULTS (LEFT)

#### SNAPSHOT – START OF TEST



#### CENTER OF MASS PATH



#### KEY METRICS

#### RESULTS

Ellipse Area	0.16 cm <sup>2</sup>
COM Path Length	13.66 cm
Range – ML	1.67 cm
Range – AP	2.01 cm
Pelvis Lateral Tilt	6.3° Left ▼
Trunk lateral flexion	2.5° 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

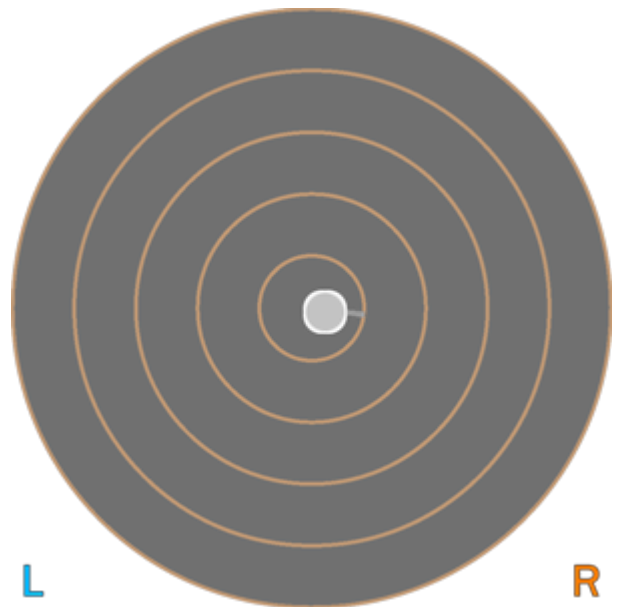
## RESULTS

### BALANCE RESULTS (RIGHT)

#### SNAPSHOT – START OF TEST



#### CENTER OF MASS PATH



#### KEY METRICS

Ellipse Area

COM Path Length

Range – ML

Range – AP

Pelvis Lateral Tilt

Trunk lateral flexion

#### RESULTS

0.26 cm<sup>2</sup>

10.64 cm

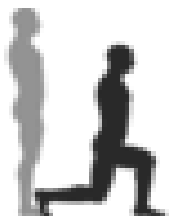
0.82 cm

2.75 cm

7.4° Right ▼

5.3° Right ▼

#### PRACTITIONER COMMENTS



## Lunge

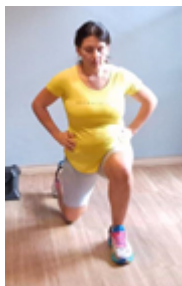
### Lower Body Dynamic Assessment

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	74.6°	78.7°	5.2%
Peak Knee Flexion	111.0°	106.2°	4.4%
Peak Spine Lateral Tilt	1.6° Posterior	1.5° Anterior	N/A
Peak Pelvic Lateral Tilt	3.3° Right	1.7° Right	N/A

PRACTITIONER COMMENTS ( **LEFT** )

PRACTITIONER COMMENTS ( **RIGHT** )


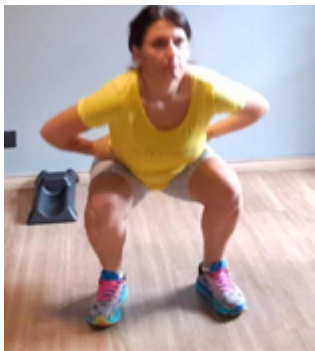
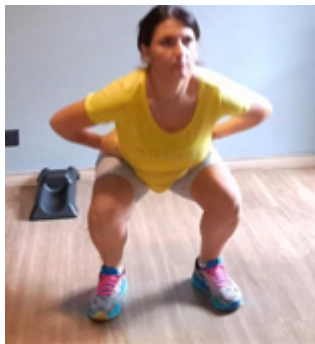
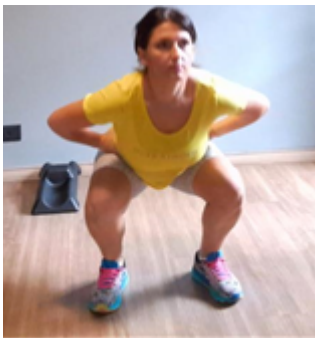


## Squat

### 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 ( <b>Left</b> )	129.9°	133.4°	134.4°
Peak Knee Flexion ( <b>Right</b> )	132.7°	133.5°	134.2°
Spine Tilt at Peak Knee Flexion	38.7° Anterior	41.0° Anterior	41.1° Anterior
Trunk lateral flexion at Peak Knee Flexion	3.3° <b>Left</b> ▼	3.5° <b>Left</b> ▼	2.5° <b>Left</b> ▼

## PRACTITIONER COMMENTS


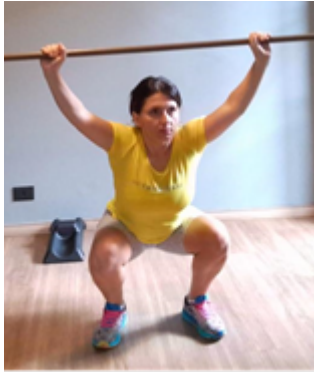
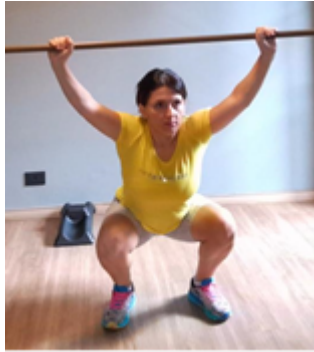



## Overhead Squat

### 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 ( <b>Left</b> )	130.6°	134.6°	128.6°
Peak Knee Flexion ( <b>Right</b> )	133.3°	135.0°	128.9°
Trunk Flexion at Peak Knee Flexion	27.5° Anterior	29.0° Anterior	30.4° Anterior
Trunk lateral flexion at Peak Knee Flexion	4.0° <b>Left</b> ▼	2.5° <b>Left</b> ▼	3.4° <b>Left</b> ▼

## 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

27.61 cm

##### Peak Spine Tilt after landing

16.5° Anterior

##### Peak Lateral Spine Tilt after landing

2.1° Left

##### Peak Lateral Pelvic Tilt after landing

3.6° Right

#### KEY METRICS (LEGS)

##### LEFT LEG

##### RIGHT LEG

##### ASYMMETRY

##### Peak Hip Flexion after landing

40.6°

44.8°

9.3%

##### Peak Knee Flexion after landing

51.9°

51.9°

N/A

##### Peak Knee Valgus/Varus after landing

24.9° Varus

5.7° Valgus

123%

#### PRACTITIONER COMMENTS



## Drop Jump


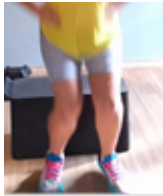
### Lower Body Dynamic Assessment

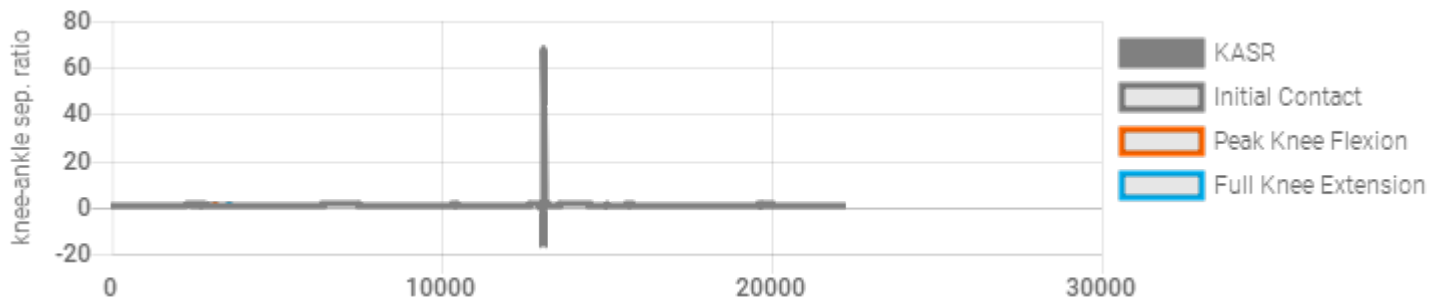
Drop Jump is used to assess coordination, balance, joint stability and power, requiring the patient to drop from a box or platform and transition from landing into an explosive jump .

Height

unspecified

## RESULTS

PHASE	Initial Contact	Peak Knee Flexion
SNAPSHOTS		
Result		
Knee-Ankle Separation Ratio	0.9	1.0
Hip Flexion ( Left )	32.5°	70.1°
Hip Flexion ( Right )	34.9°	70.7°
Knee Flexion ( Left )	41.5°	80.4°
Knee Flexion ( Right )	44.2°	83.2°



## 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	44.1°	87.3°	93.3°
Knee Displacement (total)	7.2 cm	7.6 cm	7.3 cm
Peak Knee Valgus	3.6° Valgus	12.1° Valgus	9.5° Valgus
Peak Knee Varus	5.1° Varus	0.8° Varus	1° Varus
Trunk lateral flexion at Peak Knee Flexion	6.9° Left ▼	2.0° Left ▼	3.0° 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	81.9°	90.5°	92.3°
Knee Displacement (total)	14.0 cm	8.0 cm	7.3 cm
Peak Knee Valgus	5.6° Valgus	2.3° Valgus	0.0°
Peak Knee Varus	4.3° Varus	4.1° Varus	15.3° Varus
Trunk lateral flexion at Peak Knee Flexion	7.3° Right ▼	9.5° Right ▼	16.8° Right ▼

#### PRACTITIONER COMMENTS