Tests (23)

PROFILE	DATE	TEST TYPE	TEST POSITION	REPS
Márcia Borges 23 Tests				
	15/01/2022 12:08 PM	Wrist flexion	Wrist flexion	Inner 0 L / 0 R Outer 2 L / 2 R
	15/01/2022 12:03 PM	Shoulder IR/ER	Supine (90 Degrees AB)	IR 0 L / 2 R ER 2 L / 2 R
	15/01/2022 11:59 AM	Shoulder IR/ER	Supine (90 Degrees AB)	IR 2 L / 2 R ER 2 L / 2 R
	15/01/2022 11:57 AM	Shoulder Extension	Prone	EXT 0 L / 0 R
	15/01/2022 11:56 AM	Shoulder Flexion	Prone	FLEX 0 L / 1 R
	15/01/2022 11:54 AM	Shoulder Adduction	Side lying	AD 2 L / 2 R
	15/01/2022 11:51 AM	Shoulder Abduction	Side lying	AB 2 L / 2 R
	15/01/2022 11:48 AM	Elbow Extension	Seated	EXT 2 L / 2 R
	15/01/2022 11:42 AM	Elbow Flexion	Seated	FLEX 2 L / 2 R
	15/01/2022 11:35 AM	Hip IR/ER	Prone	ER 2 L / 2 R IR 0 L / 0 R
	15/01/2022 11:30 AM	Hip Extension	Standing	EXT 2 L / 2 R
	15/01/2022 11:25 AM	Hip Extension	Prone	EXT 2 L / 2 R
	15/01/2022 11:20 AM	Hip Flexion	Kicker	FLEX 2 L / 2 R
	15/01/2022 11:18 AM	Hip Flexion	Seated	FLEX 2 L / 2 R
	15/01/2022 11:12 AM	Hip AD/AB	Standing (Knee)	ADD 2 L / 2 R ABD 2 L / 2 R
	15/01/2022 11:07 AM	Hip AD/AB	Seated	ADD 2 L / 2 R ABD 2 L / 2 R
	15/01/2022 11:05 AM	Hip AD/AB	90°	ADD 2 L / 2 R ABD 2 L / 2 R
	15/01/2022 10:59 AM	Hip Flexion	Pending..	FLEX 2 L / 2 R
	15/01/2022 10:54 AM	Knee Flexion	Supine	FLEX 2 L / 2 R
	15/01/2022 10:51 AM	Knee Flexion	Standing	FLEX 2 L / 2 R
	15/01/2022 10:48 AM	Knee Flexion	Prone	FLEX 2 L / 2 R
	15/01/2022 10:44 AM	Ankle IN/EV	Supine	INV 0 L / 0 R EV 2 L / 2 R
	15/01/2022 10:41 AM	Ankle Dorsiflexion	Seated	DF 2 L / 2 R
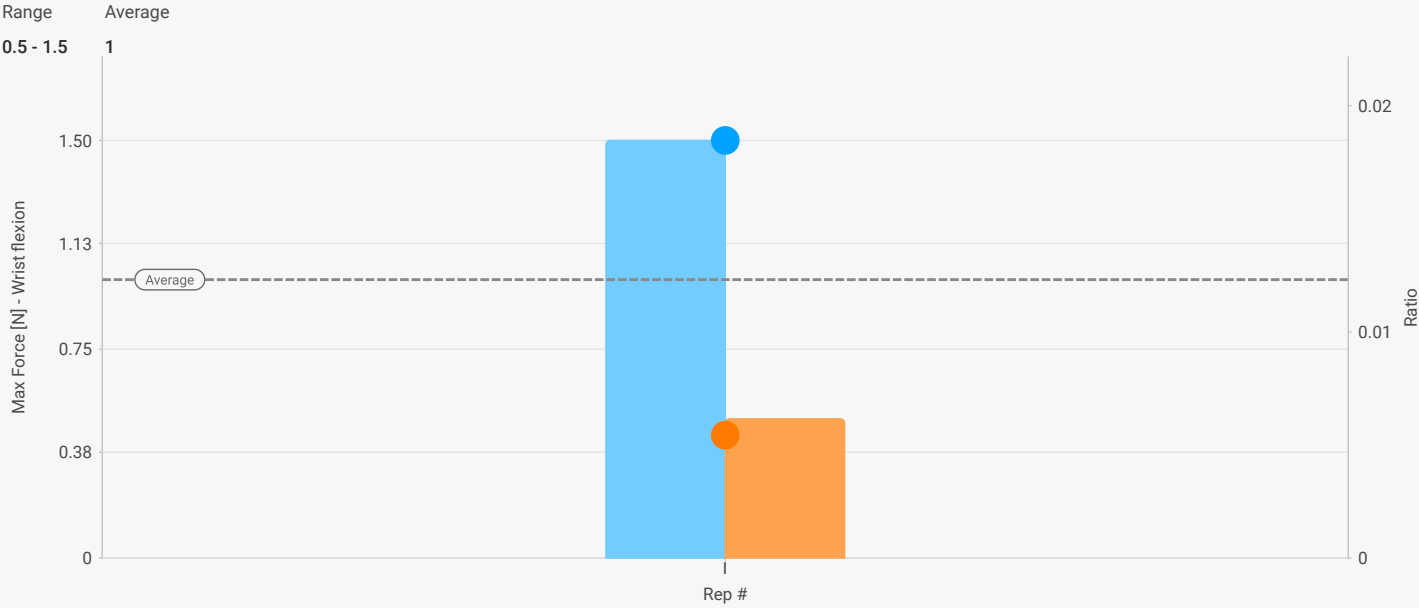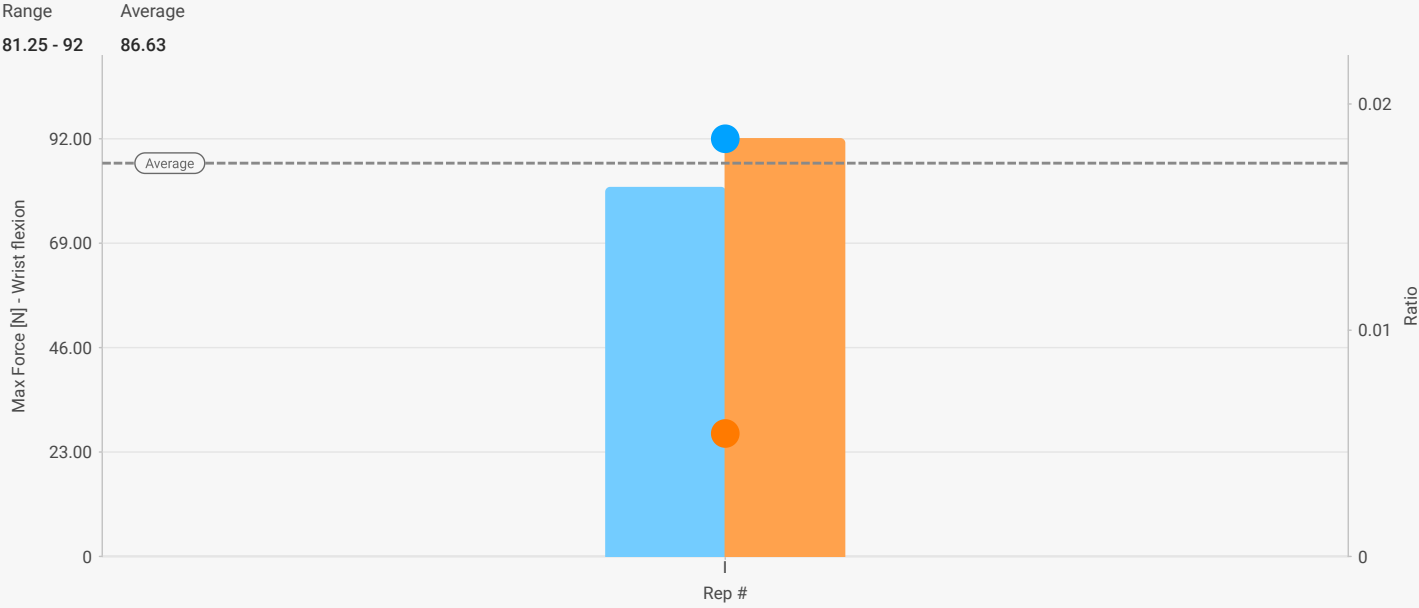
VALD

🏠 > VALD Systems > ForceFrame

Max Force [N] - Wrist flexion

Range   Average

0.5 - 1.5   1

Max Force [N] - Wrist flexion

Range   Average

81.25 - 92   86.63

VALD

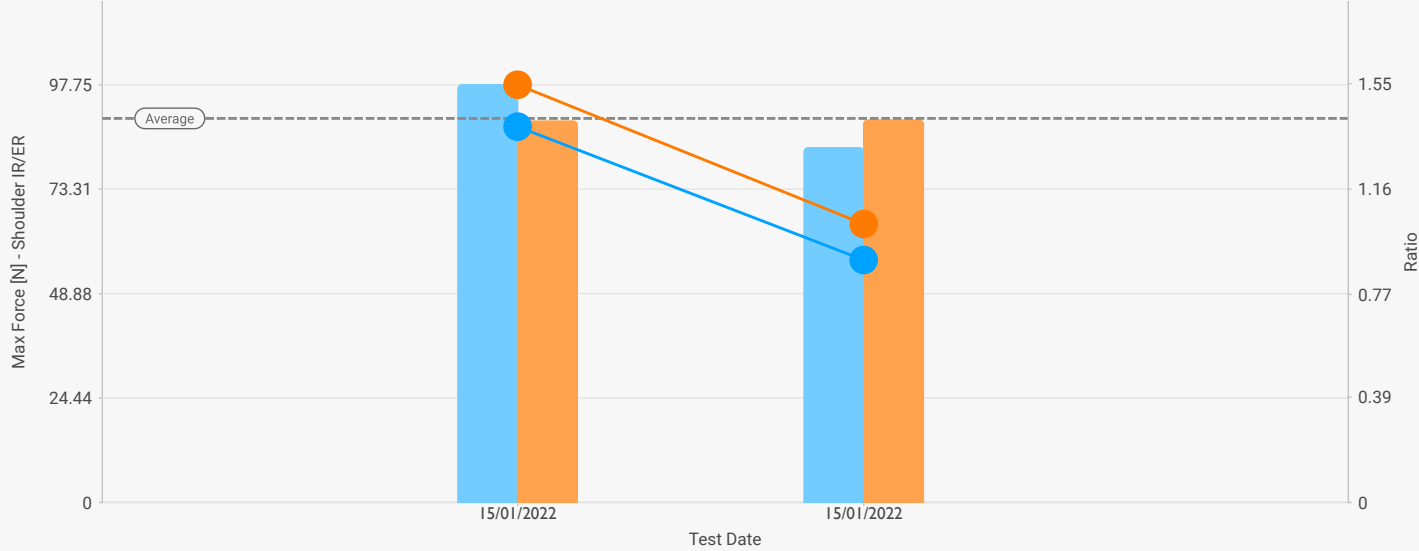## Internal Rotation Max Force [N] - Shoulder IR/ER

Range
74.5 - 138

Average
110.19

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

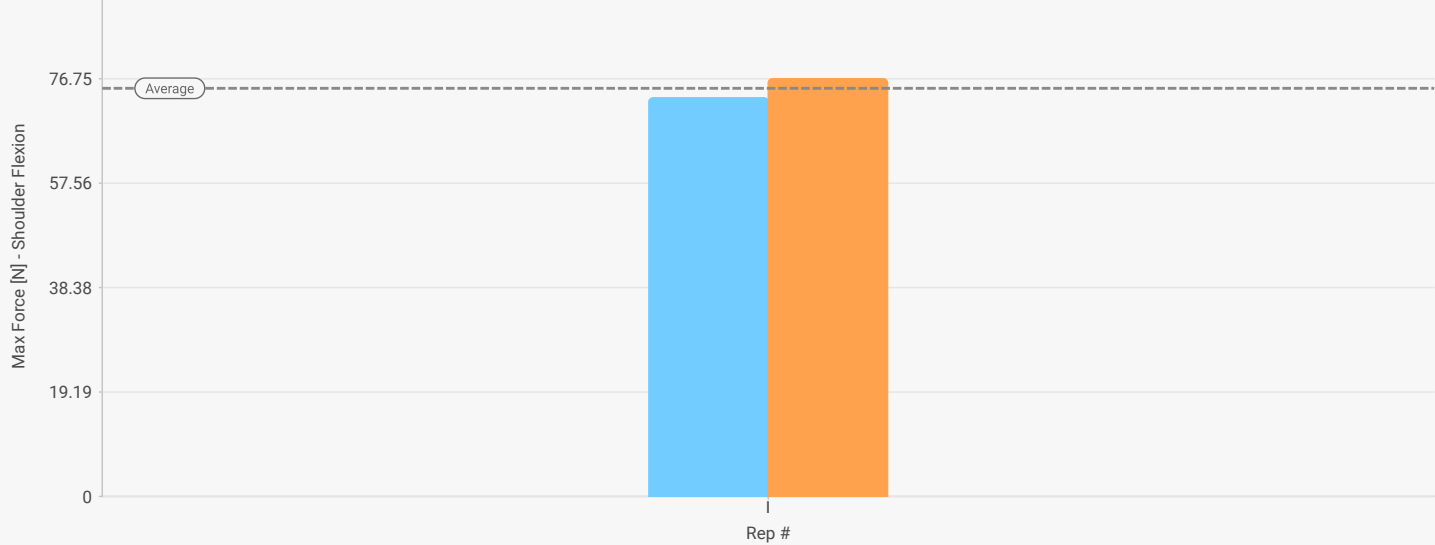Range
83 - 97.75

Average
89.88

VALD

⌂ > VALD Systems > ForceFrame
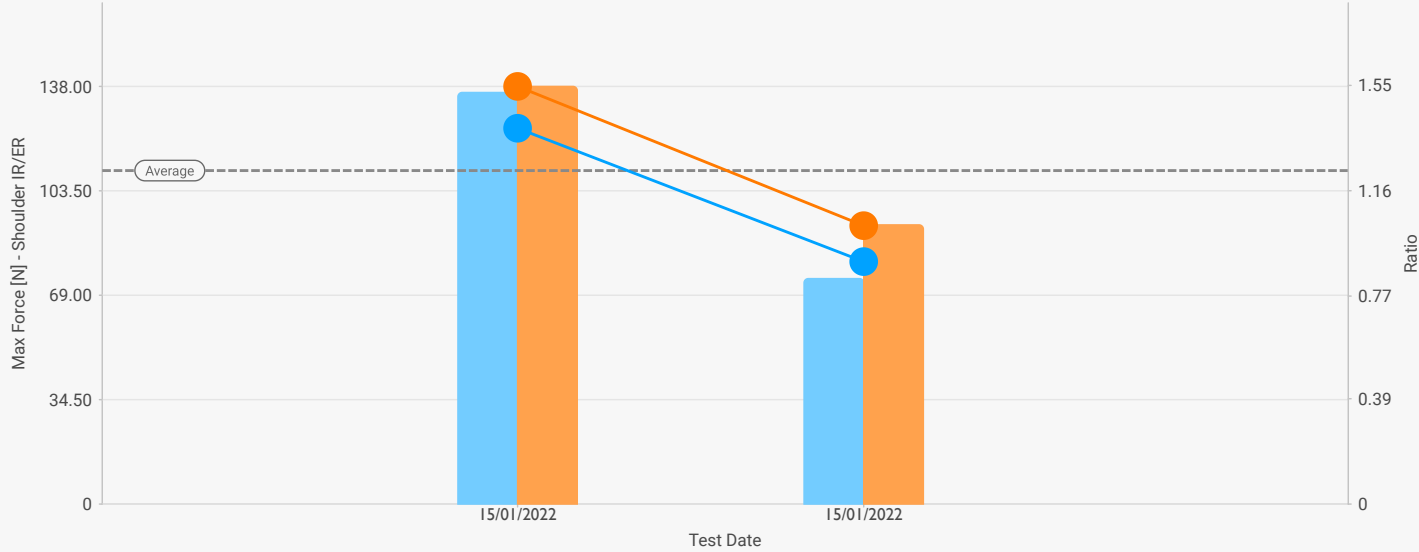
Extension Max Force [N] - Shoulder Extension

Range
38 - 38.5

Average
38.25

Flexion Max Force [N] - Shoulder Flexion

Range
73.25 - 76.75

Average
75

VALD

VALD Systems > ForceFrame
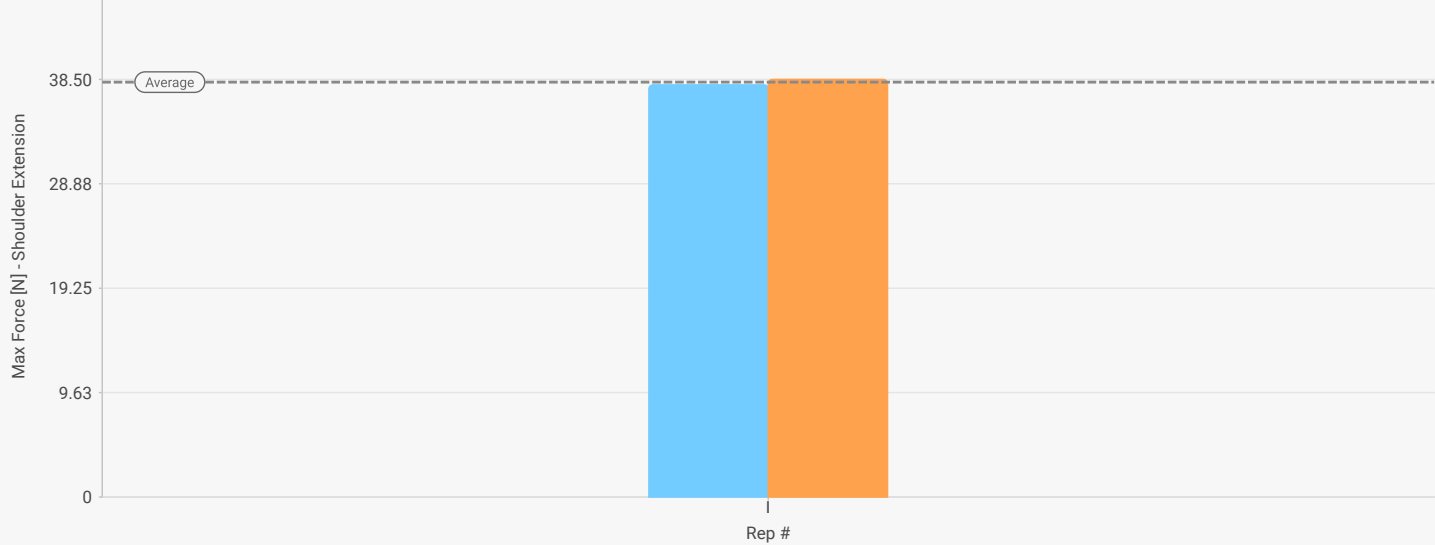
Adduction Max Force [N] - Shoulder Adduction

Range   Average

104.75 - 115.5   **110.13**
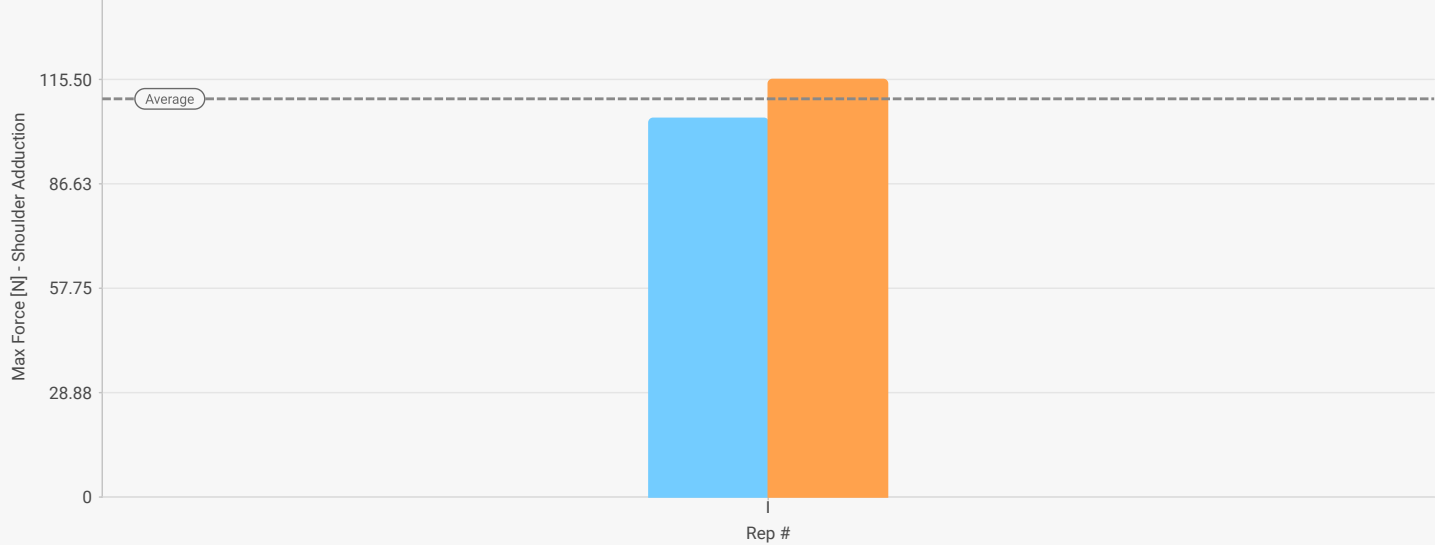
Abduction Max Force [N] - Shoulder Abduction

Range   Average

121 - 147.75   **134.38**

VALD
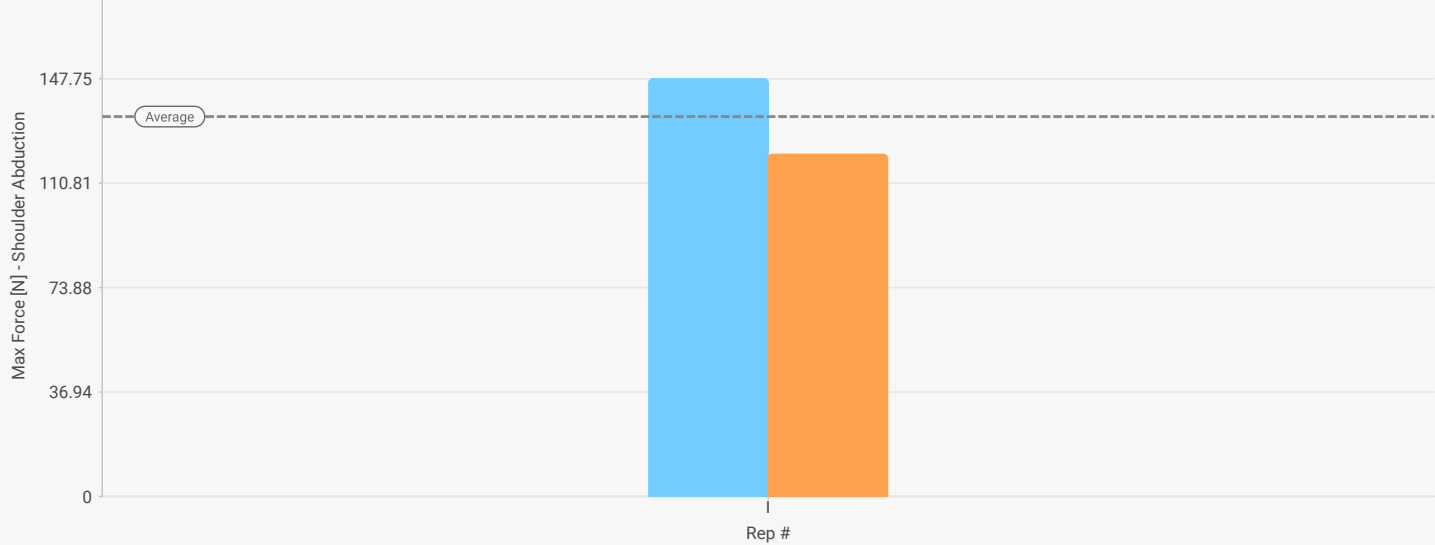
Extension Max Force [N] - Elbow Extension

Range	Average
116 - 131.5	123.75
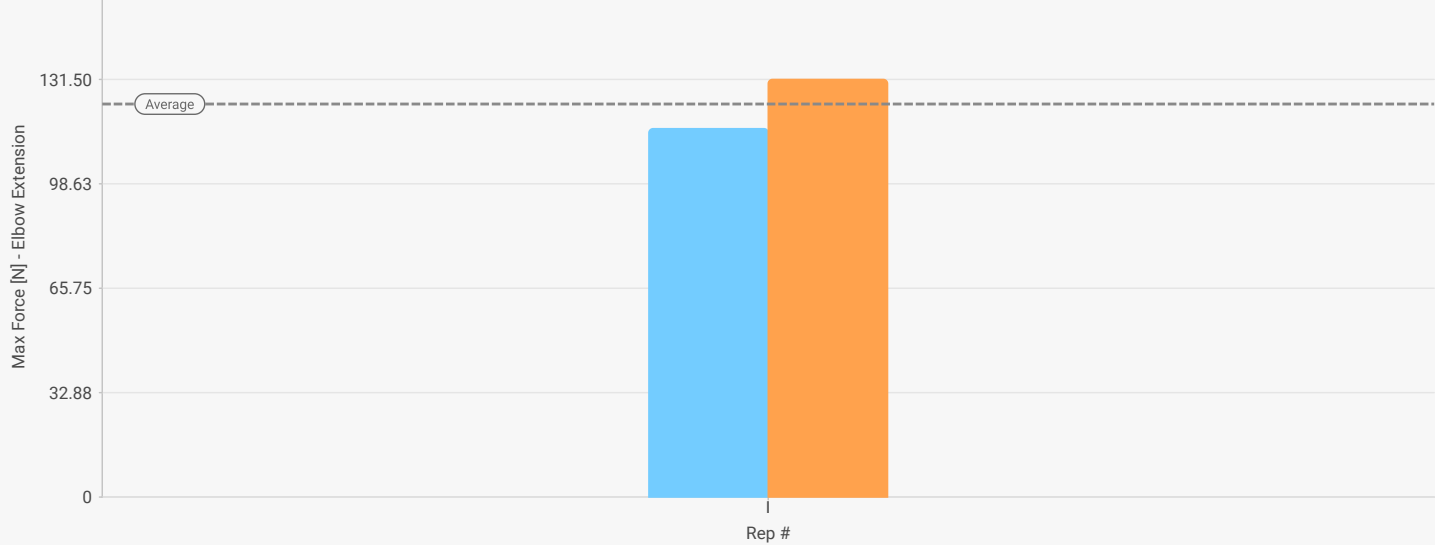
Flexion Max Force [N] - Elbow Flexion

Range	Average
149 - 150.5	149.75

VALD

VALD Systems > ForceFrame
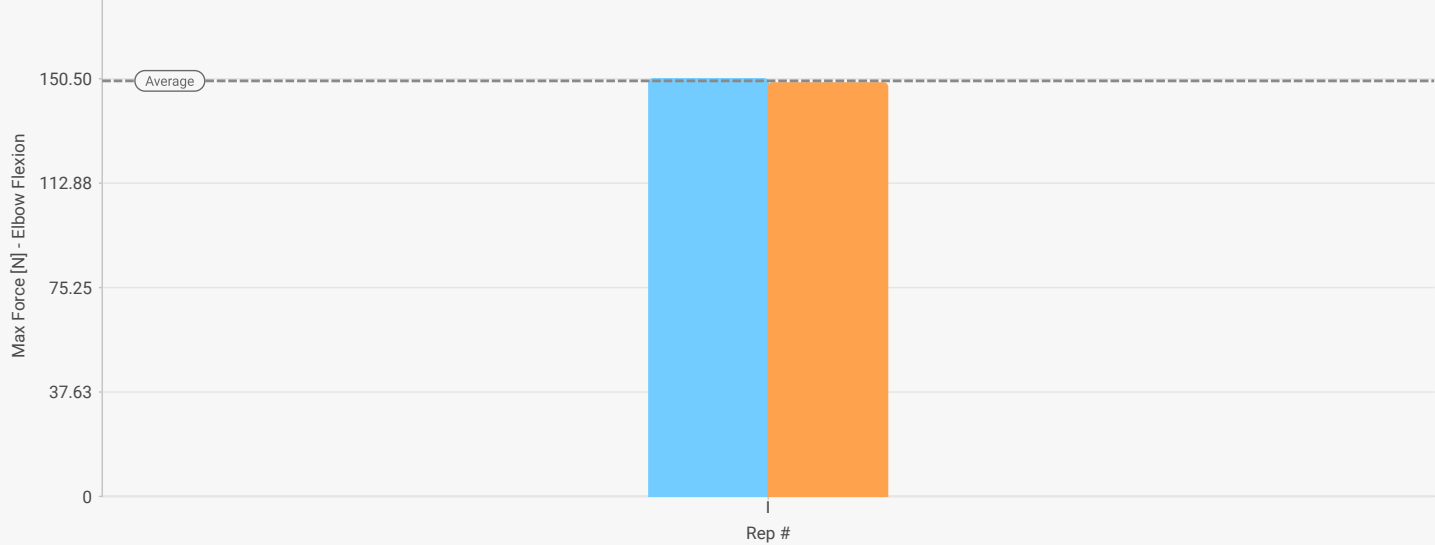
External Rotation Max Force [N] - Hip IR/ER

Range   Average
91.5 - 99.5   **95.5**

Rep #

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

Range   Average
32 - 42.25   **37.13**

Rep #

VALD

⌂ > VALD Systems > ForceFrame
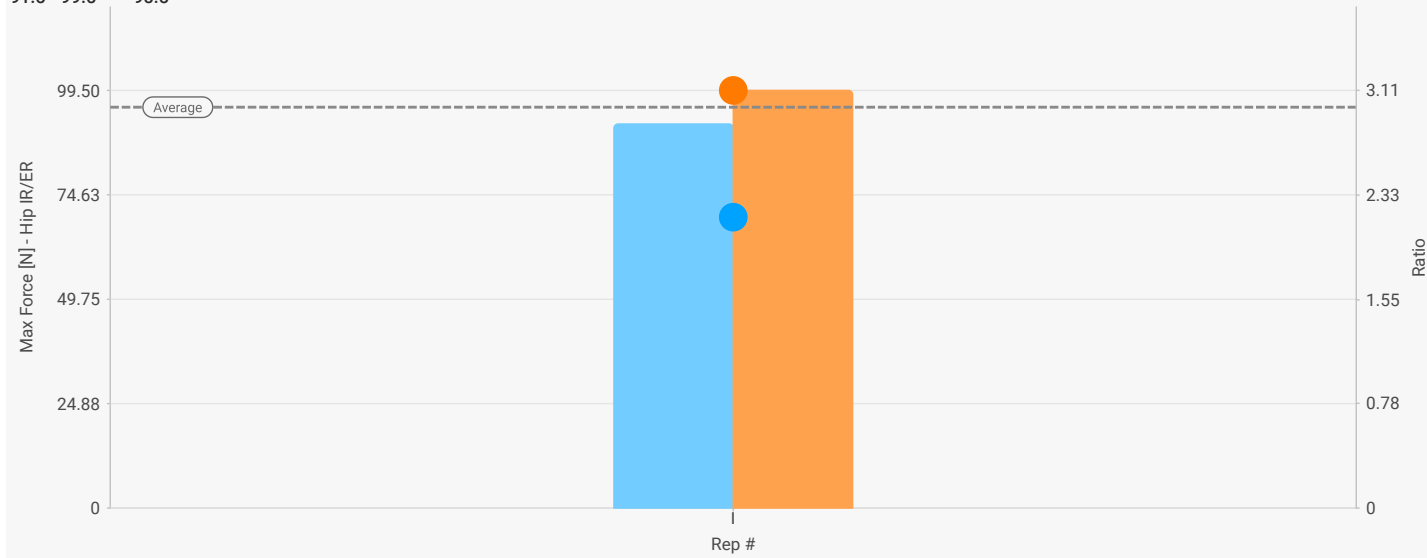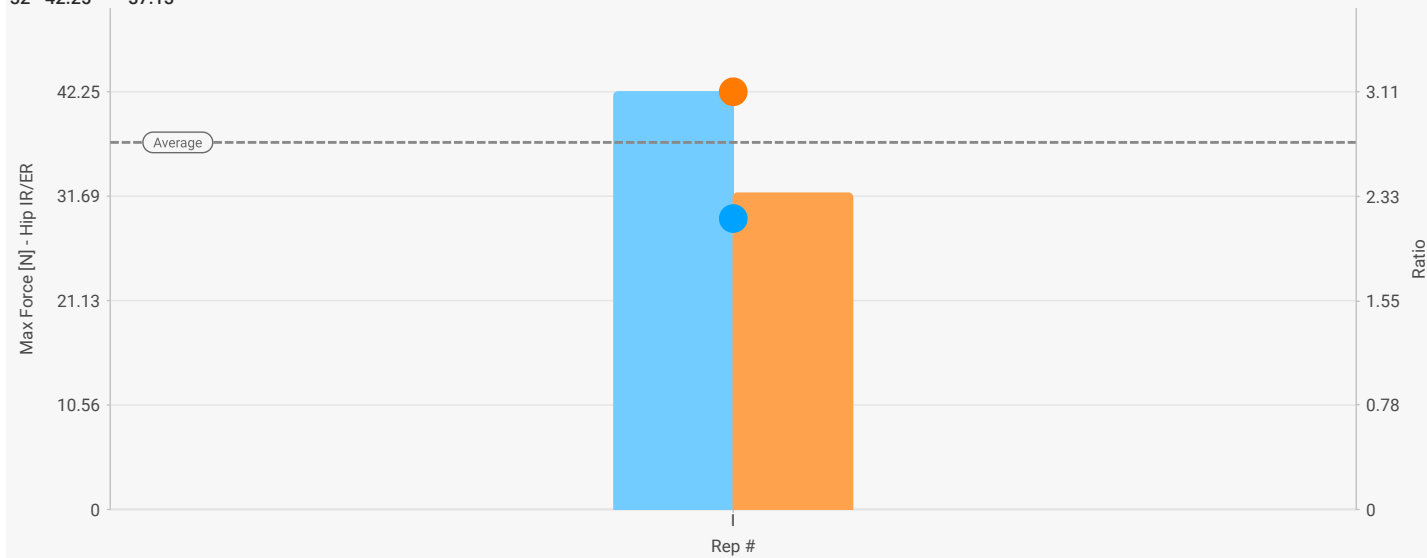
Extension Max Force [N] - Hip Extension

Range | Average
128.75 - 289.75 | 195.63
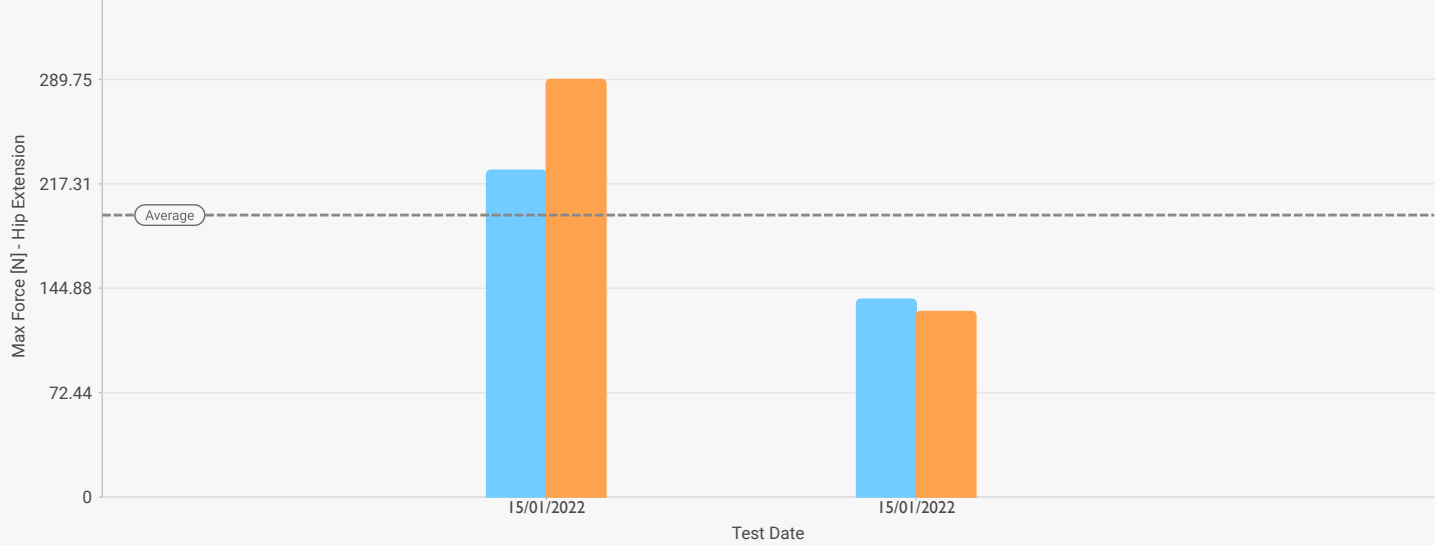
Flexion Max Force [N] - Hip Flexion

Range | Average
118.75 - 199.75 | 171.38

VALD

⌂ > VALD Systems > ForceFrame
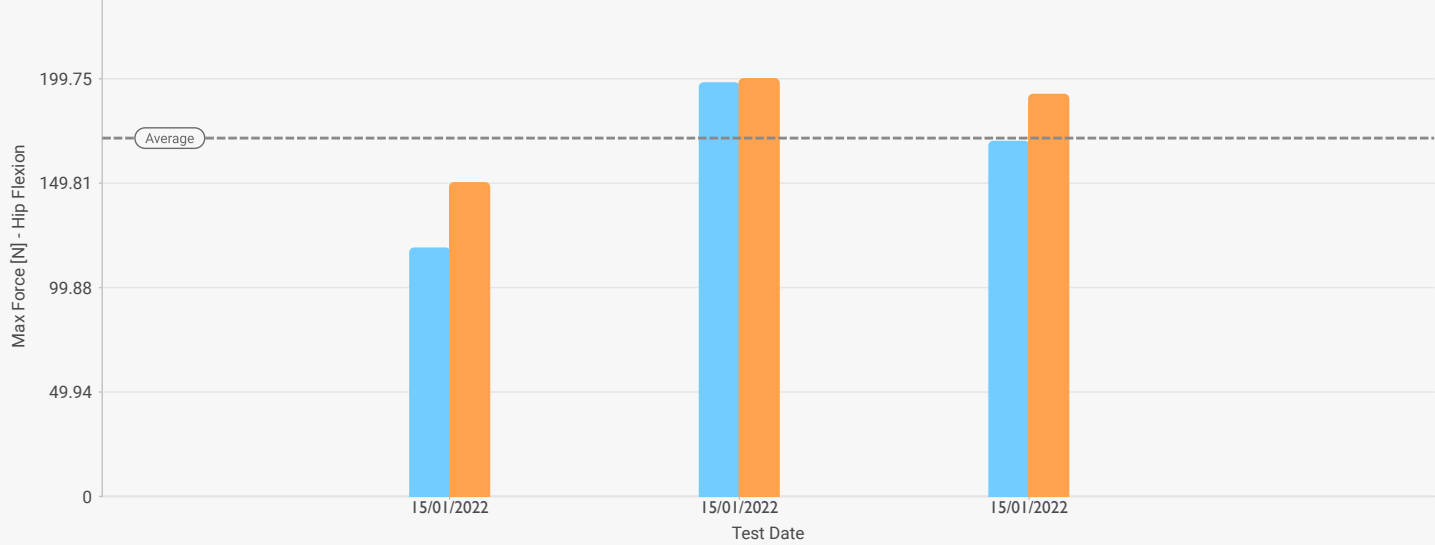
Adduction Max Force [N] - Hip AD/AB

Range   Average
237 - 324   **265.42**
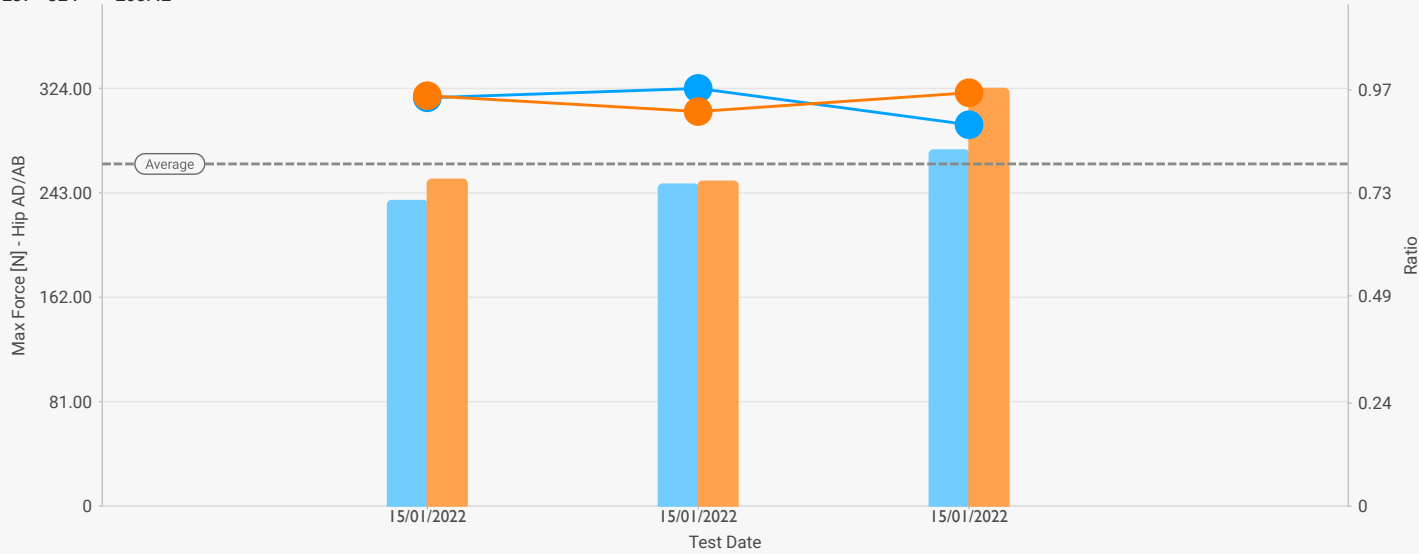
Abduction Max Force [N] - Hip AD/AB

Range   Average
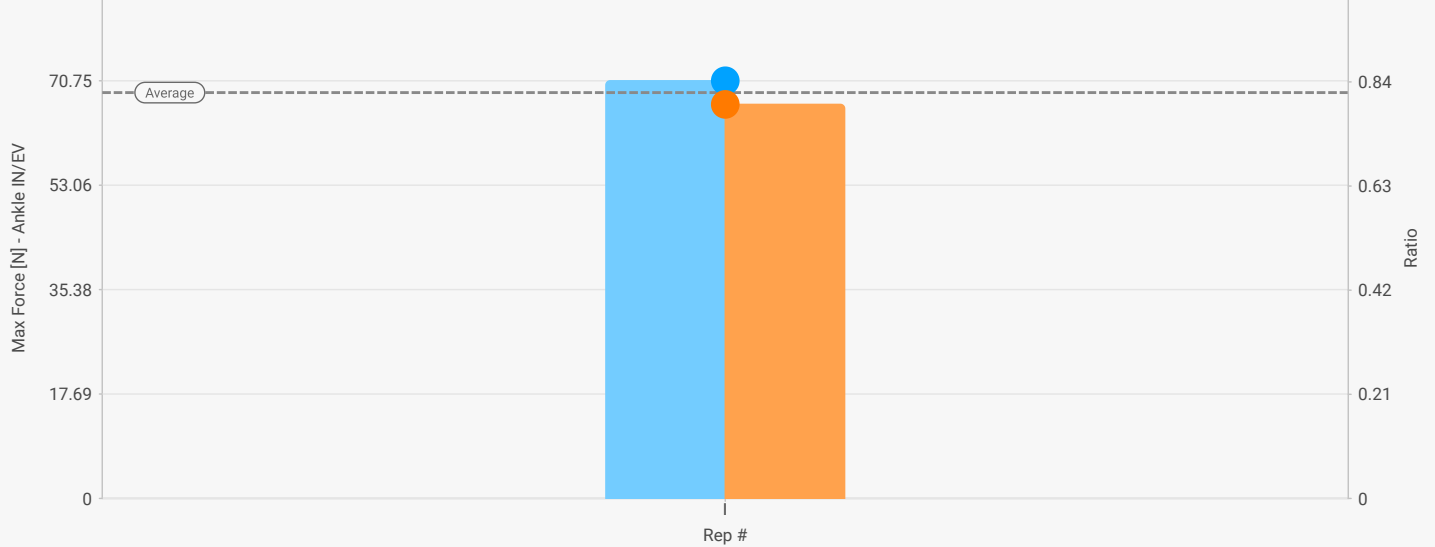**249 - 336.25**   **281.92**

VALD
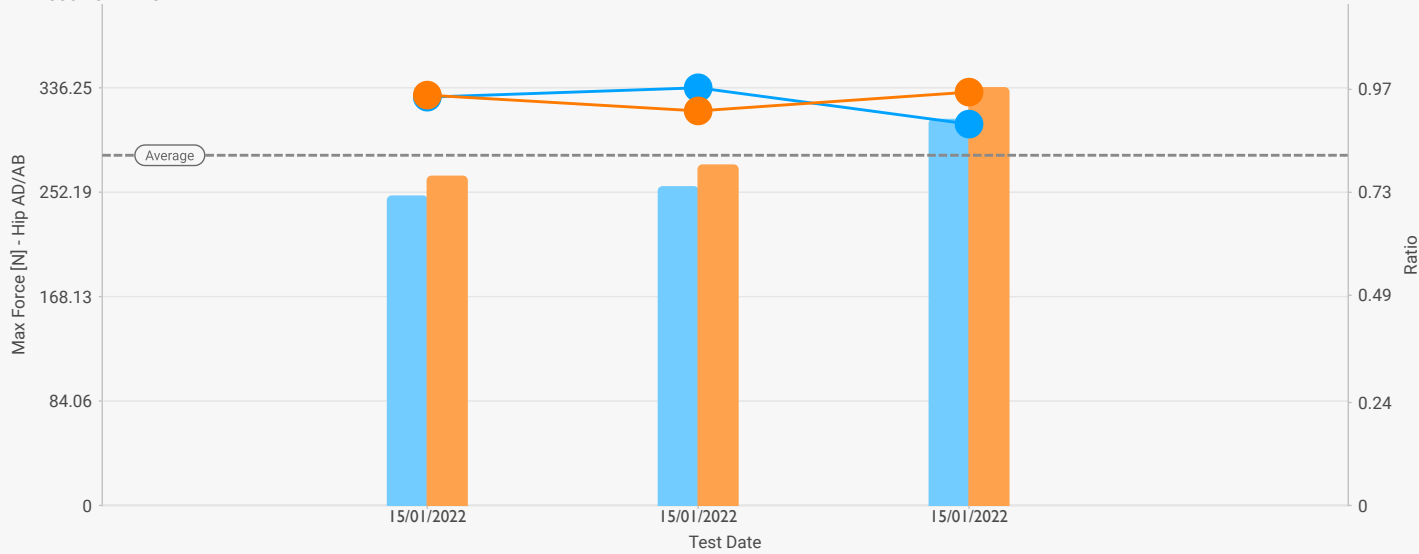
Knee Flexion Max Force [N] - Knee Flexion

Range
93 - 140
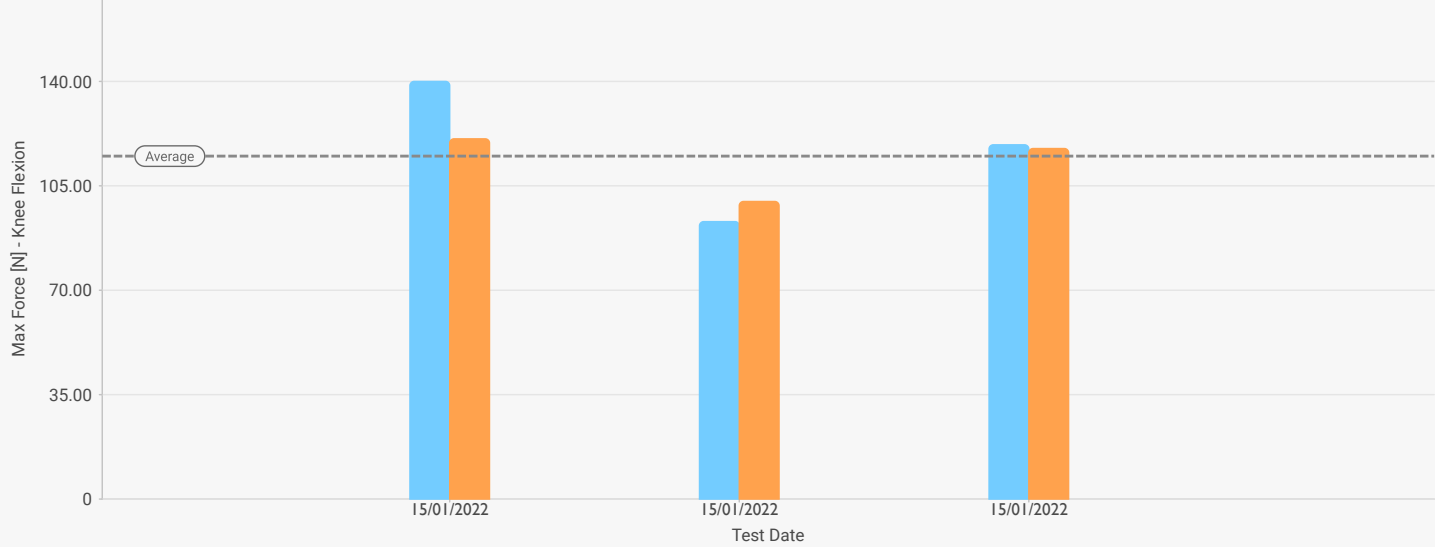
Average
114.96

Inversion Max Force [N] - Ankle IN/EV

Range
66.75 - 70.75

Average
68.75

Eversion Max Force [N] - Ankle IN/EV

Range | Average
84 - 84 | **84**
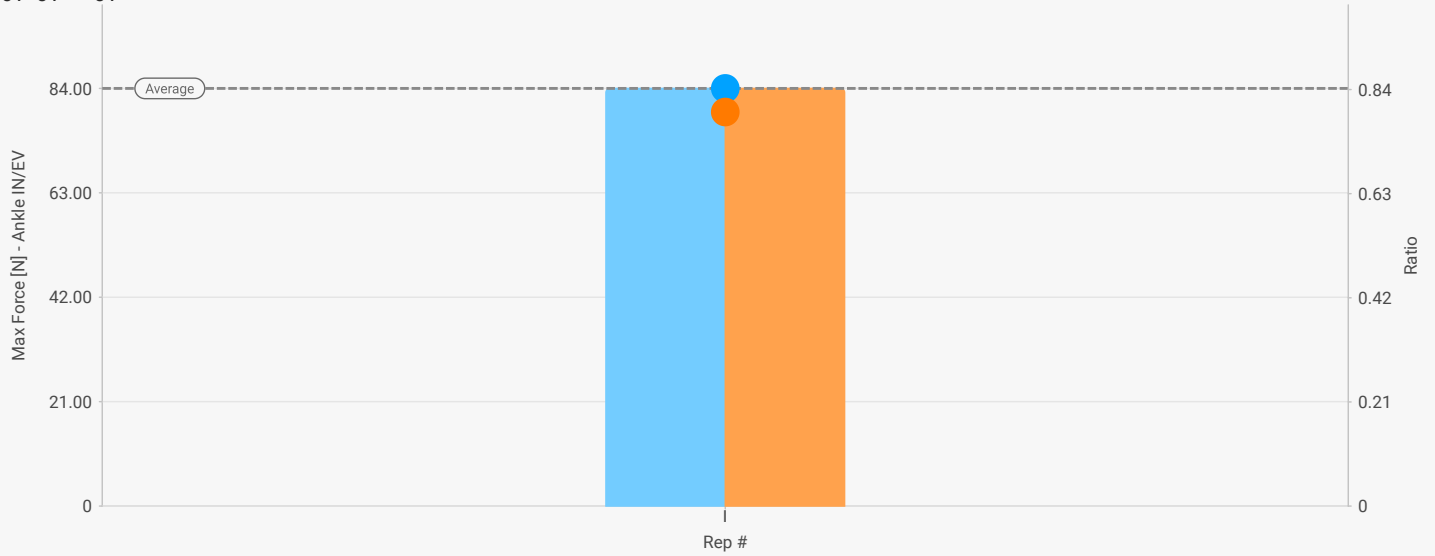
Dorsiflexion Max Force [N] - Ankle Dorsiflexion

Range | Average
89.25 - 117.75 | **103.5**

VALD

VALD Systems > ForceFrame
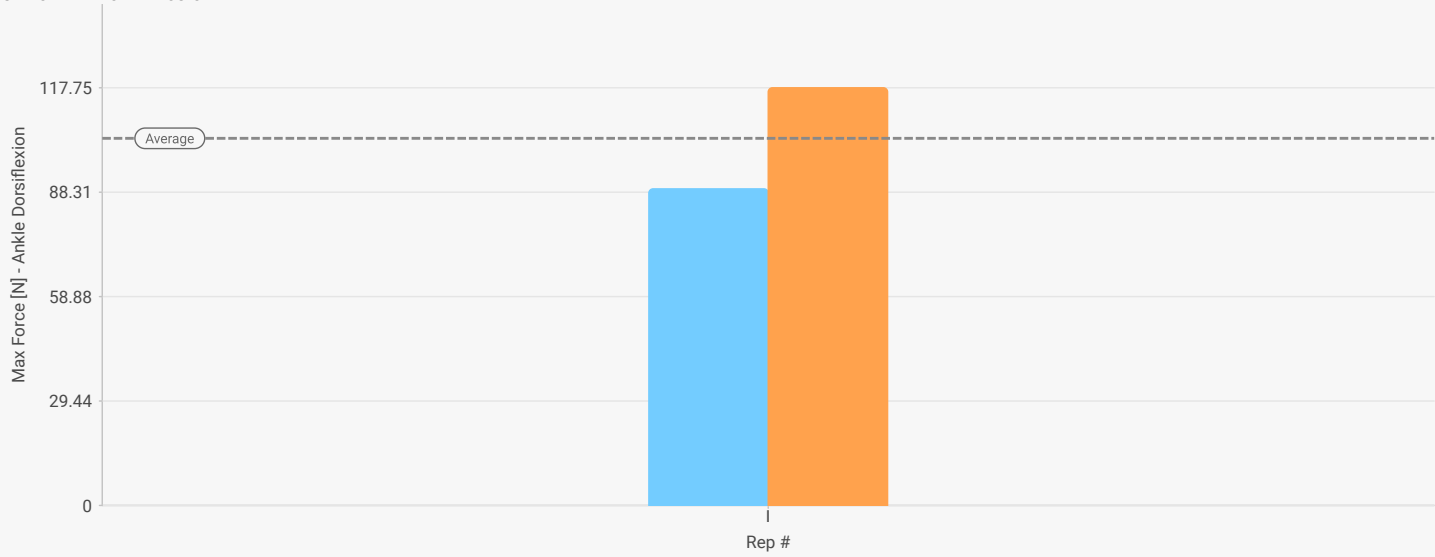
Asymmetry [%] - Wrist flexion

Range | Average
66.67 L - 66.67 R | 66.67 L

Rep #

Average

Asymmetry [%] - Wrist flexion

Range | Average
11.68 L - 11.68 R | 11.68 R

Rep #

Average

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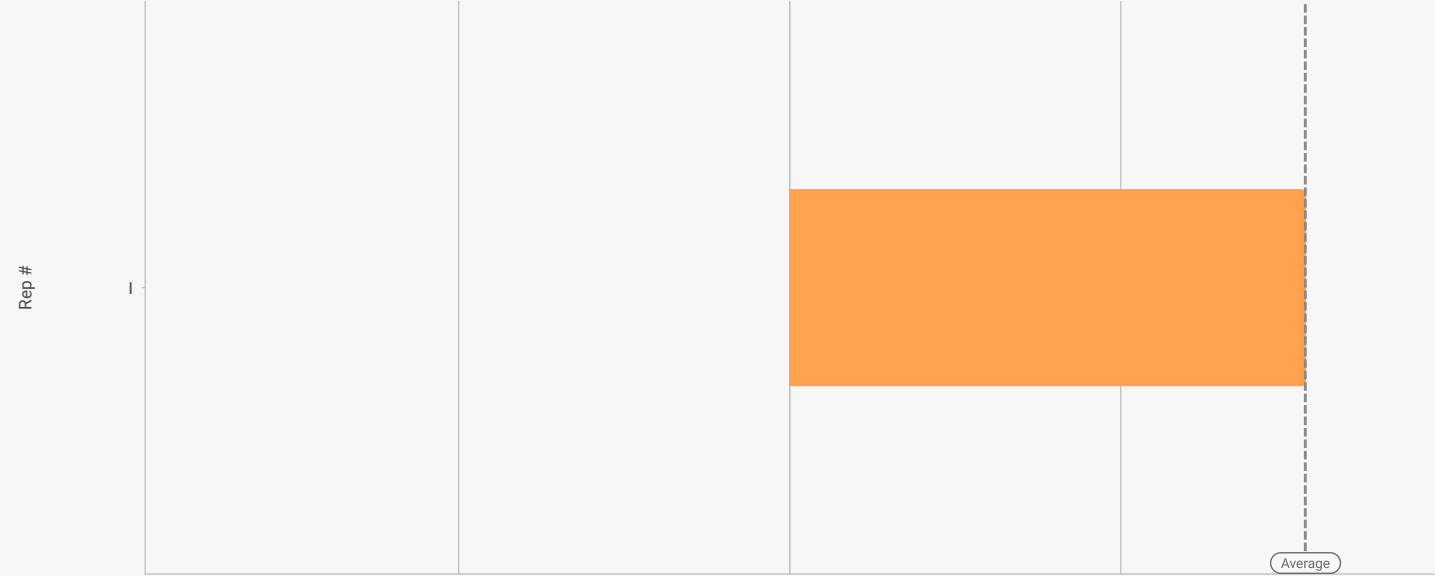
Internal Rotation Asymmetry [%] - Shoulder IR/ER

Range	Average
1.45 L - 19.24 R	10.34 R
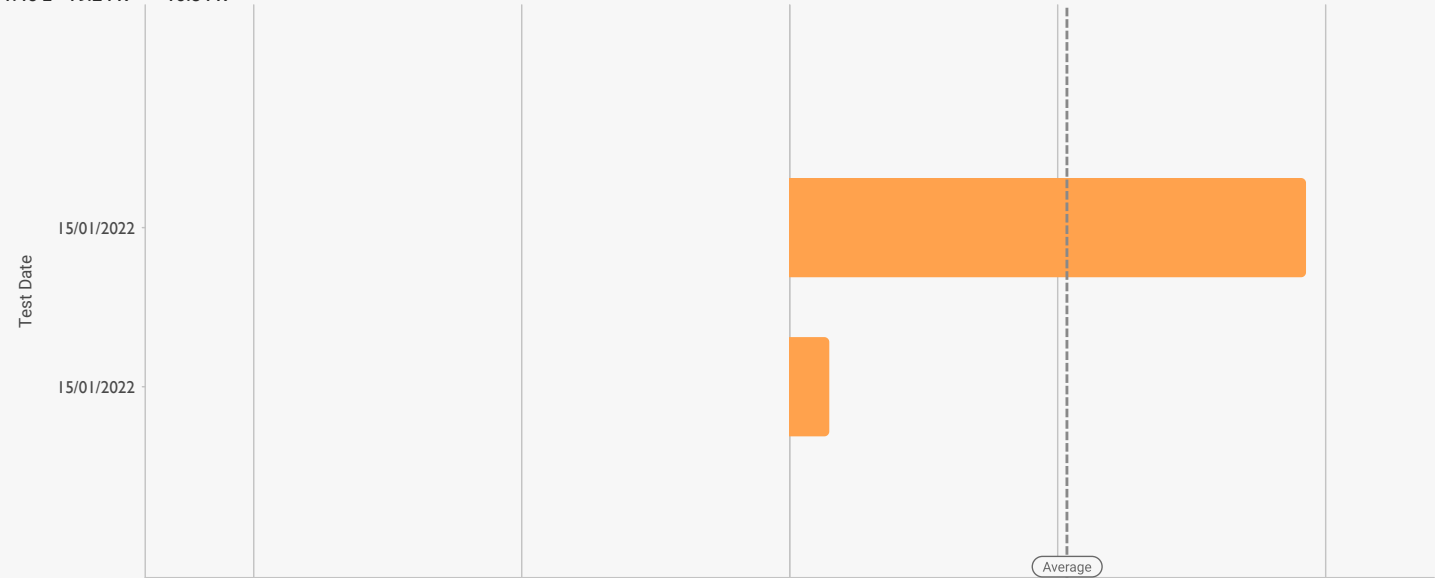
External Rotation Asymmetry [%] - Shoulder IR/ER

Range	Average
8.7 L - 7.26 R	0.72 L

VALD

VALD Systems > ForceFrame
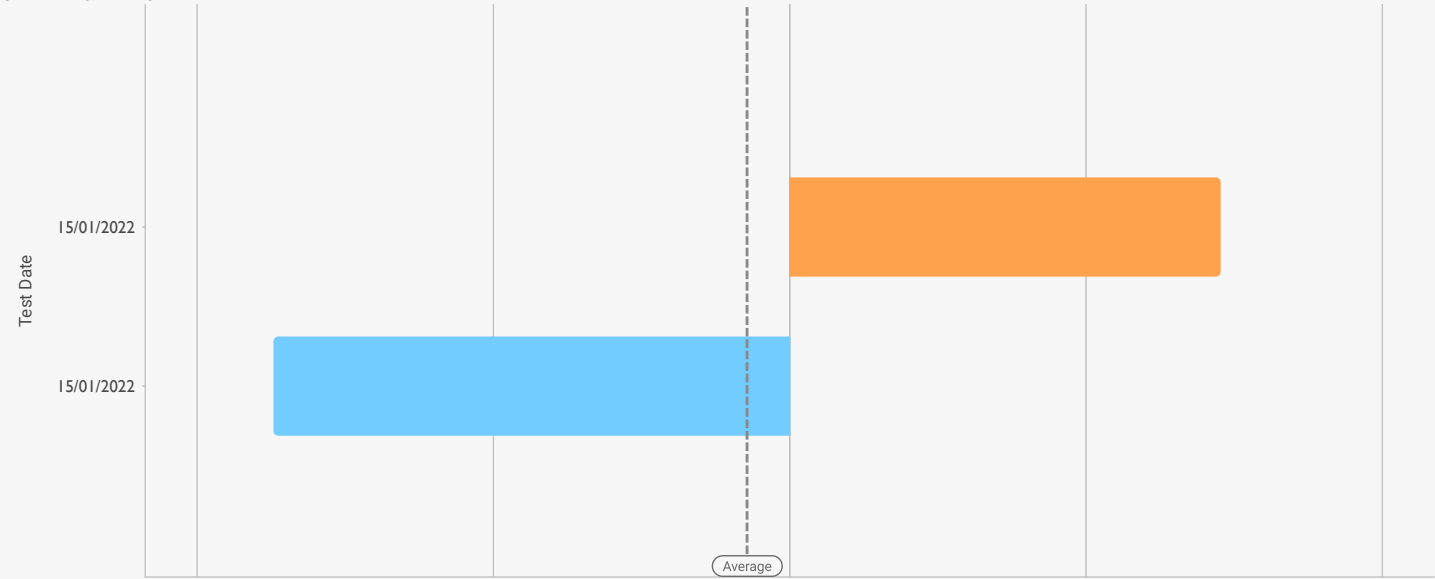
Extension Asymmetry [%] - Shoulder Extension

Range | Average
1.3 L - 1.3 R | 1.3 R

Rep #
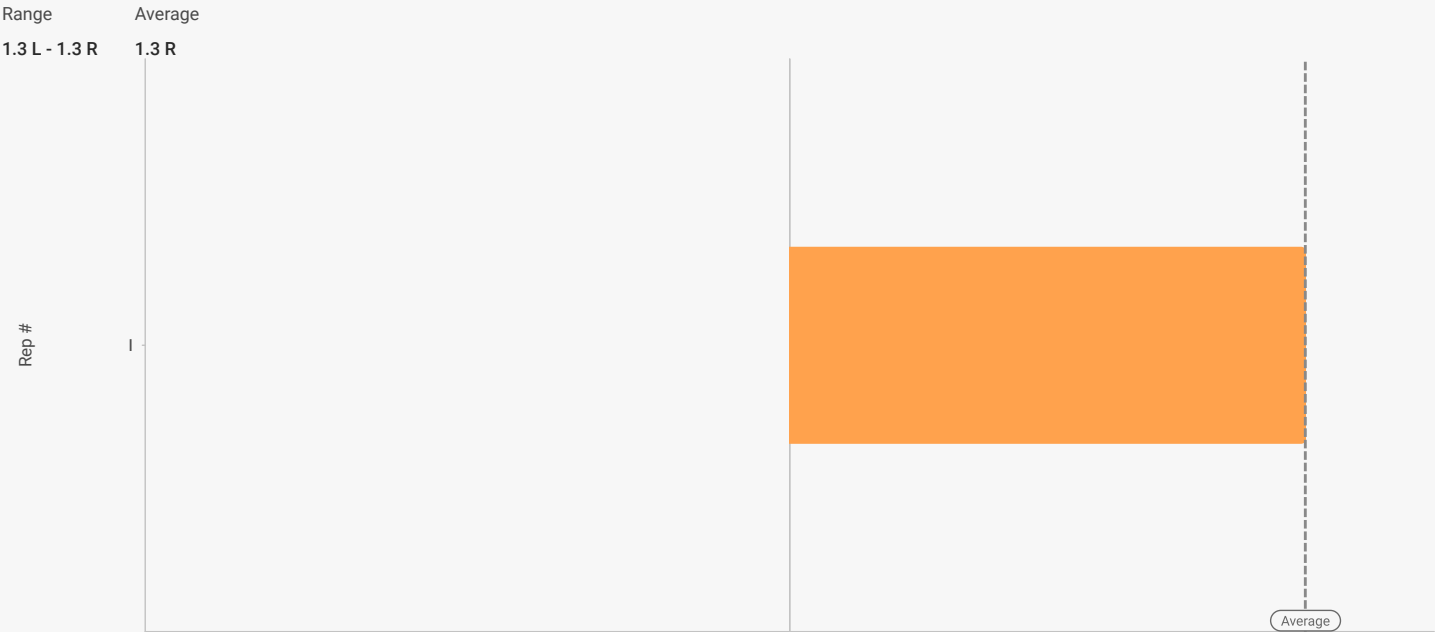
Average

Flexion Asymmetry [%] - Shoulder Flexion

Range | Average
4.56 L - 4.56 R | 4.56 R

Rep #

Average

VALD
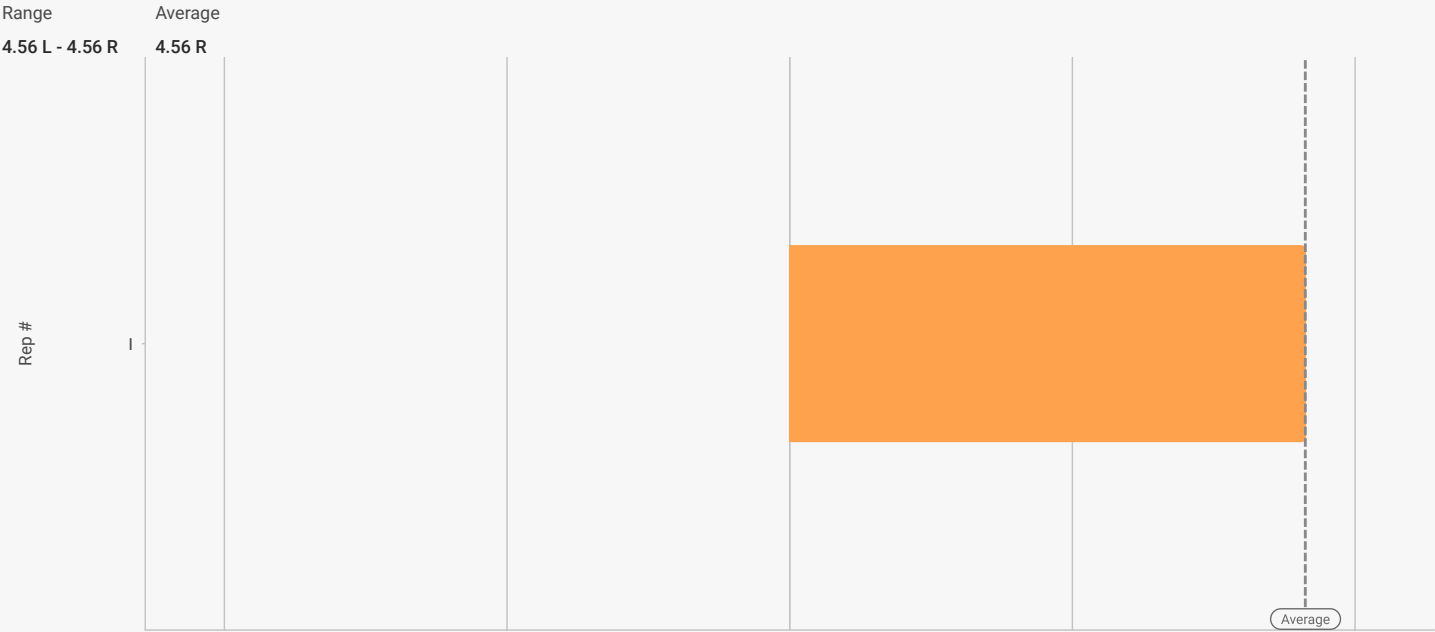
Adduction Asymmetry [%] - Shoulder Adduction

Range | Average
9.31 L - 9.31 R | 9.31 R
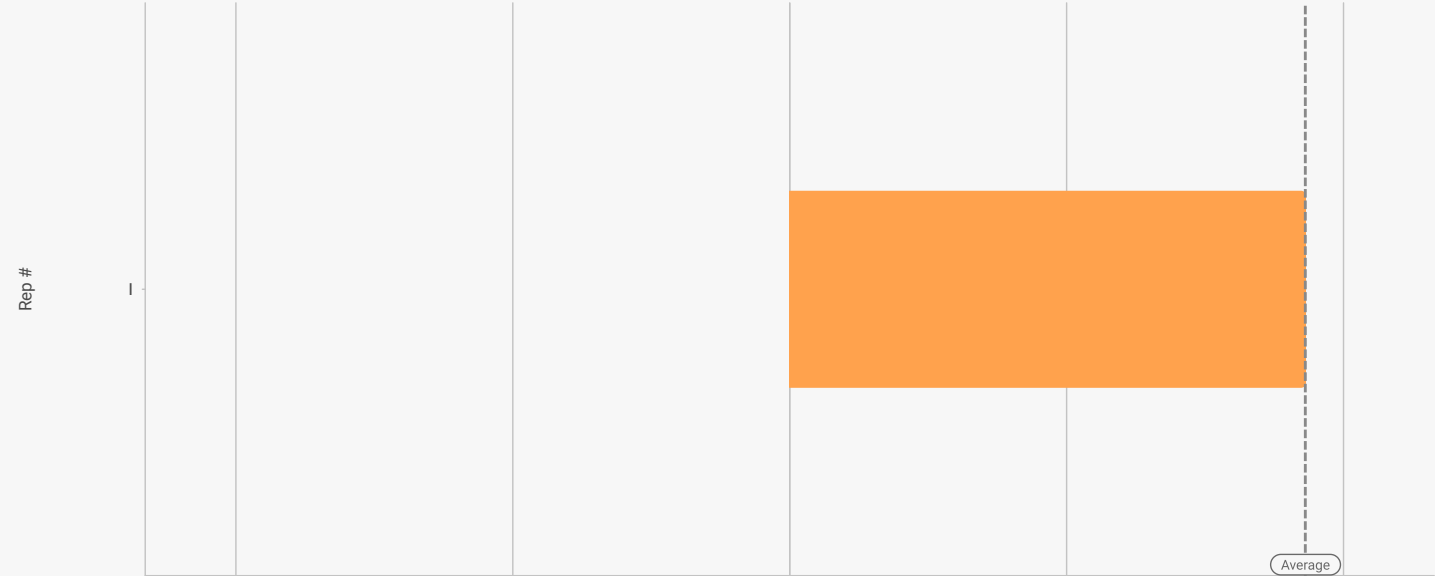
Abduction Asymmetry [%] - Shoulder Abduction
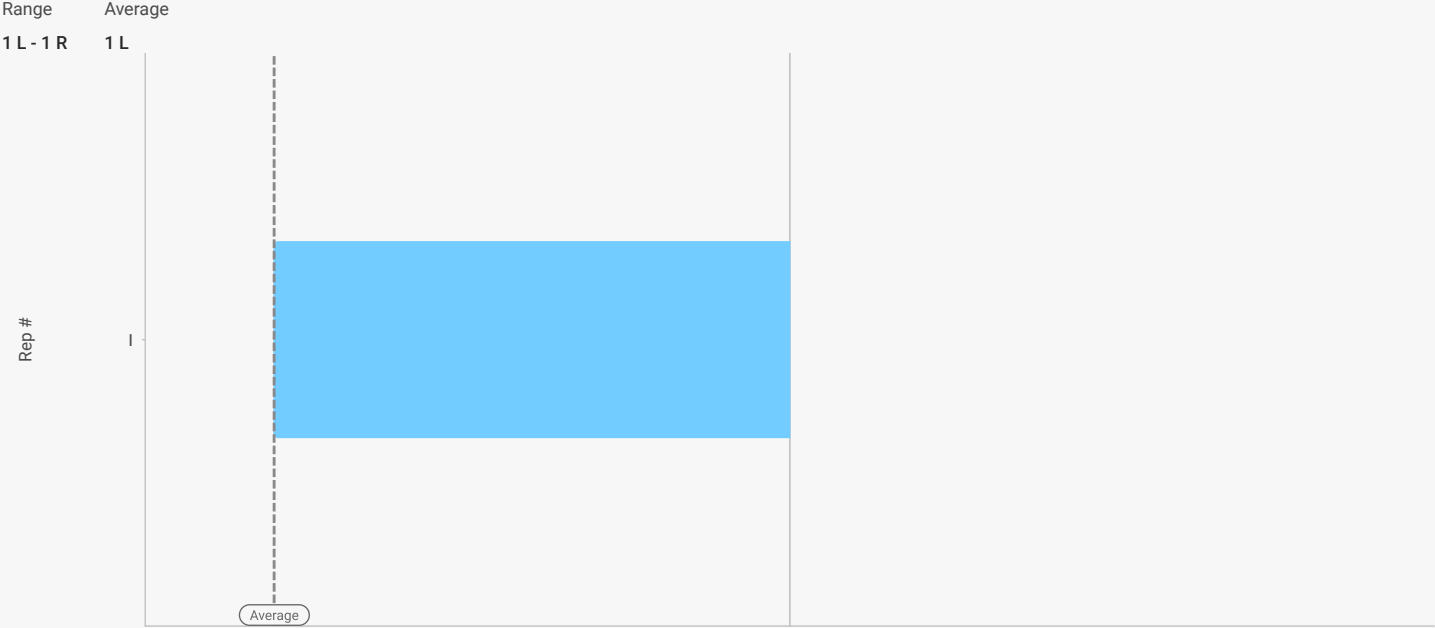
Range | Average
18.1 L - 18.1 R | 18.1 L

VALD

VALD Systems   ForceFrame
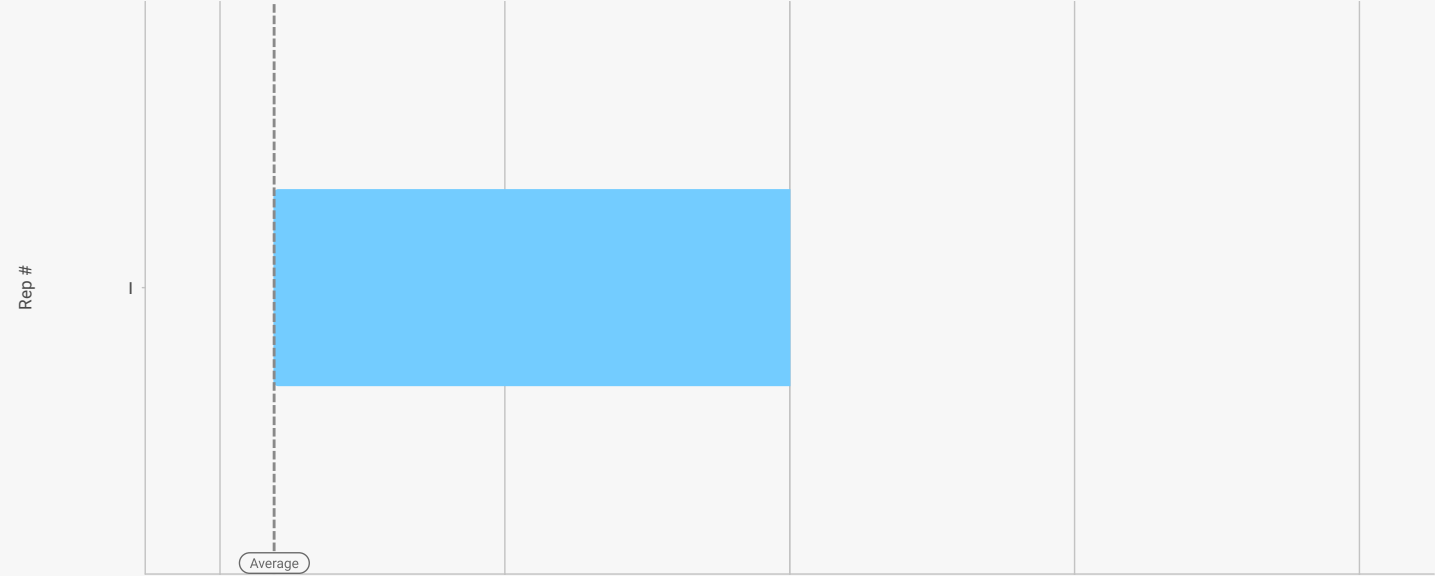
Extension Asymmetry [%] - Elbow Extension

Range	Average
11.79 L - 11.79 R	11.79 R

Rep #

I
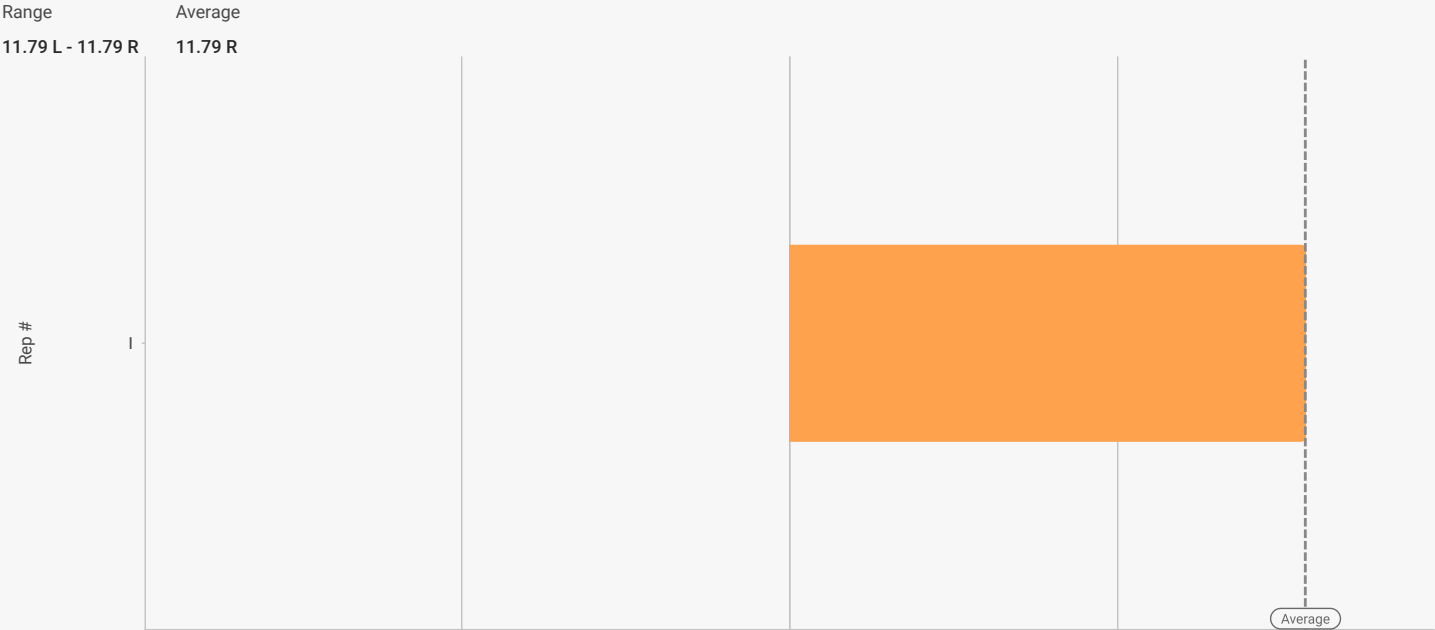
Average

Flexion Asymmetry [%] - Elbow Flexion

Range	Average
1 L - 1 R	1 L

Rep #

I

Average

VALD

External Rotation Asymmetry [%] - Hip IR/ER

Range	Average
8.04 L - 8.04 R	8.04 R
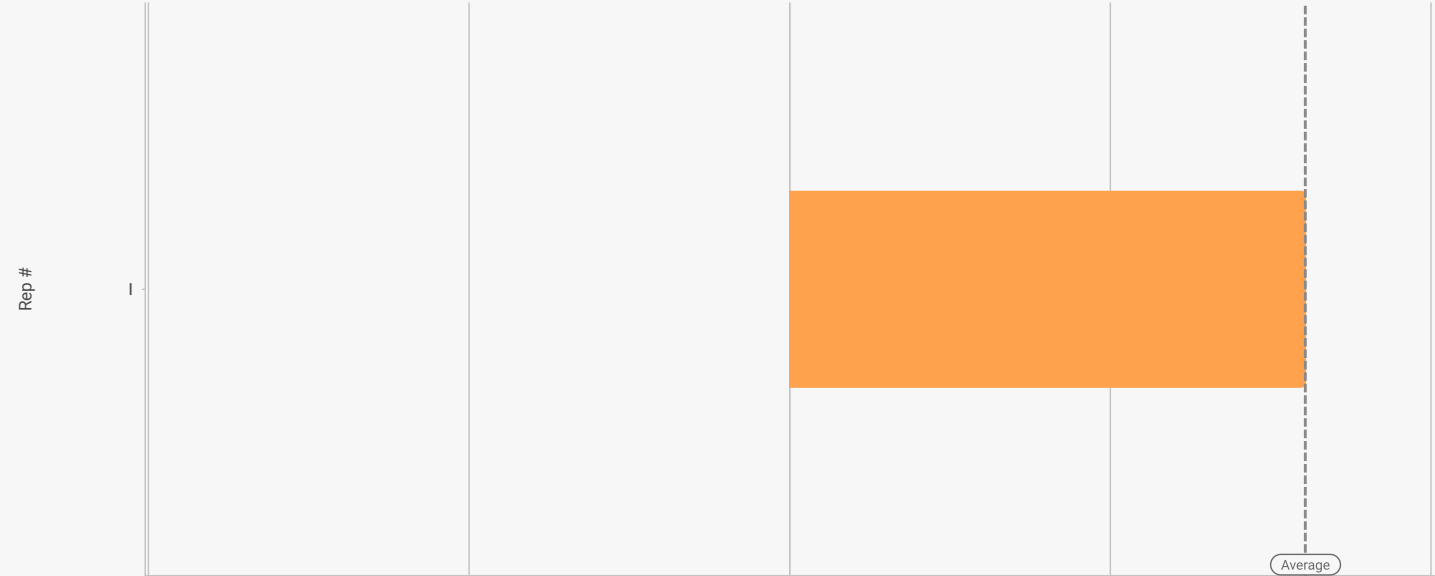
Internal Rotation Asymmetry [%] - Hip IR/ER

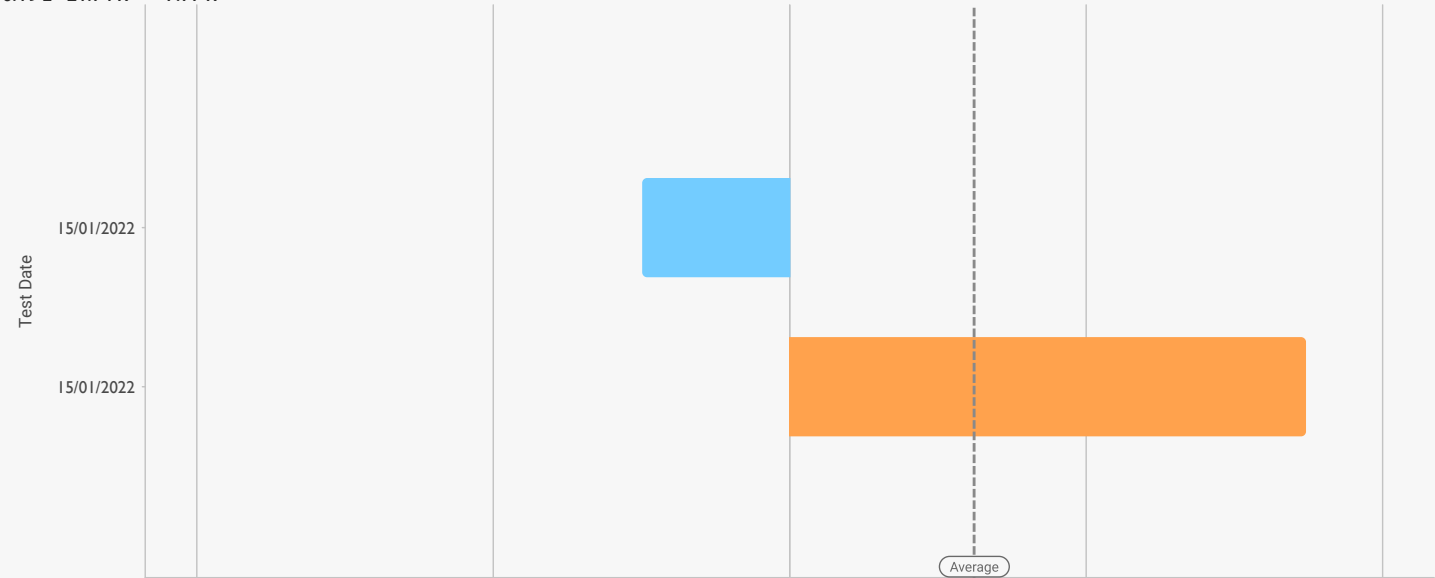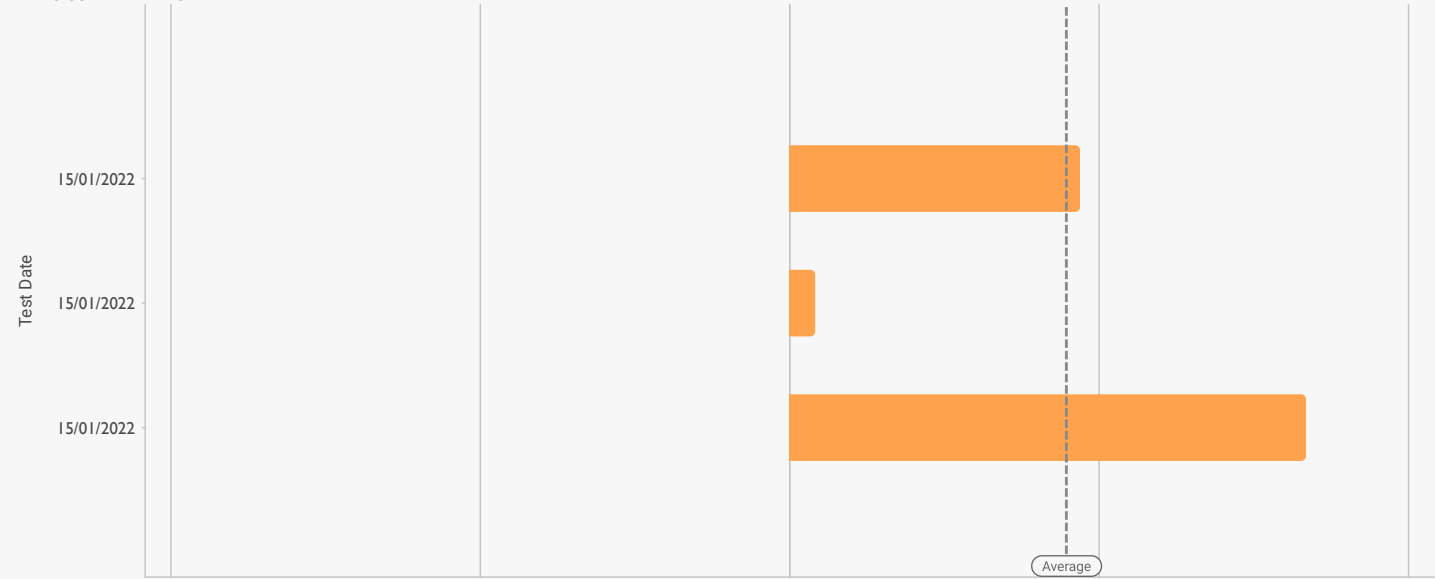Range	Average
24.26 L - 24.26 R	24.26 L

VALD

VALD Systems > ForceFrame
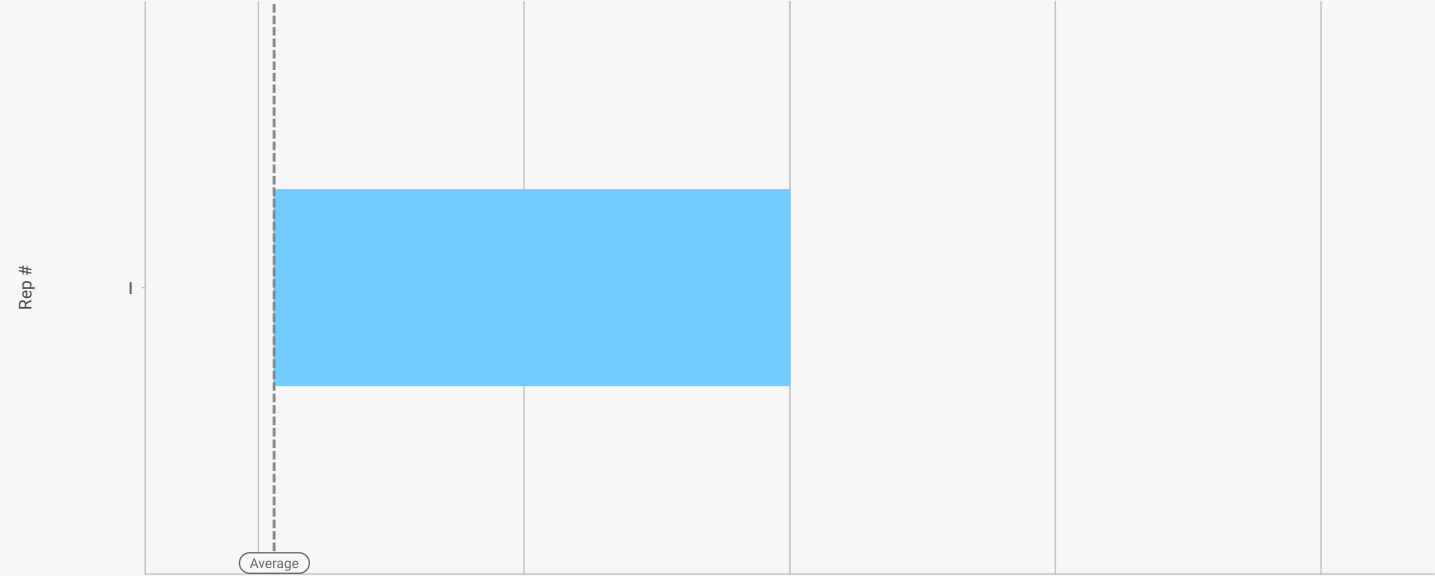
Extension Asymmetry [%] - Hip Extension

Range | Average
6.19 L - 21.74 R | 7.77 R

Flexion Asymmetry [%] - Hip Flexion

Range | Average
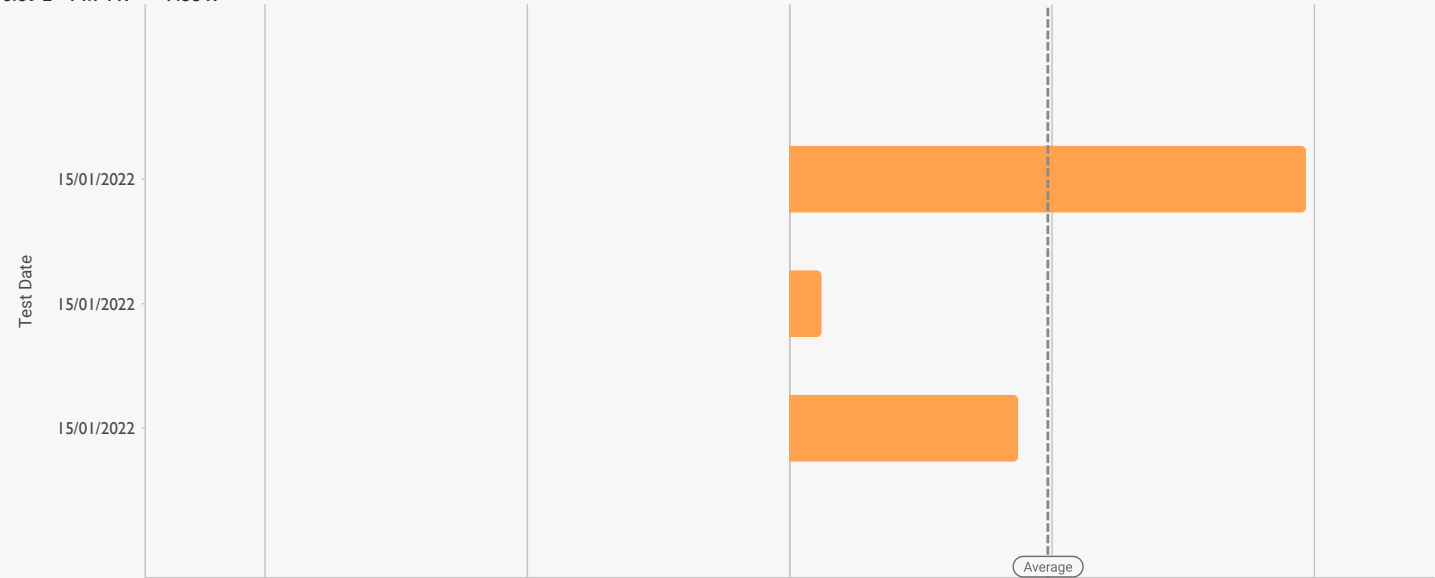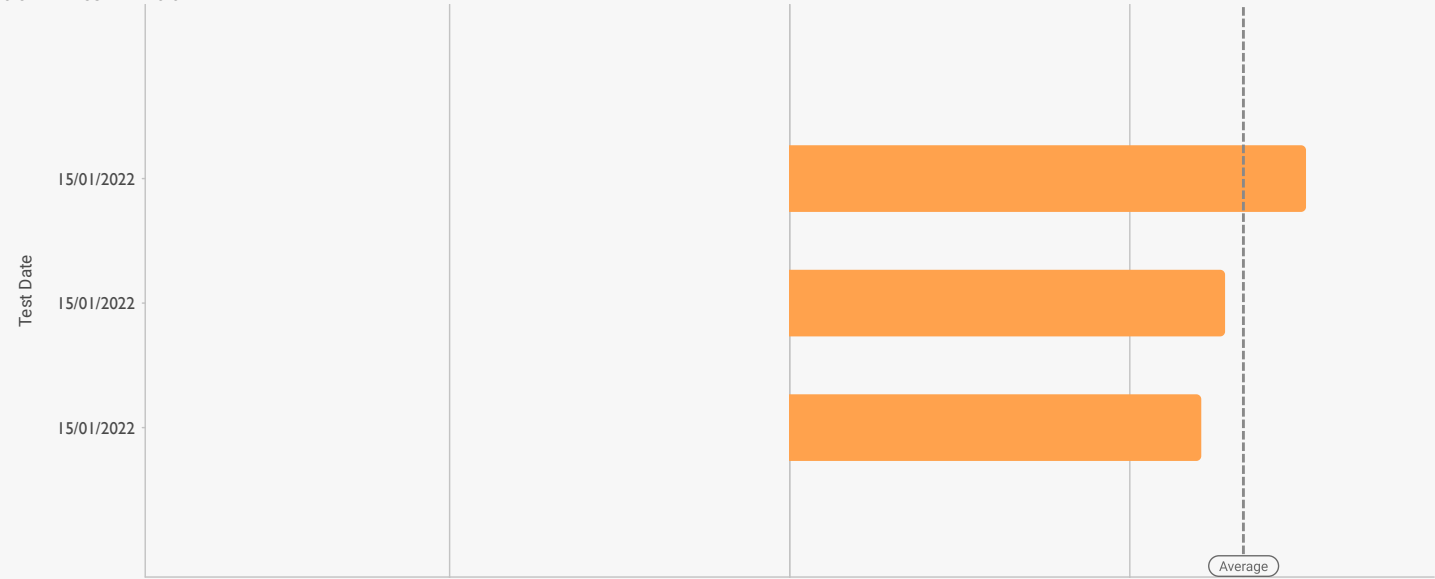1 L - 20.83 R | 11.18 R

VALD

VALD Systems > ForceFrame

Adduction Asymmetry [%] - Hip AD/AB

Range	Average
0.89 L - 14.74 R	7.38 R

Test Date

- 15/01/2022
- 15/01/2022
- 15/01/2022

Average

Abduction Asymmetry [%] - Hip AD/AB

Range	Average
6.04 L - 7.58 R	6.67 R

Test Date

- 15/01/2022
- 15/01/2022
- 15/01/2022

Average

VALD

VALD Systems > ForceFrame

Knee Flexion Asymmetry [%] - Knee Flexion

Range
13.75 L - 6.77 R

Average
2.68 L

Inversion Asymmetry [%] - Ankle IN/EV

Range
5.65 L - 5.65 R

Average
5.65 L

VALD

VALD Systems > ForceFrame
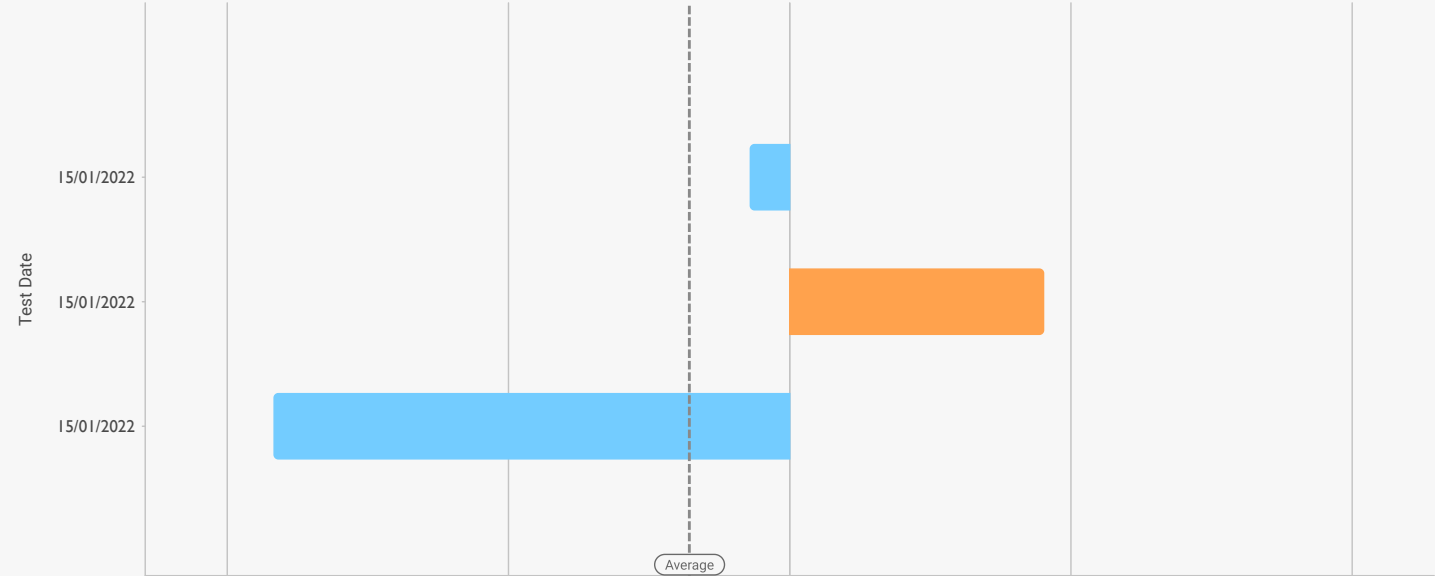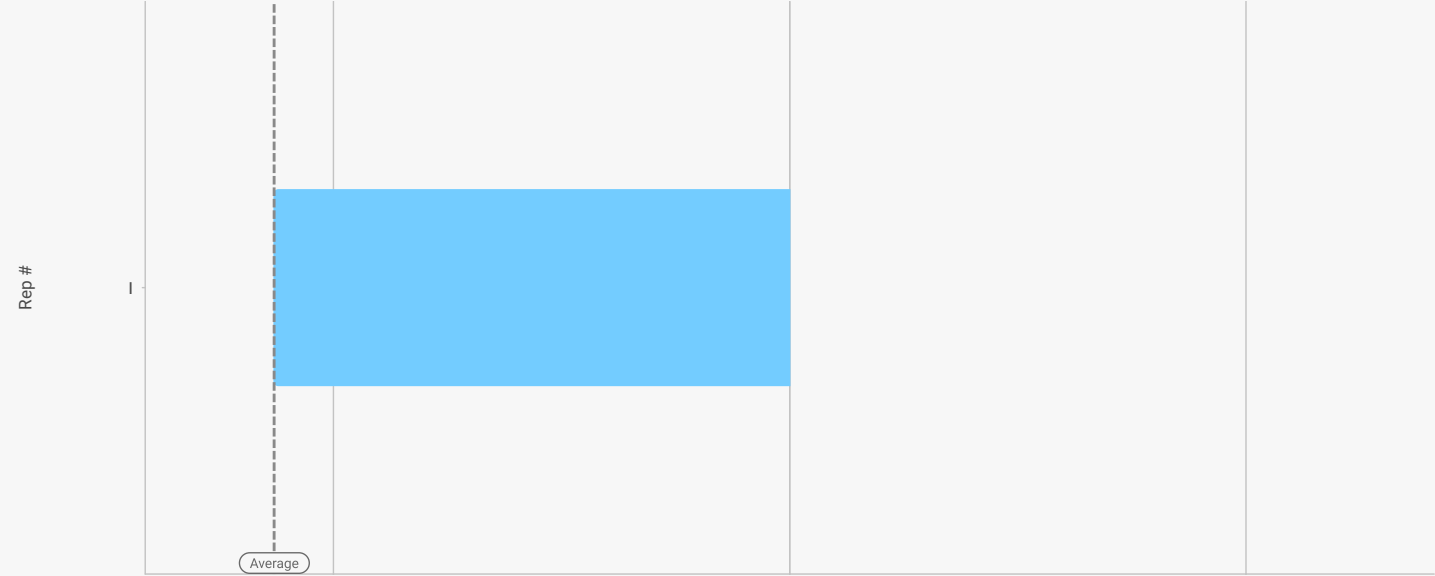
Eversion Asymmetry [%] - Ankle IN/EV

Range   Average

0 L - 0 R   **0 R**

Rep #

I
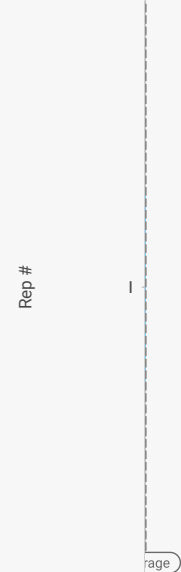
rage

Dorsiflexion Asymmetry [%] - Ankle Dorsiflexion

Range   Average

24.2 L - 24.2 R   **24.2 R**

Rep #

I

Average

VALD

⌂ > VALD Systems > ForceFrame
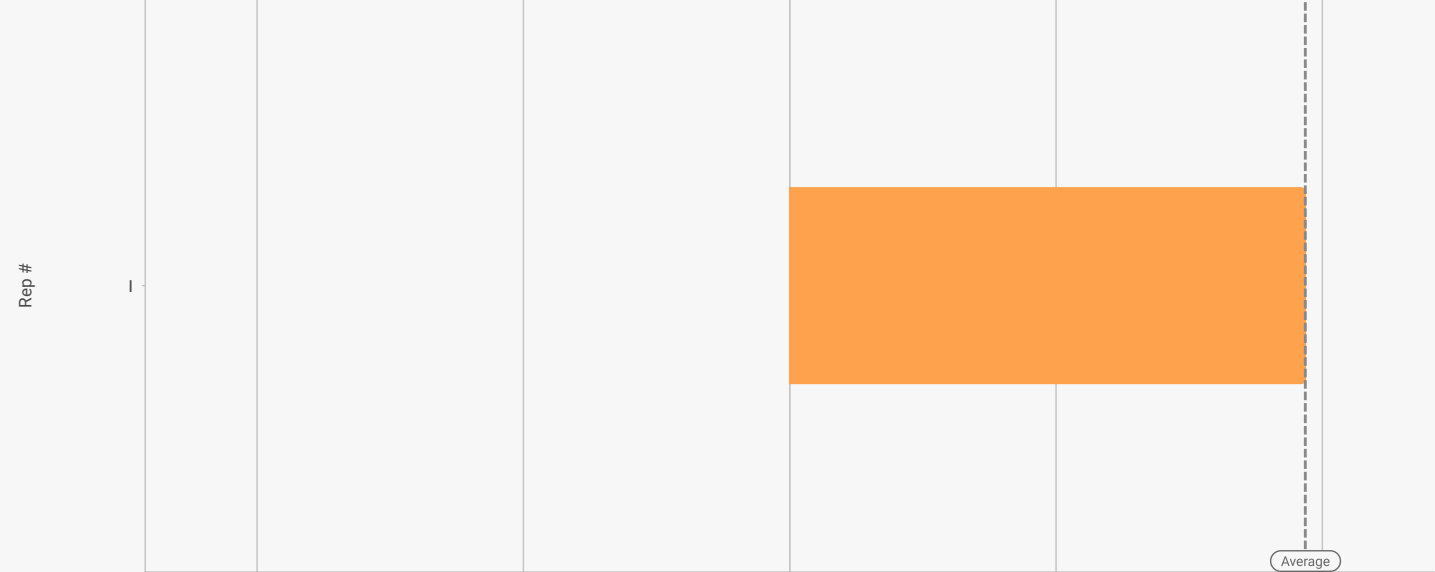
Impulse Force [N] - Wrist flexion

Range | Average
0 - 0 | 0

Impulse Force [N] - Wrist flexion
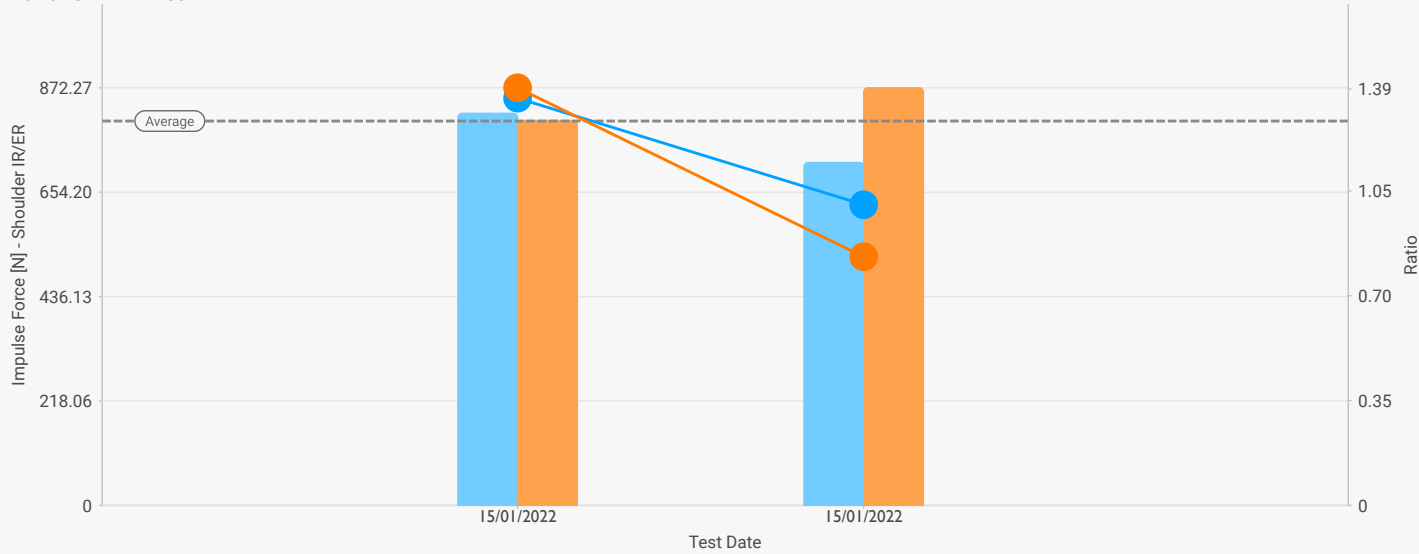
Range | Average
728.82 - 855.21 | 792.01
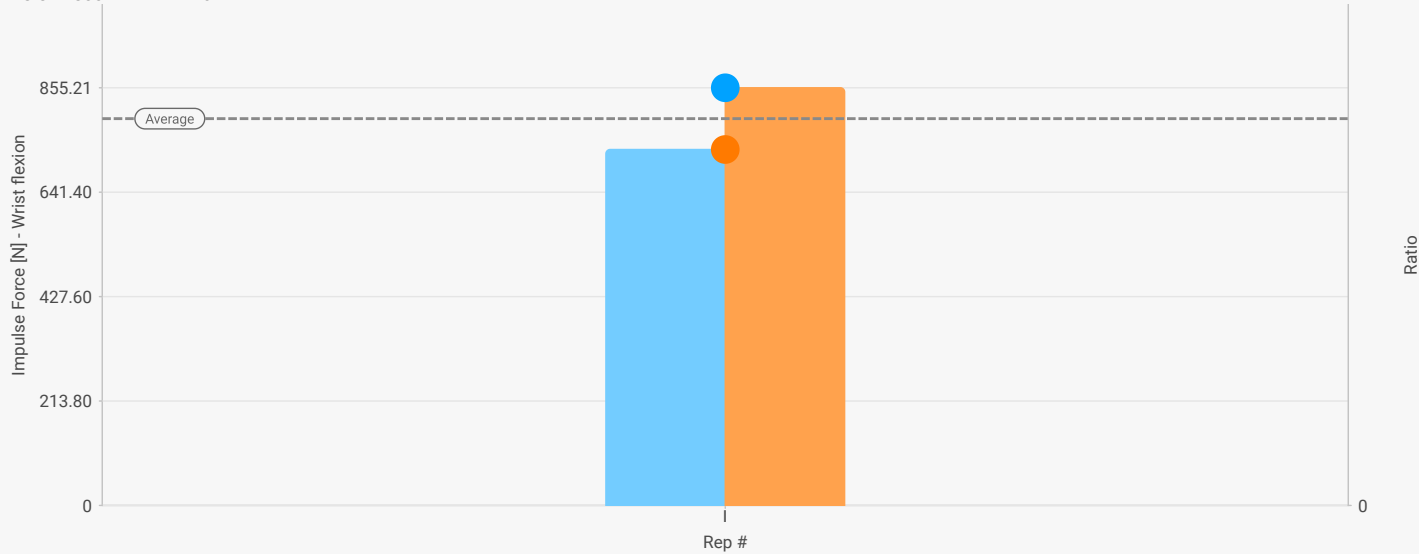
Internal Rotation Impulse Force [N] - Shoulder IR/ER

Range | Average
718.82 - 1120.78 | **919.23**
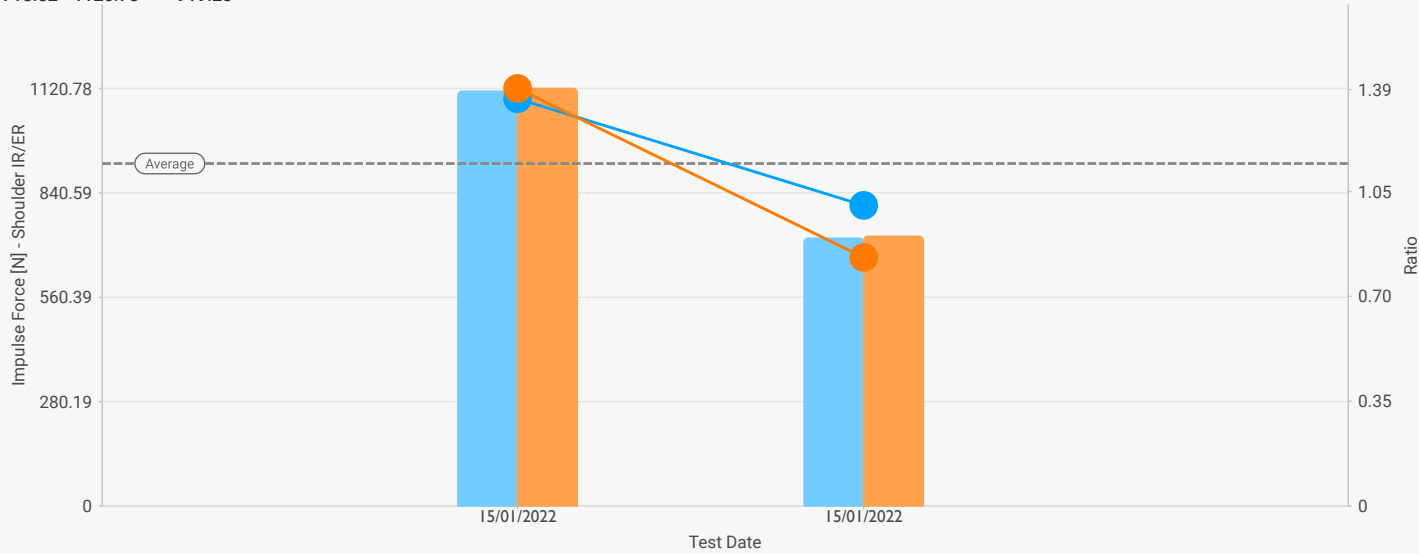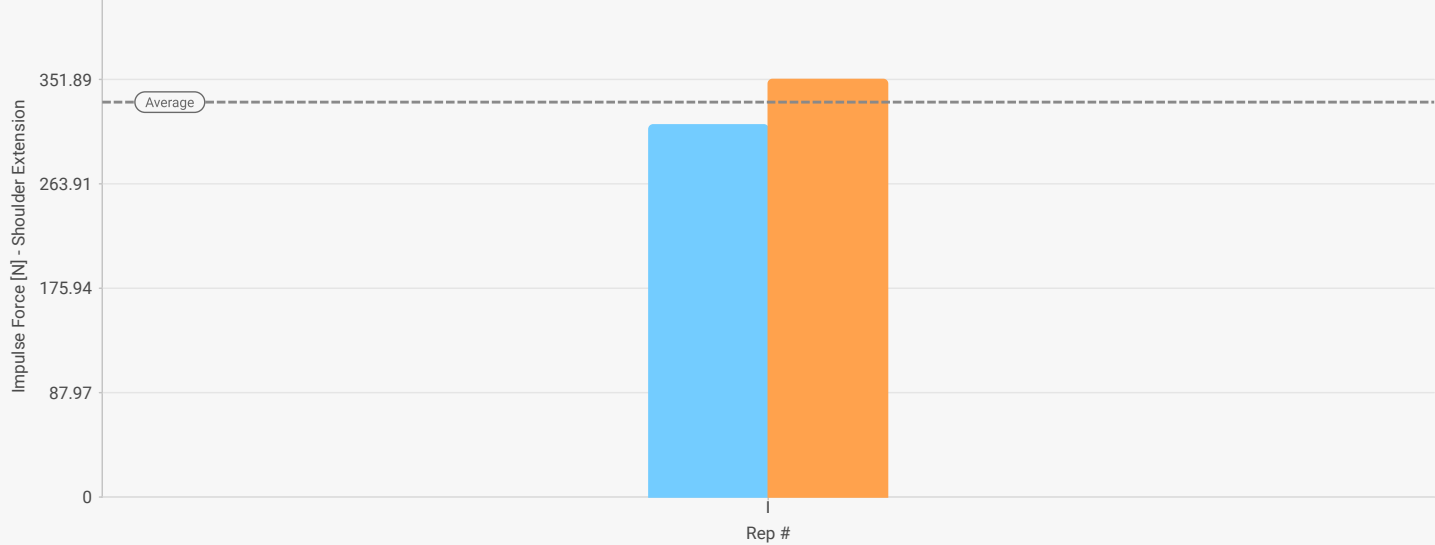

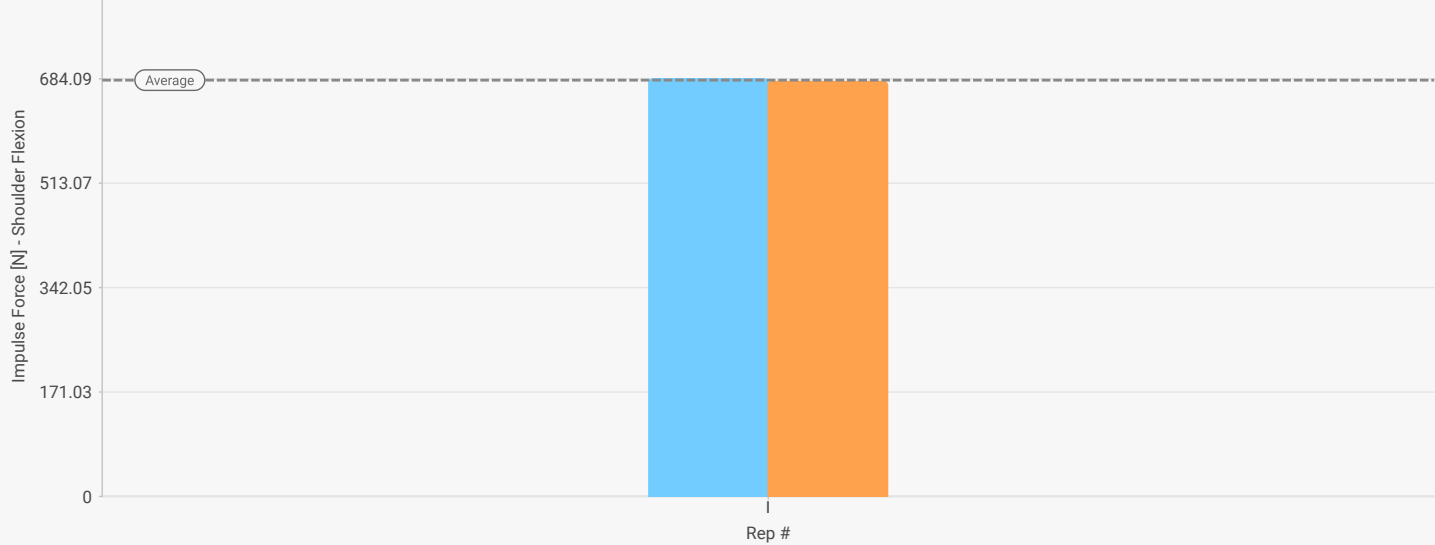## External Rotation Impulse Force [N] - Shoulder IR/ER

Range | Average
716.16 - 872.27 | **802.79**

VALD

VALD Systems > ForceFrame

Extension Impulse Force [N] - Shoulder Extension

Range | Average
313.61 - 351.89 | **332.75**
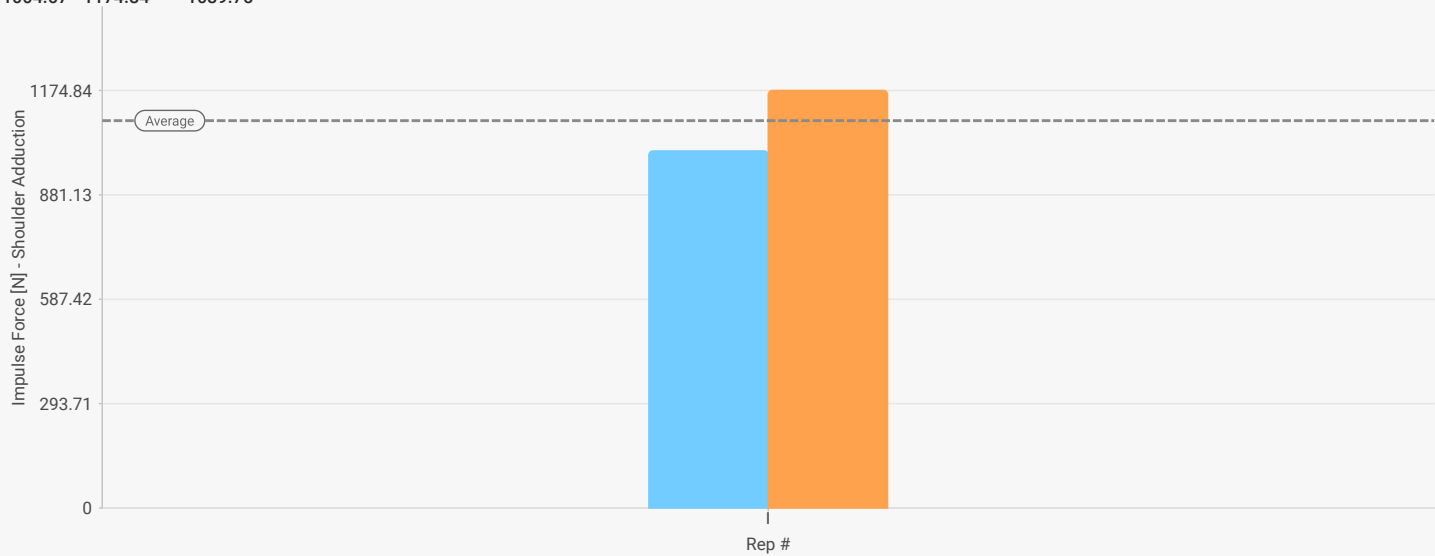

Flexion Impulse Force [N] - Shoulder Flexion

Range | Average
679.66 - 684.09 | **681.88**

VALD
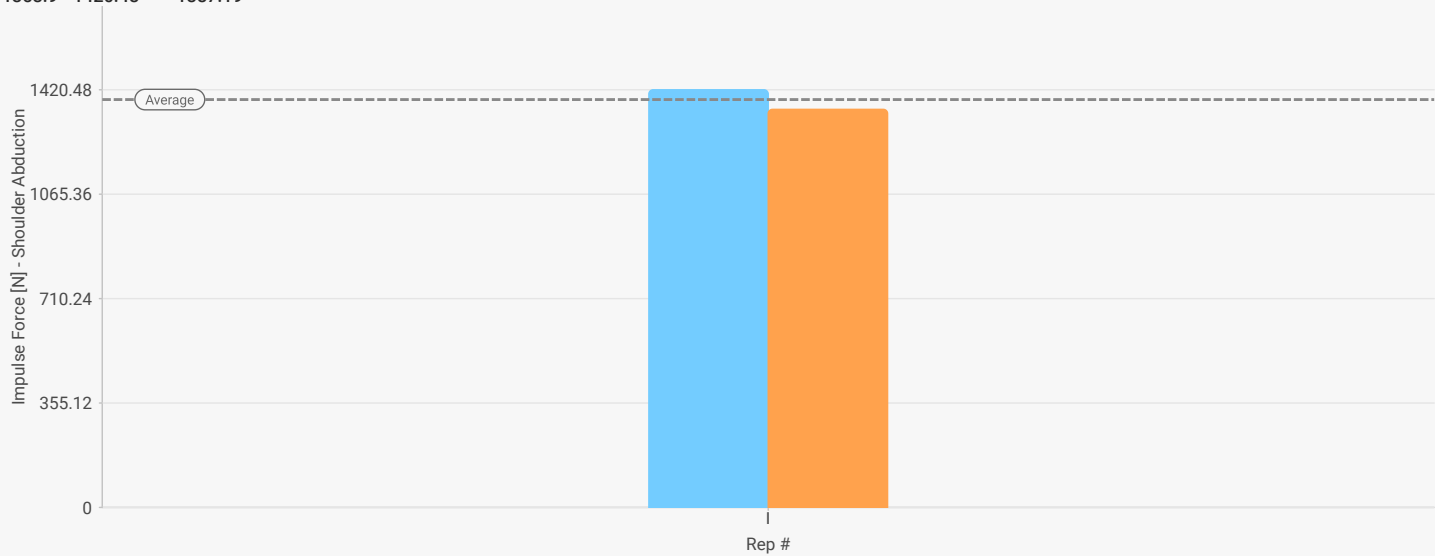
⌂ > VALD Systems > ForceFrame

Adduction Impulse Force [N] - Shoulder Adduction

Range   Average

1004.67 - 1174.84   **1089.75**
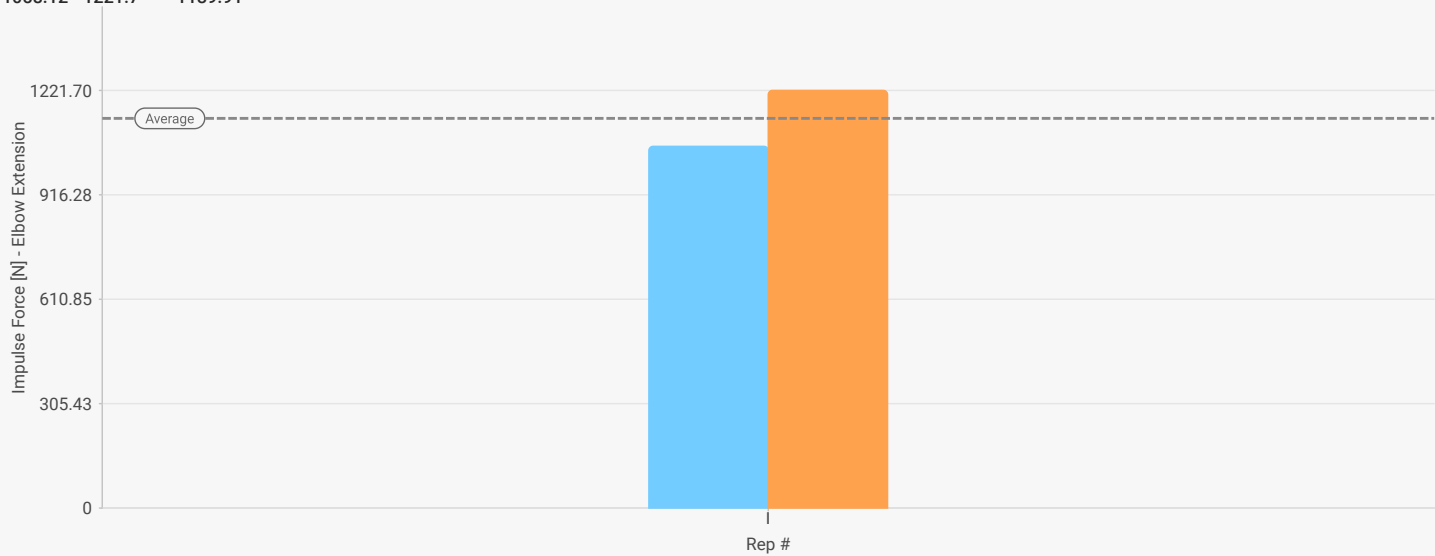

Abduction Impulse Force [N] - Shoulder Abduction
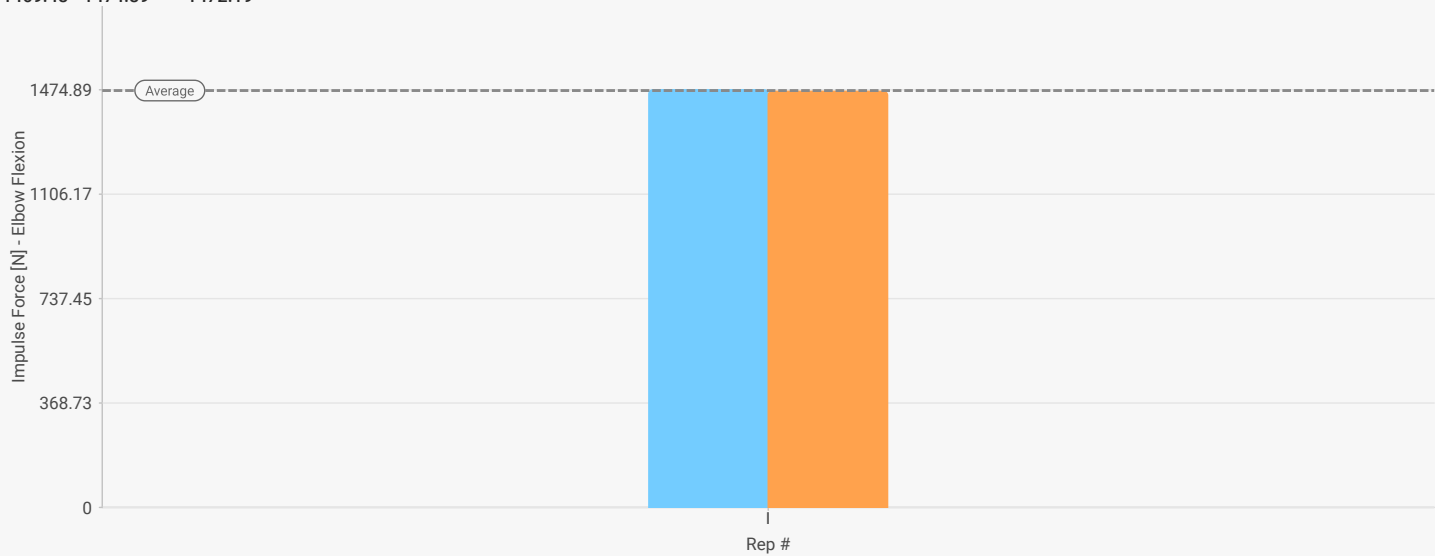
Range   Average

1353.9 - 1420.48   **1387.19**

VALD

Extension Impulse Force [N] - Elbow Extension

Range   Average

1058.12 - 1221.7   **1139.91**
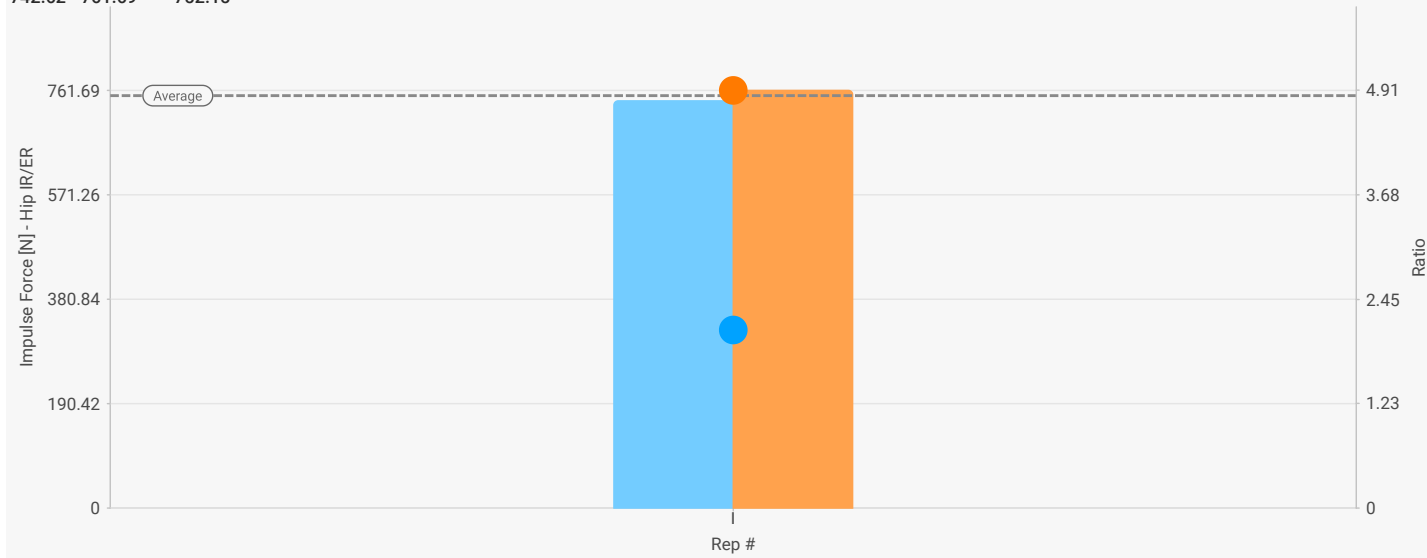

Rep #

Flexion Impulse Force [N] - Elbow Flexion

Range   Average

1469.48 - 1474.89   **1472.19**
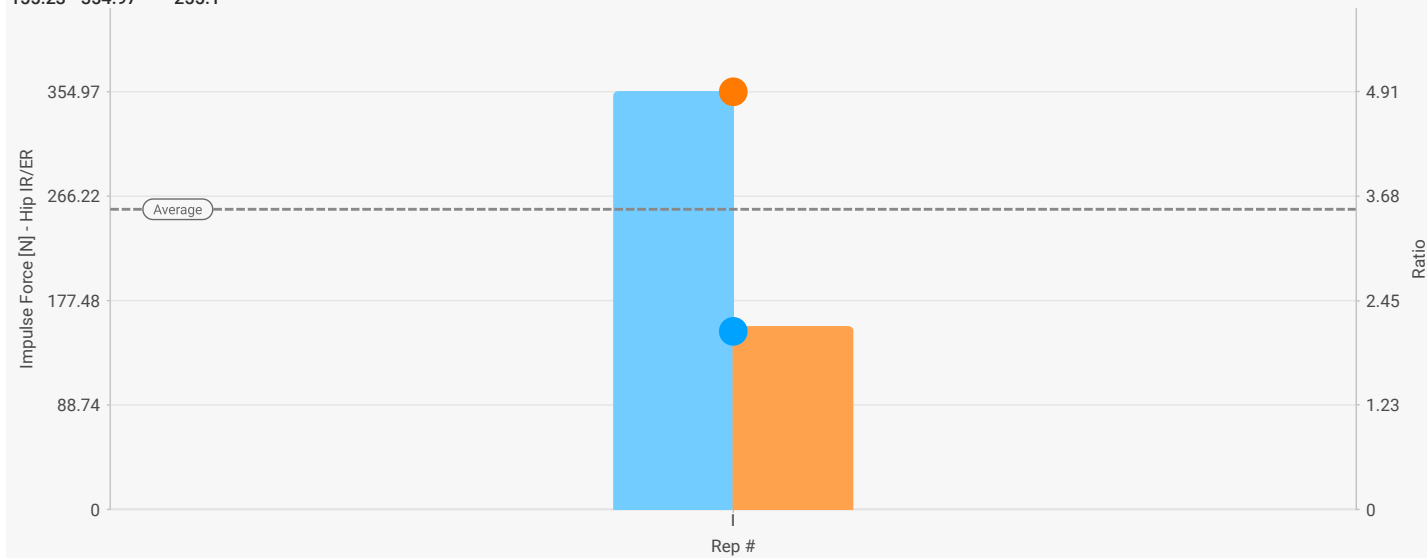

Rep #

VALD

VALD Systems > ForceFrame

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

Range | Average
742.62 - 761.69 | 752.15
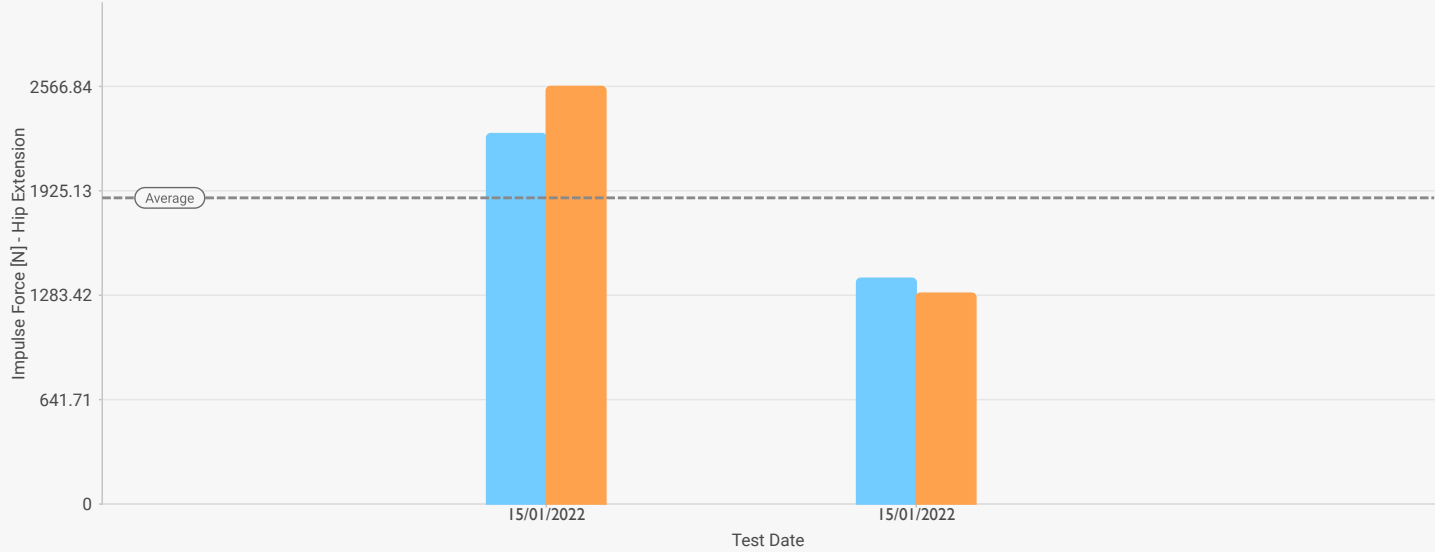

Internal Rotation Impulse Force [N] - Hip IR/ER
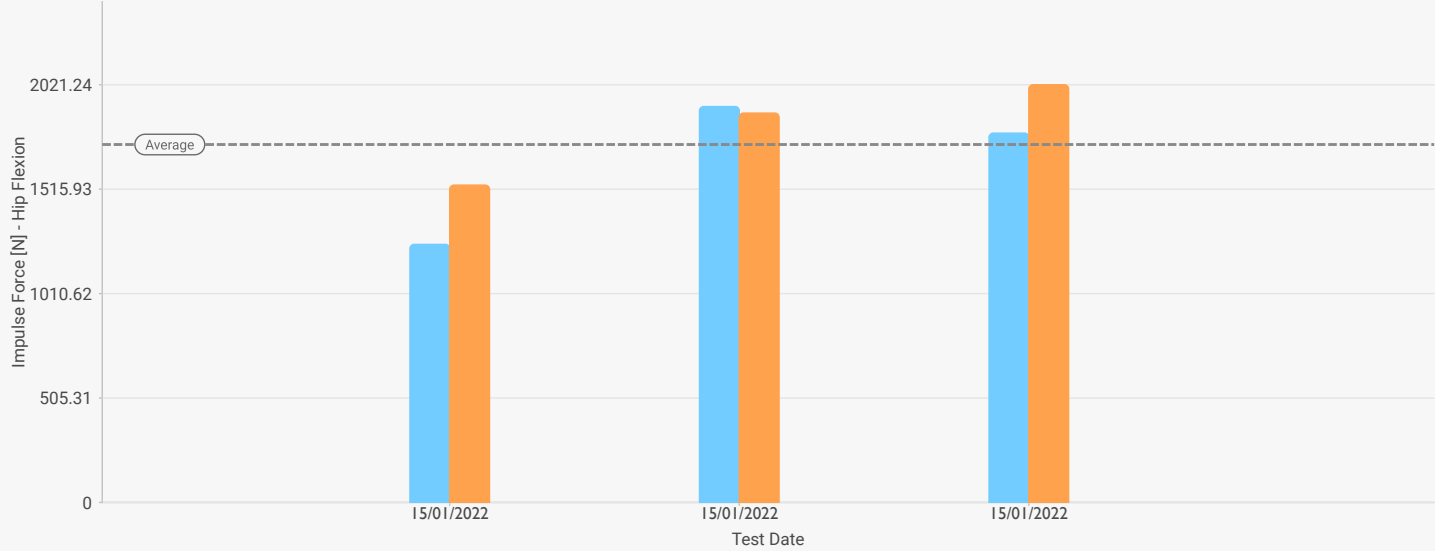
Range | Average
155.23 - 354.97 | 255.1

Extension Impulse Force [N] - Hip Extension

Range | Average
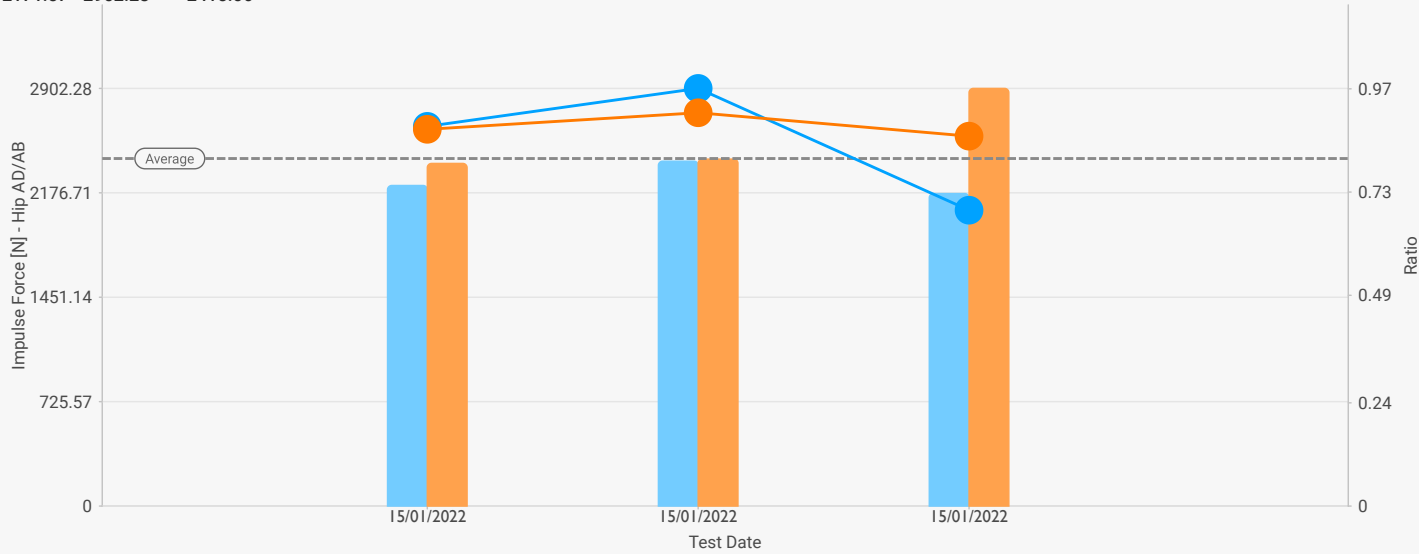**1296.32 - 2566.84** | **1882**

Flexion Impulse Force [N] - Hip Flexion
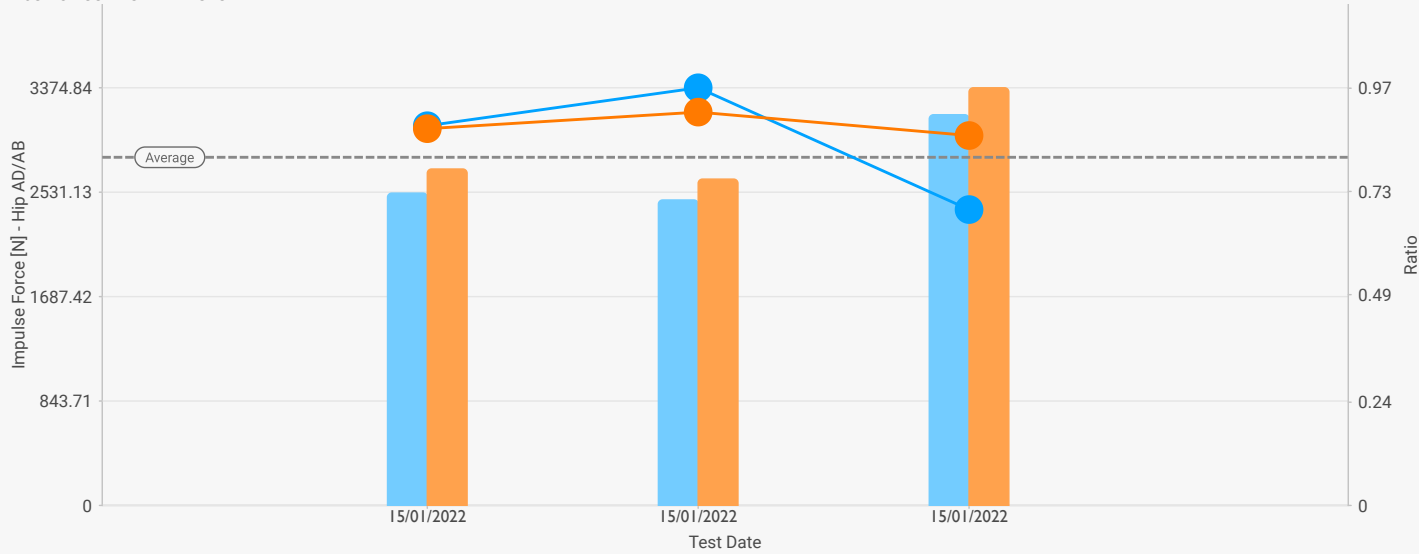
Range | Average
1248.83 - 2021.24 | **1732.16**

VALD

Adduction Impulse Force [N] - Hip AD/AB

Range	Average
2171.57 - 2902.28	**2415.06**

Abduction Impulse Force [N] - Hip AD/AB

Range	Average
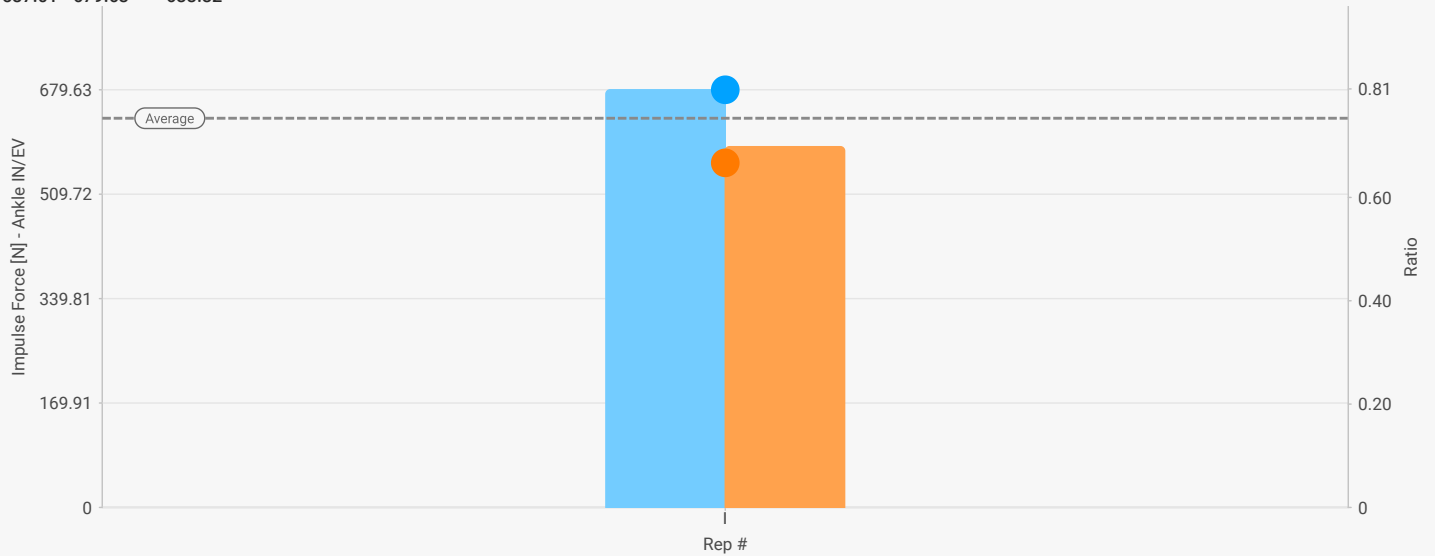**2468.25 - 3374.84**	**2813.2**

VALD

Knee Flexion Impulse Force [N] - Knee Flexion

Range | Average
864.48 - 1420.04 | **1165.17**
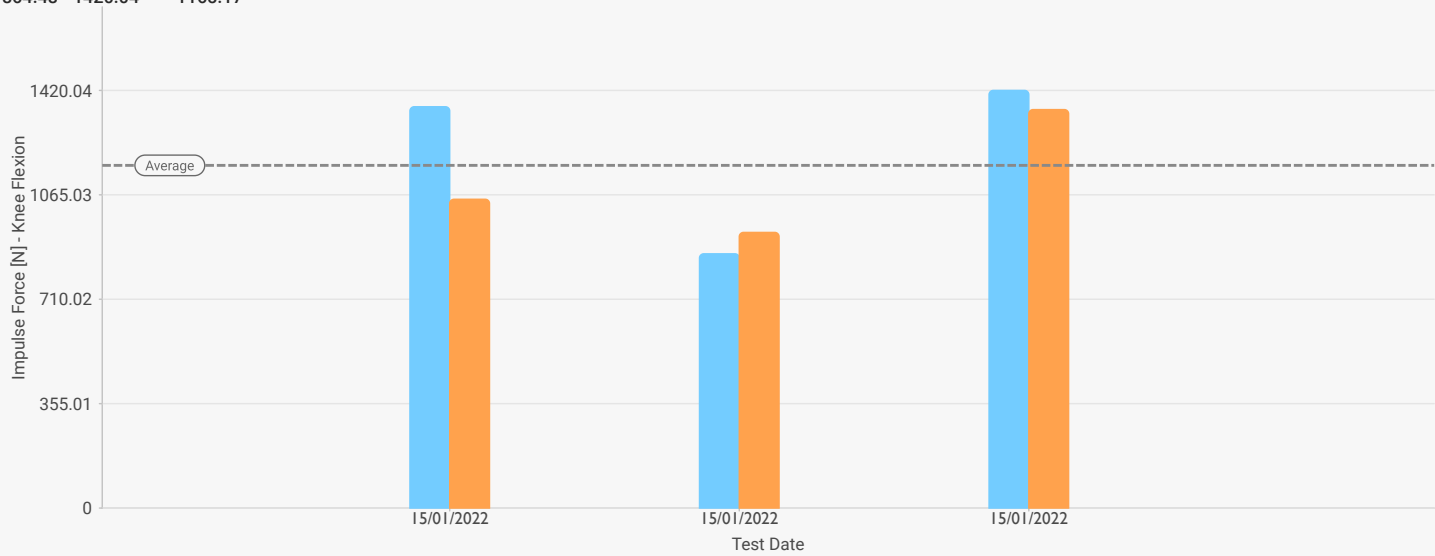
Inversion Impulse Force [N] - Ankle IN/EV

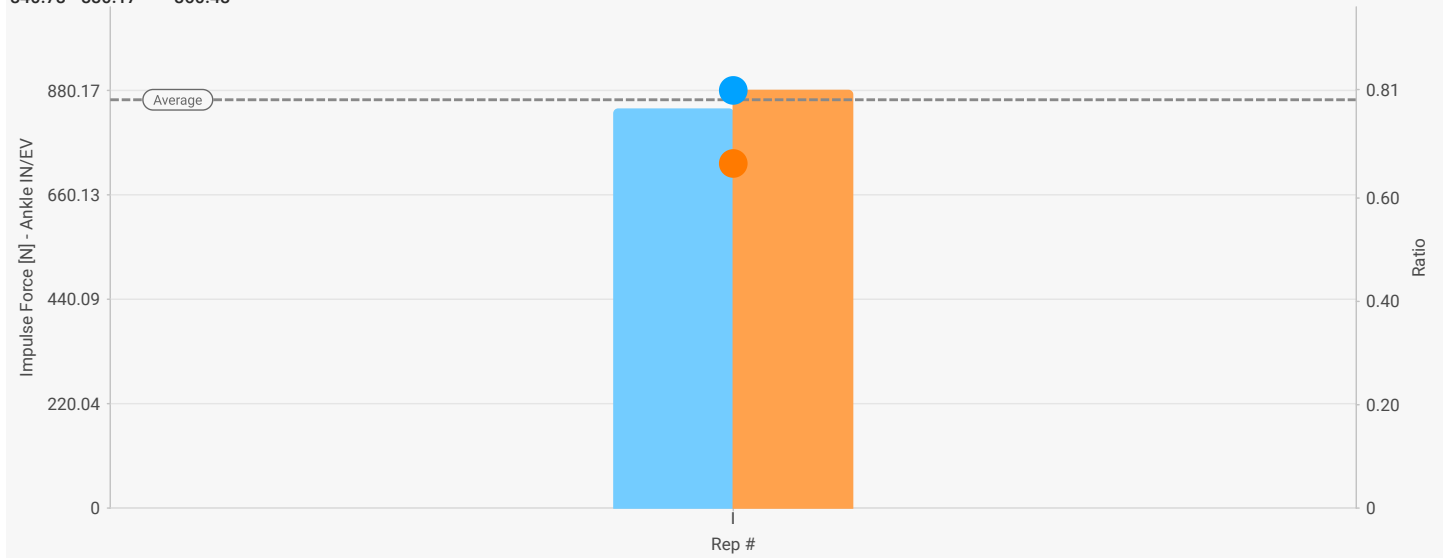Range | Average
587.01 - 679.63 | **633.32**
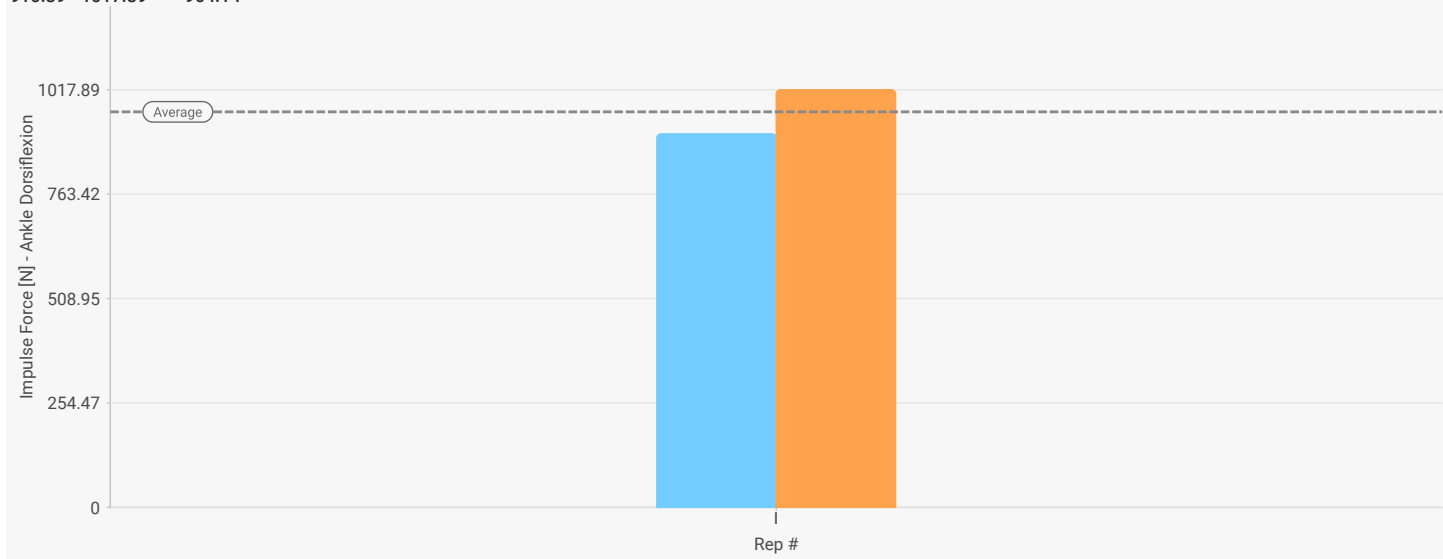

VALD

Eversion Impulse Force [N] - Ankle IN/EV

Range | Average
840.78 - 880.17 | **860.48**

Dorsiflexion Impulse Force [N] - Ankle Dorsiflexion
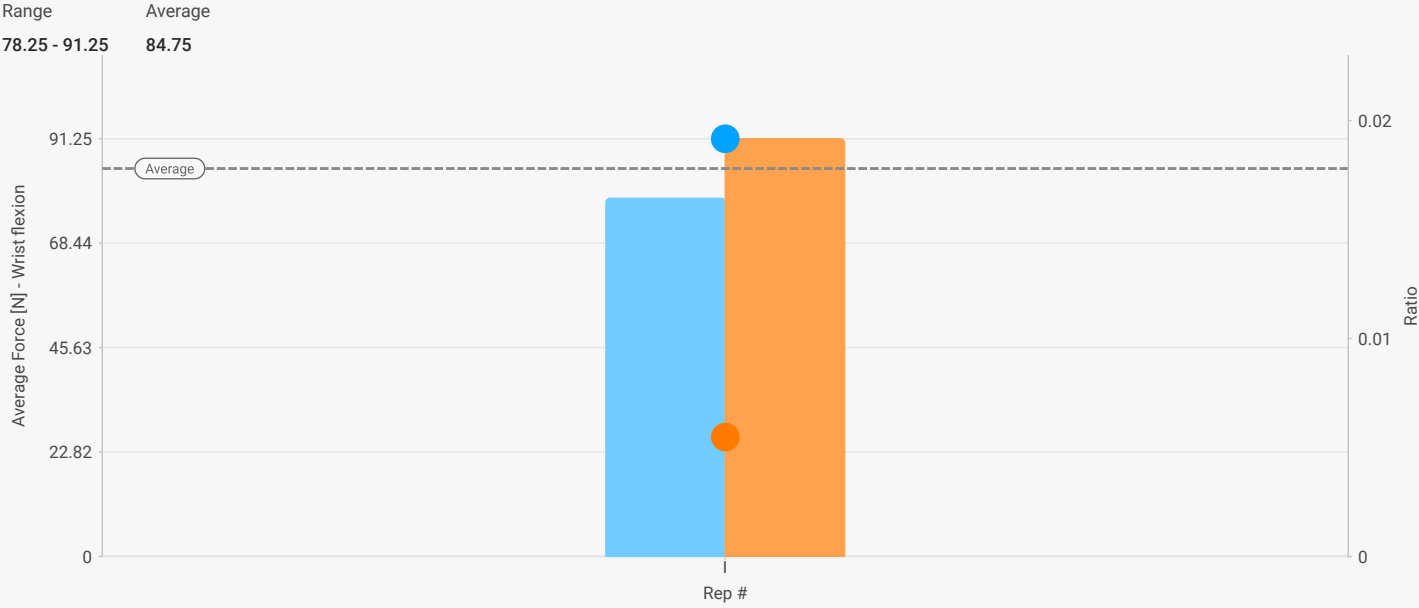
Range | Average
910.39 - 1017.89 | **964.14**
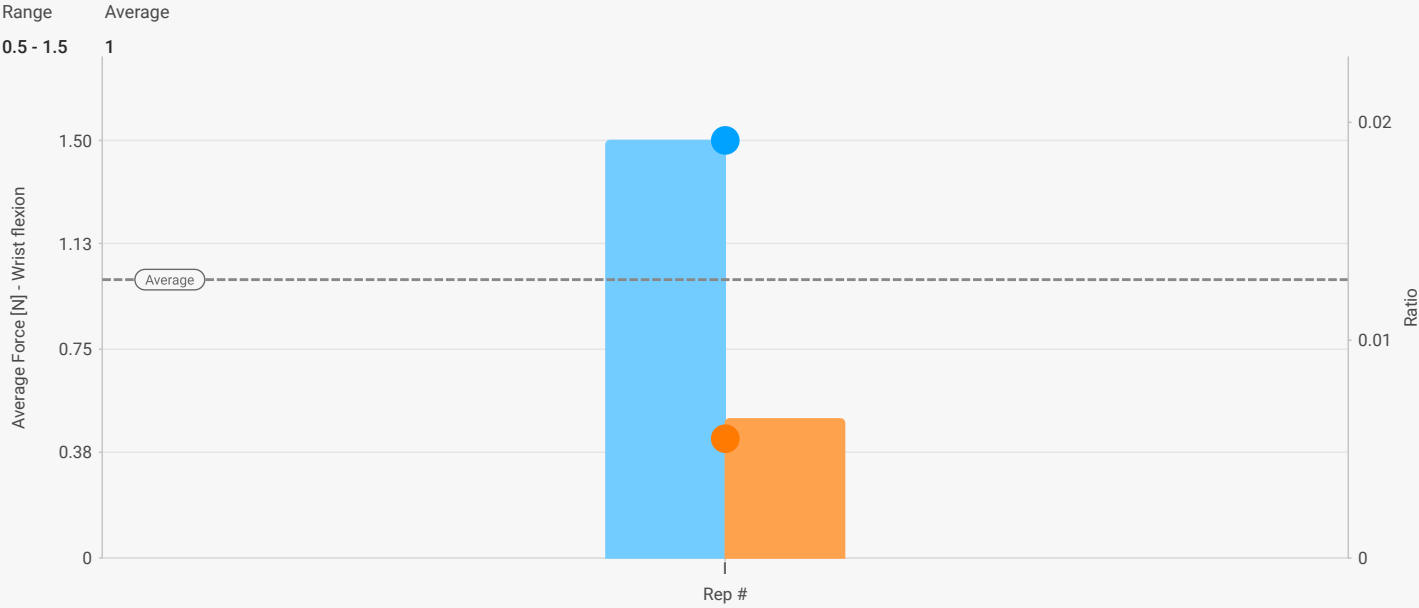
VALD

VALD Systems > ForceFrame

Average Force [N] - Wrist flexion

Range   Average

0.5 - 1.5   **1**

Rep #

Average Force [N] - Wrist flexion

Range   Average

78.25 - 91.25   **84.75**

Rep #
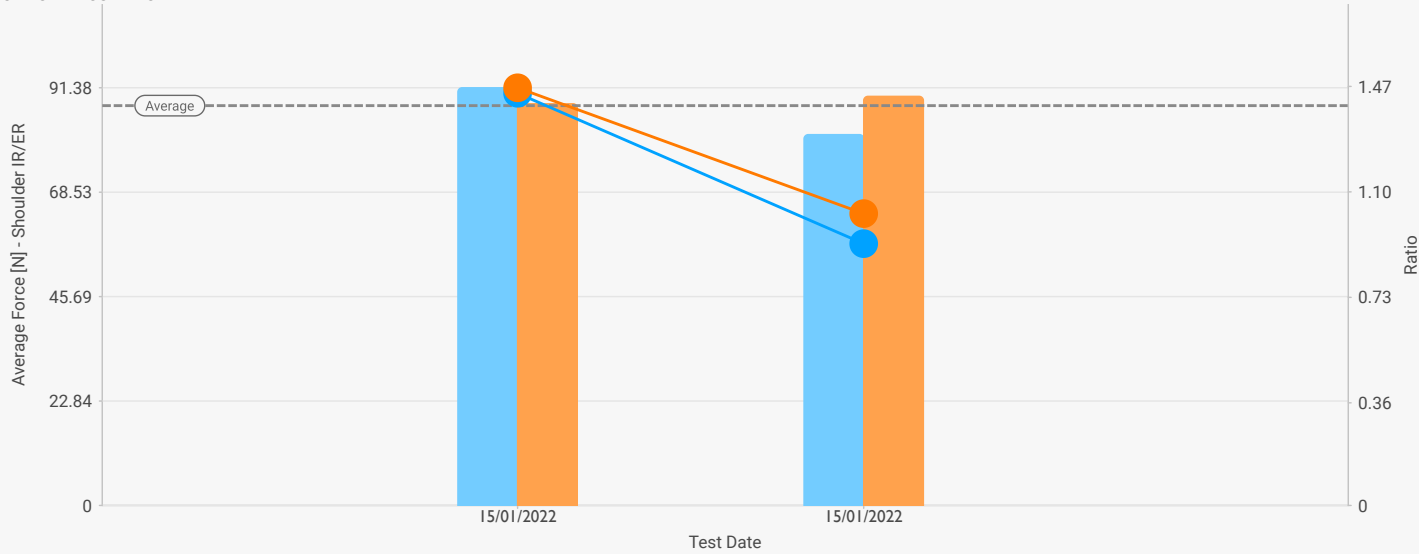
VALD

⌂ > VALD Systems > ForceFrame

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

Range
74.5 - 132.13

Average
106.75

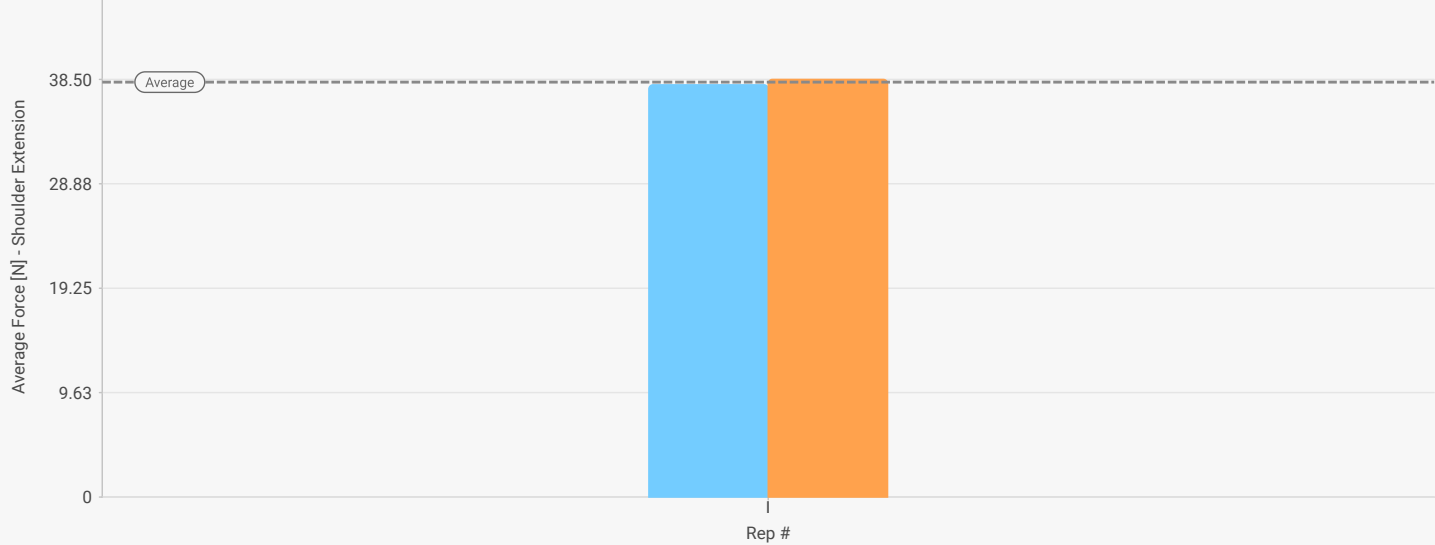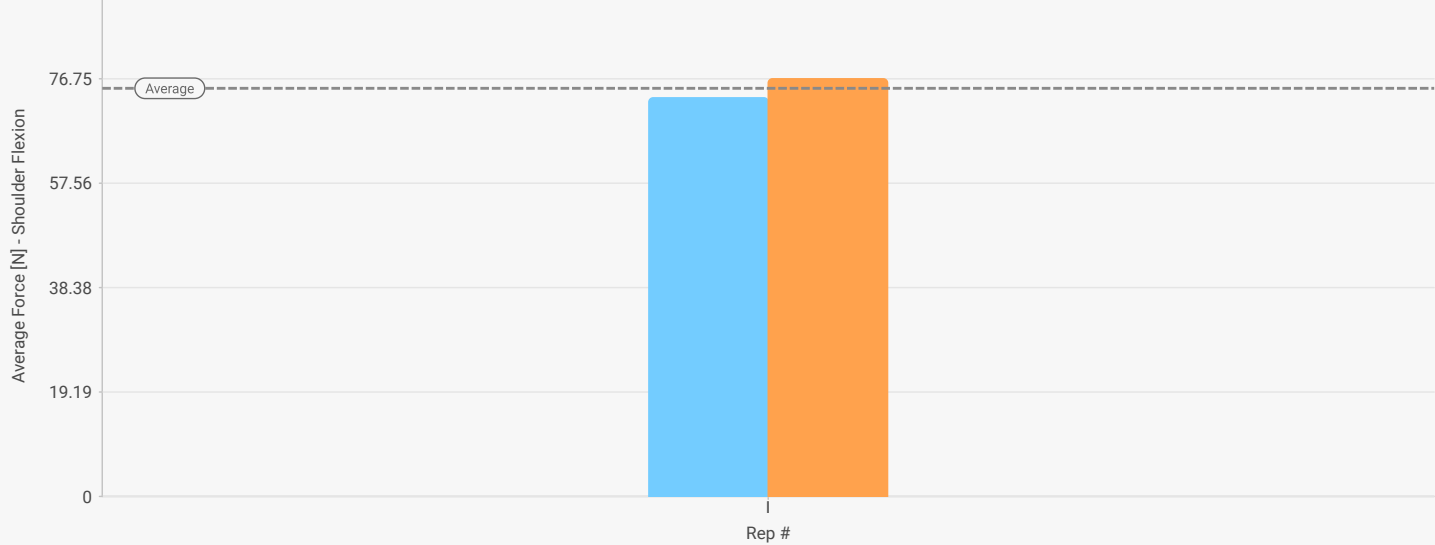## External Rotation Average Force [N] - Shoulder IR/ER

Range
81.13 - 91.38

Average
87.47

VALD

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Extension Average Force [N] - Shoulder Extension

Range
38 - 38.5

Average
38.25

Rep #

Flexion Average Force [N] - Shoulder Flexion

Range
73.25 - 76.75

Average
75

Rep #

VALD

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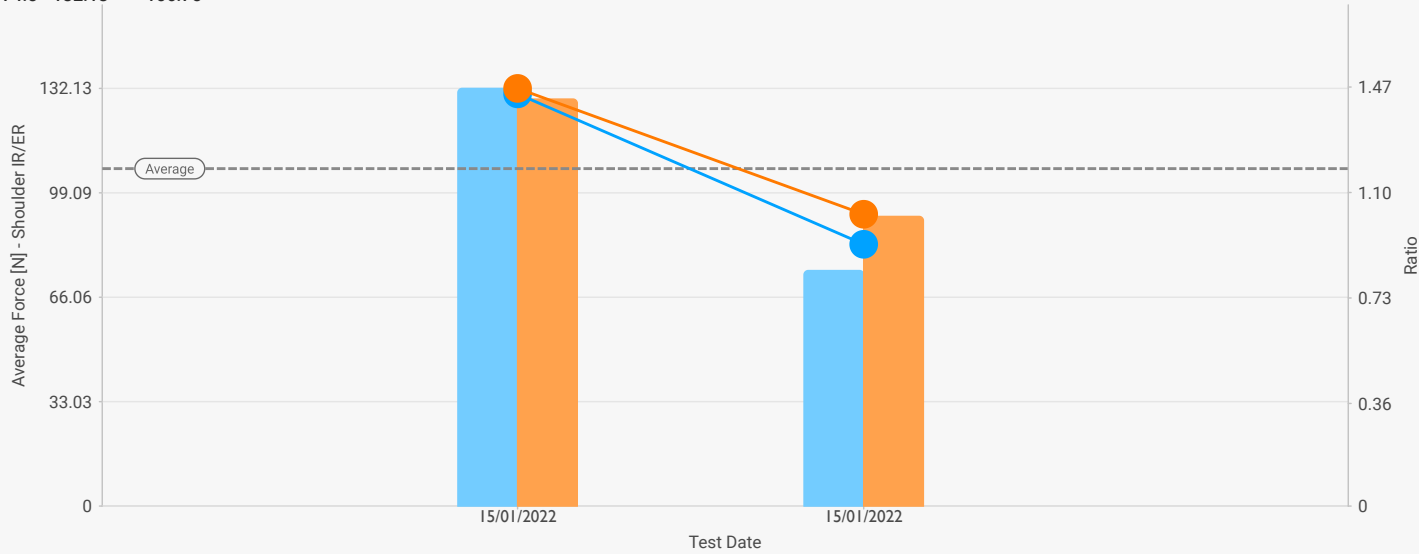
Adduction Average Force [N] - Shoulder Adduction

Range	Average
104.75 - 115.13	**109.94**
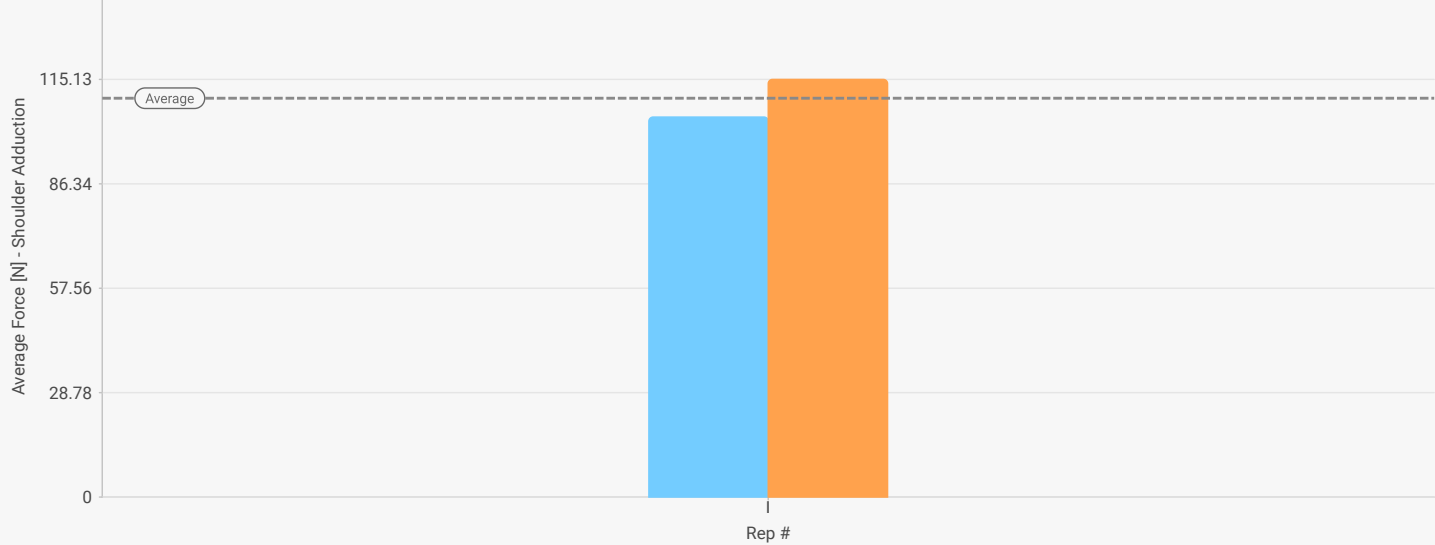
Abduction Average Force [N] - Shoulder Abduction

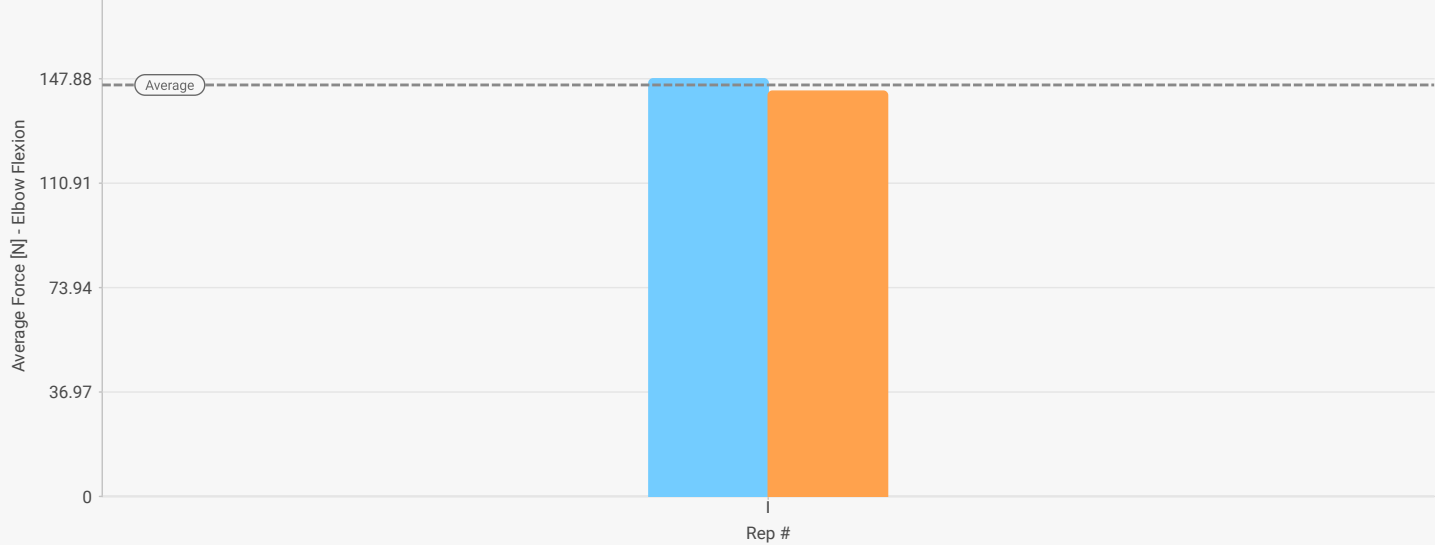| Range	Average
120.75 - 145.25	**133**

VALD
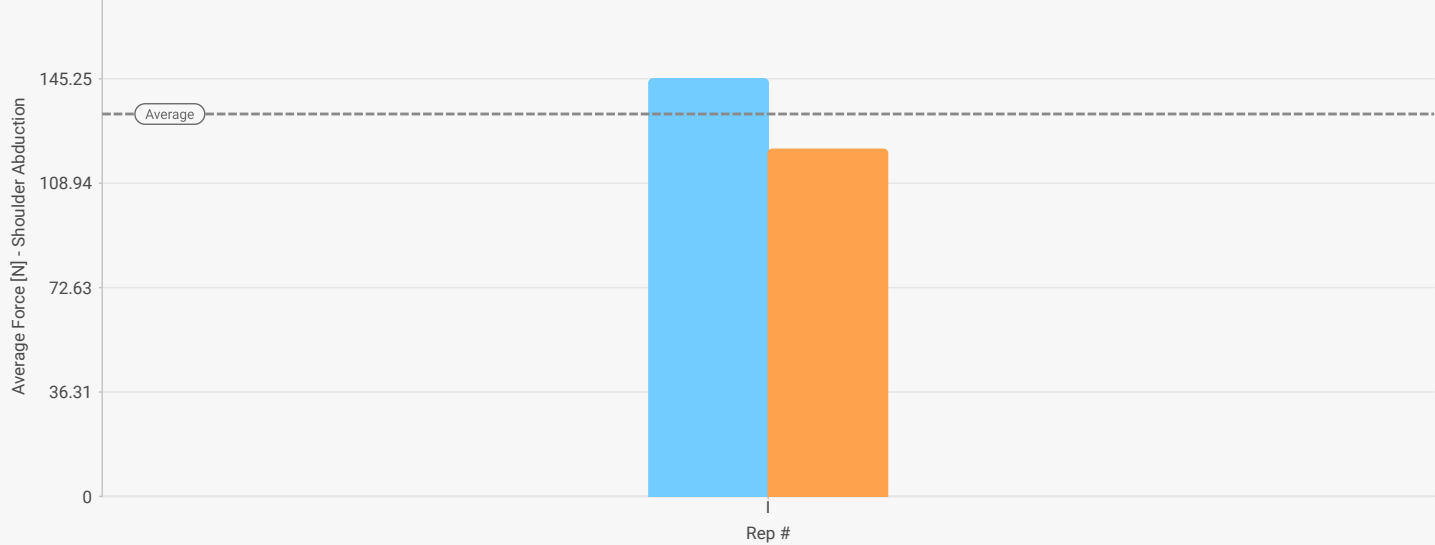
Extension Average Force [N] - Elbow Extension
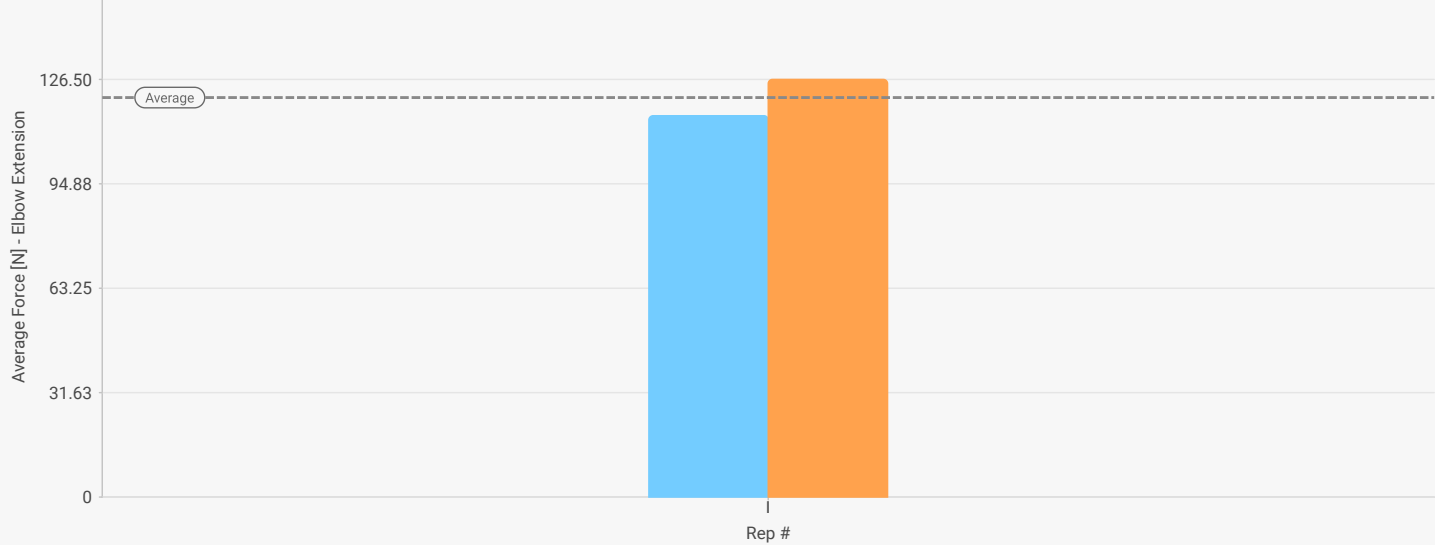
Range
115.5 - 126.5

Average
121

Flexion Average Force [N] - Elbow Flexion

Range
143.5 - 147.88

Average
145.69

VALD

⌂ > VALD Systems > ForceFrame
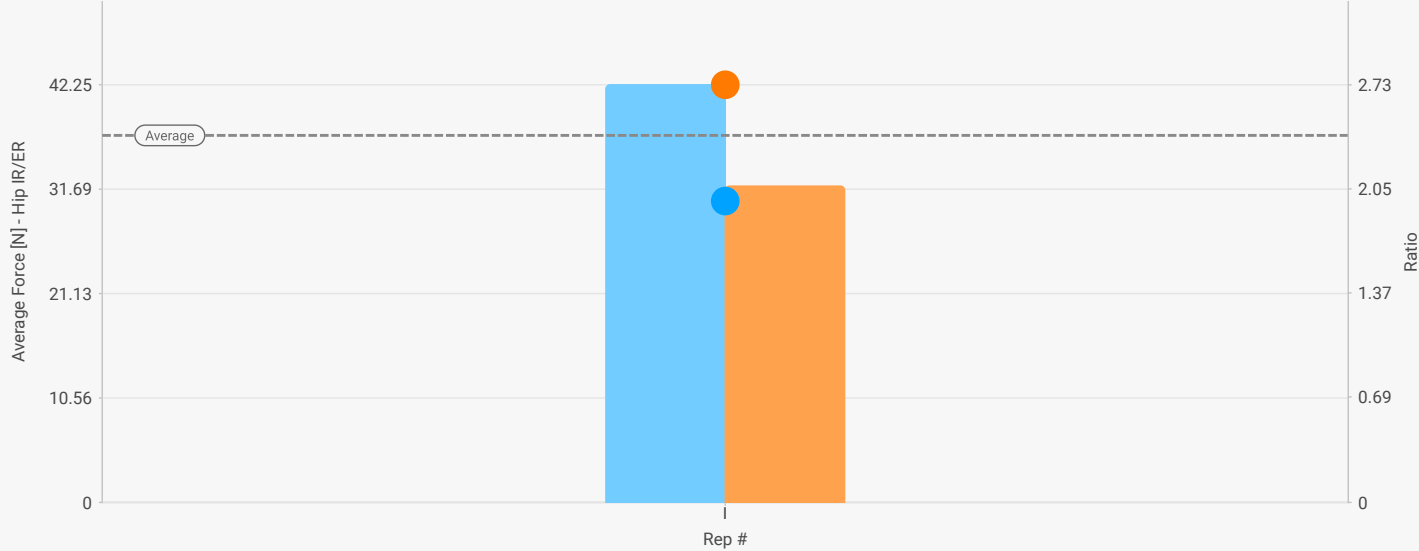
External Rotation Average Force [N] - Hip IR/ER

Range   Average

83.25 - 87.38   **85.31**
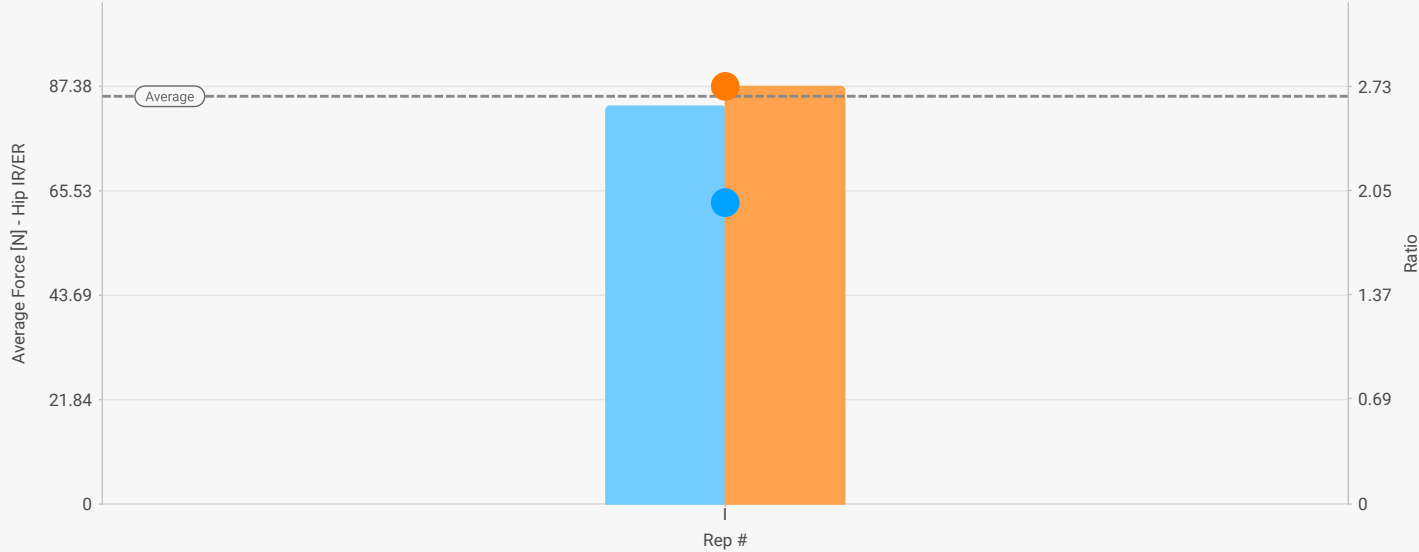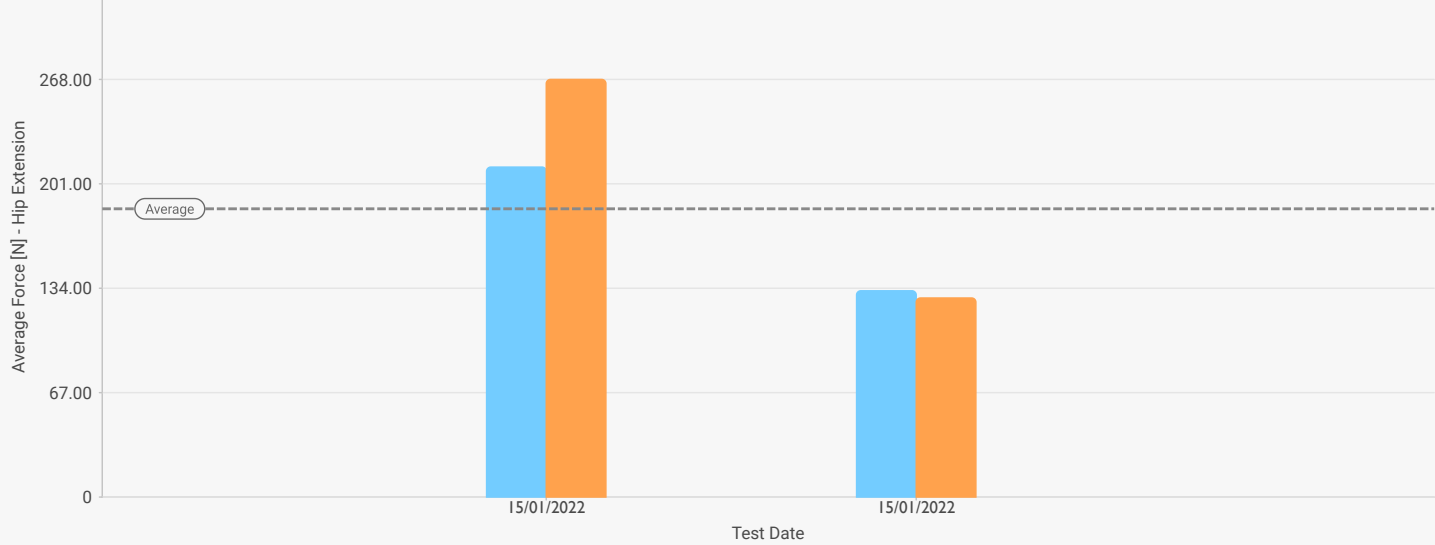

Internal Rotation Average Force [N] - Hip IR/ER
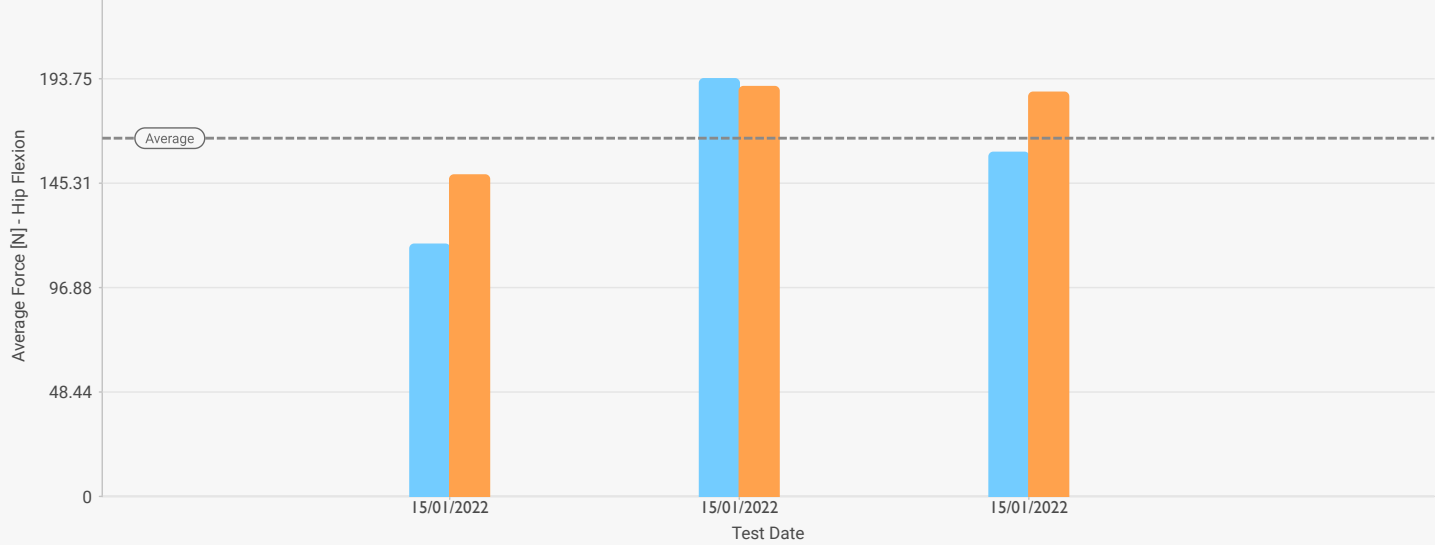
Range   Average

32 - 42.25   **37.13**

VALD

Extension Average Force [N] - Hip Extension

Range: **127.75 - 268**

Average: **184.97**

Flexion Average Force [N] - Hip Flexion

Range: **117 - 193.75**

Average: **166.19**

VALD

VALD Systems > ForceFrame
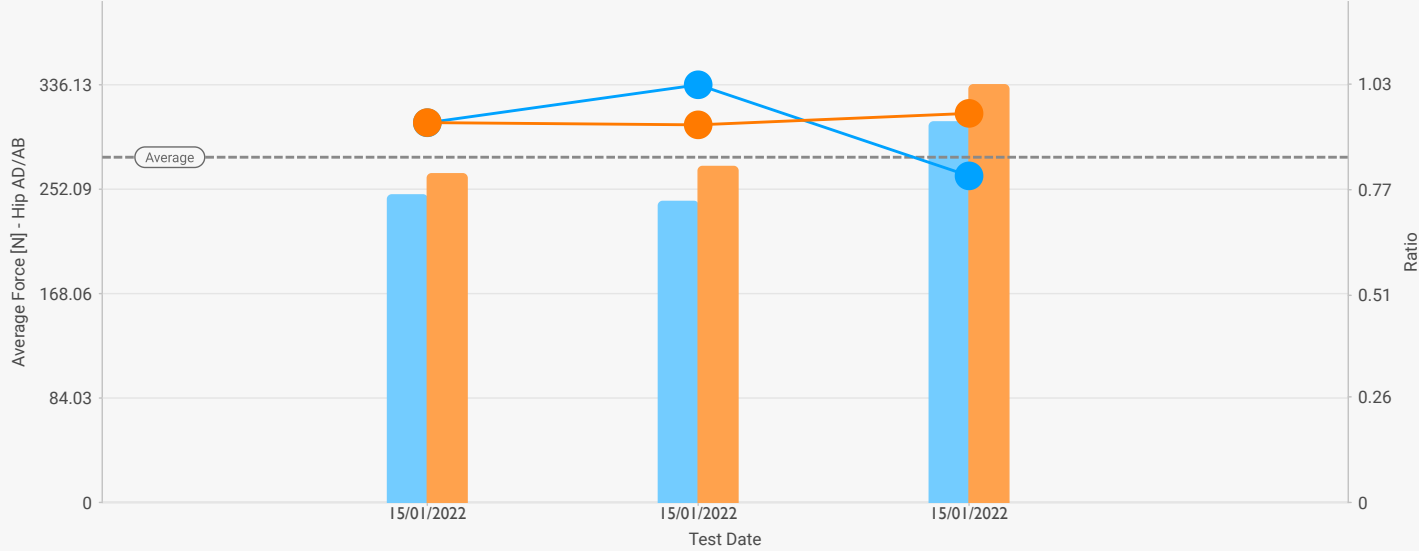
Adduction Average Force [N] - Hip AD/AB

Range | Average
231.38 - 322 | **257.92**
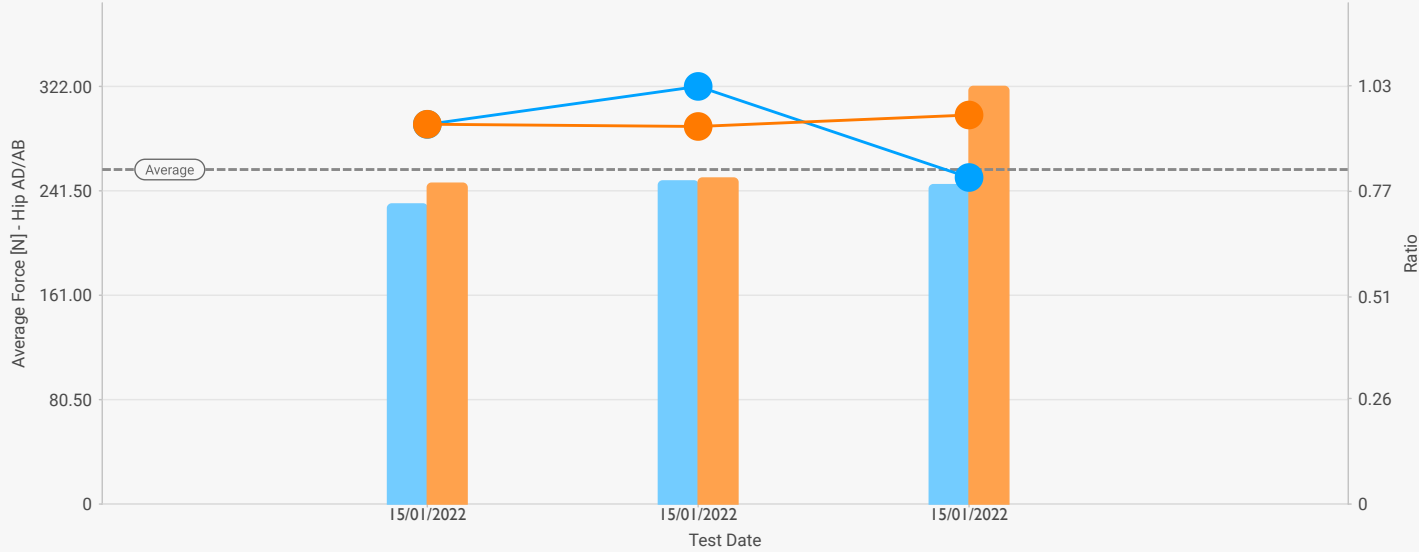
Abduction Average Force [N] - Hip AD/AB

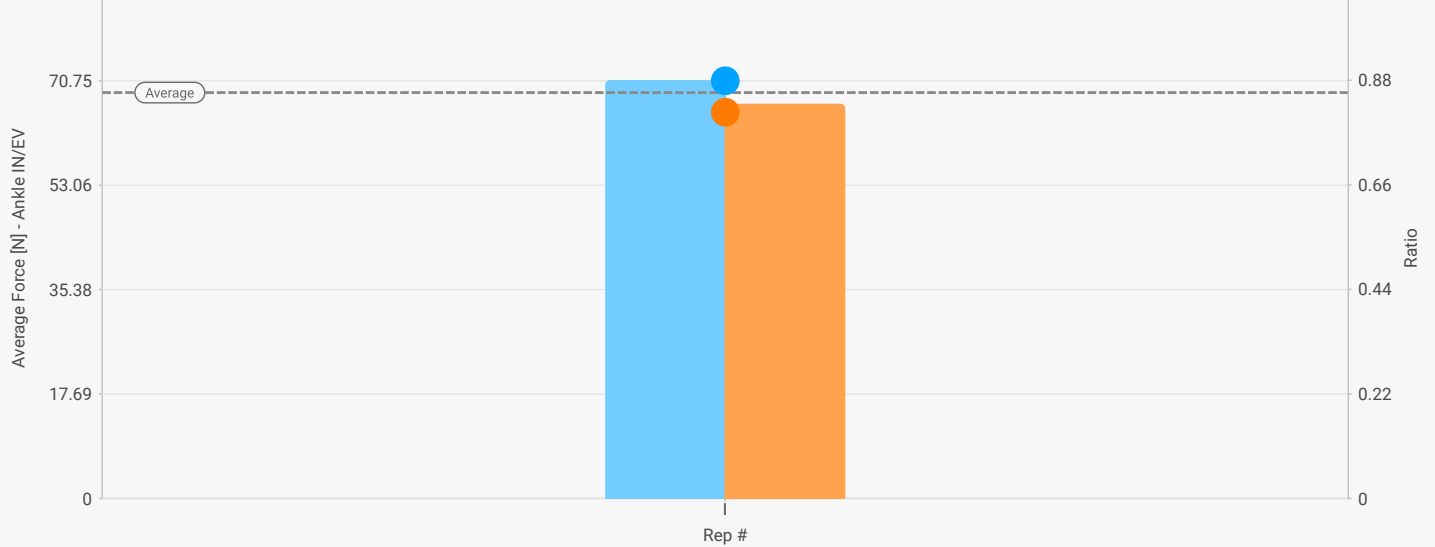Range | Average
242.25 - 336.13 | **277.83**

VALD

Knee Flexion Average Force [N] - Knee Flexion

Range
85.5 - 134.25

Average
109.79

Inversion Average Force [N] - Ankle IN/EV

Range
66.75 - 70.75

Average
68.75

VALD

⌂ > VALD Systems > ForceFrame
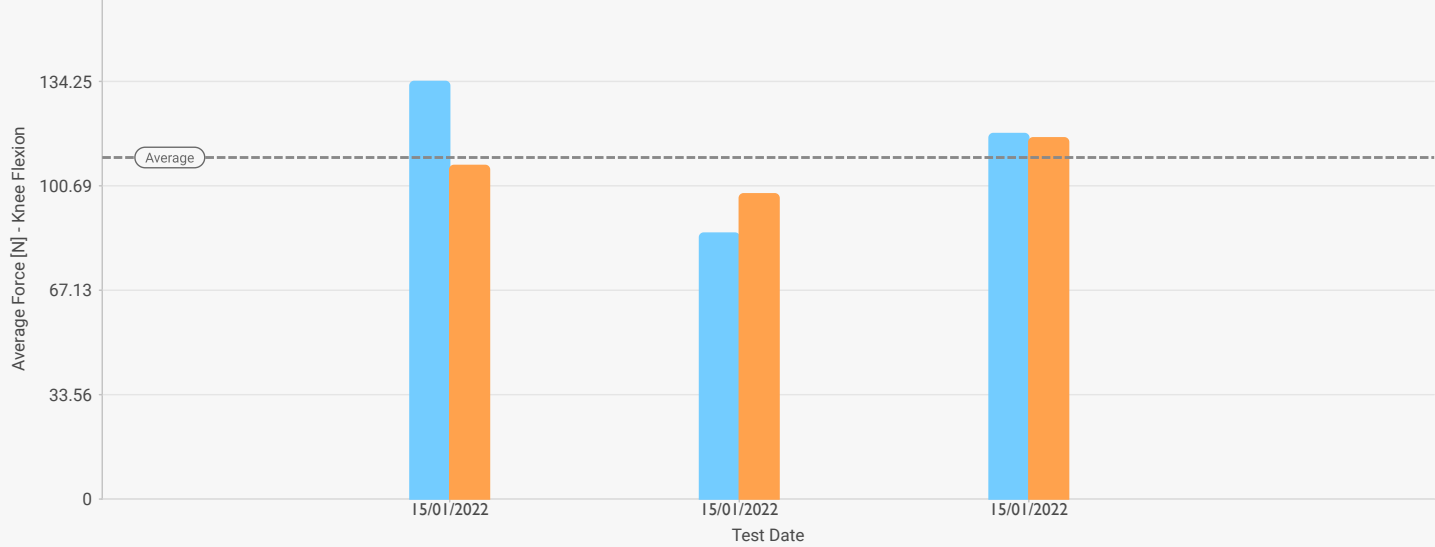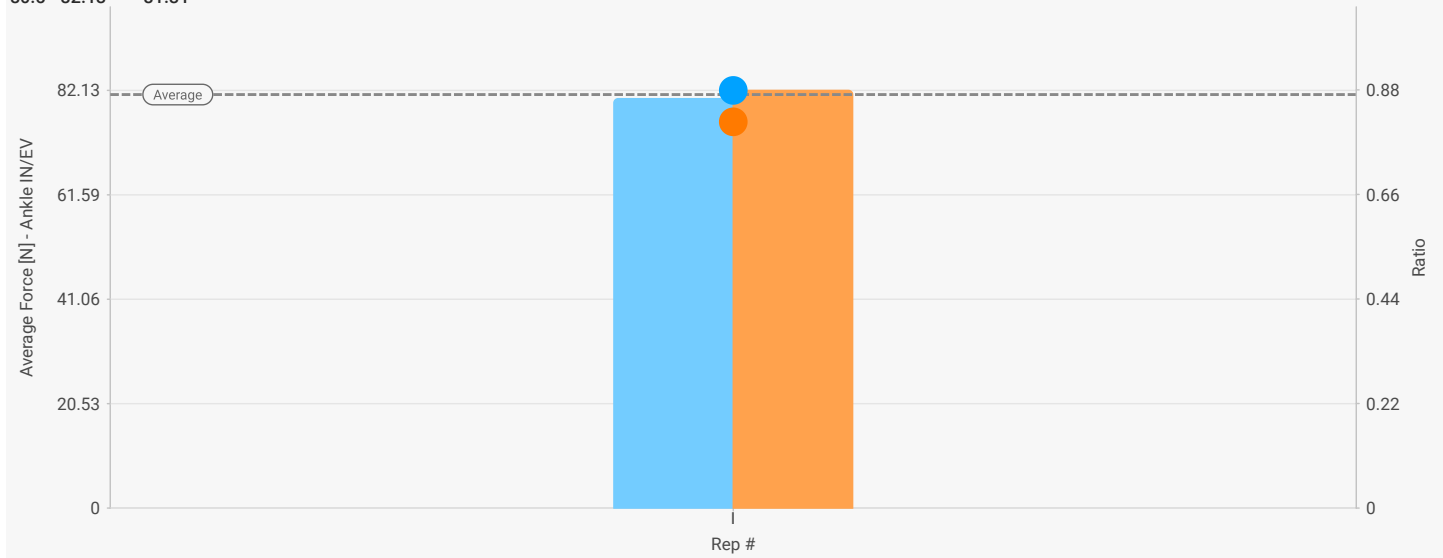
Eversion Average Force [N] - Ankle IN/EV

Range | Average
80.5 - 82.13 | 81.31

Dorsiflexion Average Force [N] - Ankle Dorsiflexion

Range | Average
89.13 - 107.25 | 98.19

VALD