

Tests (11) PROFILE	DATE	TEST TYPE	TEST POSITION	REPS
PRISCILA SILVA 11 Tests				
	18/11/2022 9:12 AM	Hip IR/ER	Prone	ER 0 L / 0 R IR 0 L / 2 R
	18/11/2022 9:07 AM	Hip Extension	Prone	EXT 2 L / 2 R
	18/11/2022 9:05 AM	Hip Flexion	Kicker	FLEX 2 L / 2 R
	18/11/2022 9:03 AM	Hip Flexion	Seated	FLEX 2 L / 2 R
	18/11/2022 9:01 AM	Hip AD/AB	Seated	ADD 2 L / 2 R ABD 2 L / 2 R
	18/11/2022 8:58 AM	Knee extensor	Knee ext	Outer 1 L / 1 R
	18/11/2022 8:55 AM	Knee Flexion	Standing	FLEX 1 L / 1 R
	18/11/2022 8:53 AM	Knee Flexion	Prone	FLEX 1 L / 1 R
	18/11/2022 8:50 AM	Ankle IN/EV	Supine	INV 0 L / 0 R EV 1 L / 2 R
	18/11/2022 8:47 AM	Panturrilha Sentada	Panturrilha Sentada	Outer 2 L / 2 R
	18/11/2022 8:45 AM	Ankle Dorsiflexion	Seated	DF 2 L / 2 R

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



























































































































