

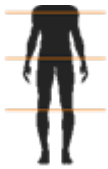
# PROFILE ASSESSMENT

Erick Mazer Yamashita

30<sup>th</sup> March, 2023

## PROFILE INFORMATION

NAME	Erick Mazer Yamashita
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	3 <sup>rd</sup> March, 1989
GENDER	Male
HEIGHT	175cm / 68in
WEIGHT	85kg / 187lb
AGE	34



# 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



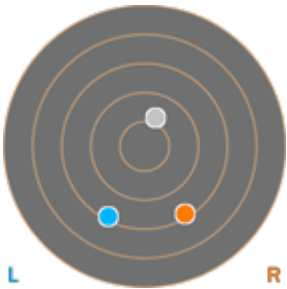
#### SIDETRAK POSTURAL DEVIATION (SAGITTAL PLANE/SIDE VIEW)



#### KEY RESULTS

Neck lateral flexion	6.1° Right ▼
Trunk lateral flexion	1.2° Right ▼
Pelvis Lateral Tilt	0.5° Right ▼
Trunk Flexion	6.1° 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°	36.8°	2.0°	38.9°
Trunk Flexion	5.8° Posterior	1.0° Anterior	5.6° Posterior	N/A
Trunk lateral flexion	1.7°	1.9° 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

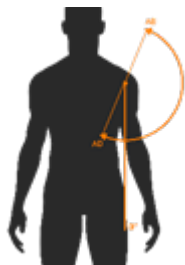


### PEAK RIGHT LATERAL FLEXION



KEY RESULTS	PEAK FLEXION (LEFT)	PEAK FLEXION (RIGHT)	IMBALANCE
Lateral Flexion	14.1°	27.2°	+13.1°
Trunk Flexion	5.7° Posterior	5.2° Posterior	N/A
Trunk lateral flexion at Peak Flexion	0.9° Left ▼	4.5° Right ▼	+3.6°

## 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	25.5°	32.9°	+7.4°
Shoulder Abduction	197.1°	186.7°	+10.3°
Trunk lateral flexion at Peak Abduction	3.0° Right ▼	2.3° Left ▼	+0.7°

PRACTITIONER COMMENTS ( LEFT )

PRACTITIONER COMMENTS ( RIGHT )

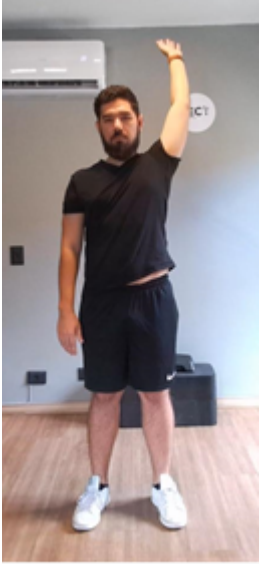
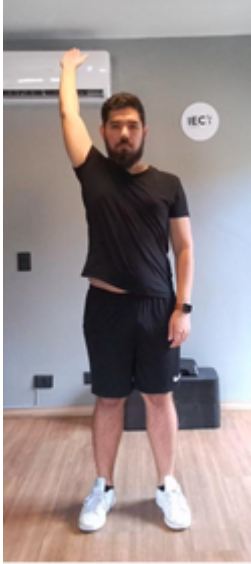

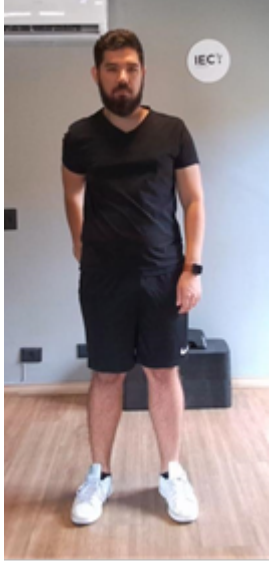


## Shoulder Flexion/Extension

### Range of Motion Assessment

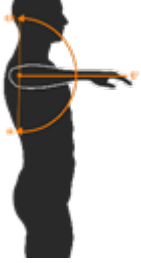
Shoulder Flexion/Extension is calculated by taking the angle created by the humerus (upper arm) relative to the line of the trunk in the sagittal plane (side view).

## RESULTS

PEAK FLEXION		PEAK EXTENSION	
LEFT	RIGHT	LEFT	RIGHT
			
KEY RESULTS	LEFT	RIGHT	IMBALANCE
Shoulder Flexion	208.8°	208.2°	+0.6°
Shoulder Extension	43.6°	45.4°	+1.8°
Trunk lateral flexion at Peak Flexion	3.1° Right ▼	0.3° Right ▼	+2.8°

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).

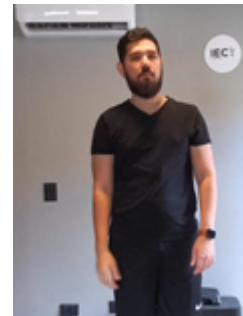
## RESULTS

### PEAK INTERNAL ROTATION

#### LEFT



#### RIGHT

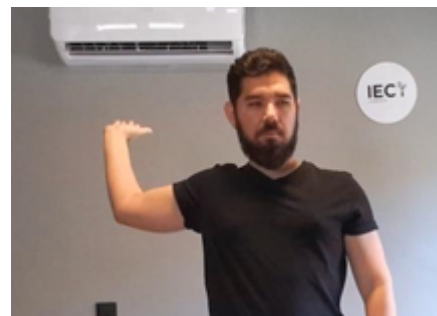


### PEAK EXTERNAL ROTATION

#### LEFT



#### RIGHT



#### KEY RESULTS

#### LEFT

#### RIGHT

#### IMBALANCE

Shoulder Internal Rotation

63.2°

69.8°

+6.6°

Shoulder External Rotation

101.2°

103.7°

+2.5°

Total ROM

164.4°

173.5°

+9.1°

Trunk lateral flexion  
at Peak Internal Rotation

2.8° Right ▼

3.1° Right ▼

+0.2°

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.

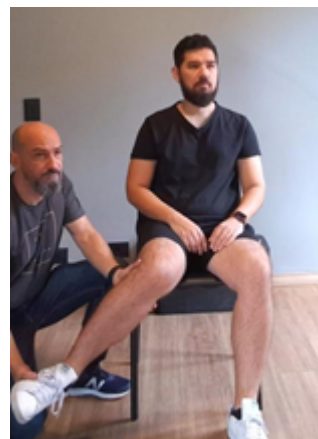
## RESULTS

### PEAK INTERNAL ROTATION

#### LEFT



#### RIGHT

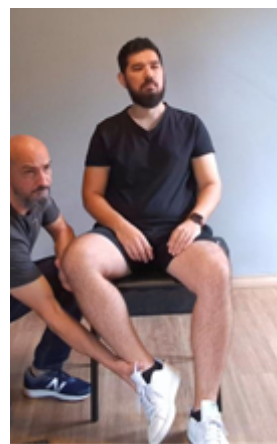


### PEAK EXTERNAL ROTATION

#### LEFT



#### RIGHT



#### KEY RESULTS

#### LEFT

#### RIGHT

#### IMBALANCE

Peak Internal Rotation

35.4°

29.5°

+5.9°

Peak External Rotation

47.1°

41.0°

+6.2°

Total ROM

82.5°

70.4°

+12.1°

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

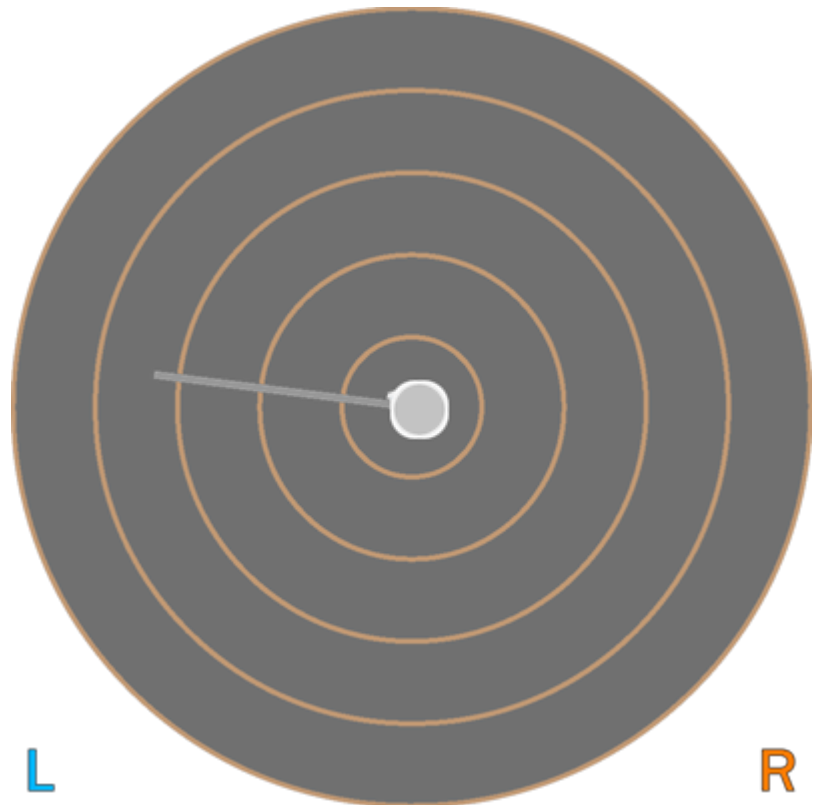
## RESULTS

### BALANCE RESULTS (LEFT)

#### SNAPSHOT – START OF TEST



#### CENTER OF MASS PATH



#### KEY METRICS

#### RESULTS

Ellipse Area

0.35 cm<sup>2</sup>

COM Path Length

16.92 cm

Range – ML

1.07 cm

Range – AP

2.09 cm

Pelvis Lateral Tilt

4.1° Left ▼

Trunk lateral flexion

0.5° Left ▼

#### PRACTITIONER COMMENTS




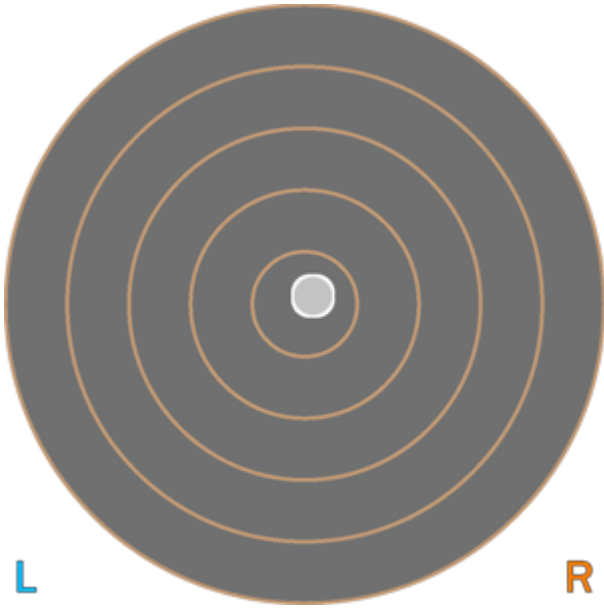
# Single Leg Stand

## 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	RESULTS
Ellipse Area	0.49 cm-2
COM Path Length	15.55 cm
Range – ML	1.57 cm
Range – AP	1.49 cm
Pelvis Lateral Tilt	7.1° Right ▼
Trunk lateral flexion	4.7° 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	69.4°	72.6°	4.4%
Peak Knee Flexion	100.5°	106.8°	5.9%
Peak Spine Lateral Tilt	1.4° Posterior	1.3° Posterior	N/A
Peak Pelvic Lateral Tilt	1.8° Right	0.5° 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> )	142.7°	137.6°	141.0°
Peak Knee Flexion ( <b>Right</b> )	139.9°	134.2°	139.0°
Spine Tilt at Peak Knee Flexion	38.6° Anterior	41.0° Anterior	36.5° Anterior
Trunk lateral flexion at Peak Knee Flexion	5.6° <b>Right</b> ▼	4.1° <b>Right</b> ▼	4.1° <b>Right</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> )	134.8°	134.6°	133.2°
Peak Knee Flexion ( <b>Right</b> )	132.3°	131.5°	132.5°
Trunk Flexion at Peak Knee Flexion	21.0° Anterior	21.3° Anterior	19.8° Anterior
Trunk lateral flexion at Peak Knee Flexion	1.6° <b>Right</b> ▼	1.5° <b>Right</b> ▼	1.8° <b>Right</b> ▼

### PRACTITIONER COMMENTS



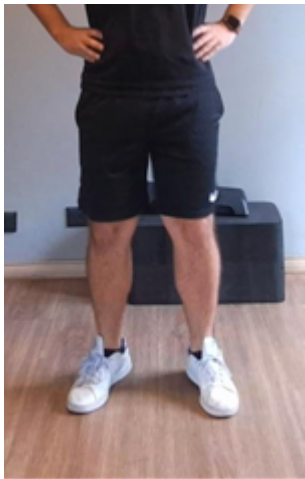
# Countermovement Jump

## 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 30.12 cm

Peak Spine Tilt after landing 2.3° Anterior

Peak Lateral Spine Tilt after landing 0° Right

Peak Lateral Pelvic Tilt after landing 1.4° Right

#### KEY METRICS (LEGS)

##### LEFT LEG

##### RIGHT LEG

##### ASYMMETRY

Peak Hip Flexion after landing 25.4° 22.4° 11.8%

Peak Knee Flexion after landing 47.5° 46.5° 2.1%

Peak Knee Valgus/Varus after landing 6.6° Varus 6.7° Varus 1.6%

#### PRACTITIONER COMMENTS




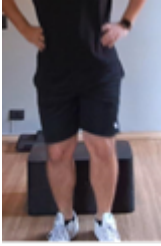
# Drop Jump

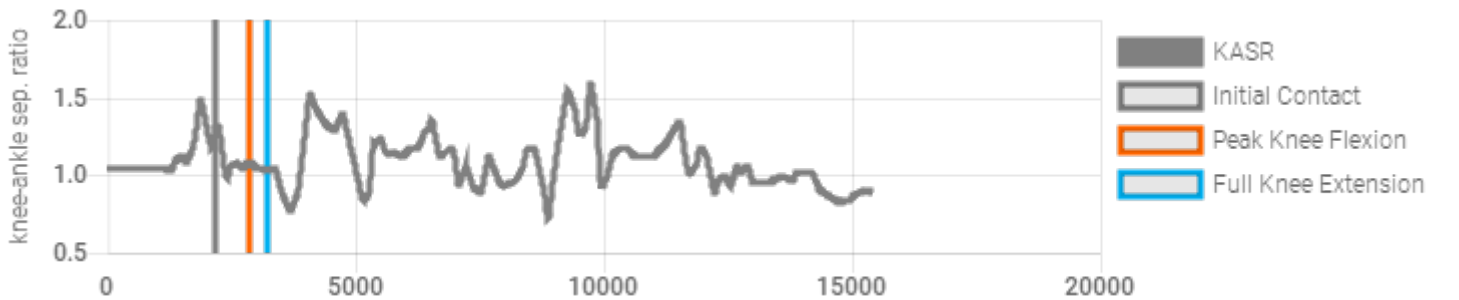
## Lower Body Dynamic Assessment

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	1.3	1.1
Hip Flexion ( Left )	40.6°	18.2°
Hip Flexion ( Right )	34.6°	15.7°
Knee Flexion ( Left )	57.2°	39.7°
Knee Flexion ( Right )	54.6°	37.6°



### 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




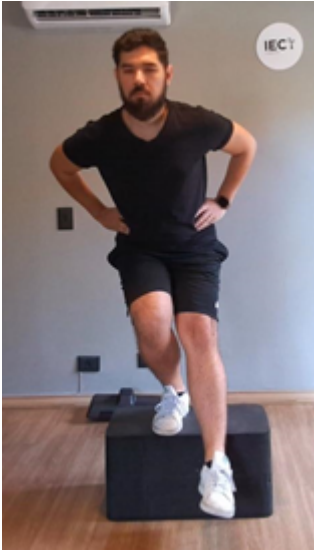
LEFT LEG			
SNAPSHOTS			
START	REP 1: PEAK KNEE FLEXION	REP 2: PEAK KNEE FLEXION	REP 3: PEAK KNEE FLEXION
			
KEY RESULTS	REP 1	REP 2	REP 3
Peak Knee Flexion	95.9°	94.4°	94.8°
Knee Displacement (total)	15.9 cm	11.4 cm	9.9 cm
Peak Knee Valgus	8.9° Valgus	7.1° Valgus	4.1° Valgus
Peak Knee Varus	1.6° Varus	8.7° Varus	2.3° Varus
Trunk lateral flexion at Peak Knee Flexion	0.6° Left ▼	0.8° Left ▼	5.4° Left ▼

## PRACTITIONER COMMENTS

Incomodo (dor) quando apoiado na perna direita



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	92.2°	96.7°	92.1°
Knee Displacement (total)	8.4 cm	6.6 cm	13.0 cm
Peak Knee Valgus	0.3° Valgus	1.4° Valgus	0.0°
Peak Knee Varus	10.3° Varus	6.8° Varus	14.5° Varus
Trunk lateral flexion at Peak Knee Flexion	8.1° Right ▼	5.5° Right ▼	5.2° Right ▼

PRACTITIONER COMMENTS