HUMANTRAK

MOVEMENT ANALYSIS SYSTEM

PROFILE ASSESSMENT

Julia Rosado

12th January, 2022

PROFILE INFORMATION

| NAME	Julia Rosado
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	19th October, 2000
GENDER	Female
HEIGHT	165cm / 64in
WEIGHT	53kg / 116lb
AGE	21
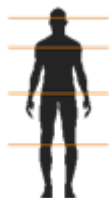
Standing Posture
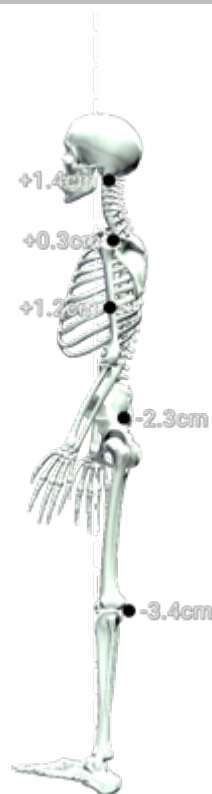**Posture and Stability Assessment**

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

RESULTS

BALANCE SNAPSHOT
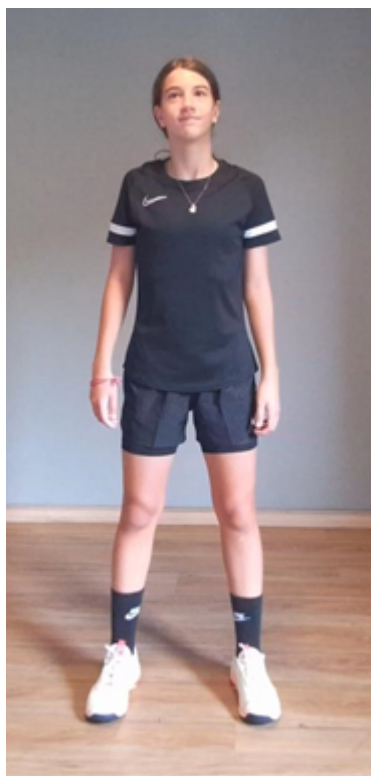
SIDETRAK POSTURAL DEVIATION
(SAGITTAL PLANE/SIDE VIEW)

+1.4
+0.3cm
+1.2
-2.3cm
-3.4cm

KEY RESULTS

Neck lateral flexion	3.3° Right ▼
Trunk lateral flexion	0.4° Left ▼
Pelvis Lateral Tilt	0.8° Left ▼
Trunk Flexion	3.3° Posterior

SWAYTRAK MOVEMENT PATHS (KNEES AND CENTRE OF MASS)

L   R

PRACTITIONER COMMENTS

HUMANTRAK
MOVEMENT ANALYSIS SYSTEM

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

L   R
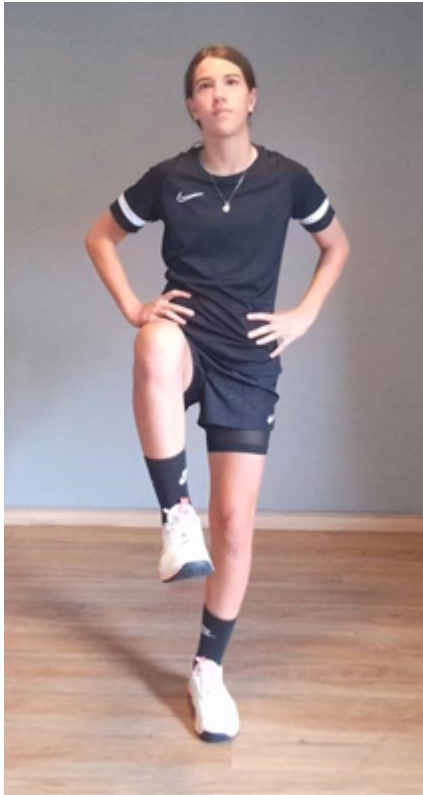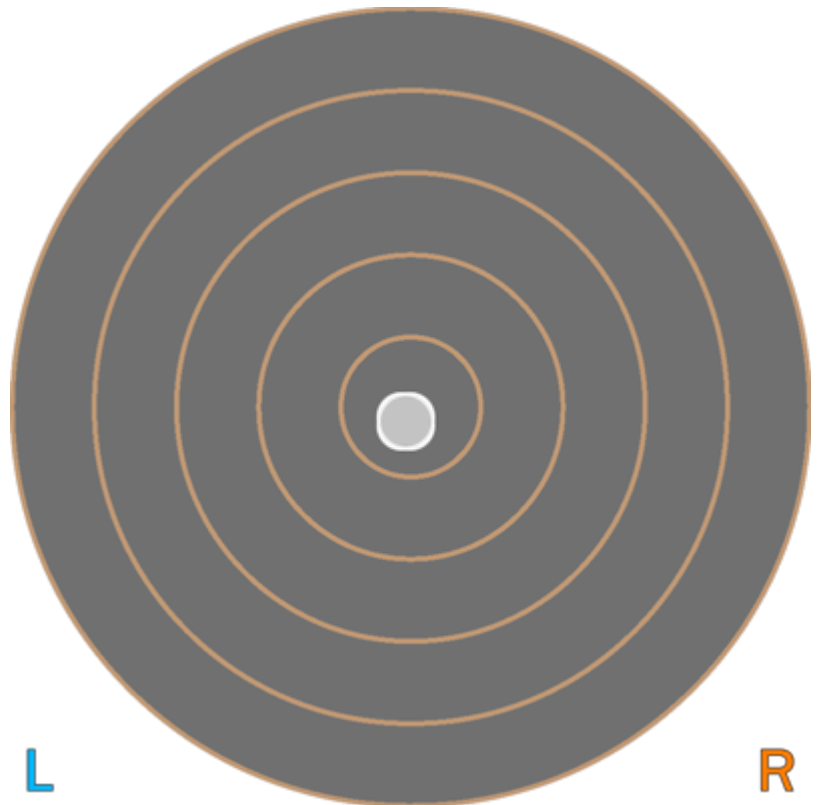
KEY METRICS	RESULTS
Ellipse Area	0.53 cm-2
COM Path Length	19.04 cm
Range – ML	2.15 cm
Range – AP	1.98 cm
Pelvis Lateral Tilt	11.9° Left ▼
Trunk lateral flexion	5.4° Left ▼

PRACTITIONER COMMENTS

HUMANTRAK
MOVEMENT ANALYSIS SYSTEM

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
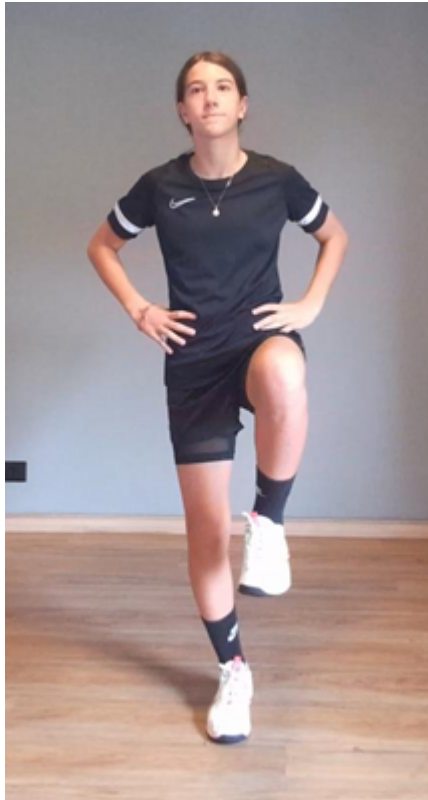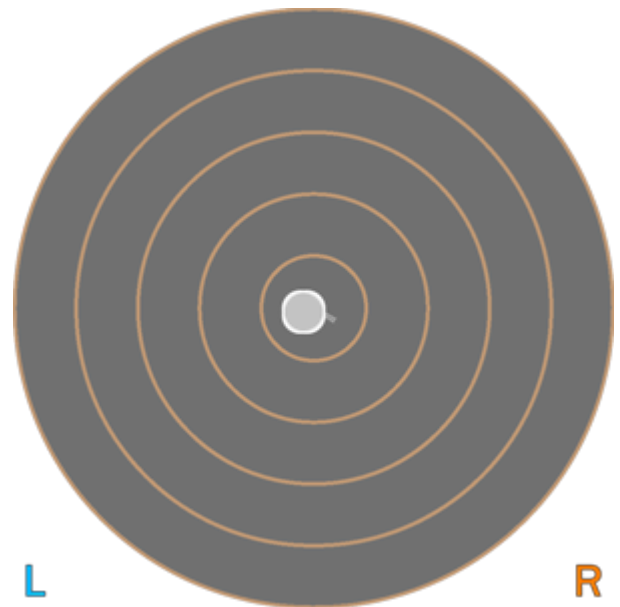
L   R

KEY METRICS	RESULTS
Ellipse Area	1.52 cm-2
COM Path Length	18.12 cm
Range – ML	2.89 cm
Range – AP	2.09 cm
Pelvis Lateral Tilt	8.1° Right ▼
Trunk lateral flexion	4.0° Right ▼

PRACTITIONER COMMENTS
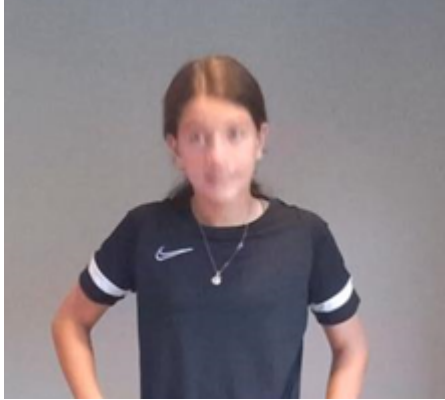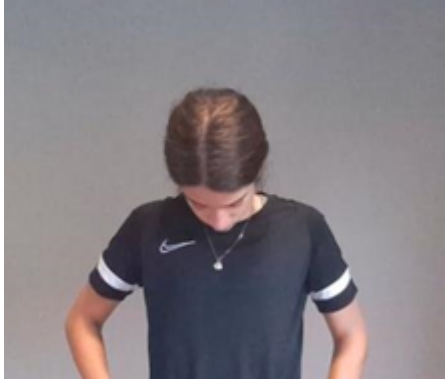
HUMANTRAK
MOVEMENT ANALYSIS SYSTEM

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°	10.2°	42.1°	52.4°
Trunk Flexion	2.1° Anterior	0.4° Posterior	4.5° Posterior	N/A
Trunk lateral flexion	0.0°	1.0° Left ▼	0.6° Left ▼	N/A

PRACTITIONER COMMENTS
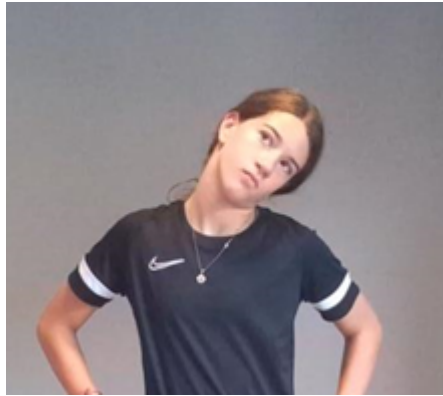
HUMANTRAK
MOVEMENT ANALYSIS SYSTEM

Cervical Spine Lateral Flexion
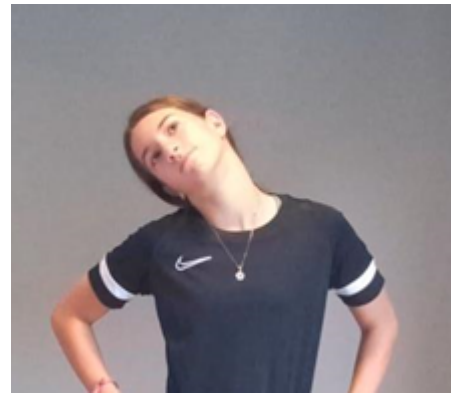**Range of Motion Assessment**

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	17.7°	25.2°	+7.5°
Trunk Flexion	2.3° Anterior	3.1° Anterior	N/A
Trunk lateral flexion at Peak Flexion	1.4° Left ▼	0.5° Left ▼	+0.9°

PRACTITIONER COMMENTS

HUMANTRAK
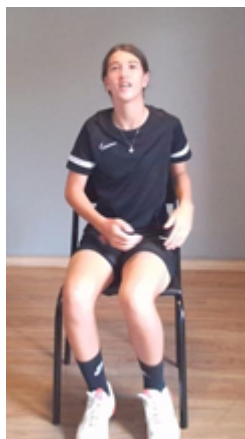MOVEMENT ANALYSIS SYSTEM

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.
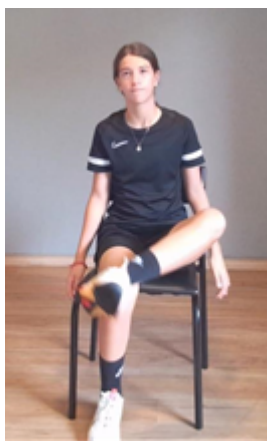
RESULTS

PEAK INTERNAL ROTATION	
LEFT	RIGHT

PEAK EXTERNAL ROTATION	
LEFT	RIGHT

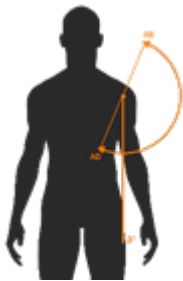| KEY RESULTS	LEFT	RIGHT	IMBALANCE
Peak Internal Rotation	25.3°	68.8°	+43.5°
Peak External Rotation	55.1°	51.3°	+3.7°
Total ROM	80.4°	120.1°	+39.8°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

HUMANTRAK
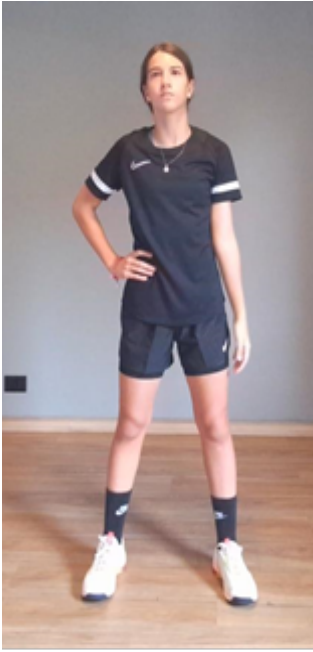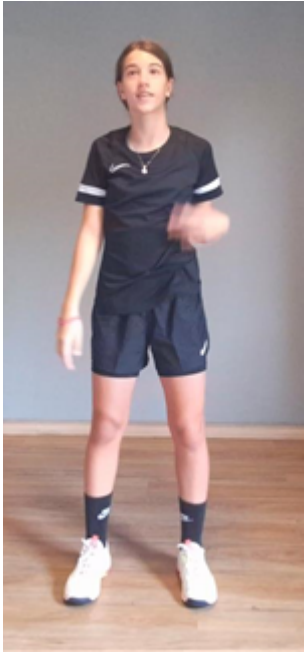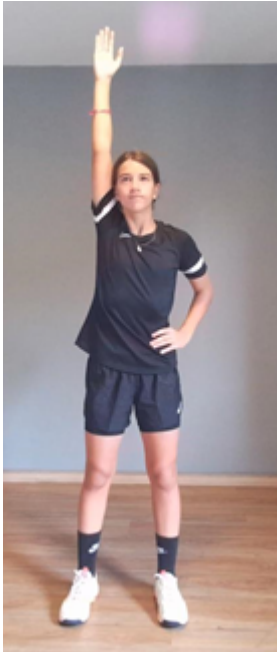MOVEMENT ANALYSIS SYSTEM

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	3.8°	2.3°	+1.5°
Shoulder Abduction	183.6°	183.2°	+0.4°
Trunk lateral flexion at Peak Abduction	3.4° Right ▼	3.5° Left ▼	+0.1°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)
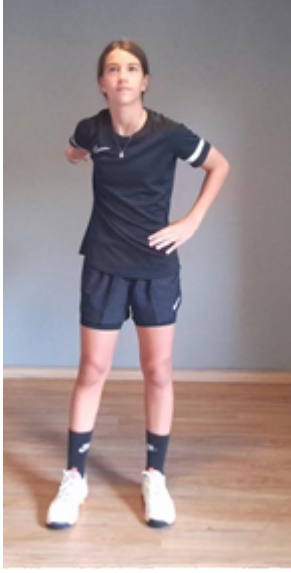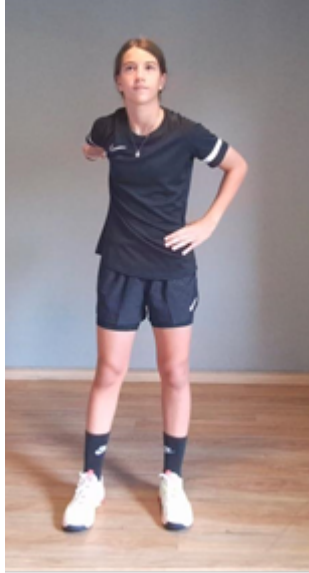
HUMANTRAK
MOVEMENT ANALYSIS SYSTEM

Shoulder Flexion/Extension
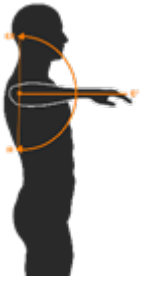
Range of Motion Assessment

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	180.0°	209.6°	+29.6°
Shoulder Extension	57.6°	74.5°	+16.9°
Trunk lateral flexion at Peak Flexion	2.8° Right ▼	0.8° Left ▼	+2.0°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

HUMANTRAK
MOVEMENT ANALYSIS SYSTEM

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).
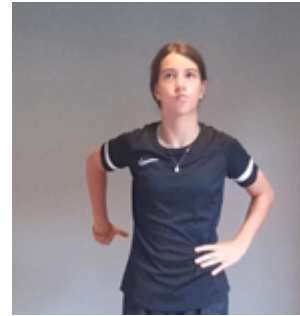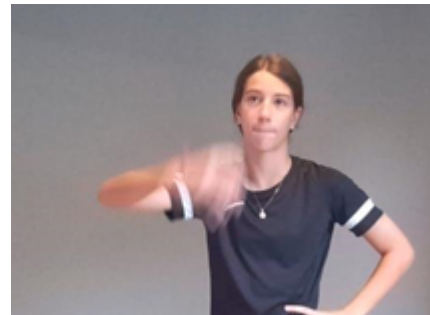
RESULTS

PEAK INTERNAL ROTATION	
LEFT	RIGHT

PEAK EXTERNAL ROTATION	
LEFT	RIGHT

KEY RESULTS	LEFT	RIGHT	IMBALANCE
Shoulder Internal Rotation	93.9°	95.9°	+2.0°
Shoulder External Rotation	71.8°	101.4°	+29.6°
Total ROM	165.6°	197.2°	+31.6°
Trunk lateral flexion at Peak Internal Rotation	2.1° Right ▼	2.1° Left ▼	+0.0°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)
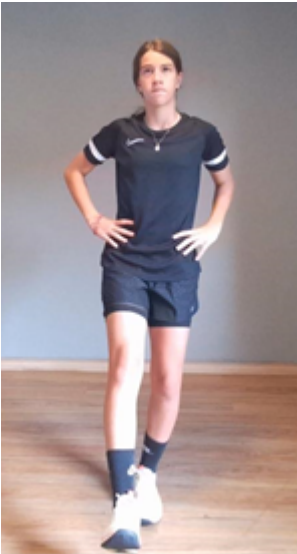
HUMANTRAK
MOVEMENT ANALYSIS SYSTEM

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	94.4°	95.4°	97.5°
Knee Displacement (total)	88.1 cm	126.0 cm	78.7 cm
Peak Knee Valgus	29.2° **Valgus**	15.5° **Valgus**	16.7° **Valgus**
Peak Knee Varus	13° **Varus**	26.3° **Varus**	9.4° **Varus**
Trunk lateral flexion at Peak Knee Flexion	8.9° Left ▼	1.4° Right ▼	3.6° Left ▼

PRACTITIONER COMMENTS

HUMANTRAK
MOVEMENT ANALYSIS SYSTEM

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	106.2°	96.1°	102.6°
Knee Displacement (total)	42.9 cm	95.4 cm	31.4 cm
Peak Knee Valgus	0.0°	19.6° **Valgus**	0.0°
Peak Knee Varus	71.9° **Varus**	27.3° **Varus**	56.5° **Varus**
Trunk lateral flexion at Peak Knee Flexion	11.2° **Right** ▼	7.8° **Right** ▼	17.2° **Right** ▼

PRACTITIONER COMMENTS

HUMANTRAK
MOVEMENT ANALYSIS SYSTEM
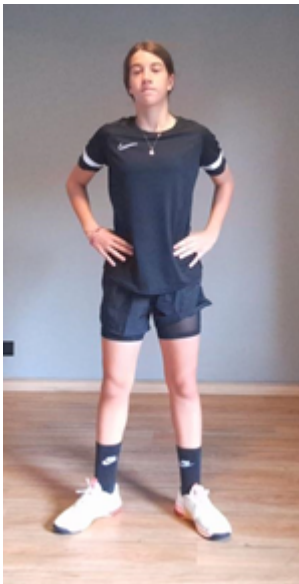
Squat
Lower Body Dynamic Assessment

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 (Left)	155.4°	154.1°	147.1°
Peak Knee Flexion (Right)	153.7°	154.2°	148.4°
Spine Tilt at Peak Knee Flexion	37.9° Anterior	45.6° Anterior	42.4° Anterior
Trunk lateral flexion at Peak Knee Flexion	2.6° Right ▼	0.6° Left ▼	1.4° Left ▼

PRACTITIONER COMMENTS

HUMANTRAK
MOVEMENT ANALYSIS SYSTEM
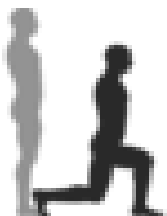
Lunge

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	72.1°	79.1°	8.9%
Peak Knee Flexion	87.8°	90.7°	3.1%
Peak Spine Lateral Tilt	2.2° Posterior	1.0° Anterior	N/A
Peak Pelvic Lateral Tilt	0° Left	0.7° Left	N/A

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

HUMANTRAK
MOVEMENT ANALYSIS SYSTEM

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 (Left)	130.9°	145.1°	139.3°
Peak Knee Flexion (Right)	132.4°	142.1°	142.5°
Trunk Flexion at Peak Knee Flexion	26.5° Anterior	26.8° Anterior	29.5° Anterior
Trunk lateral flexion at Peak Knee Flexion	2.0° Left ▼	1.0° Right ▼	0.5° Right ▼

PRACTITIONER COMMENTS

HUMANTRAK
MOVEMENT ANALYSIS SYSTEM

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	25.83 cm	
Peak Spine Tilt after landing	39.5° **Anterior**	
Peak Lateral Spine Tilt after landing	1.7° **Left**	
Peak Lateral Pelvic Tilt after landing	20.9° **Right**	

KEY METRICS (LEGS)	LEFT LEG	RIGHT LEG	ASYMMETRY
Peak Hip Flexion after landing	103.2°	97.5°	5.5%
Peak Knee Flexion after landing	97.2°	97.6°	0.4%
Peak Knee Valgus/Varus after landing	53.6° **Varus**	54.8° **Varus**	2.4%

PRACTITIONER COMMENTS

HUMANTRAK
MOVEMENT ANALYSIS SYSTEM
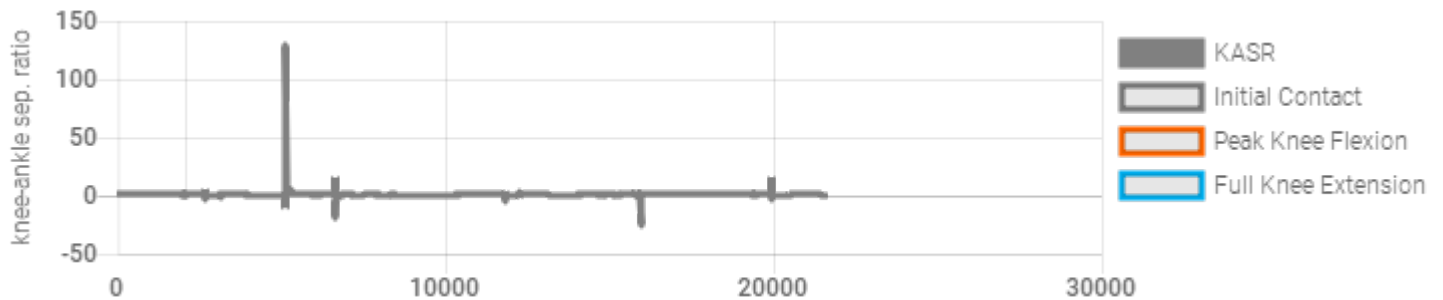
Drop Jump
Lower Body Dynamic Assessment

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	1.1	1.5
Hip Flexion (Left)	52.6°	104.0°
Hip Flexion (Right)	47.2°	95.8°
Knee Flexion (Left)	56.3°	105.5°
Knee Flexion (Right)	53.6°	102.8°

PRACTITIONER COMMENTS

HUMANTRAK
MOVEMENT ANALYSIS SYSTEM