

# PROFILE ASSESSMENT

Leonardo Francisco Giocondo Attadendo

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## PROFILE INFORMATION

NAME	Leonardo Francisco Giocondo Attadendo
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	22 <sup>nd</sup> September, 1990
GENDER	Male
HEIGHT	184cm / 72in
WEIGHT	101kg / 222lb
AGE	31



## 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°	27.2°	1.3°	28.4°
Trunk Flexion	5.8° Posterior	6.3° Posterior	5.6° Posterior	N/A
Trunk lateral flexion	0.6°	0.4° Right ▼	0.5° Right ▼	N/A

## PRACTITIONER COMMENTS



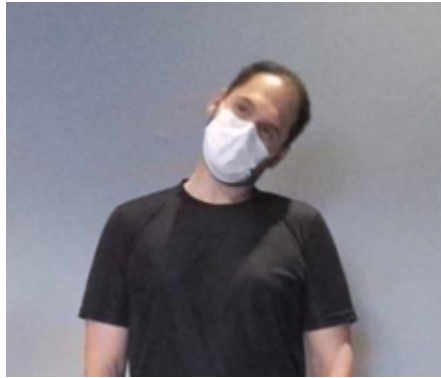
## Cervical Spine Lateral Flexion

### 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	19.5°	21.4°	+1.9°
Trunk Flexion	5.7° Posterior	5.9° Posterior	N/A
Trunk lateral flexion at Peak Flexion	2.2° Left ▼	3.9° Right ▼	+1.7°

## PRACTITIONER COMMENTS



## Drop Jump



### Lower Body Dynamic Assessment

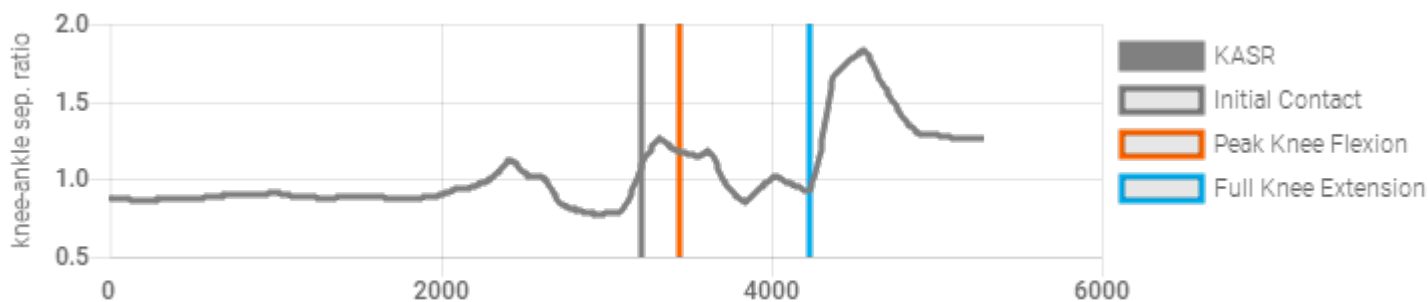
Drop Jump is used to assess coordination, balance, joint stability and power, requiring the patient to drop from a box or platform and transition from landing into an explosive jump .

Height

30.0 cm

## RESULTS

PHASE	Initial Contact	Peak Knee Flexion
SNAPSHOTS		
Result		
Knee-Ankle Separation Ratio	1.1	1.2
Hip Flexion ( Left )	42.4°	81.3°
Hip Flexion ( Right )	40.0°	84.7°
Knee Flexion ( Left )	65.9°	99.4°
Knee Flexion ( Right )	59.3°	98.7°



## PRACTITIONER COMMENTS



## 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.

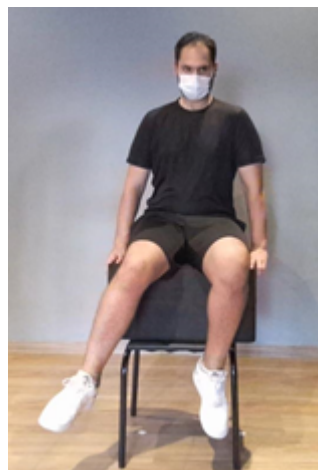
## RESULTS

### PEAK INTERNAL ROTATION

#### LEFT

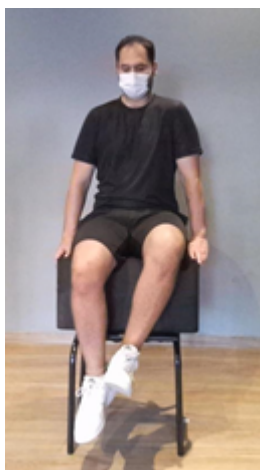


#### RIGHT

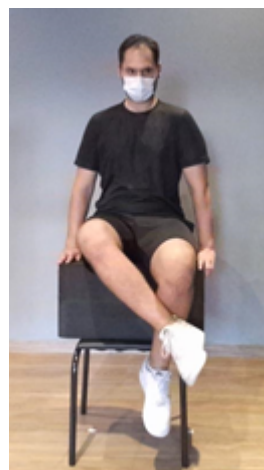


### PEAK EXTERNAL ROTATION

#### LEFT



#### RIGHT



#### KEY RESULTS

#### LEFT

#### RIGHT

#### IMBALANCE

Peak Internal Rotation

42.5°

19.7°

+22.8°

Peak External Rotation

27.0°

43.5°

+16.6°

Total ROM

69.5°

63.2°

+6.2°

#### PRACTITIONER COMMENTS ( LEFT )

Limitacao do movimento

#### PRACTITIONER COMMENTS ( RIGHT )

dor e limitacao do movimento



# 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 28.20 cm

Peak Spine Tilt after landing 1.0° Anterior

Peak Lateral Spine Tilt after landing 3.1° Left

Peak Lateral Pelvic Tilt after landing 3.5° Right

### KEY METRICS (LEGS)

#### LEFT LEG

#### RIGHT LEG

#### ASYMMETRY

Peak Hip Flexion after landing 33.9° 30.3° 10.5%

Peak Knee Flexion after landing 66.3° 60.1° 9.3%

Peak Knee Valgus/Varus after landing 8.3° Valgus 13.3° Varus 162.2%

### PRACTITIONER COMMENTS

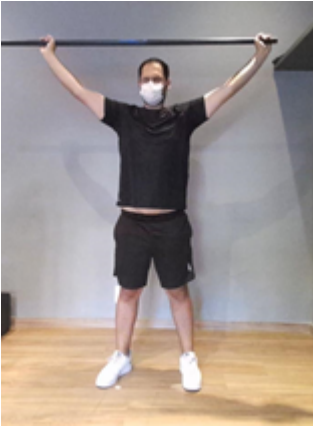

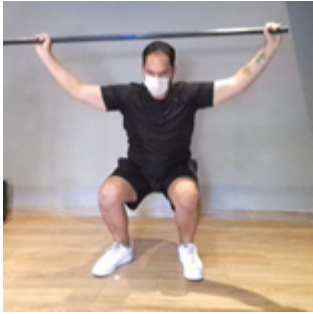



## Overhead Squat

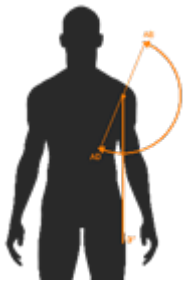
### Lower Body Dynamic Assessment

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> )	131.9°	129.3°	129.2°
Peak Knee Flexion ( <b>Right</b> )	127.4°	122.2°	122.7°
Trunk Flexion at Peak Knee Flexion	22.0° Anterior	21.3° Anterior	22.1° Anterior
Trunk lateral flexion at Peak Knee Flexion	1.4° <b>Right</b> ▼	1.5° <b>Left</b> ▼	1.2° <b>Left</b> ▼

## 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	8.7°	8.0°	+0.7°
Shoulder Abduction	178.3°	179.9°	+1.6°
Trunk lateral flexion at Peak Abduction	0.0° Right ▼	1.7° Left ▼	+1.7°

PRACTITIONER COMMENTS ( LEFT )

PRACTITIONER COMMENTS ( RIGHT )



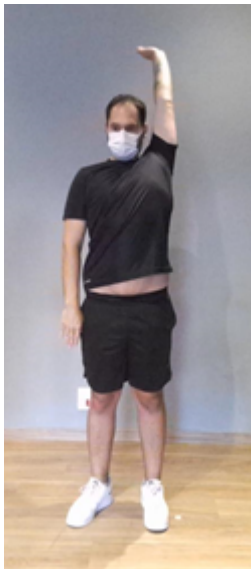





## Shoulder Flexion/Extension

### 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	215.0°	210.3°	+4.7°
Shoulder Extension	69.1°	26.4°	+42.8°
Trunk lateral flexion at Peak Flexion	0.8° Right ▼	2.7° Left ▼	+1.9°

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

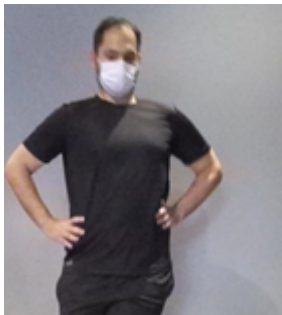


#### RIGHT



### PEAK EXTERNAL ROTATION

#### LEFT



#### RIGHT



### KEY RESULTS

#### LEFT

#### RIGHT

#### IMBALANCE

Shoulder Internal Rotation

90.7°

87.5°

+3.2°

Shoulder External Rotation

57.0°

56.7°

+0.3°

Total ROM

33.7°

30.8°

+2.9°

Trunk lateral flexion  
at Peak Internal Rotation

2.2° Left ▼

4.4° Left ▼

+2.2°

PRACTITIONER COMMENTS ( LEFT )

PRACTITIONER COMMENTS ( RIGHT )







## 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	72.2°	81.4°	97.5°
Knee Displacement (total)	11.2 cm	10.7 cm	13.9 cm
Peak Knee Valgus	13.1° Valgus	13.8° Valgus	4.1° Valgus
Peak Knee Varus	0.0°	0.0°	13.6° Varus
Trunk lateral flexion at Peak Knee Flexion	0.0° Right ▼	0.3° Left ▼	10.9° 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	69.2°	70.7°	77.8°
Knee Displacement (total)	15.1 cm	5.7 cm	6.0 cm
Peak Knee Valgus	1.8° Valgus	1.4° Valgus	0.6° Valgus
Peak Knee Varus	5.5° Varus	3.1° Varus	3.4° Varus
Trunk lateral flexion at Peak Knee Flexion	2.4° Right ▼	2.5° Right ▼	1.6° Right ▼

#### 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

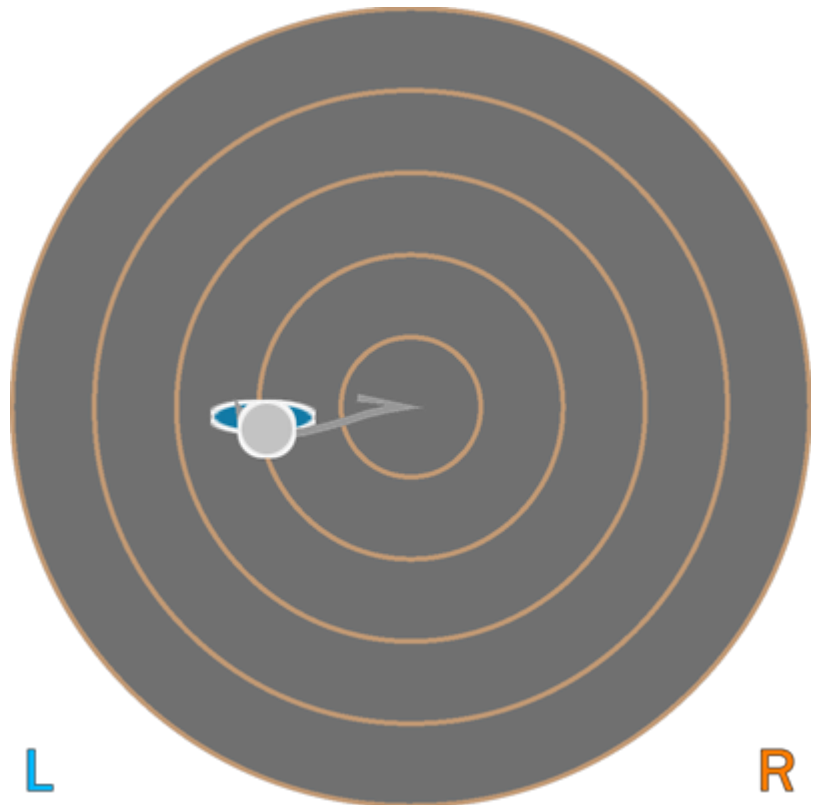
## RESULTS

### BALANCE RESULTS (LEFT)

#### 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

4.97 cm<sup>2</sup>

33.06 cm

14.23 cm

3.10 cm

11.4° Left ▼

8.3° 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

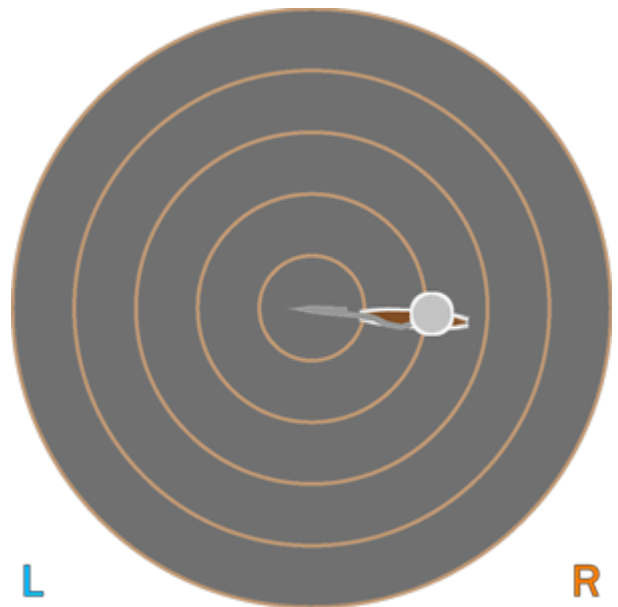
## RESULTS

### 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

6.11 cm<sup>2</sup>

32.03 cm

17.36 cm

2.22 cm

6.9° Right ▼

5.8° Right ▼

#### PRACTITIONER COMMENTS




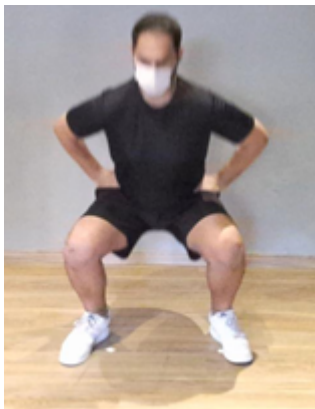




## Squat

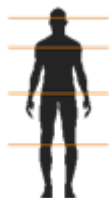
### Lower Body Dynamic Assessment

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> )	127.8°	129.4°	141.5°
Peak Knee Flexion ( <b>Right</b> )	125.7°	125.9°	140.9°
Spine Tilt at Peak Knee Flexion	24.7° Anterior	26.8° Anterior	25.1° Anterior
Trunk lateral flexion at Peak Knee Flexion	0.8° <b>Right</b> ▼	1.2° <b>Left</b> ▼	3.5° <b>Left</b> ▼

## PRACTITIONER COMMENTS



## Standing Posture

### Posture and Stability Assessment

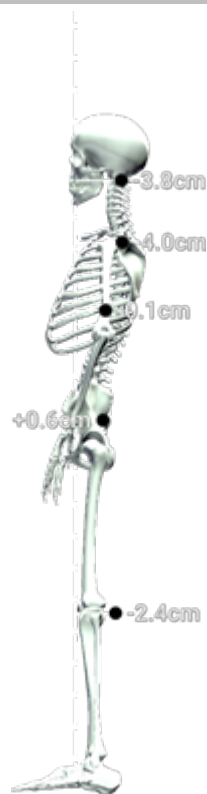
Standing Posture is a baseline postural assessment that can provide insight into an individual's structural balance, alignment, and postural strategy.

## RESULTS

### BALANCE SNAPSHOT



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



### KEY RESULTS

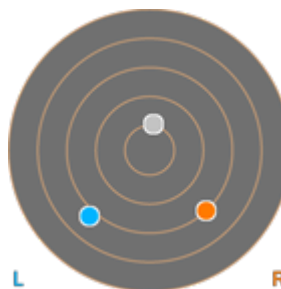
Neck lateral flexion 1.1° **Right** ▼

Trunk lateral flexion 0.2° **Left** ▼

Pelvis Lateral Tilt 0.7° **Left** ▼

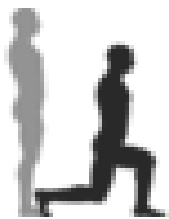
Trunk Flexion 1.1° **Posterior**

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



### PRACTITIONER COMMENTS





## Lunge

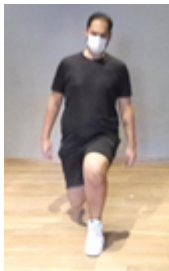
### Lower Body Dynamic Assessment

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	56.8°	64.8°	12.4%
Peak Knee Flexion	103.7°	115.5°	10.3%
Peak Spine Lateral Tilt	3.2° Anterior	1.7° Anterior	N/A
Peak Pelvic Lateral Tilt	2.7° Left	3.5° Right	N/A

PRACTITIONER COMMENTS ( **LEFT** )

PRACTITIONER COMMENTS ( **RIGHT** )