# PROFILE ASSESSMENT

Dimitri Bittencourt

9th May, 2022

## PROFILE INFORMATION

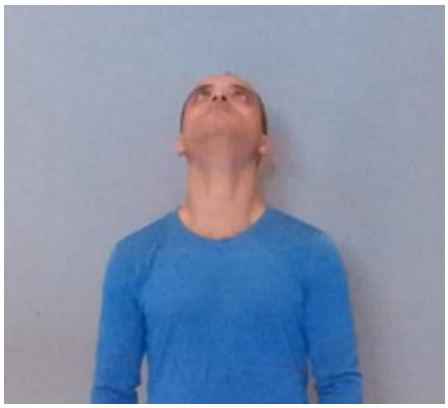
| NAME | Dimitri Bittencourt |
|---|---|
| ORGANISATION | On Morumbi Clinica Medica |
| DATE OF BIRTH | 2nd May, 1974 |
| GENDER | Male |
| HEIGHT | 166cm / 65in |
| WEIGHT | 61kg / 134lb |
| AGE | 48 |


# 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° | 30.1° | 3.3° | 33.5° |
| **Trunk Flexion** | 3.1° **Posterior** | 1.5° **Anterior** | 2.8° **Posterior** | N/A |
| **Trunk lateral flexion** | 1.2° | 0.4° Left ▼ | 1.0° Right ▼ | N/A |

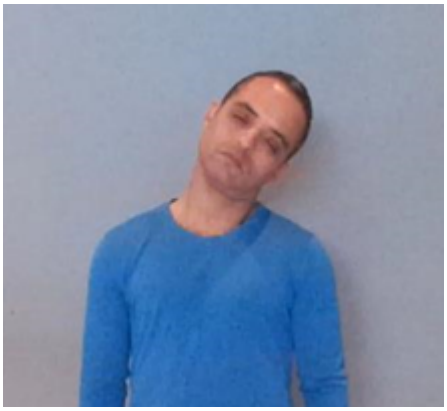
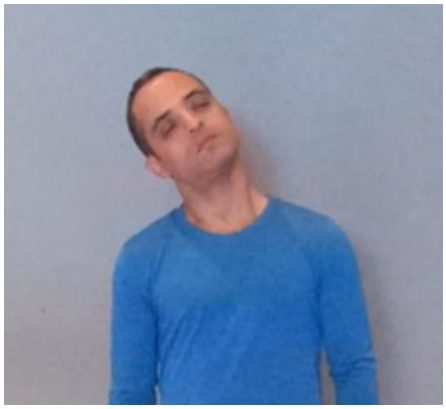
### PRACTITIONER COMMENTS


# Cervical Spine Lateral Flexion

**Range of Motion Assessment**

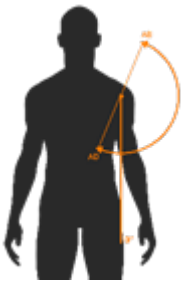
Cervical Spine Lateral Flexion (left and right) is calculated by taking the inclination of the head relative to the line of the trunk in the frontal plane (front view).

## RESULTS

| PEAK LEFT LATERAL FLEXION | PEAK RIGHT LATERAL FLEXION |
|---|---|
|  |  |

| KEY RESULTS | PEAK FLEXION (LEFT) | PEAK FLEXION (RIGHT) | IMBALANCE |
|---|---|---|---|
| **Lateral Flexion** | 15.5° | 21.9° | +6.5° |
| **Trunk Flexion** | 2.7° **Posterior** | 1.0° **Posterior** | N/A |
| **Trunk lateral flexion** at Peak Flexion | 3.6° **Left** ▼ | 4.3° **Right** ▼ | +0.7° |

### PRACTITIONER COMMENTS

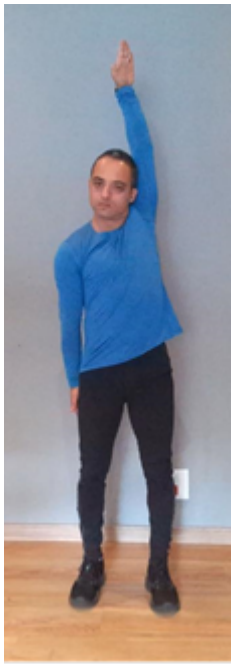
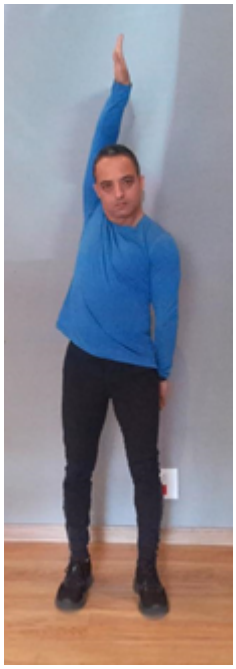


# Shoulder Adduction/Abduction

**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** | 48.9° | 53.1° | +4.2° |
| **Shoulder Abduction** | 174.5° | 176.9° | +2.5° |
| **Trunk lateral flexion** at Peak Abduction | 5.2° Right ▼ | 6.3° Left ▼ | +1.1° |

PRACTITIONER COMMENTS ( LEFT )

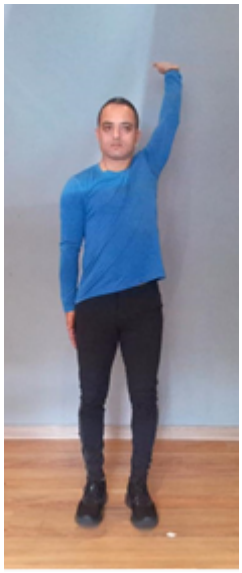
PRACTITIONER COMMENTS ( RIGHT )

# 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).

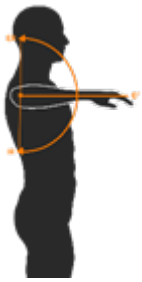
## RESULTS

| PEAK FLEXION | | PEAK EXTENSION | |
|---|---|---|---|
| LEFT | RIGHT | LEFT | RIGHT |
|  |  |  |  |

| KEY RESULTS | LEFT | RIGHT | IMBALANCE |
|---|---|---|---|
| **Shoulder Flexion** | 206.3° | 204.5° | +1.8° |
| **Shoulder Extension** | 64.0° | 75.0° | +11.0° |
| **Trunk lateral flexion** at Peak Flexion | 2.0° Right ▼ | 3.9° Left ▼ | +1.8° |

PRACTITIONER COMMENTS ( LEFT )

PRACTITIONER COMMENTS ( RIGHT )



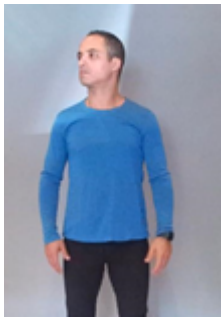
# Shoulder Internal/External Rotation

**Range of Motion Assessment**

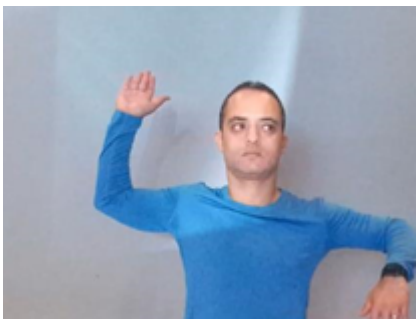
Shoulder Internal/External Rotation calculated by taking the angle created by the forearm relative to horizontal in the sagittal plane (side view).

## RESULTS

### PEAK INTERNAL ROTATION

| LEFT | RIGHT |
|---|---|
|  |  |

### PEAK EXTERNAL ROTATION

| LEFT | RIGHT |
|---|---|
|  |  |

| KEY RESULTS | LEFT | RIGHT | IMBALANCE |
|---|---|---|---|
| **Shoulder Internal Rotation** | 68.4° | 91.7° | +23.3° |
| **Shoulder External Rotation** | 78.4° | 64.9° | +13.4° |
| **Total ROM** | 146.8° | 156.7° | +9.9° |
| **Trunk lateral flexion** at Peak Internal Rotation | 1.1° Right ▼ | 1.9° Left ▼ | +0.9° |

### PRACTITIONER COMMENTS ( LEFT )

Limitacao o movimento de rotacao interna do ombro esqeur do. Retraacao capsula posterior Dor na regiao do biceps do b raco

### PRACTITIONER COMMENTS ( RIGHT )

# Standing Posture

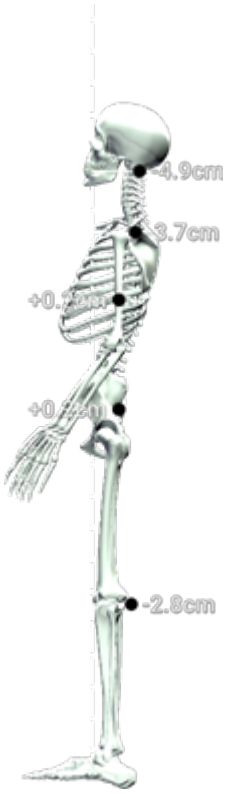
**Posture and Stability Assessment**

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

## RESULTS

### BALANCE SNAPSHOT

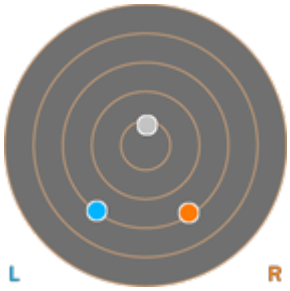
### SIDETRAK POSTURAL DEVIATION (SAGITTAL PLANE/SIDE VIEW)




### KEY RESULTS

| | |
|---|---|
| Neck lateral flexion | 0.8° Right ▼ |
| Trunk lateral flexion | 0.5° Right ▼ |
| Pelvis Lateral Tilt | 0.7° Right ▼ |
| Trunk Flexion | 0.8° Posterior |

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




### PRACTITIONER COMMENTS

# Hip Internal/External Rotation

**Range of Motion Assessment**

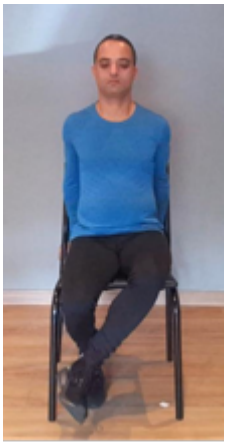
Hip Internal/External Rotation is calculated by taking the angle created by the tibia relative to vertical in the frontal plane (front view) while seated with 90˚ of hip flexion.

## RESULTS

### PEAK INTERNAL ROTATION

| LEFT | RIGHT |
|---|---|
|  |  |

### PEAK EXTERNAL ROTATION

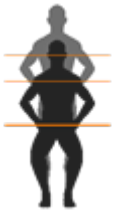
| LEFT | RIGHT |
|---|---|
|  |  |

| KEY RESULTS | LEFT | RIGHT | IMBALANCE |
|---|---|---|---|
| Peak Internal Rotation | 31.2° | 11.7° | +19.5° |
| Peak External Rotation | 38.6° | 35.7° | +2.9° |
| Total ROM | 69.8° | 47.4° | +22.4° |

### PRACTITIONER COMMENTS ( LEFT )

### PRACTITIONER COMMENTS ( RIGHT )

Limitacao rotacao interna quadril d

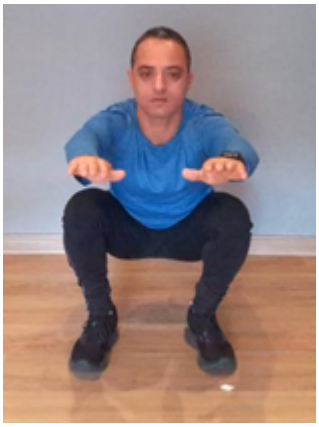


# Squat

**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 ) | 142.5° | 145.2° | 145.1° |
| Peak Knee Flexion ( Right ) | 138.7° | 141.9° | 142.1° |
| Spine Tilt at Peak Knee Flexion | 31.8° Anterior | 30.5° Anterior | 28.6° Anterior |
| Trunk lateral flexion at Peak Knee Flexion | 1.8° Left ▼ | 2.4° Left ▼ | 1.6° Left ▼ |

### PRACTITIONER COMMENTS

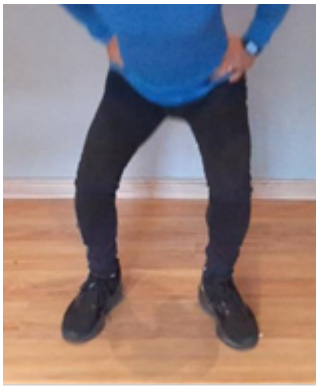
# Countermovement Jump

**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** | 33.51 cm | | |
| **Peak Spine Tilt** after landing | 30.0° **Anterior** | | |
| **Peak Lateral Spine Tilt** after landing | 0.3° **Right** | | |
| **Peak Lateral Pelvic Tilt** after landing | 1.9° **Right** | | |
| **KEY METRICS (LEGS)** | **LEFT LEG** | **RIGHT LEG** | **ASYMMETRY** |
| **Peak Hip Flexion** after landing | 82.5° | 80.7° | 2.1% |
| **Peak Knee Flexion** after landing | 93.6° | 90.8° | 3% |
| **Peak Knee Valgus/Varus** after landing | 25° **Varus** | 45.8° **Varus** | 45.4% |

PRACTITIONER COMMENTS

# Drop Jump

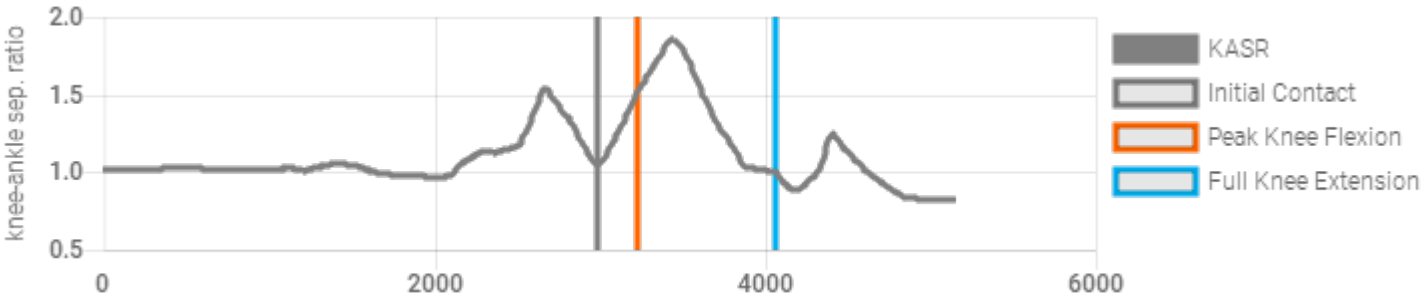
**Lower Body Dynamic Assessment**

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** 61.0 cm

## RESULTS

| PHASE | Initial Contact | Peak Knee Flexion |
|---|---|---|
| SNAPSHOTS |  |  |
| **Result** | | |
| Knee-Ankle Separation Ratio | 1.0 | 1.5 |
| Hip Flexion ( Left ) | 38.2° | 86.0° |
| Hip Flexion ( Right ) | 38.6° | 87.7° |
| Knee Flexion ( Left ) | 36.1° | 107.2° |
| Knee Flexion ( Right ) | 35.5° | 105.0° |




## 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 |
|---|---|---|---|
|  |  |  |  |

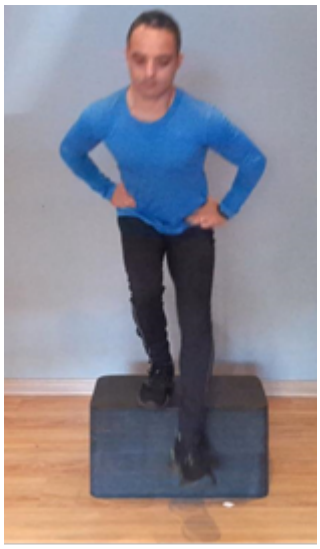
| KEY RESULTS | REP 1 | REP 2 | REP 3 |
|---|---|---|---|
| Peak Knee Flexion | 108.0° | 109.1° | 106.9° |
| Knee Displacement (total) | 29.1 cm | 13.7 cm | 18.3 cm |
| Peak Knee Valgus | 39.9° **Valgus** | 18.5° **Valgus** | 16.3° **Valgus** |
| Peak Knee Varus | 5.1° **Varus** | 1.1° **Varus** | 4.7° **Varus** |
| Trunk lateral flexion at Peak Knee Flexion | 0.7° Right ▼ | 1.3° Left ▼ | 2.9° 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** | 109.9° | 110.3° | 111.6° |
| **Knee Displacement (total)** | 32.0 cm | 14.4 cm | 15.2 cm |
| **Peak Knee Valgus** | 0.5° **Valgus** | 0.6° **Valgus** | 0.5° **Valgus** |
| **Peak Knee Varus** | 45.1° **Varus** | 14° **Varus** | 12.5° **Varus** |
| **Trunk lateral flexion** at Peak Knee Flexion | 18.5° **Right ▼** | 9.2° **Right ▼** | 8.3° **Right ▼** |

### PRACTITIONER COMMENTS

# Single Leg Stand

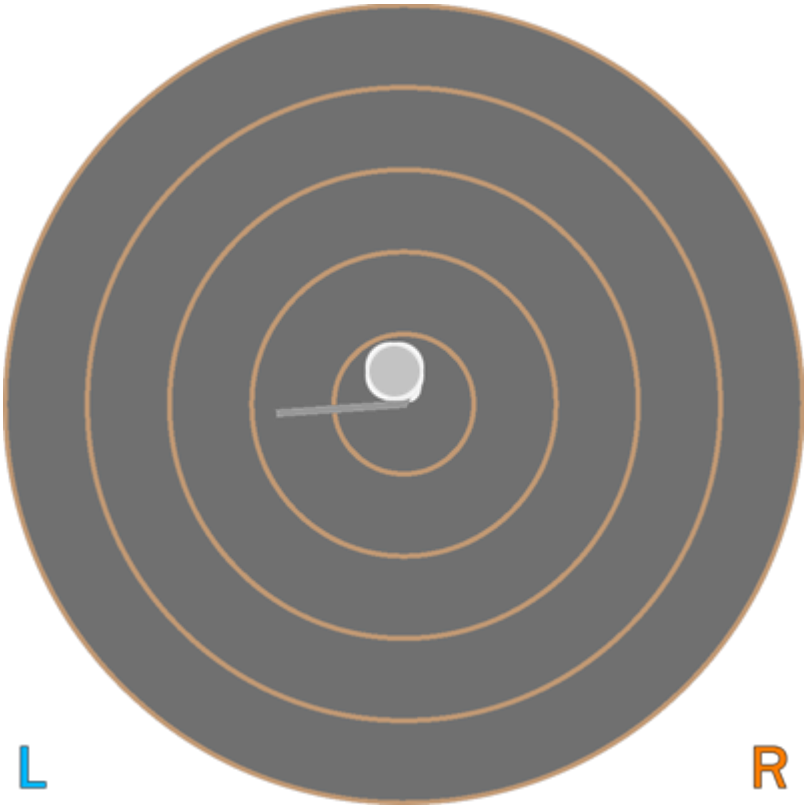
**Balance Assessment**

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 | RESULTS |
|---|---|
| **Ellipse Area** | 0.29 cm-2 |
| **COM Path Length** | 12.35 cm |
| **Range – ML** | 1.94 cm |
| **Range – AP** | 2.88 cm |
| **Pelvis Lateral Tilt** | 6.3° Left ▼ |
| **Trunk lateral flexion** | 3.1° Left ▼ |

### PRACTITIONER COMMENTS

# Single Leg Stand

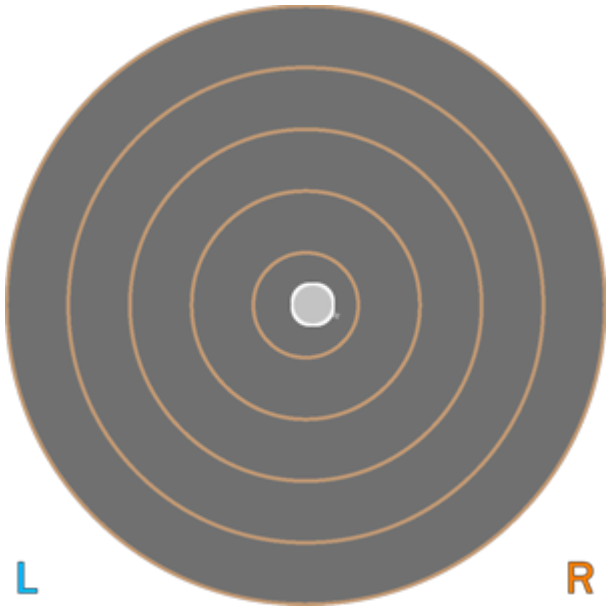
**Balance Assessment**

Standing balance over time is assessed while standing on one leg.

| | |
|---|---|
| **Eyes** | Open |
| **Surface** | Stable |
| **Time** | 10.0 s |

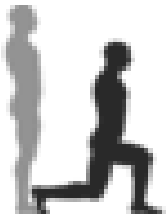
## RESULTS

### BALANCE RESULTS (RIGHT)

| SNAPSHOT – START OF TEST | CENTER OF MASS PATH |
|---|---|
|  |   |

| KEY METRICS | RESULTS |
|---|---|
| Ellipse Area | 0.26 cm-2 |
| COM Path Length | 14.25 cm |
| Range – ML | 1.55 cm |
| Range – AP | 1.92 cm |
| Pelvis Lateral Tilt | 3.2° Right ▼ |
| Trunk lateral flexion | 0.9° Right ▼ |

PRACTITIONER COMMENTS



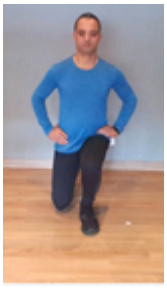
# Lunge

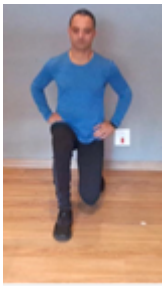
**Lower Body Dynamic Assessment**

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 | 79.3° | 95.4° | 16.9% |
| Peak Knee Flexion | 119.1° | 114.9° | 3.5% |
| Peak Spine Lateral Tilt | 1.1° **Anterior** | 1.3° **Posterior** | N/A |
| Peak Pelvic Lateral Tilt | 0.5° **Left** | 0.7° **Left** | N/A |

PRACTITIONER COMMENTS ( LEFT )

PRACTITIONER COMMENTS ( RIGHT )

# 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 ) | 111.4° | 118.3° | 129.6° |
| Peak Knee Flexion ( Right ) | 111.3° | 118.5° | 127.6° |
| Trunk Flexion at Peak Knee Flexion | 28.1° Anterior | 32.9° Anterior | 31.3° Anterior |
| Trunk lateral flexion at Peak Knee Flexion | 2.7° Right ▼ | 3.2° Right ▼ | 1.6° Right ▼ |

### PRACTITIONER COMMENTS