

# PROFILE ASSESSMENT

Marcia Borges

15<sup>th</sup> January, 2022

## PROFILE INFORMATION

NAME	Marcia Borges
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	4 <sup>th</sup> July, 1974
GENDER	Female
HEIGHT	163cm / 64in
WEIGHT	69kg / 151lb
AGE	47



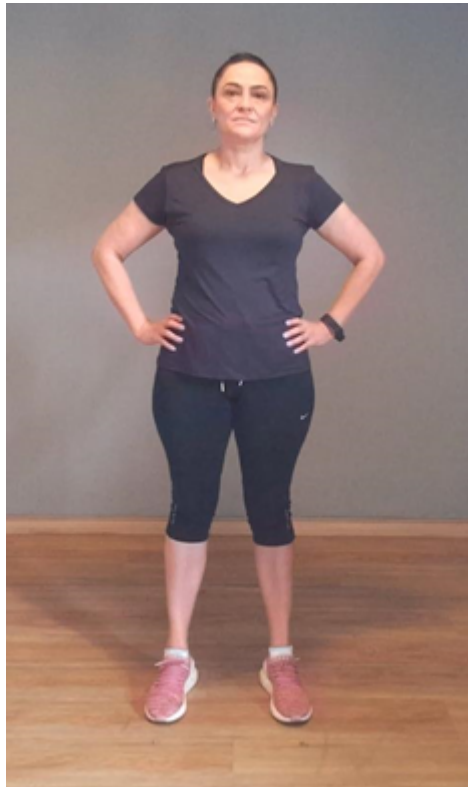
## Standing Posture

### Posture and Stability Assessment

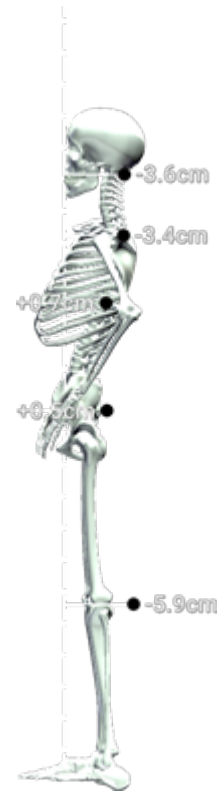
Standing Posture is a baseline postural assessment that can provide insight into an individual's structural balance, alignment, and postural strategy.

## RESULTS

### BALANCE SNAPSHOT



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



### KEY RESULTS

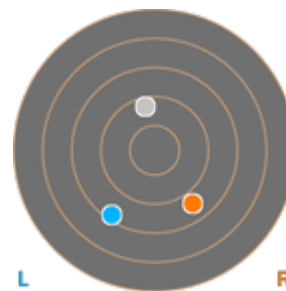
Neck lateral flexion 1.1° Left ▼

Trunk lateral flexion 2.4° Left ▼

Pelvis Lateral Tilt 2.8° Left ▼

Trunk Flexion 1.1° Anterior

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



### PRACTITIONER COMMENTS



## Single Leg Stand

### Balance Assessment

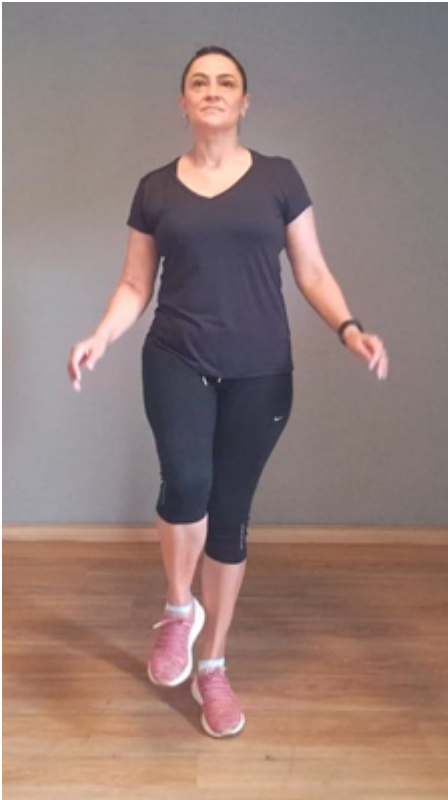
Standing balance over time is assessed while standing on one leg.

Eyes Open  
Surface Stable  
Time 10.0 s

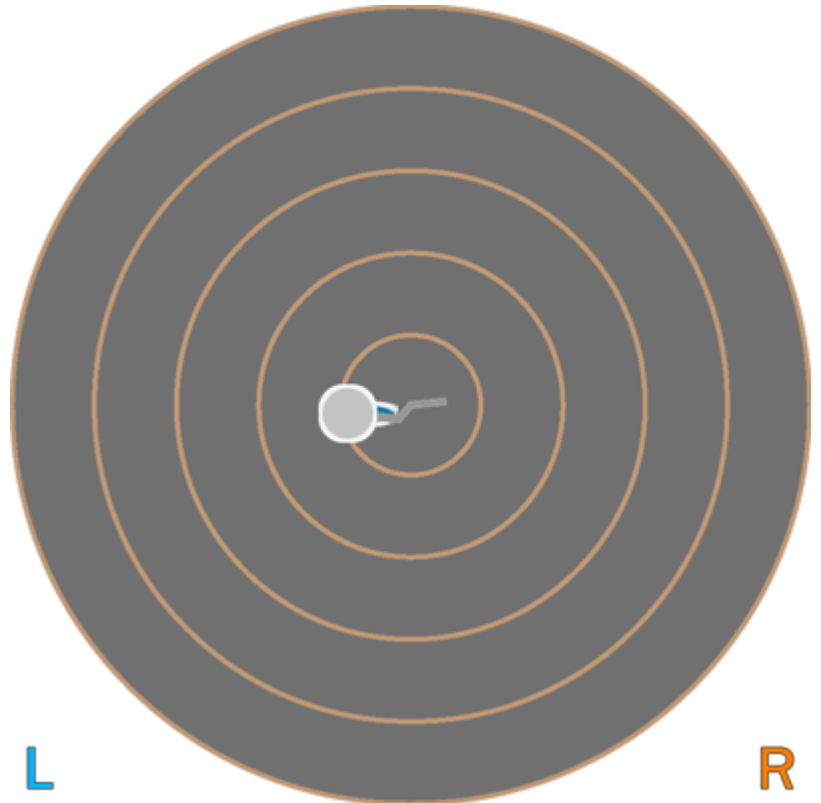
## RESULTS

### BALANCE RESULTS (LEFT)

#### SNAPSHOT – START OF TEST



#### CENTER OF MASS PATH



#### KEY METRICS

#### RESULTS

Ellipse Area

0.83 cm<sup>2</sup>

COM Path Length

19.11 cm

Range – ML

5.81 cm

Range – AP

2.69 cm

Pelvis Lateral Tilt

6.4° Left ▼

Trunk lateral flexion

3.6° 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

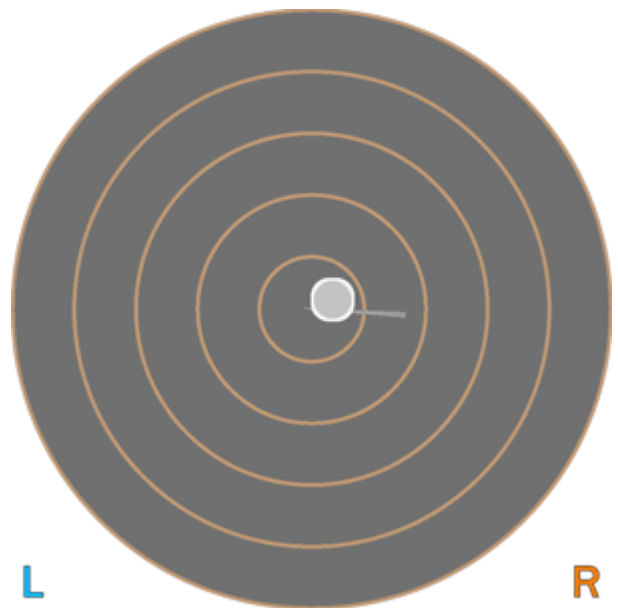
## RESULTS

### 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

0.61 cm<sup>2</sup>

13.87 cm

2.67 cm

1.94 cm

3.7° Right ▼

2.0° Right ▼

#### PRACTITIONER COMMENTS

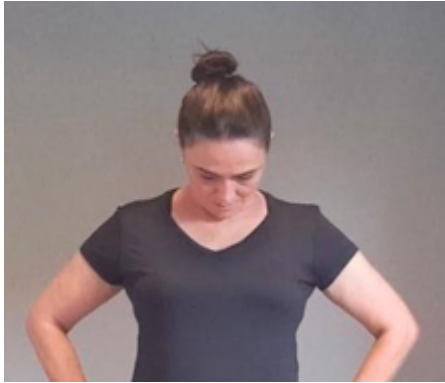



## Cervical Spine Flexion/Extension

### 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°	21.0°	6.1°	27.1°
Trunk Flexion	4.8° Posterior	4.8° Posterior	3.9° Posterior	N/A
Trunk lateral flexion	2.4°	1.9° Left ▼	1.8° Left ▼	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	21.7°	22.1°	+0.3°
Trunk Flexion	4.5° Posterior	4.1° Posterior	N/A
Trunk lateral flexion at Peak Flexion	4.3° Left ▼	3.1° Right ▼	+1.2°

## PRACTITIONER COMMENTS



## Hip Internal/External Rotation

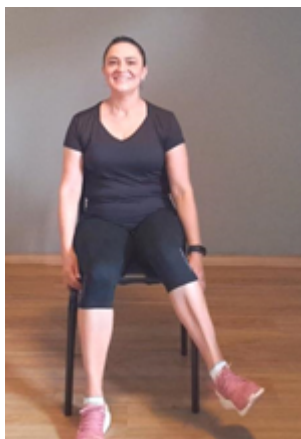
### Range of Motion Assessment

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.

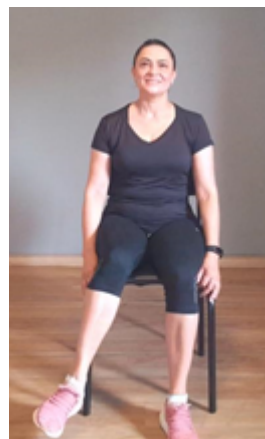
## RESULTS

### PEAK INTERNAL ROTATION

#### LEFT

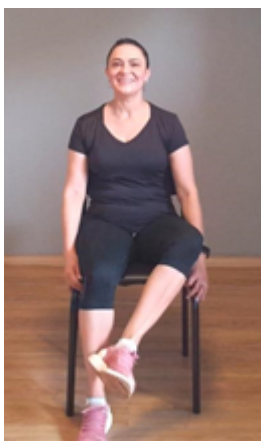


#### RIGHT



### PEAK EXTERNAL ROTATION

#### LEFT



#### RIGHT



#### KEY RESULTS

#### LEFT

#### RIGHT

#### IMBALANCE

Peak Internal Rotation

15.1°

14.6°

+0.5°

Peak External Rotation

42.7°

23.3°

+19.4°

Total ROM

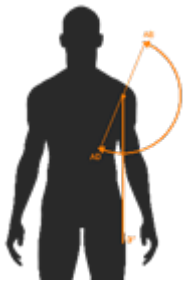
57.8°

37.9°

+19.9°

PRACTITIONER COMMENTS ( **LEFT** )

PRACTITIONER COMMENTS ( **RIGHT** )

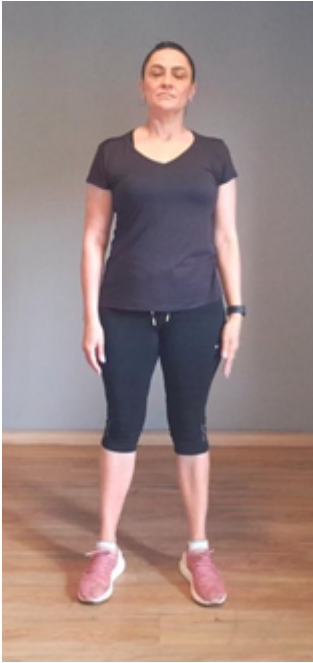
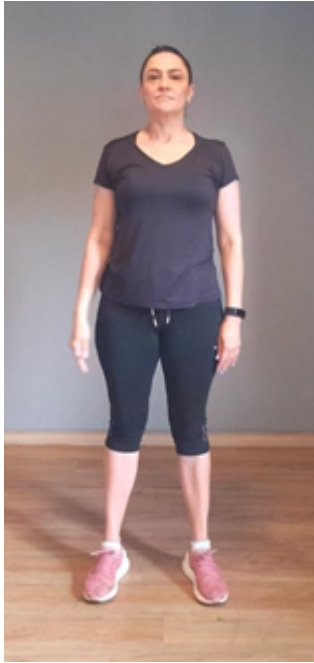
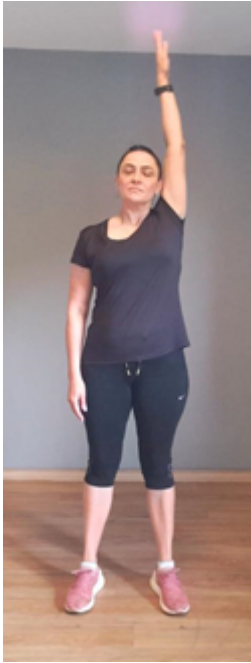
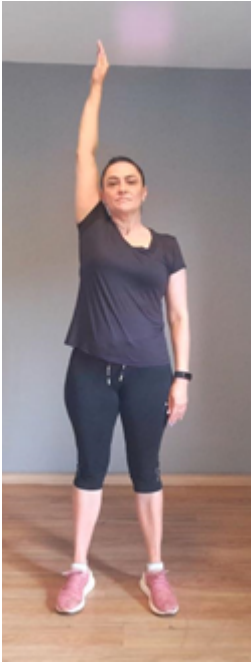


## Shoulder Adduction/Abduction

### 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	8.1°	8.7°	+0.5°
Shoulder Abduction	177.0°	170.4°	+6.6°
Trunk lateral flexion at Peak Abduction	1.0° Left ▼	3.7° Left ▼	+2.8°

PRACTITIONER COMMENTS ( LEFT )

PRACTITIONER COMMENTS ( RIGHT )



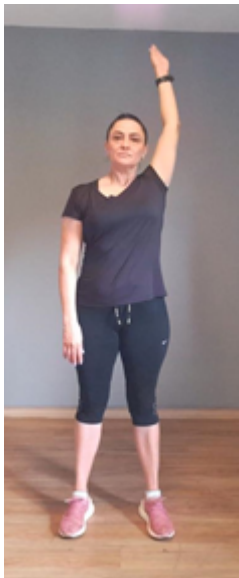
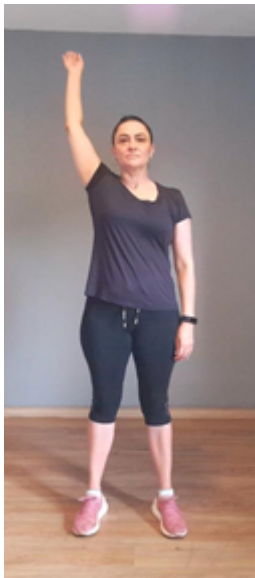
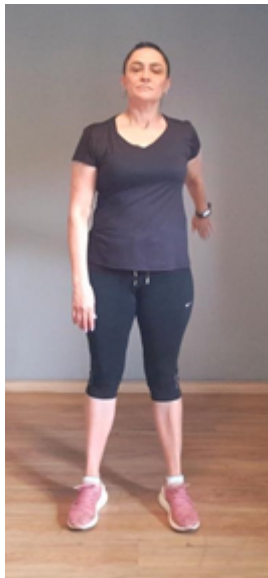
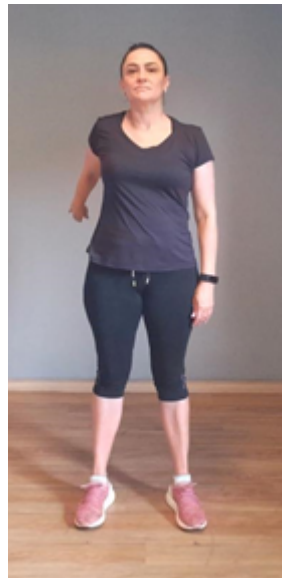


## Shoulder Flexion/Extension

### 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	200.6°	196.7°	+3.9°
Shoulder Extension	61.0°	61.4°	+0.4°
Trunk lateral flexion at Peak Flexion	1.1° Left ▼	2.7° Left ▼	+1.6°

PRACTITIONER COMMENTS ( LEFT )

PRACTITIONER COMMENTS ( RIGHT )



## Shoulder Internal/External Rotation

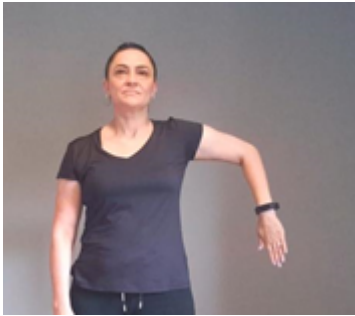
### Range of Motion Assessment

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

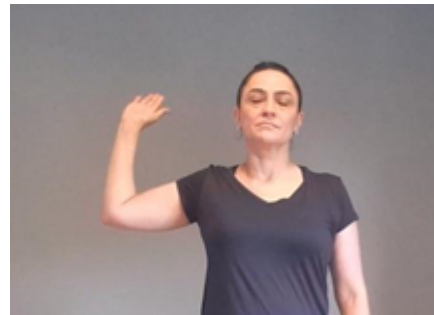


### PEAK EXTERNAL ROTATION

#### LEFT



#### RIGHT



#### KEY RESULTS

#### LEFT

#### RIGHT

#### IMBALANCE

Shoulder Internal Rotation

84.0°

84.5°

+0.5°

Shoulder External Rotation

85.1°

83.3°

+1.8°

Total ROM

169.1°

167.8°

+1.3°

Trunk lateral flexion  
at Peak Internal Rotation

0.8° Right ▼

2.2° Left ▼

+1.4°

PRACTITIONER COMMENTS ( LEFT )

PRACTITIONER COMMENTS ( RIGHT )


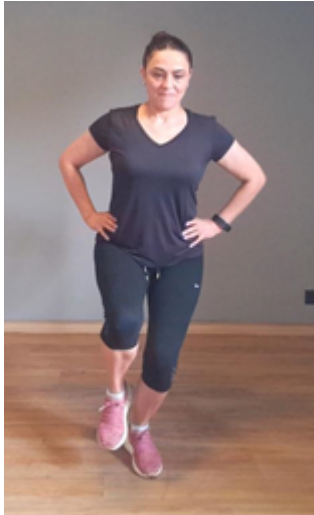




## Single Leg Squat

### 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

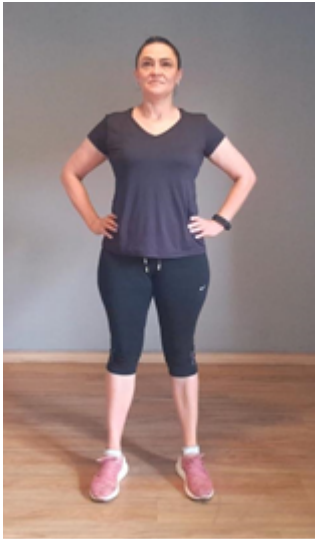
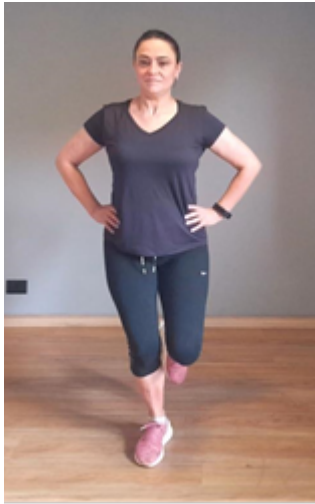


LEFT LEG			
SNAPSHOTS			
START	REP 1: PEAK KNEE FLEXION	REP 2: PEAK KNEE FLEXION	REP 3: PEAK KNEE FLEXION
			
KEY RESULTS	REP 1	REP 2	REP 3
Peak Knee Flexion	65.3°	66.0°	62.8°
Knee Displacement (total)	11.8 cm	11.1 cm	8.7 cm
Peak Knee Valgus	0.7° Valgus	0.5° Valgus	0.5° Valgus
Peak Knee Varus	10.7° Varus	8.2° Varus	8.9° Varus
Trunk lateral flexion at Peak Knee Flexion	5.5° Left ▼	5.1° Left ▼	3.4° 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	67.7°	65.5°	70.5°
Knee Displacement (total)	20.2 cm	12.2 cm	16.6 cm
Peak Knee Valgus	14.8° Valgus	7.6° Valgus	14.8° Valgus
Peak Knee Varus	0.7° Varus	2.2° Varus	0.2° Varus
Trunk lateral flexion at Peak Knee Flexion	1.3° Left ▼	0.2° Right ▼	0.8° Right ▼

#### PRACTITIONER COMMENTS

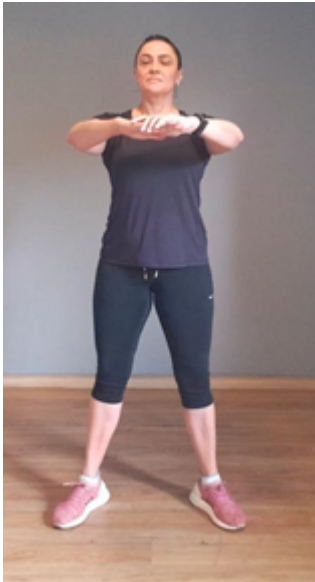





## Squat

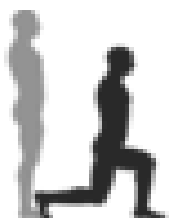
### Lower Body Dynamic Assessment

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> )	111.6°	114.3°	123.3°
Peak Knee Flexion ( <b>Right</b> )	111.4°	115.2°	122.8°
Spine Tilt at Peak Knee Flexion	22.5° Anterior	21.8° Anterior	24.2° Anterior
Trunk lateral flexion at Peak Knee Flexion	1.9° <b>Left</b> ▼	2.2° <b>Left</b> ▼	3.5° <b>Left</b> ▼

## PRACTITIONER COMMENTS



## Lunge

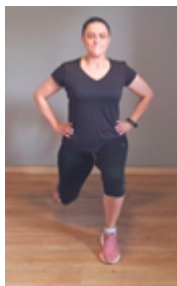
### Lower Body Dynamic Assessment

The Lunge assesses the strength and range of motion of the knees and hips.

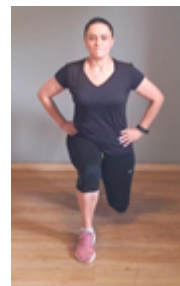
## RESULTS

### PEAK KNEE FLEXION

#### LEFT



#### RIGHT



KEY METRICS	LEFT LEG	RIGHT LEG	ASYMMETRY
Peak Hip Flexion	71.2°	66.6°	6.5%
Peak Knee Flexion	105.1°	93.0°	11.6%
Peak Spine Lateral Tilt	0.8° Anterior	0.8° Anterior	N/A
Peak Pelvic Lateral Tilt	1.2° Right	2° Right	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 ( <b>Left</b> )	121.4°	127.4°	126.3°
Peak Knee Flexion ( <b>Right</b> )	122.8°	127.7°	127.0°
Trunk Flexion at Peak Knee Flexion	20.6° Anterior	21.5° Anterior	23.6° Anterior
Trunk lateral flexion at Peak Knee Flexion	4.1° <b>Left</b> ▼	3.4° <b>Left</b> ▼	2.2° <b>Left</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 18.94 cm

Peak Spine Tilt after landing 14.7° Anterior

Peak Lateral Spine Tilt after landing 2.8° Left

Peak Lateral Pelvic Tilt after landing 2.3° Right

#### KEY METRICS (LEGS)

##### LEFT LEG

##### RIGHT LEG

##### ASYMMETRY

Peak Hip Flexion after landing 50.0° 50.3° 0.6%

Peak Knee Flexion after landing 66.7° 68.0° 1.9%

Peak Knee Valgus/Varus after landing 13.2° Varus 10.1° Varus 23.1%

#### PRACTITIONER COMMENTS





## Drop Jump



### Lower Body Dynamic Assessment

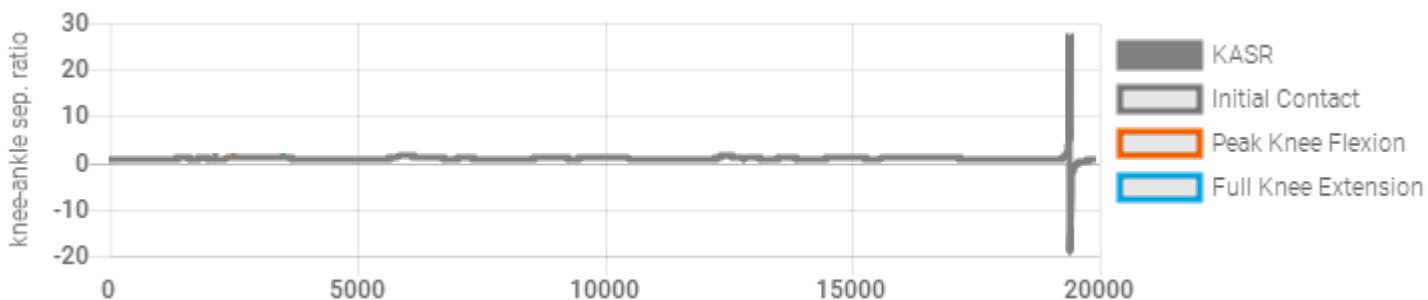
Drop Jump is used to assess coordination, balance, joint stability and power, requiring the patient to drop from a box or platform and transition from landing into an explosive jump .

Height

unspecified

## RESULTS

PHASE	Initial Contact	Peak Knee Flexion
SNAPSHOTS		
Result		
Knee-Ankle Separation Ratio	0.8	1.0
Hip Flexion ( Left )	33.5°	51.4°
Hip Flexion ( Right )	32.0°	51.3°
Knee Flexion ( Left )	20.7°	71.6°
Knee Flexion ( Right )	18.5°	75.8°



## PRACTITIONER COMMENTS