HUMANTRAK
MOVEMENT ANALYSIS SYSTEM

# PROFILE ASSESSMENT

Priscila Lopes Santos

30th March, 2023

## PROFILE INFORMATION

| NAME | Priscila Lopes Santos |
|---|---|
| ORGANISATION | On Morumbi Clinica Medica |
| DATE OF BIRTH | 5th September, 1978 |
| GENDER | Female |
| HEIGHT | 165cm / 64in |
| WEIGHT | 58kg / 127lb |
| AGE | 44 |

# 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

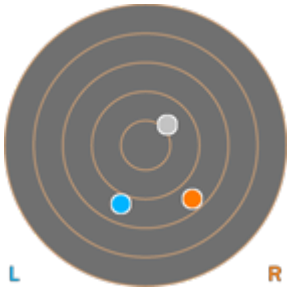
### BALANCE SNAPSHOT

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


### KEY RESULTS

| | |
|---|---|
| Neck lateral flexion | 3.5° Right ▼ |
| Trunk lateral flexion | 2.7° Right ▼ |
| Pelvis Lateral Tilt | 2.4° Right ▼ |
| Trunk Flexion | 3.5° 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° | 23.8° | 9.8° | 33.6° |
| **Trunk Flexion** | 6.2° **Posterior** | 3.2° **Posterior** | 5.5° **Posterior** | N/A |
| **Trunk lateral flexion** | 3.1° | 2.3° **Right** ▼ | 3.5° **Right** ▼ | N/A |

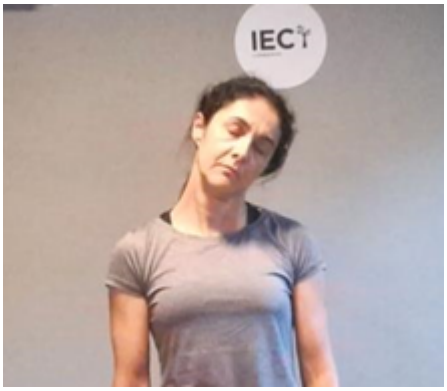
### PRACTITIONER COMMENTS


# 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).

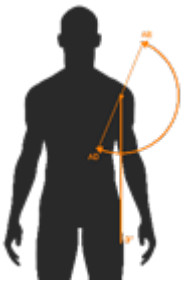
## RESULTS

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

| KEY RESULTS | PEAK FLEXION (LEFT) | PEAK FLEXION (RIGHT) | IMBALANCE |
|---|---|---|---|
| **Lateral Flexion** | 9.8° | 21.1° | +11.4° |
| **Trunk Flexion** | 4.7° **Posterior** | 5.5° **Posterior** | N/A |
| **Trunk lateral flexion** at Peak Flexion | 2.8° Right ▼ | 4.5° Right ▼ | +1.8° |

### PRACTITIONER COMMENTS

limitacao do lado esquerdo

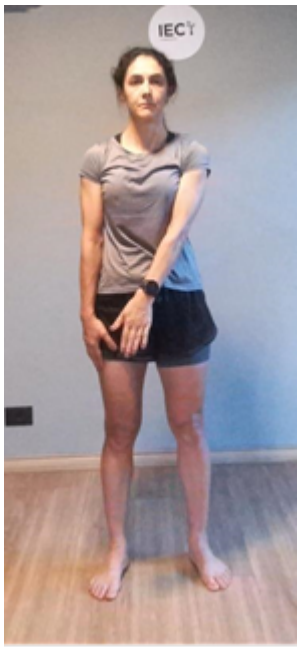
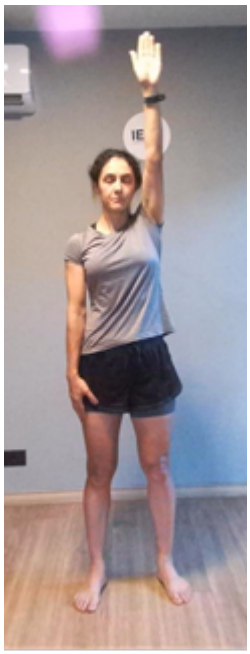
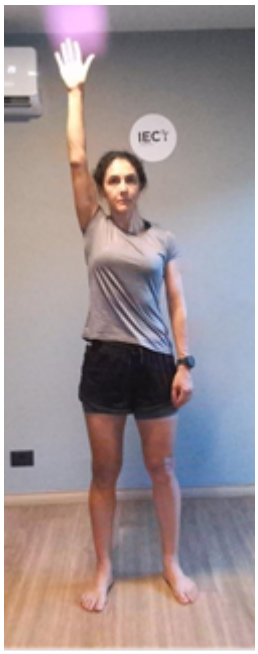


# Shoulder Adduction/Abduction

**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** | 20.3° | 30.1° | +9.8° |
| **Shoulder Abduction** | 182.0° | 174.4° | +7.5° |
| **Trunk lateral flexion** at Peak Abduction | 3.3° Right ▼ | 1.0° Right ▼ | +2.2° |

PRACTITIONER COMMENTS ( LEFT )

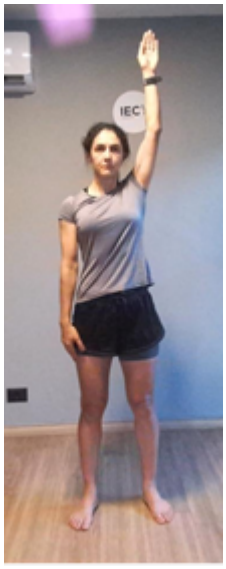
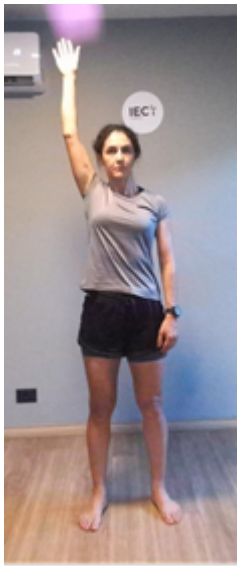
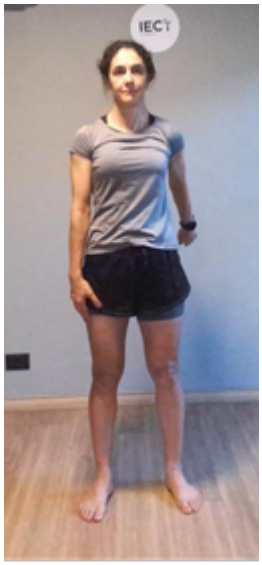
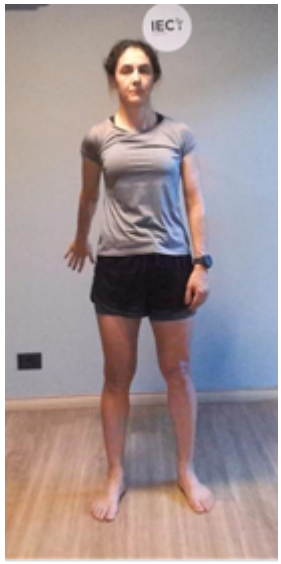
PRACTITIONER COMMENTS ( RIGHT )

# 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).

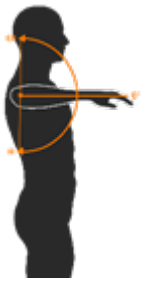
## RESULTS

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

| KEY RESULTS | LEFT | RIGHT | IMBALANCE |
|---|---|---|---|
| **Shoulder Flexion** | 168.8° | 169.8° | +1.0° |
| **Shoulder Extension** | 45.6° | 43.2° | +2.5° |
| **Trunk lateral flexion** at Peak Flexion | 3.8° Right ▼ | 0.8° Right ▼ | +3.0° |

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** | 38.3° | 45.5° | +7.2° |
| **Shoulder External Rotation** | 90.9° | 84.8° | +6.0° |
| **Total ROM** | 129.1° | 130.3° | +1.2° |
| **Trunk lateral flexion** at Peak Internal Rotation | 1.5° Right ▼ | 1.2° Right ▼ | +0.3° |

PRACTITIONER COMMENTS ( LEFT )

PRACTITIONER COMMENTS ( RIGHT )

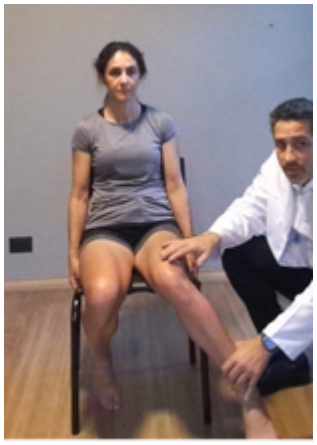
# Hip Internal/External Rotation

**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 | 33.5° | 36.6° | +3.1° |
| Peak External Rotation | 32.6° | 41.8° | +9.2° |
| Total ROM | 66.1° | 78.4° | +12.3° |

**PRACTITIONER COMMENTS ( LEFT )**

limitacao da rotacao externa

**PRACTITIONER COMMENTS ( RIGHT )**

limitacao da rotacao externa

# Single Leg Stand

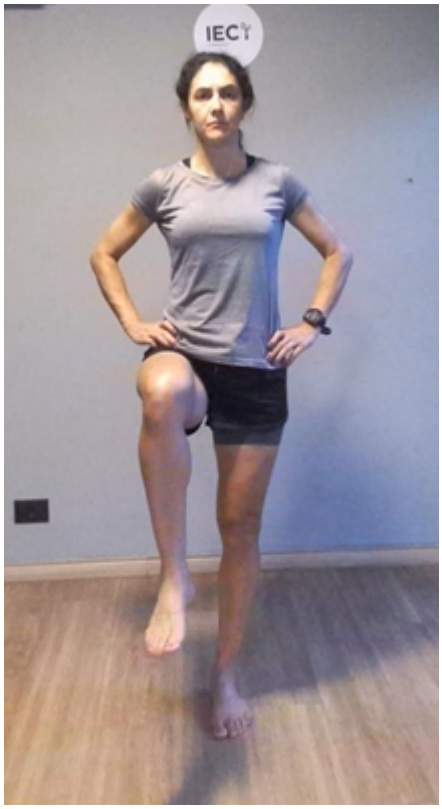
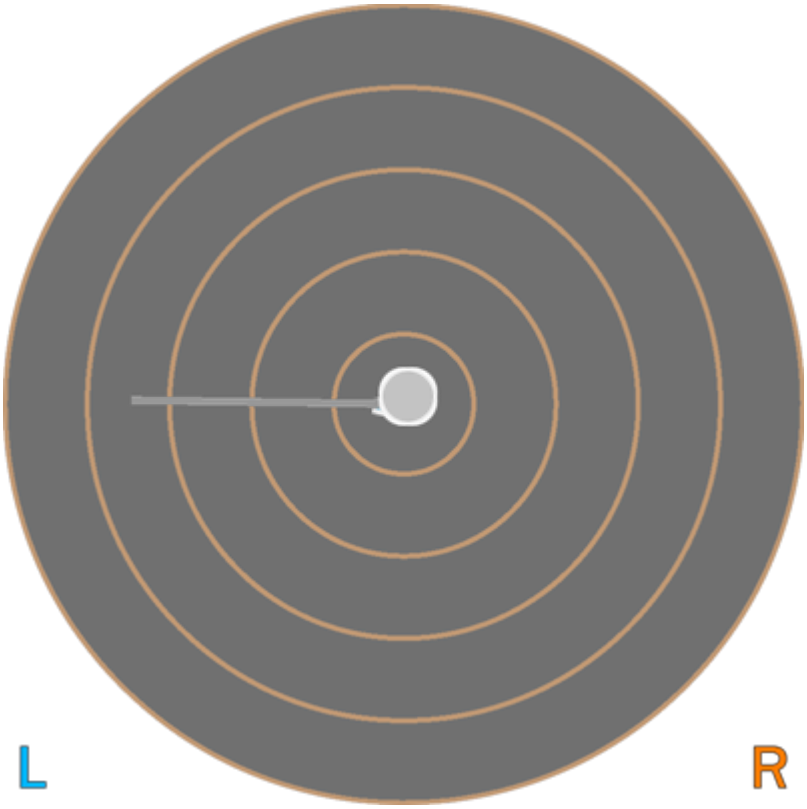
**Balance Assessment**

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 | 0.40 cm-2 |
| COM Path Length | 11.18 cm |
| Range – ML | 1.80 cm |
| Range – AP | 1.50 cm |
| Pelvis Lateral Tilt | 5.8° Left ▼ |
| Trunk lateral flexion | 1.8° Left ▼ |

PRACTITIONER COMMENTS

# Single Leg Stand

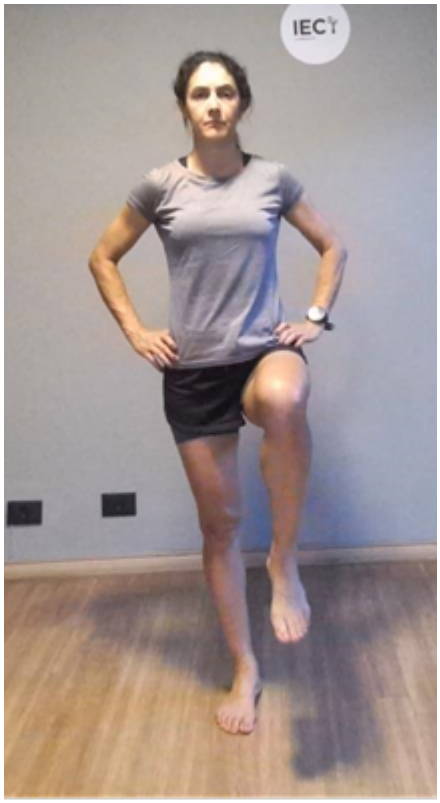
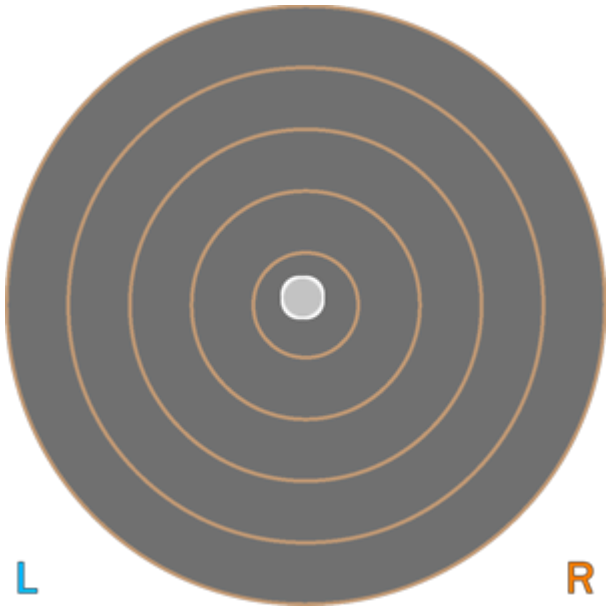
**Balance Assessment**

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

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

## RESULTS

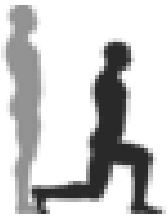
### BALANCE RESULTS (RIGHT)

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



| KEY METRICS | RESULTS |
|---|---|
| Ellipse Area | 0.35 cm-2 |
| COM Path Length | 10.74 cm |
| Range – ML | 1.00 cm |
| Range – AP | 1.32 cm |
| Pelvis Lateral Tilt | 6.7° Right ▼ |
| Trunk lateral flexion | 5.3° Right ▼ |

PRACTITIONER COMMENTS



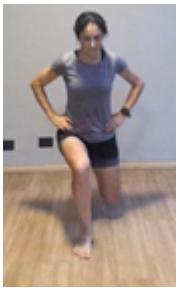
# Lunge

**Lower Body Dynamic Assessment**

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

## RESULTS

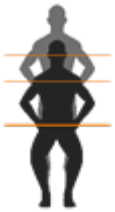
| PEAK KNEE FLEXION | |
|---|---|
| LEFT | RIGHT |



| KEY METRICS | LEFT LEG | RIGHT LEG | ASYMMETRY |
|---|---|---|---|
| Peak Hip Flexion | 85.2° | 56.1° | 34.2% |
| Peak Knee Flexion | 95.0° | 69.2° | 27.2% |
| Peak Spine Lateral Tilt | 2.9° **Posterior** | 0.5° **Posterior** | N/A |
| Peak Pelvic Lateral Tilt | 1° **Right** | 0.7° **Left** | N/A |

PRACTITIONER COMMENTS ( LEFT )

PRACTITIONER COMMENTS ( RIGHT )

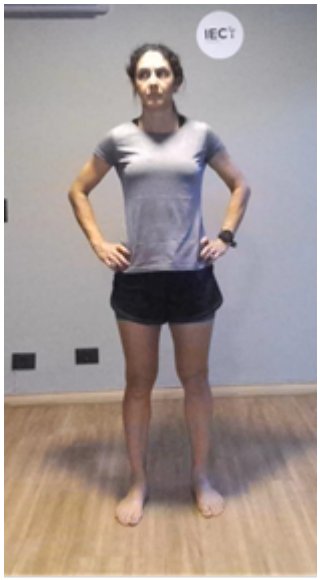
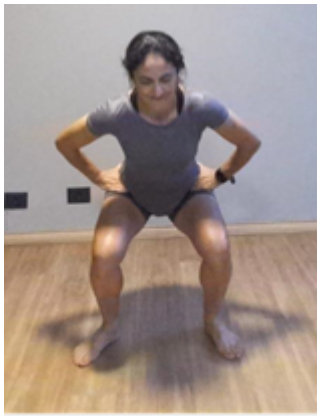
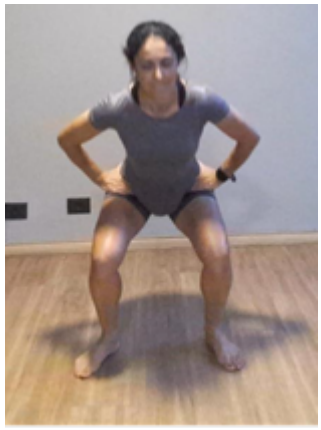


# Squat

**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 ( Left ) | 109.9° | 106.4° | 101.2° |
| Peak Knee Flexion ( Right ) | 107.5° | 107.1° | 100.3° |
| Spine Tilt at Peak Knee Flexion | 40.0° Anterior | 40.3° Anterior | 39.4° Anterior |
| Trunk lateral flexion at Peak Knee Flexion | 1.5° Left ▼ | 1.3° Right ▼ | 1.2° Right ▼ |

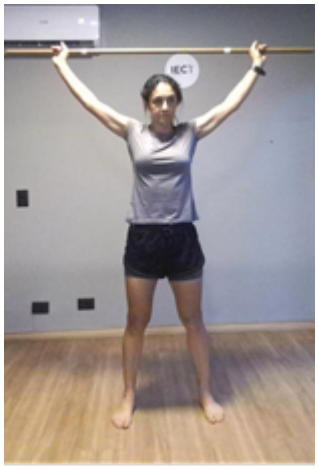
### PRACTITIONER COMMENTS

# 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 ( Left ) | 87.7° | 89.5° | 86.3° |
| Peak Knee Flexion ( Right ) | 84.1° | 87.6° | 83.2° |
| Trunk Flexion at Peak Knee Flexion | 26.1° Anterior | 23.5° Anterior | 21.5° Anterior |
| Trunk lateral flexion at Peak Knee Flexion | 0.4° Left ▼ | 0.9° Left ▼ | 0.3° Right ▼ |

### PRACTITIONER COMMENTS

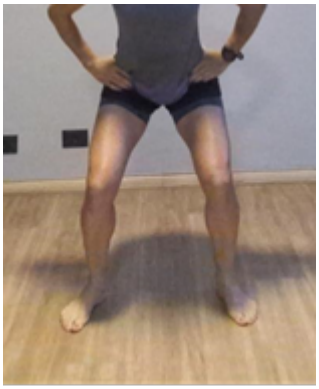
# Countermovement Jump

**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** | 25.42 cm | | |
| **Peak Spine Tilt** after landing | 30.8° **Anterior** | | |
| **Peak Lateral Spine Tilt** after landing | 0.7° **Right** | | |
| **Peak Lateral Pelvic Tilt** after landing | 3.2° **Right** | | |
| **KEY METRICS (LEGS)** | **LEFT LEG** | **RIGHT LEG** | **ASYMMETRY** |
| **Peak Hip Flexion** after landing | 71.4° | 71.2° | 0.3% |
| **Peak Knee Flexion** after landing | 72.5° | 70.7° | 2.5% |
| **Peak Knee Valgus/Varus** after landing | 22.8° **Varus** | 19° **Varus** | 16.7% |

PRACTITIONER COMMENTS

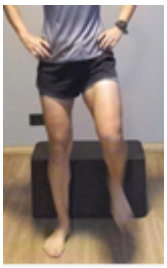
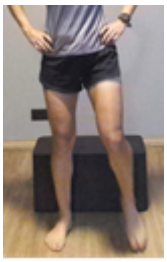
# Drop Jump

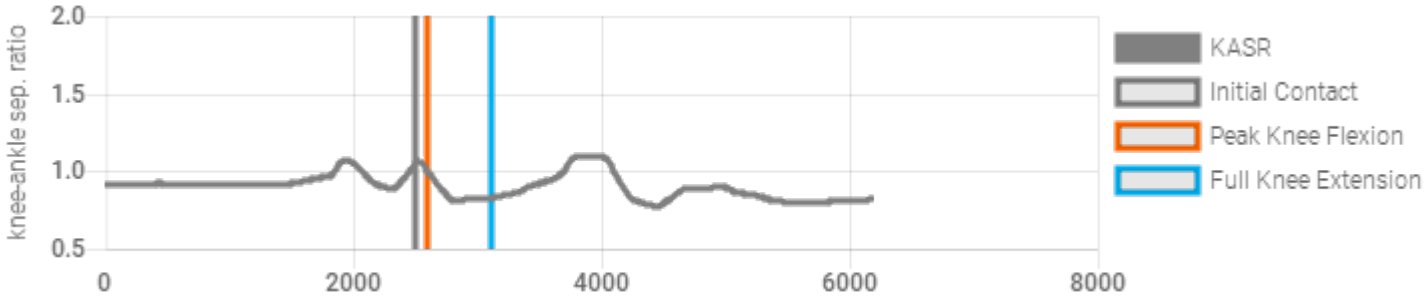
**Lower Body Dynamic Assessment**

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** unspecified

## RESULTS

| PHASE | Initial Contact | Peak Knee Flexion |
|---|---|---|
| SNAPSHOTS |  |  |
| **Result** | | |
| Knee-Ankle Separation Ratio | 1.1 | 1.0 |
| Hip Flexion ( Left ) | 30.5° | 40.2° |
| Hip Flexion ( Right ) | 13.1° | 11.4° |
| Knee Flexion ( Left ) | 52.8° | 87.5° |
| Knee Flexion ( Right ) | 25.2° | 27.5° |




## PRACTITIONER COMMENTS

# Single Leg Squat

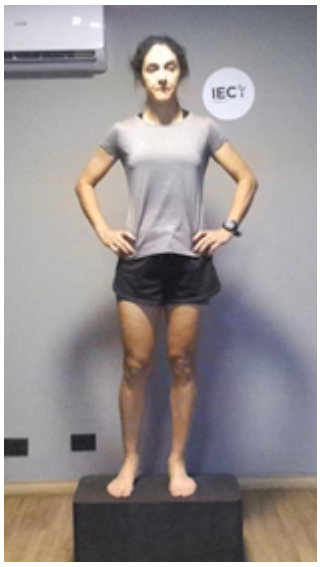
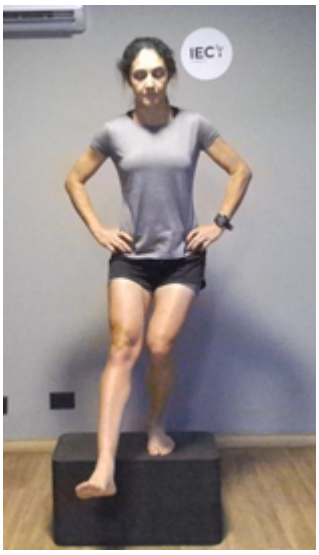
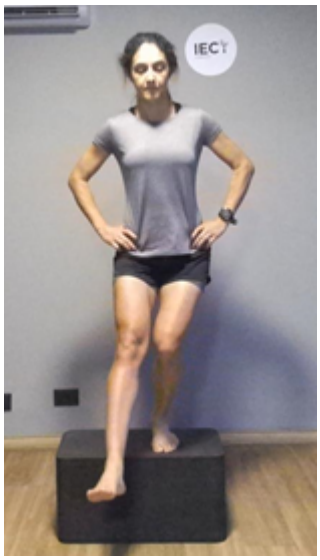
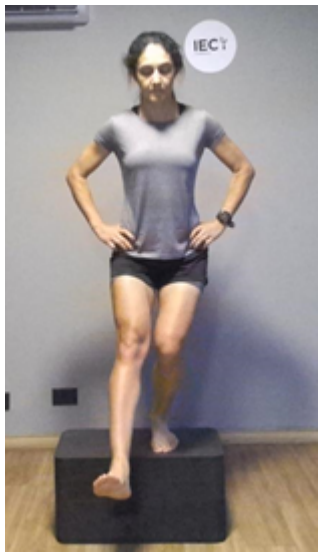
**Lower Body Dynamic Assessment**

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 |
|---|---|---|---|
|  |  |  |  |

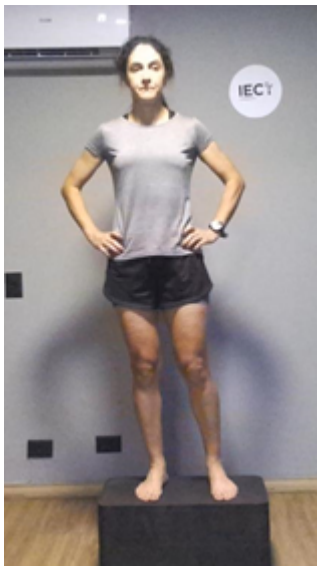
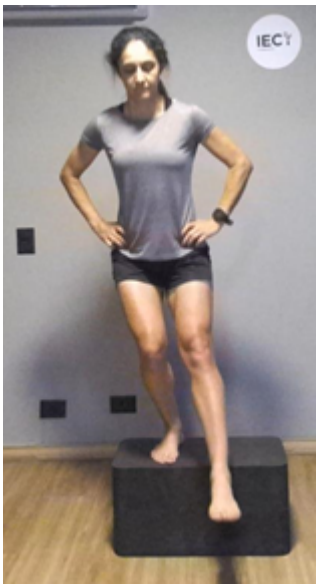
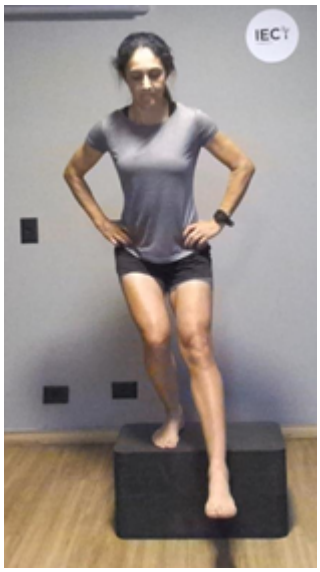
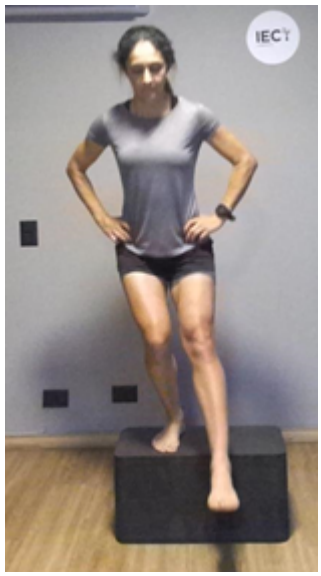
| KEY RESULTS | REP 1 | REP 2 | REP 3 |
|---|---|---|---|
| Peak Knee Flexion | 71.4° | 70.7° | 80.7° |
| Knee Displacement (total) | 10.2 cm | 8.5 cm | 9.4 cm |
| Peak Knee Valgus | 11.5° **Valgus** | 7.9° **Valgus** | 4.4° **Valgus** |
| Peak Knee Varus | 0.8° **Varus** | 1° **Varus** | 1.2° **Varus** |
| Trunk lateral flexion at Peak Knee Flexion | 0.9° **Right** ▼ | 2.1° **Right** ▼ | 0.9° **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** | 69.4° | 73.7° | 75.2° |
| **Knee Displacement (total)** | 11.0 cm | 11.6 cm | 15.3 cm |
| **Peak Knee Valgus** | 0.8° **Valgus** | 3.6° **Valgus** | 5.2° **Valgus** |
| **Peak Knee Varus** | 2.6° **Varus** | 6.5° **Varus** | 1.8° **Varus** |
| **Trunk lateral flexion** at Peak Knee Flexion | 4.4° **Right ▼** | 4.8° **Right ▼** | 4.8° **Right ▼** |

### PRACTITIONER COMMENTS