



ON Evolução Corporal

AVENIDA JORGE JOÃO SAAD, 1222 - MORUMBI Sao Paulo, SP 05618-000

ph: +55 11 988163553

Profile: Paula Cisneiros

Report By: Nemi Sabeh

Report Date: 7 Feb 2024

Paula Cisneiros

Age: 36 (26 Jun 1987)

Knee Flexion Prone

Max Force Left and Right Side

Left

107N

↑ 242.4%

Right

194N

↑ 12.3%

45.1%

Asymmetry

Knee Flexion Prone

Peak ROM Left and Right Side

Left

116°

Right

120°

2.8%

Asymmetry

Knee Flexion - Prone

Max Force - Left & Right Side

Left

257N

Right

276N

7.1%

Asymmetry

Ankle Plantar Flexion - Supin...

Max Force - Left & Right Side

Left

244N

Right

214N

12.2%

Asymmetry

Ankle Inv/Ev - Supine

Max Force - Left & Right Side Ankle Inv

Left

75N

Right

86N

12.8%

Asymmetry

Hip IR/ER - Prone

Max Force - Left & Right Side Hip ER

Left

82N

Right

92N

11.1%

Asymmetry



Hip Add/Abd - Seated

Max Force - Left & Right Side Hip Add

Left

316N

Right

326N

3.1%

Asymmetry

Knee Extension - Seated (90)

Max Force - Left & Right Side

Left

204N

Right

232N

12.3%

Asymmetry

Ankle Dorsiflexion - Seated

Max Force - Left & Right Side

Left

131N

Right

157N

16.7%

Asymmetry

Hip Flexion - Seated

Max Force - Left & Right Side

Left

248N

Right

249N

0.1%

Asymmetry

Ankle Plantar Flexion - Seated

Avg Force - Left & Right Side

Left

882N

Right

897N

1.7%

Asymmetry

Hip Extension - Standing

Max Force - Left & Right Side

Left

153N

Right

155N

1%

Asymmetry



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Report Date: 7 Feb 2024

Hip Flexion - Kicker

Max Force - Left & Right Side

Left

228N

Right

216N

5.2%

Asymmetry

Knee Flexion - Standing

Max Force - Left & Right Side

Left

156N

Right

180N

13.2%

Asymmetry