

PROFILE ASSESSMENT

Mara Chap Chap
30th January, 2024

PROFILE INFORMATION

NAME	Mara Chap Chap
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	10 th April, 1962
GENDER	Female
HEIGHT	164cm / 64in
WEIGHT	59kg / 129lb
AGE	61



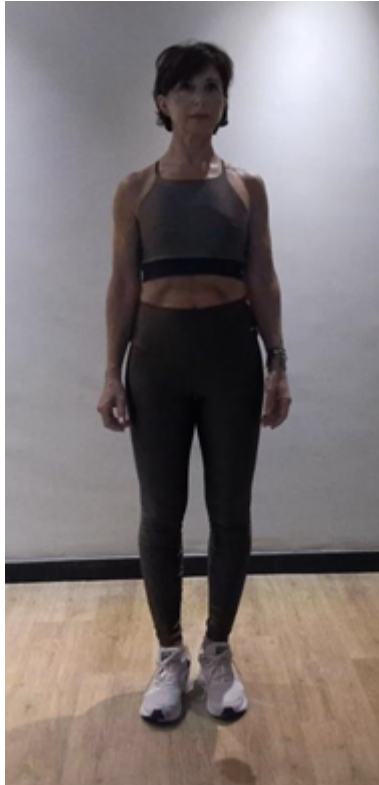
Standing Posture

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



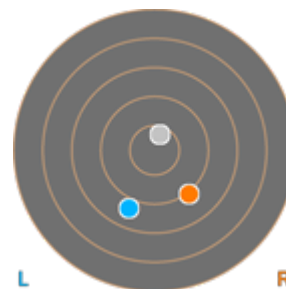
SIDETRAK POSTURAL DEVIATION (SAGITTAL PLANE/SIDE VIEW)



KEY RESULTS

Neck lateral flexion	1.1° Right ▼
Trunk lateral flexion	1.0° Right ▼
Pelvis Lateral Tilt	0.1° Right ▼
Trunk Flexion	1.1° Posterior

SWAYTRAK MOVEMENT PATHS (KNEES AND CENTRE OF MASS)



PRACTITIONER COMMENTS


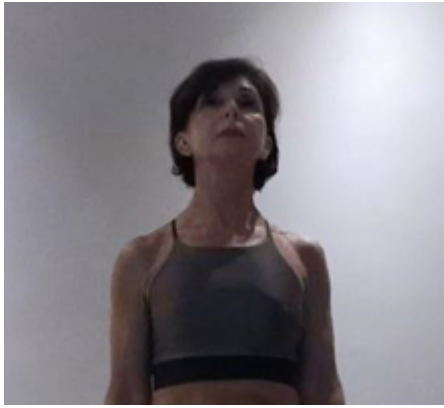


Cervical Spine Flexion/Extension

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°	24.2°	3.6°	27.8°
Trunk Flexion	3.6° Posterior	2.3° Posterior	4.2° Posterior	N/A
Trunk lateral flexion	0.9°	0.2° Right ▼	0.7° Right ▼	N/A

PRACTITIONER COMMENTS





Cervical Spine Lateral Flexion

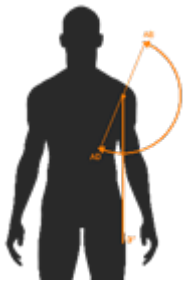
Range of Motion Assessment

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	20.2°	26.9°	+6.7°
Trunk Flexion	6.4° Posterior	4.5° Posterior	N/A
Trunk lateral flexion at Peak Flexion	2.1° Left ▼	6.9° Right ▼	+4.8°

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	4.6°	15.3°	+10.7°
Shoulder Abduction	181.7°	179.9°	+1.7°
Trunk lateral flexion at Peak Abduction	3.7° Right ▼	2.9° Left ▼	+0.8°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)


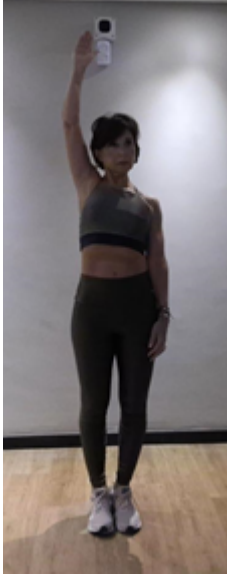
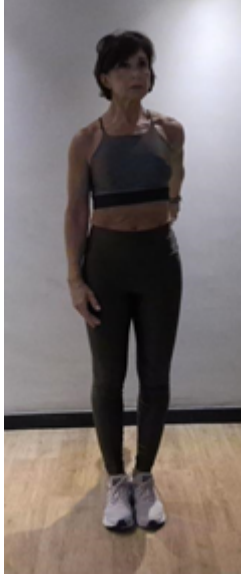



Shoulder Flexion/Extension

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	183.2°	176.3°	+6.9°
Shoulder Extension	50.2°	43.8°	+6.4°
Trunk lateral flexion at Peak Flexion	3.1° Right ▼	1.1° Left ▼	+2.0°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

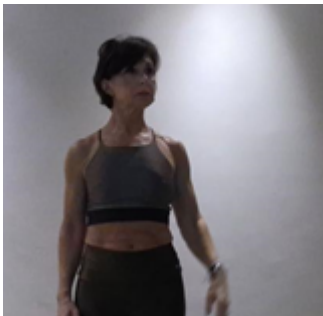





Shoulder Internal/External Rotation

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	18.1°	23.9°	+5.9°
Shoulder External Rotation	95.3°	99.6°	+4.3°
Total ROM	113.4°	123.5°	+10.2°
Trunk lateral flexion at Peak Internal Rotation	1.6° Right ▼	1.4° Left ▼	+0.2°

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	16.8°	18.4°	+1.6°
Peak External Rotation	43.7°	43.6°	+0.1°
Total ROM	60.5°	62.0°	+1.5°

PRACTITIONER COMMENTS (LEFT)

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PRACTITIONER COMMENTS (RIGHT)



Single Leg Stand

Balance Assessment

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

Eyes Open
Surface Stable
Time 10.0 s

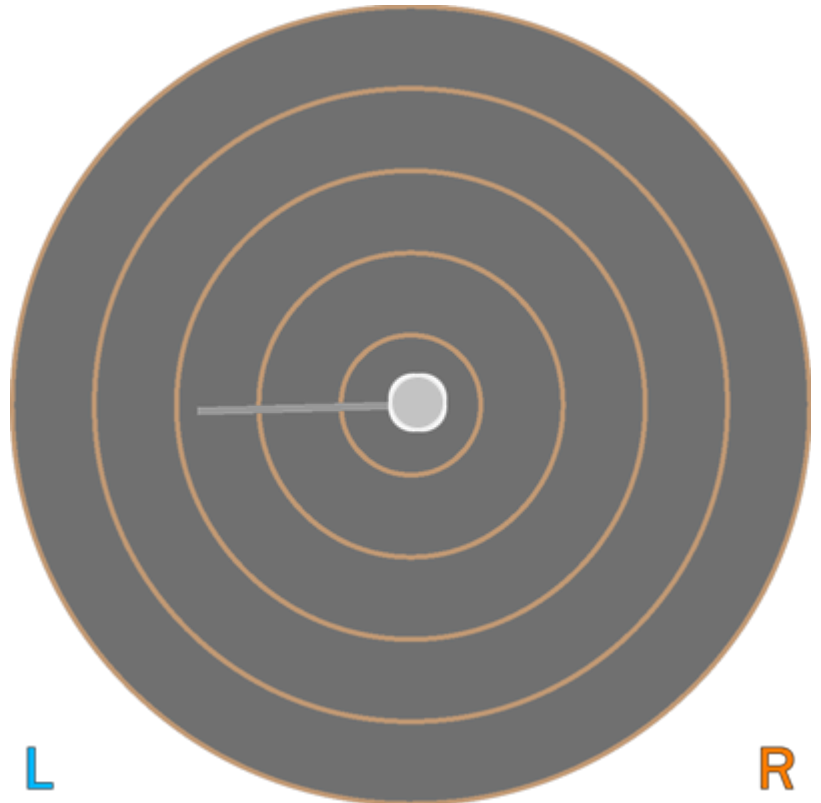
RESULTS

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

0.21 cm²

10.69 cm

0.83 cm

1.34 cm

9.5° Left ▼

2.3° 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

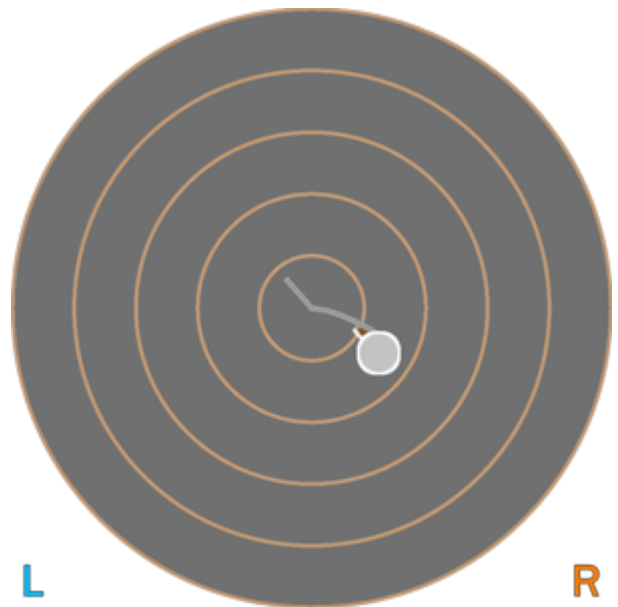
RESULTS

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

0.31 cm²

18.17 cm

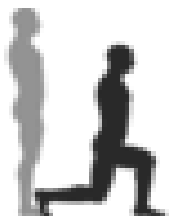
1.52 cm

2.86 cm

12.3° Right ▼

6.3° 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	61.6°	77.0°	20%
Peak Knee Flexion	84.4°	107.3°	21.3%
Peak Spine Lateral Tilt	3.3° Posterior	1.2° Posterior	N/A
Peak Pelvic Lateral Tilt	4.9° Right	3.2° Right	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)	101.4°	104.6°	103.9°
Peak Knee Flexion (Right)	104.5°	105.8°	105.1°
Spine Tilt at Peak Knee Flexion	37.1° Anterior	36.0° Anterior	34.0° Anterior
Trunk lateral flexion at Peak Knee Flexion	3.8° Right ▼	2.6° Right ▼	0.1° Left ▼

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)	121.2°	114.0°	119.1°
Peak Knee Flexion (Right)	119.7°	114.9°	118.0°
Trunk Flexion at Peak Knee Flexion	32.4° Anterior	31.7° Anterior	29.8° Anterior
Trunk lateral flexion at Peak Knee Flexion	4.6° Right ▼	3.5° Right ▼	2.5° Right ▼

PRACTITIONER COMMENTS



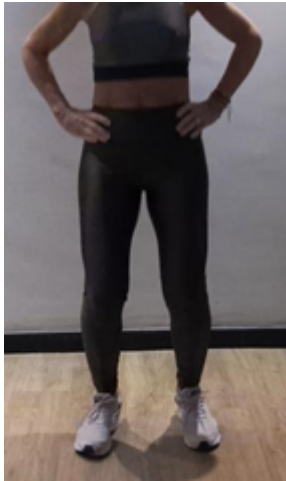
Countermovement Jump

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 16.44 cm

Peak Spine Tilt after landing 4.1° Anterior

Peak Lateral Spine Tilt after landing 1.4° Right

Peak Lateral Pelvic Tilt after landing 2.5° Right

KEY METRICS (LEGS)

LEFT LEG

RIGHT LEG

ASYMMETRY

Peak Hip Flexion after landing 30.8° 31.5° 2.5%

Peak Knee Flexion after landing 50.3° 49.8° 1%

Peak Knee Valgus/Varus after landing 2.2° Varus 7.5° Varus 70.5%

PRACTITIONER COMMENTS



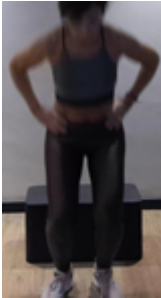
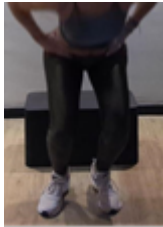
Drop Jump

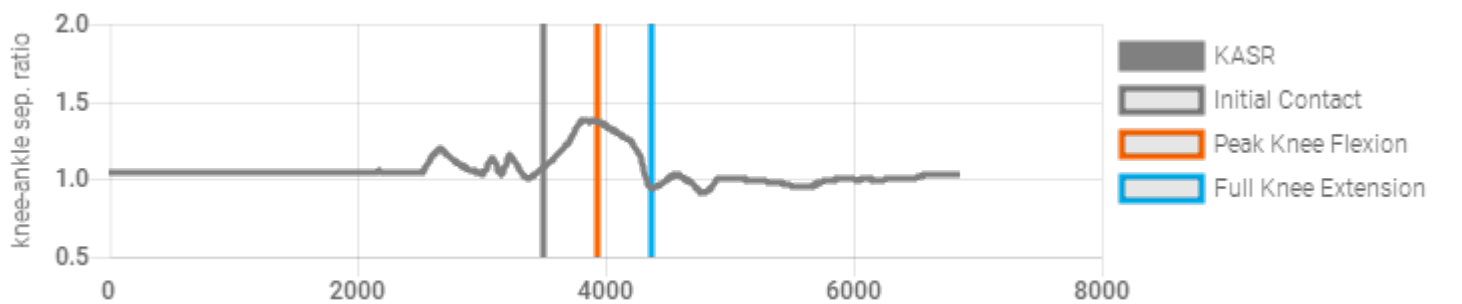
Lower Body Dynamic Assessment

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	1.4
Hip Flexion (Left)	43.2°	83.6°
Hip Flexion (Right)	40.8°	85.1°
Knee Flexion (Left)	48.9°	91.2°
Knee Flexion (Right)	42.8°	88.0°



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



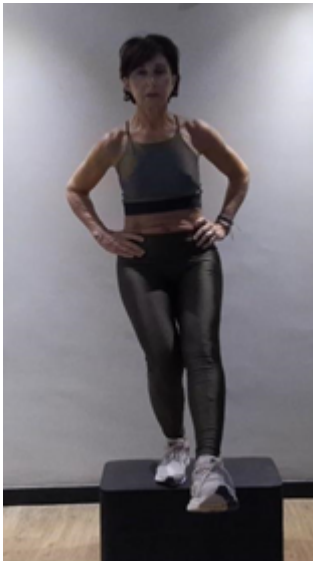

LEFT LEG			
SNAPSHOTS			
START	REP 1: PEAK KNEE FLEXION	REP 2: PEAK KNEE FLEXION	REP 3: PEAK KNEE FLEXION
KEY RESULTS	REP 1	REP 2	REP 3
Peak Knee Flexion	79.4°	77.0°	79.1°
Knee Displacement (total)	12.3 cm	9.1 cm	15.5 cm
Peak Knee Valgus	9.5° Valgus	5.3° Valgus	9.1° Valgus
Peak Knee Varus	3.4° Varus	2° Varus	2° Varus
Trunk lateral flexion at Peak Knee Flexion	2.8° Left ▼	2.8° Left ▼	1.4° 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	74.2°	69.6°	78.5°
Knee Displacement (total)	14.6 cm	13.5 cm	13.2 cm
Peak Knee Valgus	12.8° Valgus	9.8° Valgus	16.1° Valgus
Peak Knee Varus	2.6° Varus	2.4° Varus	2.3° Varus
Trunk lateral flexion at Peak Knee Flexion	3.9° Right ▼	5.6° Right ▼	4.9° Right ▼

PRACTITIONER COMMENTS