Tests (8)

Profile	Date	Test Type	Test Position	Reps
Vanessa Trindade Trench Chalem				
8 Tests				
	17/10/2023 3:45 PM	Shoulder IR/ER	Supine (90 Degrees AB)	IR 2 L / 0 R ER 0 L / 0 R
	17/10/2023 3:43 PM	Shoulder IR/ER	Supine (Neutral)	IR 2 L / 0 R ER 1 L / 1 R
	17/10/2023 3:40 PM	Shoulder Extension	Prone	EXT 2 L / 2 R
	17/10/2023 3:36 PM	Shoulder Flexion	Prone	FLEX 0 L / 0 R
	17/10/2023 3:32 PM	Shoulder Abduction	Side lying	AB 0 L / 0 R
	17/10/2023 3:31 PM	Shoulder Adduction	Side lying	AD 2 L / 2 R
	17/10/2023 3:27 PM	Elbow Extension	Seated	EXT 2 L / 2 R
	17/10/2023 3:25 PM	Elbow Flexion	Seated	FLEX 2 L / 2 R

Internal Rotation Max Force [N] - Shoulder IR/ER
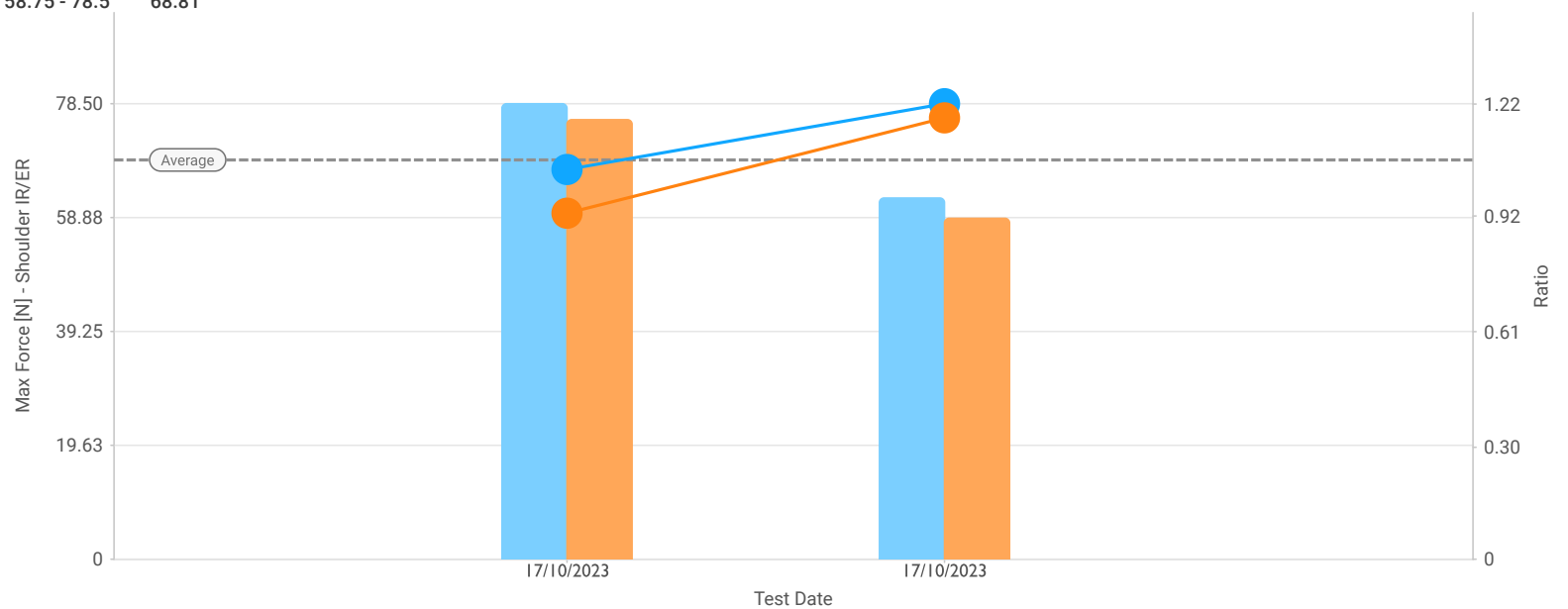
Range
69.5 - 82
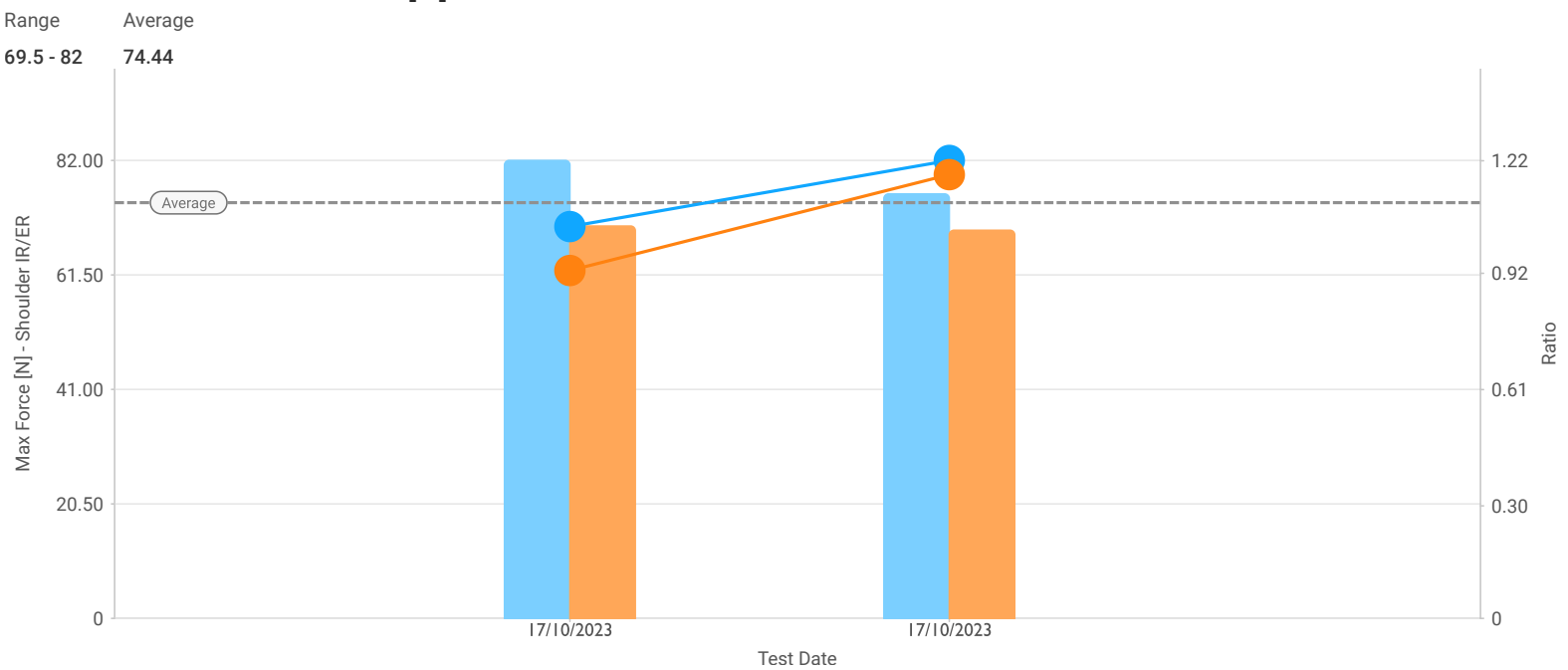
Average
74.44

External Rotation Max Force [N] - Shoulder IR/ER
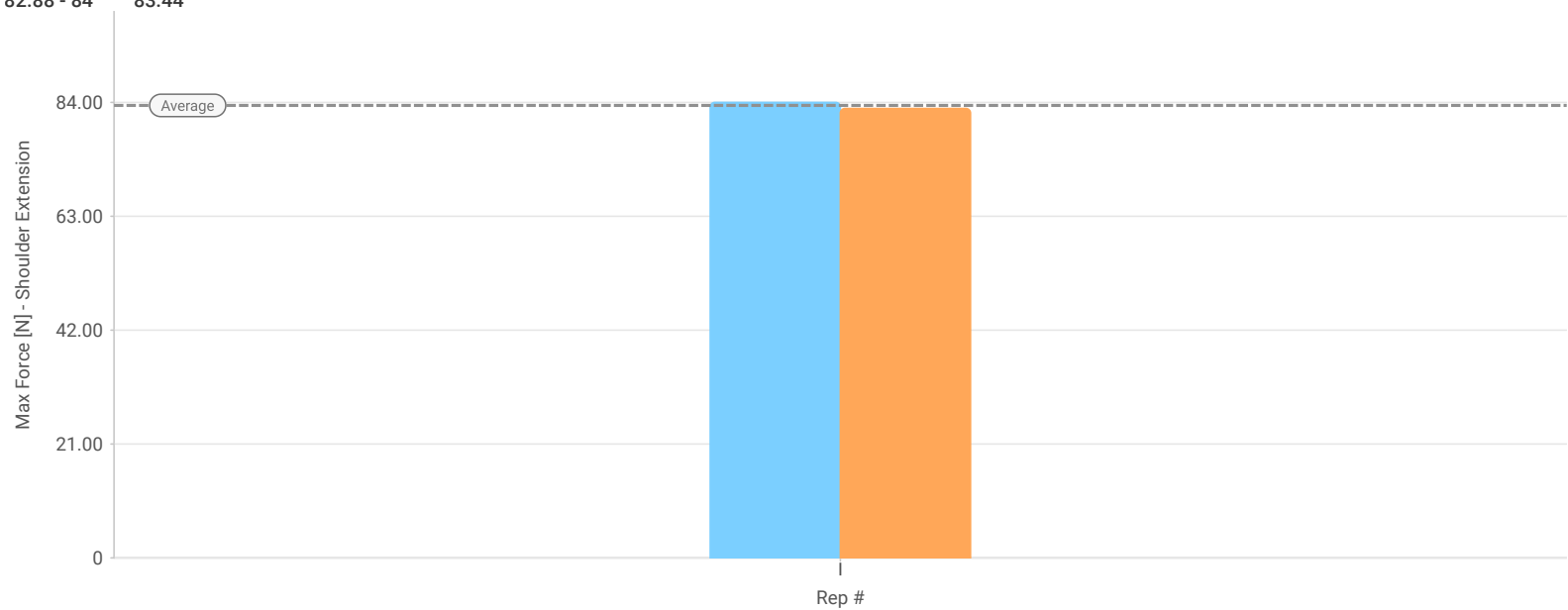
Range
58.75 - 78.5

Average
68.81
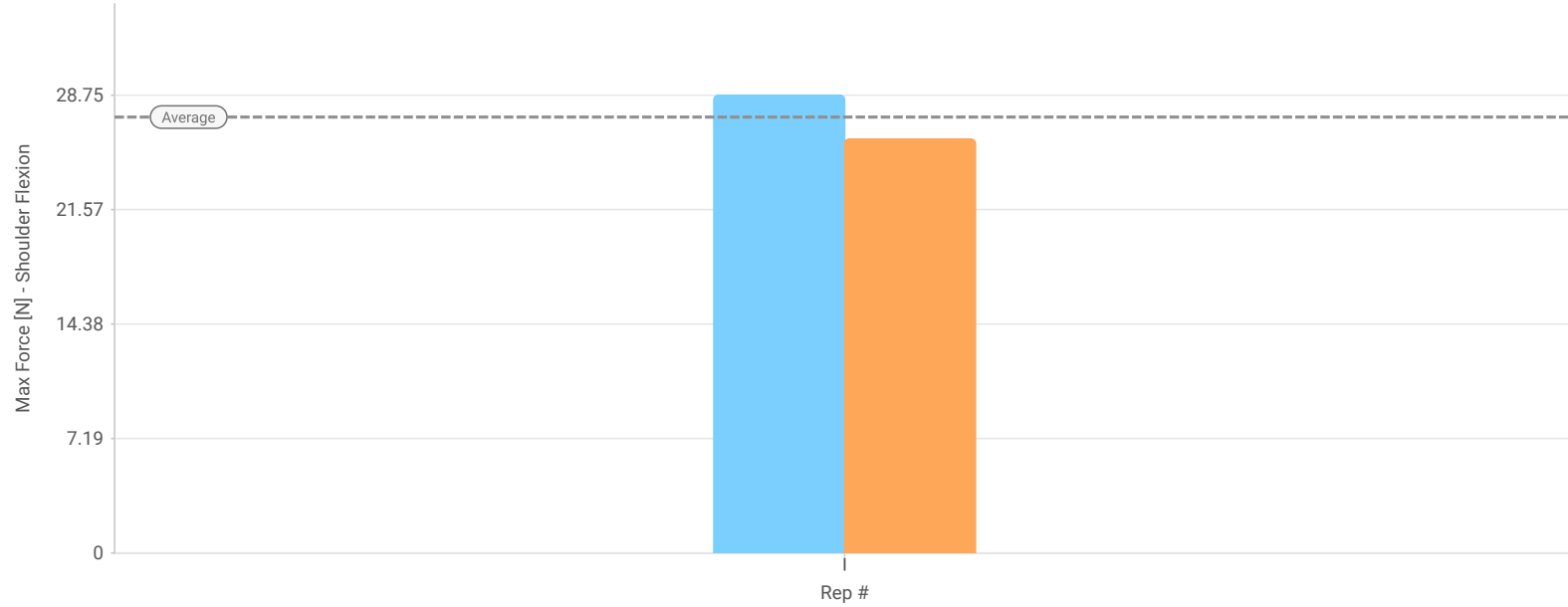

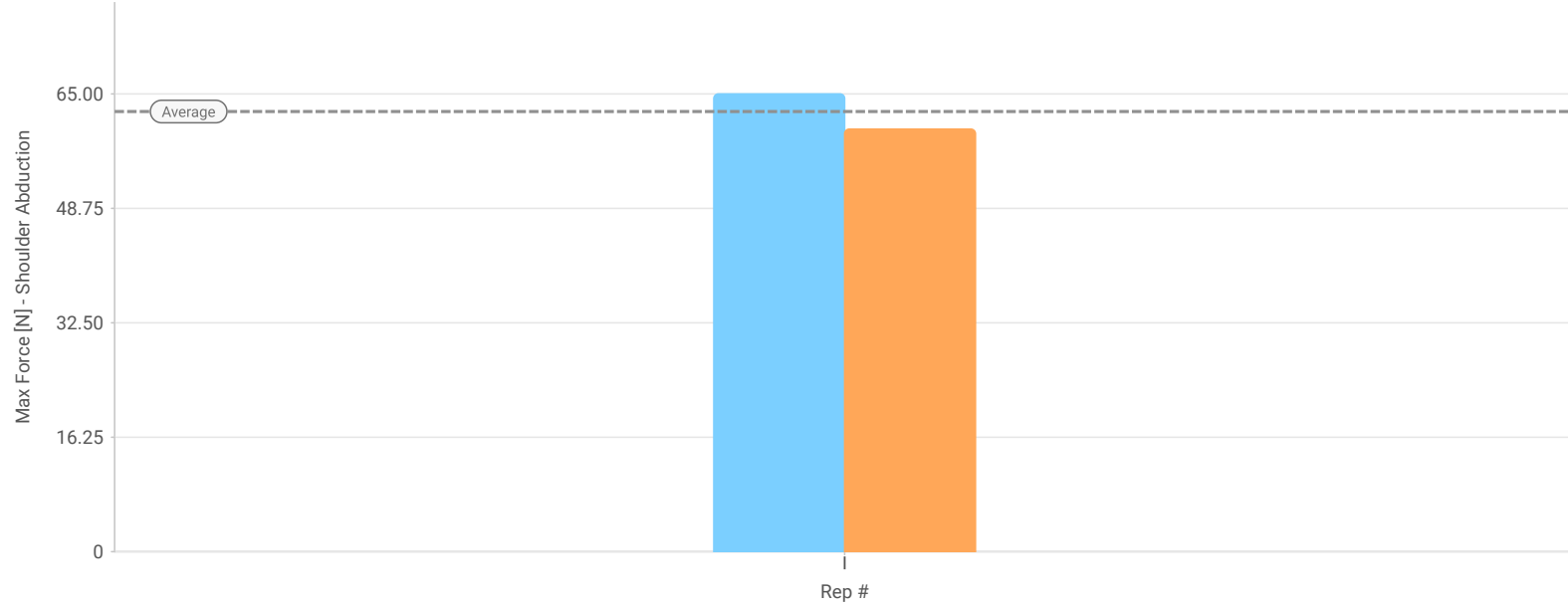# Extension Max Force [N] - Shoulder Extension

Range
82.88 - 84

Average
83.44

Flexion Max Force [N] - Shoulder Flexion

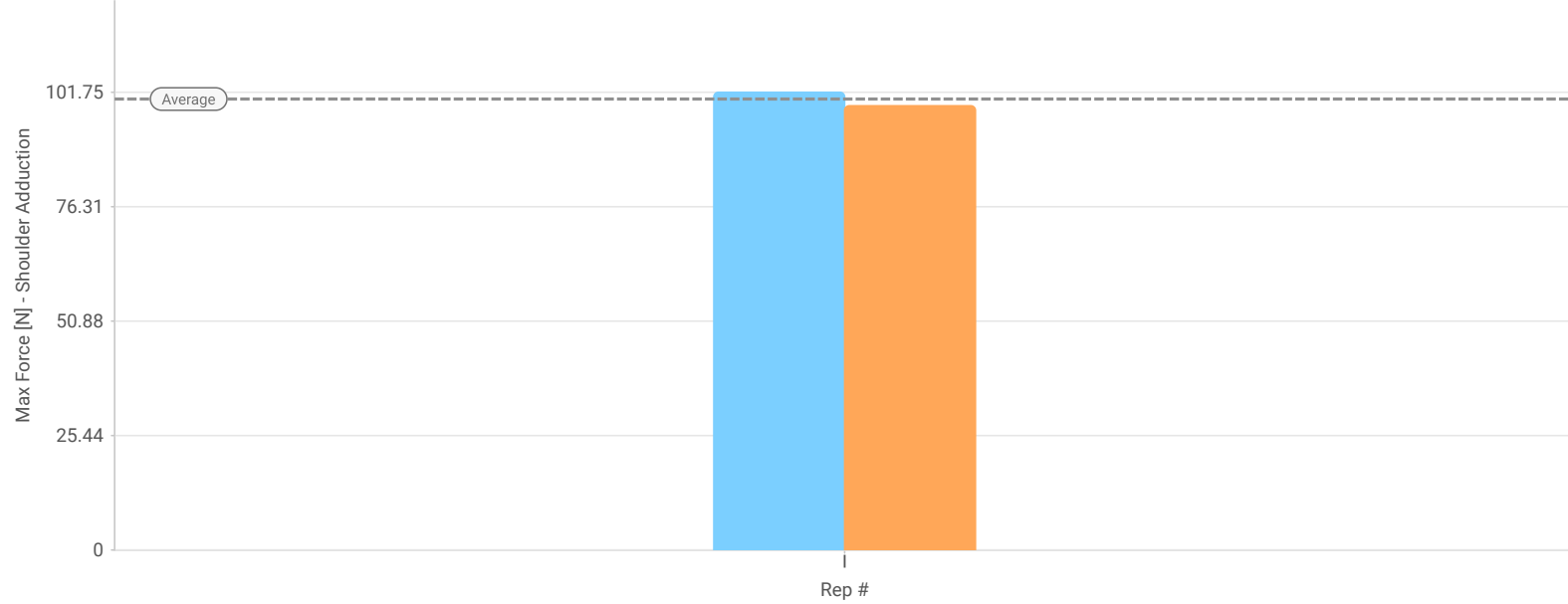Range
26 - 28.75

Average
27.38

Abduction Max Force [N] - Shoulder Abduction

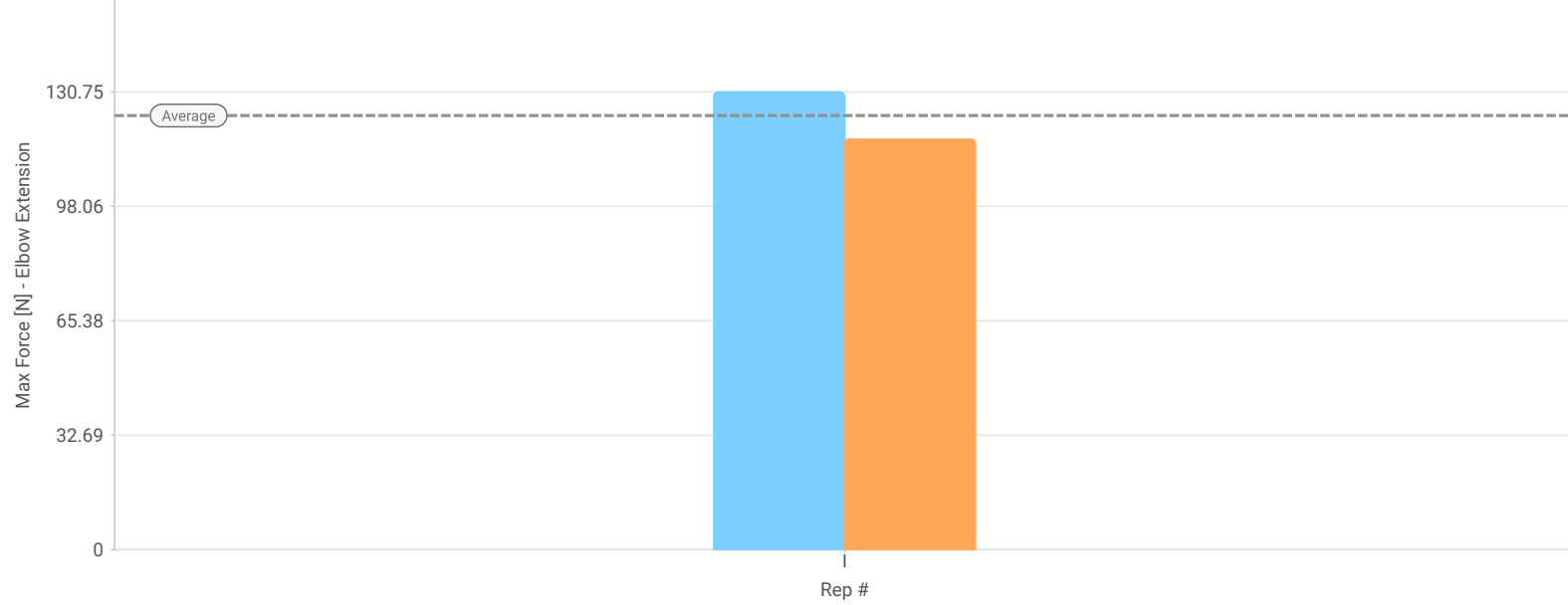Range
60 - 65

Average
62.5

Adduction Max Force [N] - Shoulder Adduction

Range | Average
98.75 - 101.75 | **100.25**

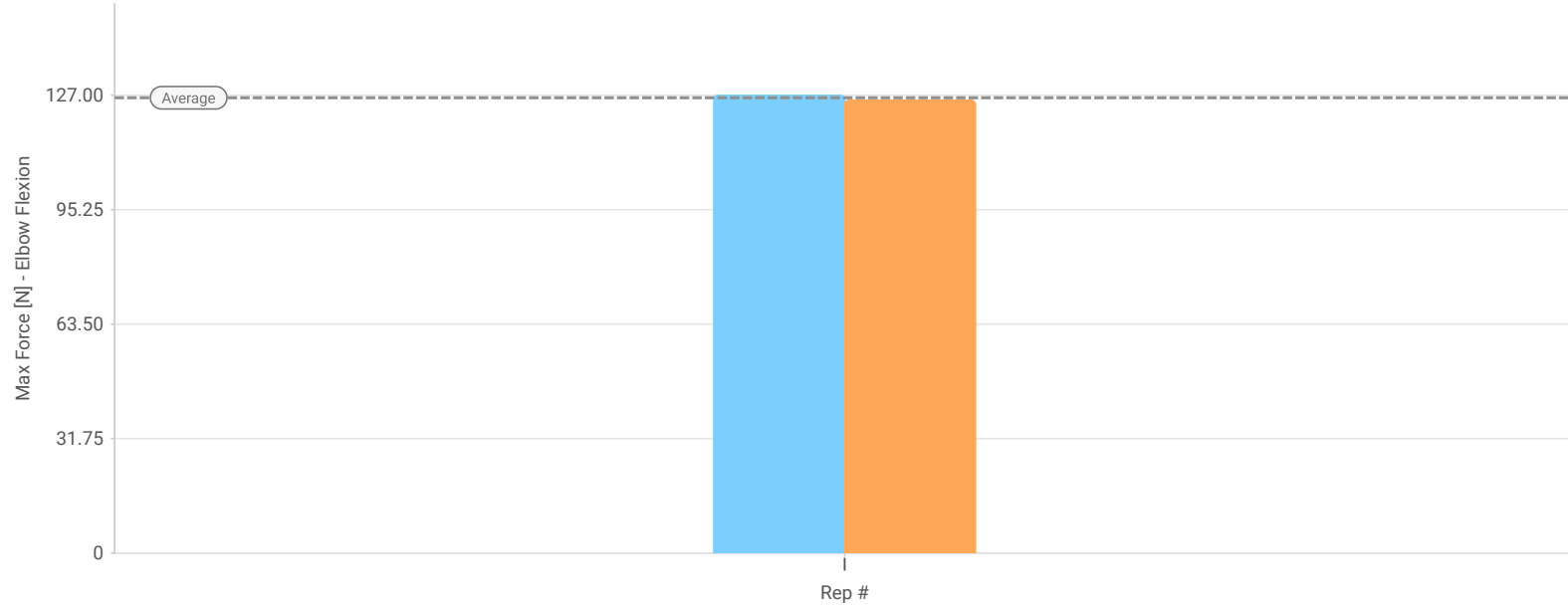# Extension Max Force [N] - Elbow Extension

Range | Average
117.25 - 130.75 | **124**

Max Force [N] - Elbow Flexion

Range
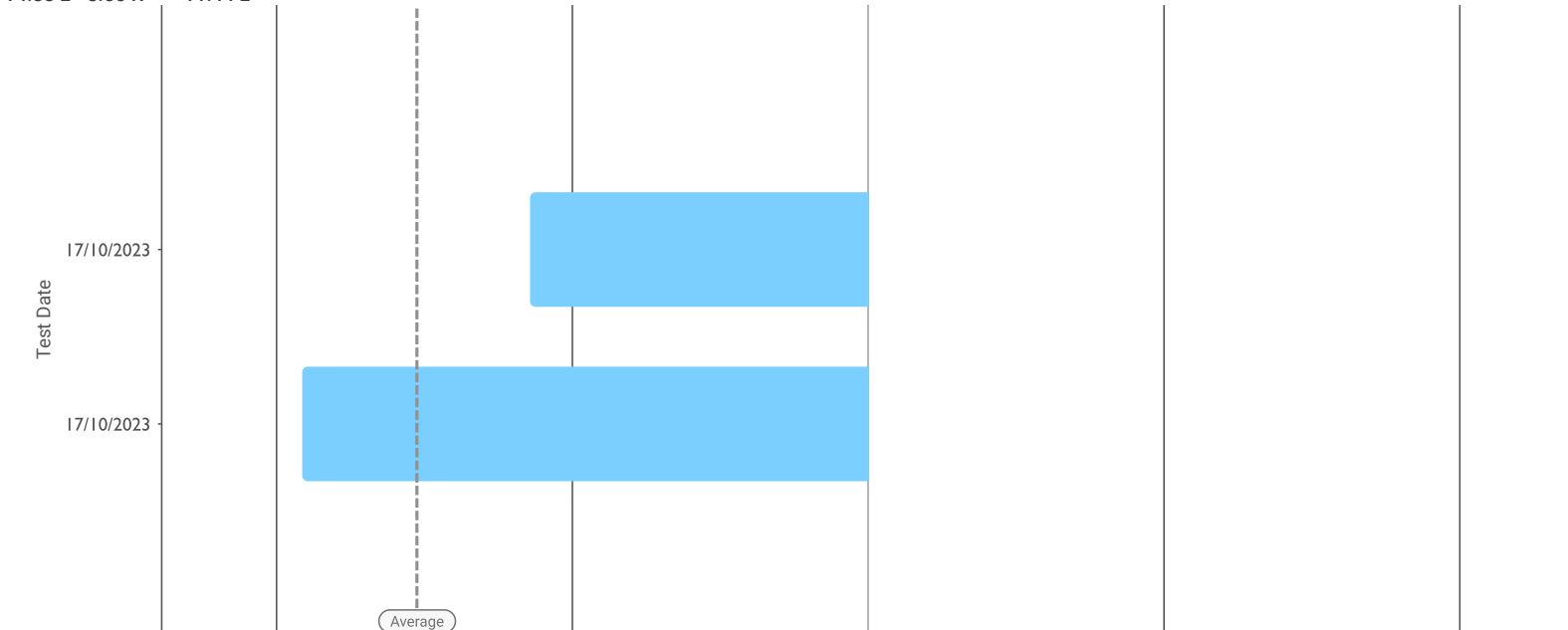**125.63 - 127**

Average
126.31

Internal Rotation Asymmetry [%] - Shoulder IR/ER

Range
14.33 L - 8.55 R
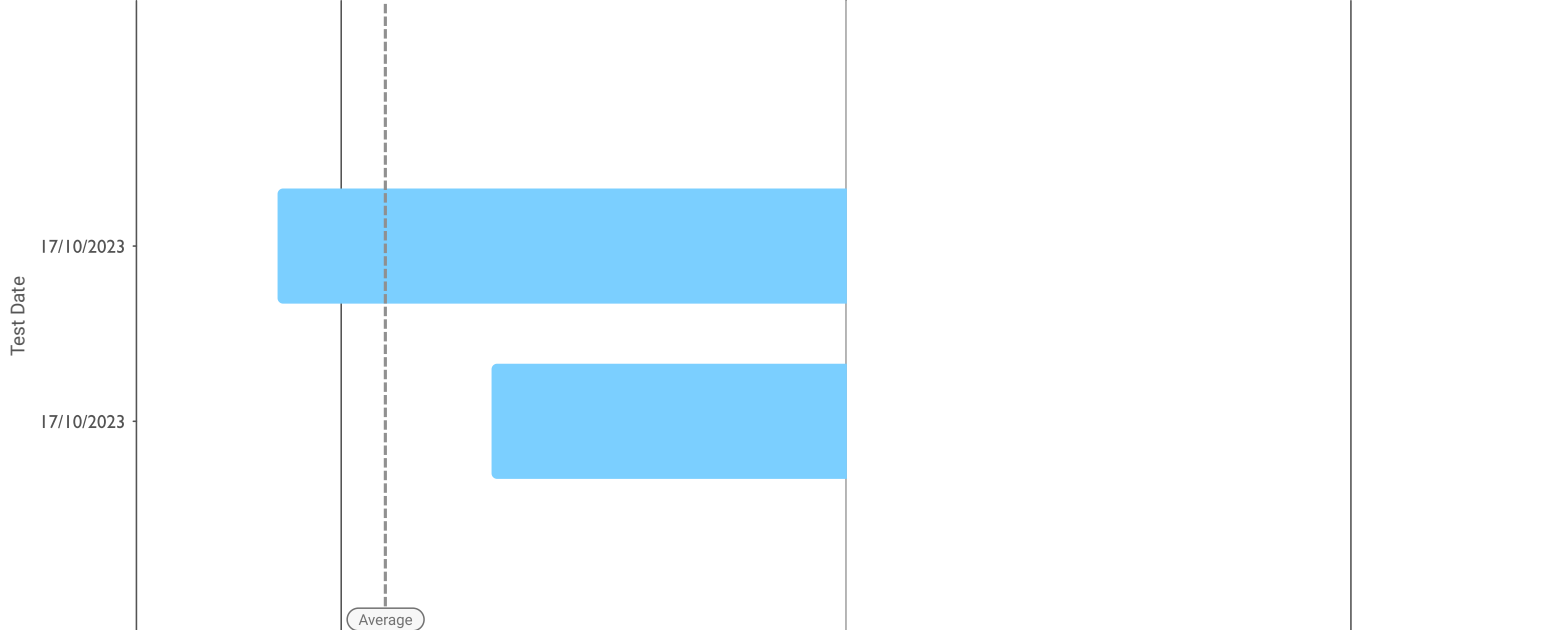
Average
11.44 L

External Rotation Asymmetry [%] - Shoulder IR/ER

Range

5.62 L - 3.5 R

Average

4.56 L

Test Date

17/10/2023

17/10/2023

Average

Extension Asymmetry [%] - Shoulder Extension

Range

1.34 L - 1.34 R

Average

1.34 L

Rep #

1

Average

Flexion Asymmetry [%] - Shoulder Flexion

Range
9.57 L - 9.57 R

Average
9.57 L

Rep #
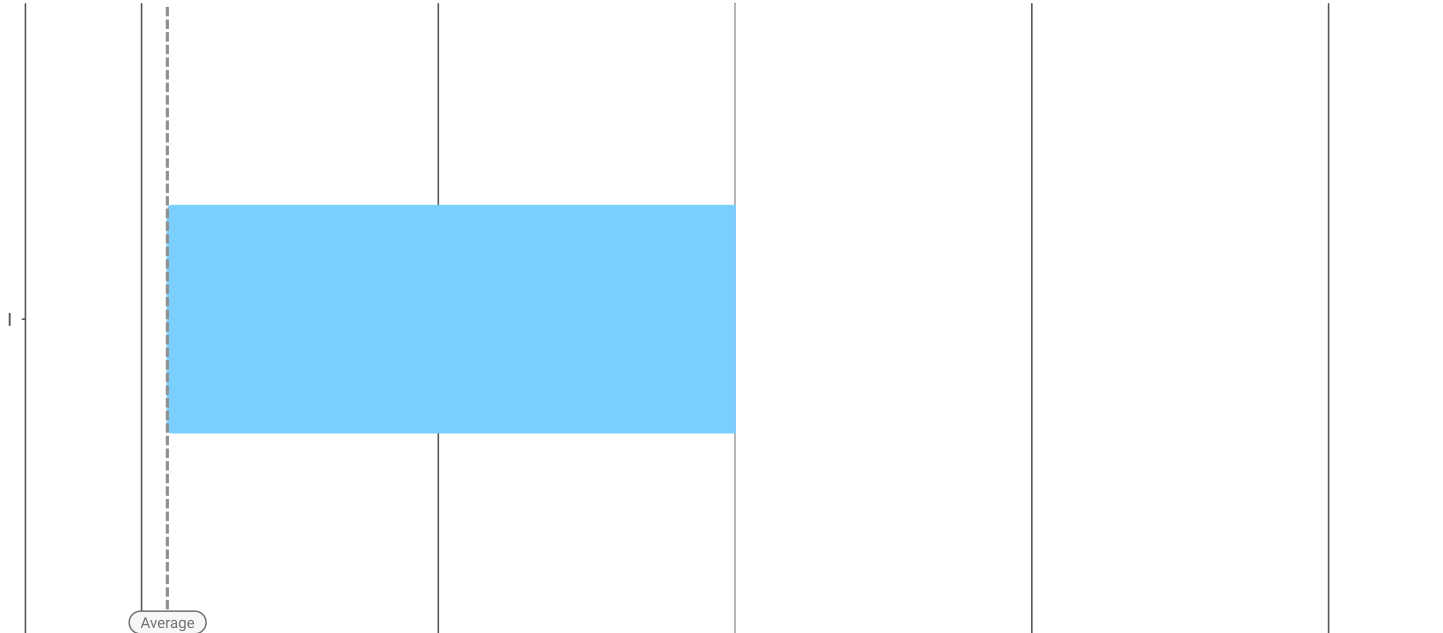
Average

Abduction Asymmetry [%] - Shoulder Abduction

Range
7.69 L - 7.69 R

Average
7.69 L

Rep #

Average

Adduction Asymmetry [%] - Shoulder Adduction

Range
2.95 L - 2.95 R

Average
2.95 L

Rep #

I -

Average

Extension Asymmetry [%] - Elbow Extension

Range
10.33 L - 10.33 R

Average
10.33 L

Rep #

I -

Average

Asymmetry [%] - Elbow Flexion

Range
1.08 L - 1.08 R
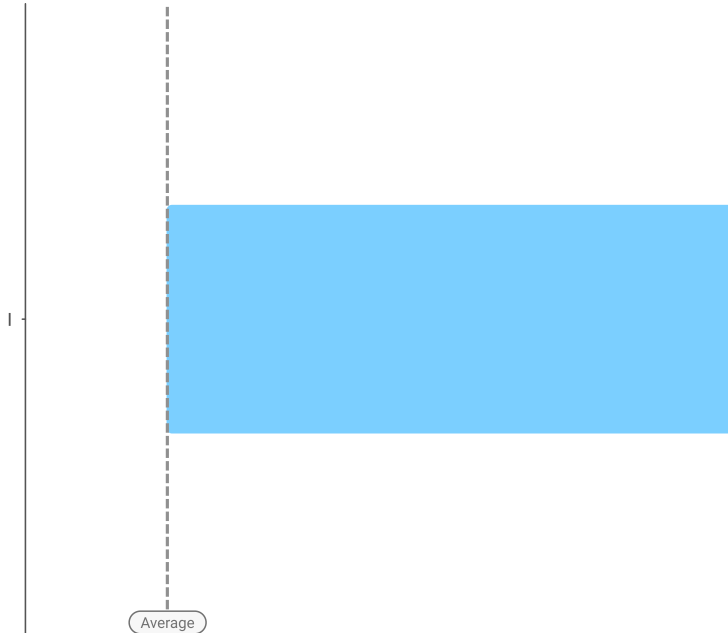
Average
1.08 L

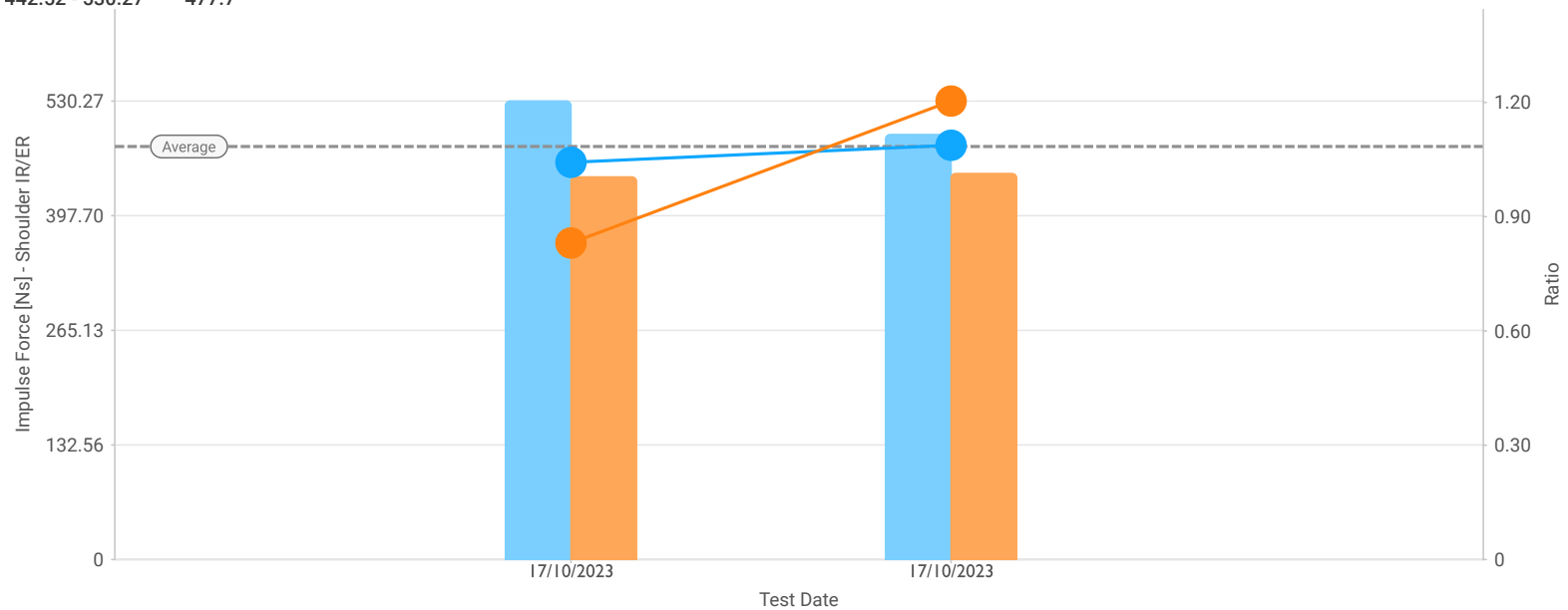# Internal Rotation Impulse Force [Ns] - Shoulder IR/ER

Range
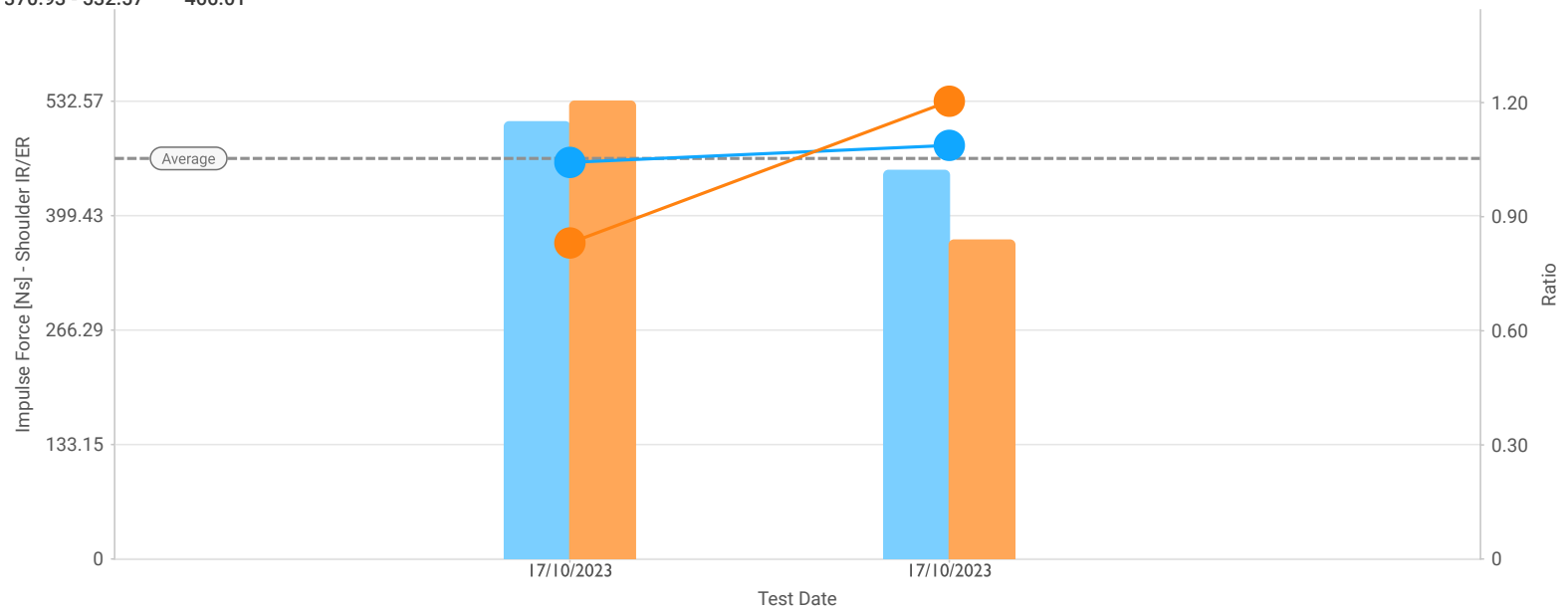**442.52 - 530.27**

Average
477.7

External Rotation Impulse Force [Ns] - Shoulder IR/ER
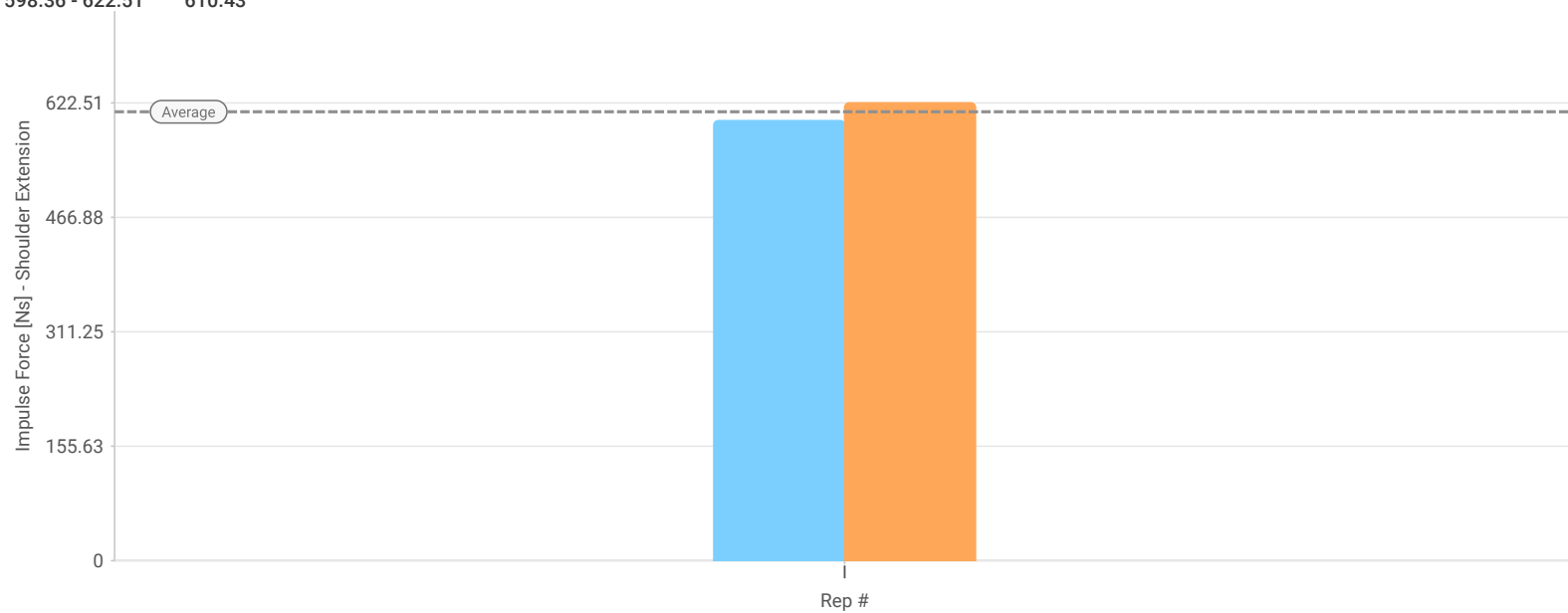
Range
370.93 - 532.57

Average
466.01

Extension Impulse Force [Ns] - Shoulder Extension

Range
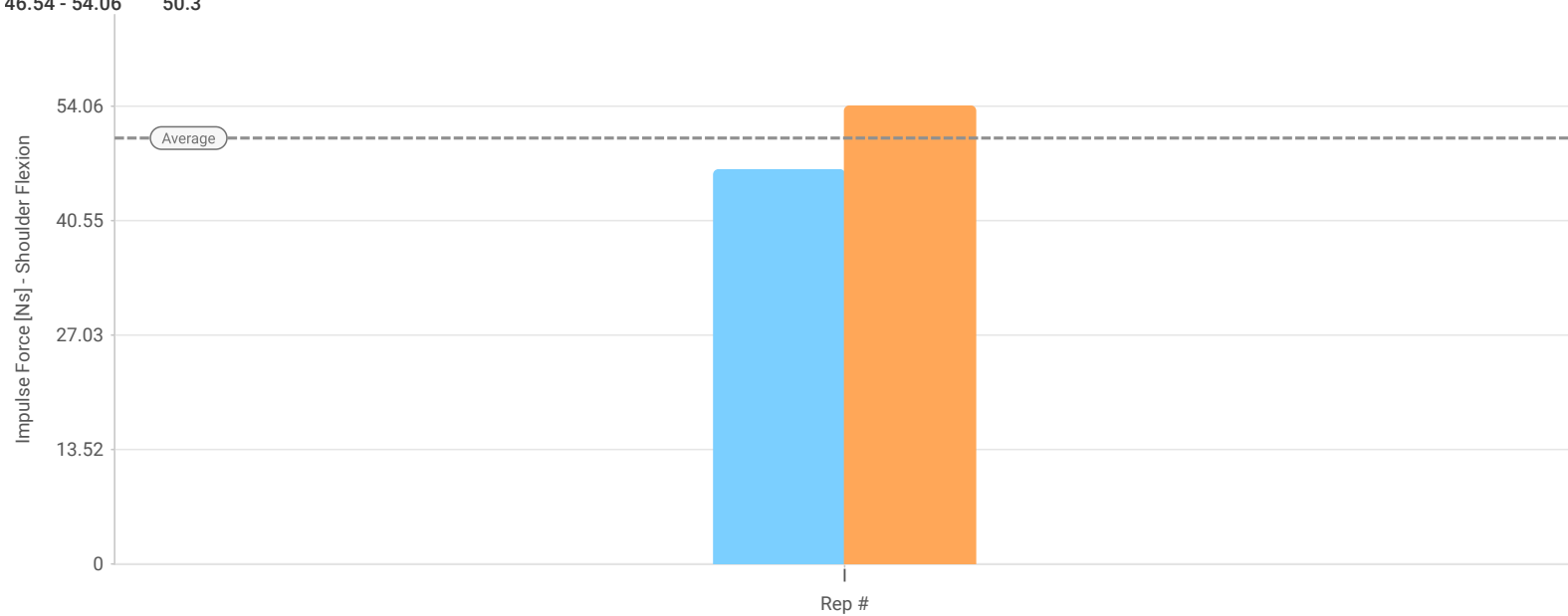**598.36 - 622.51**

Average
610.43

Flexion Impulse Force [Ns] - Shoulder Flexion

Range
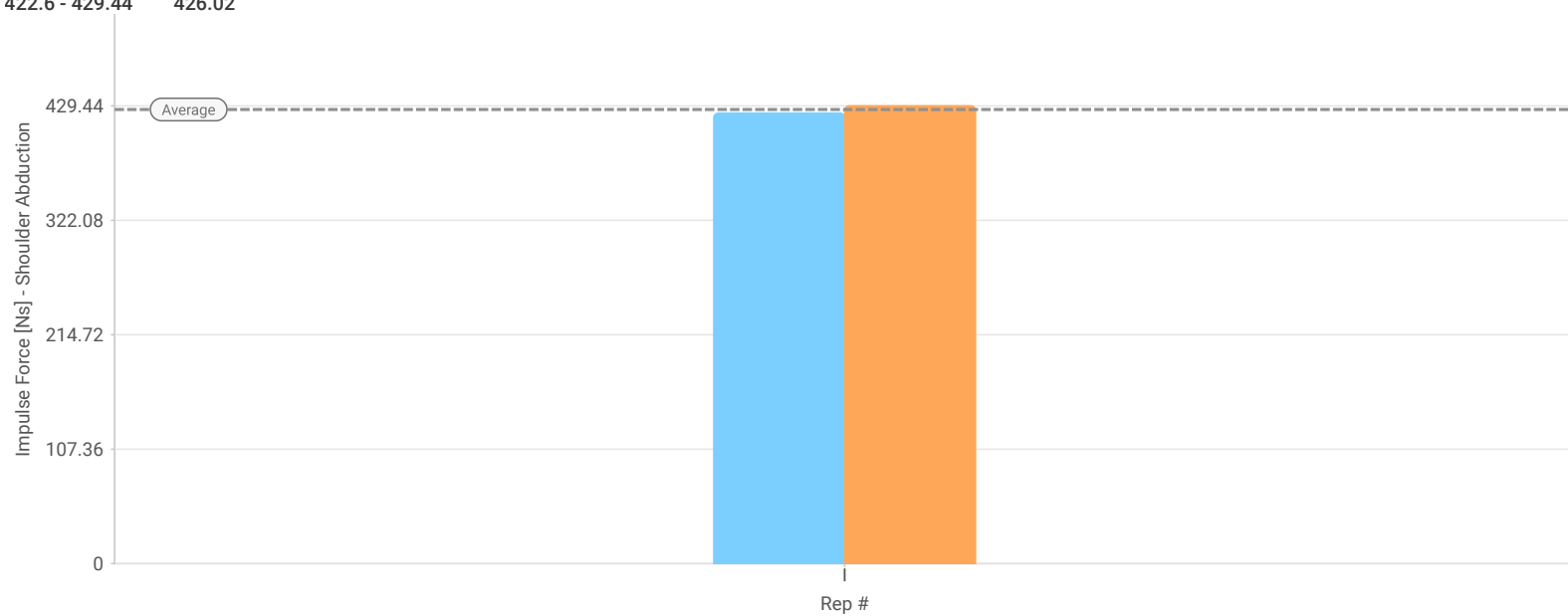**46.54 - 54.06**

Average
50.3

Abduction Impulse Force [Ns] - Shoulder Abduction
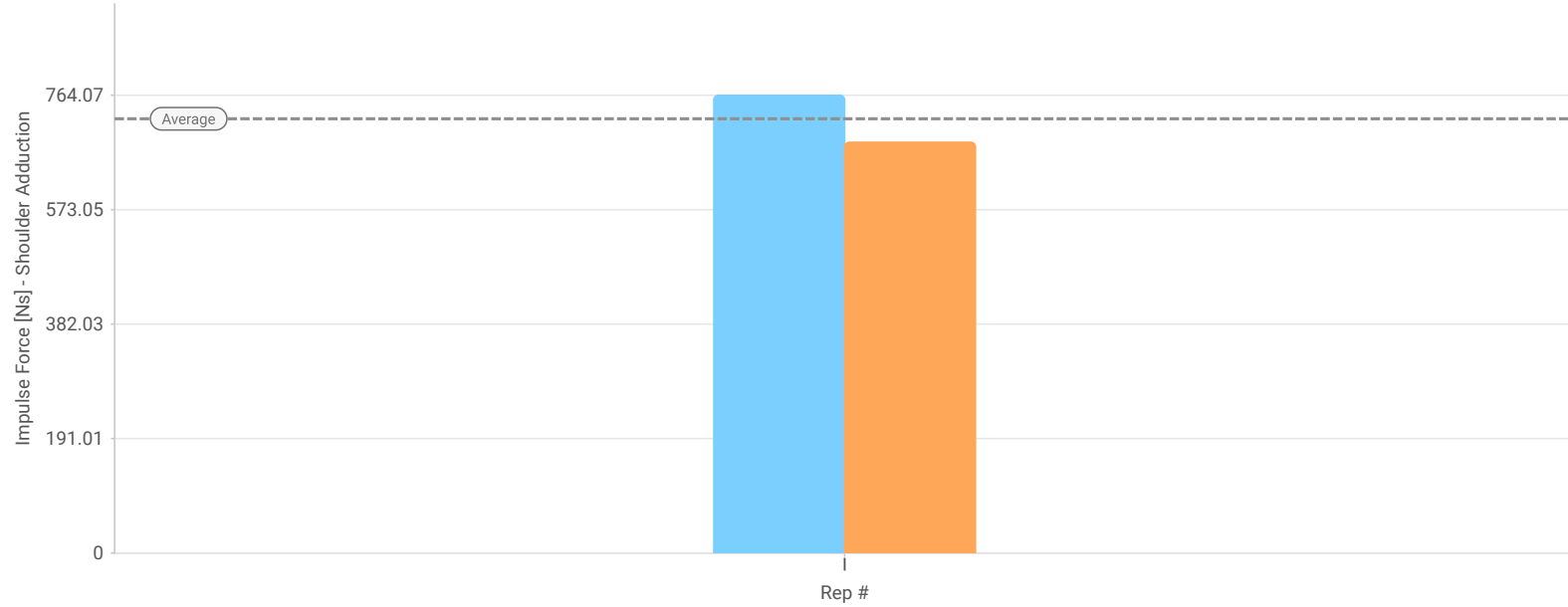
Range
422.6 - 429.44

Average
426.02

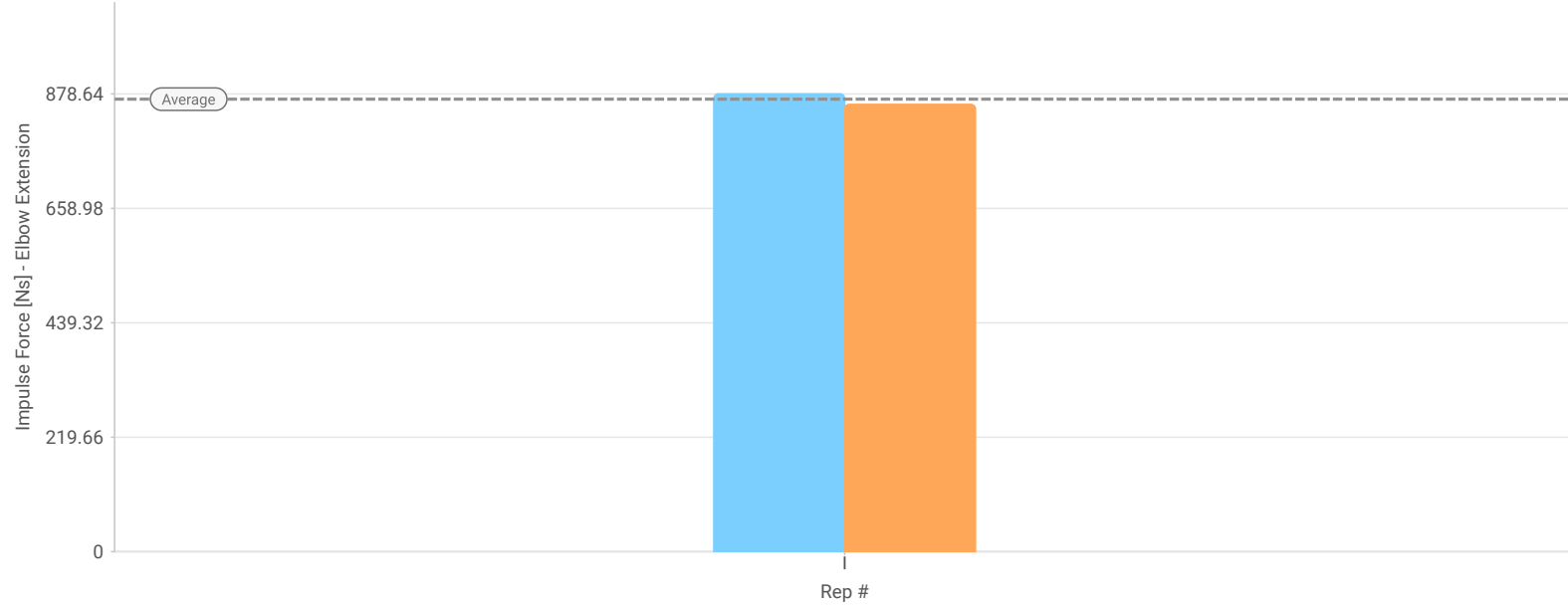# Adduction Impulse Force [Ns] - Shoulder Adduction

Range
685.6 - 764.07

Average
724.83

Extension Impulse Force [Ns] - Elbow Extension
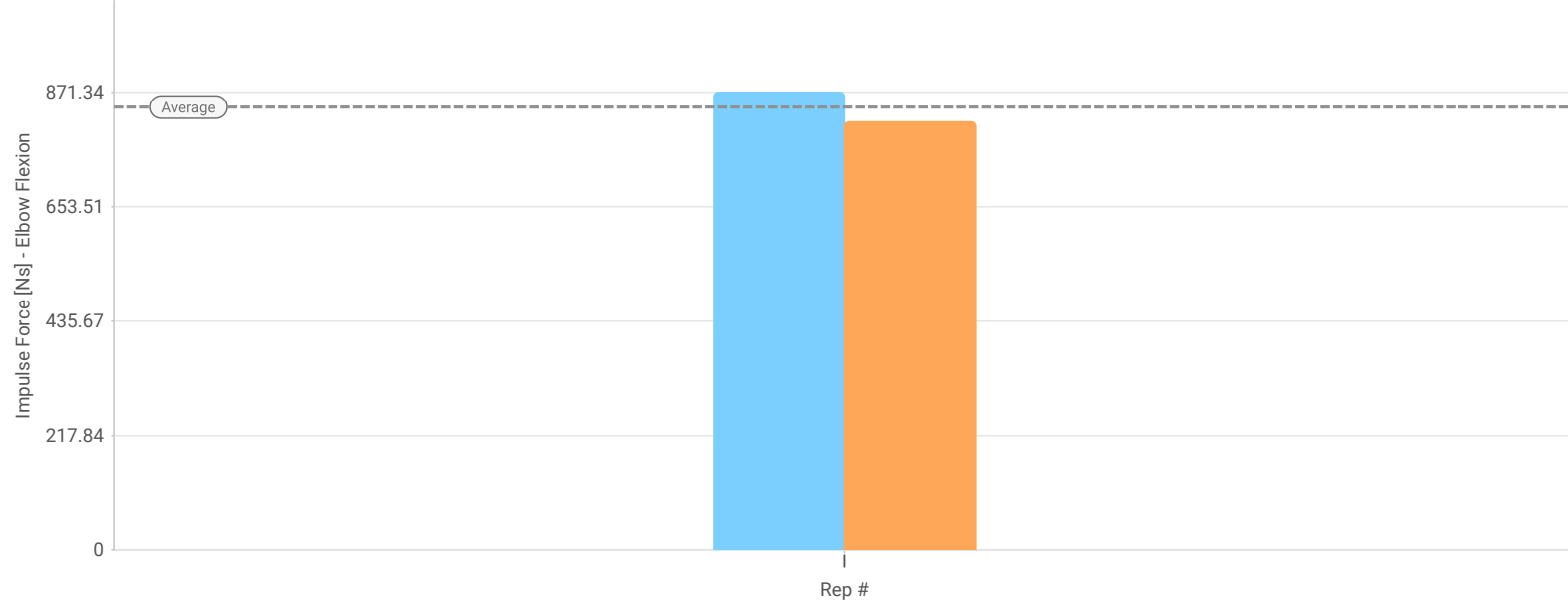
Range
858.53 - 878.64

Average
868.59

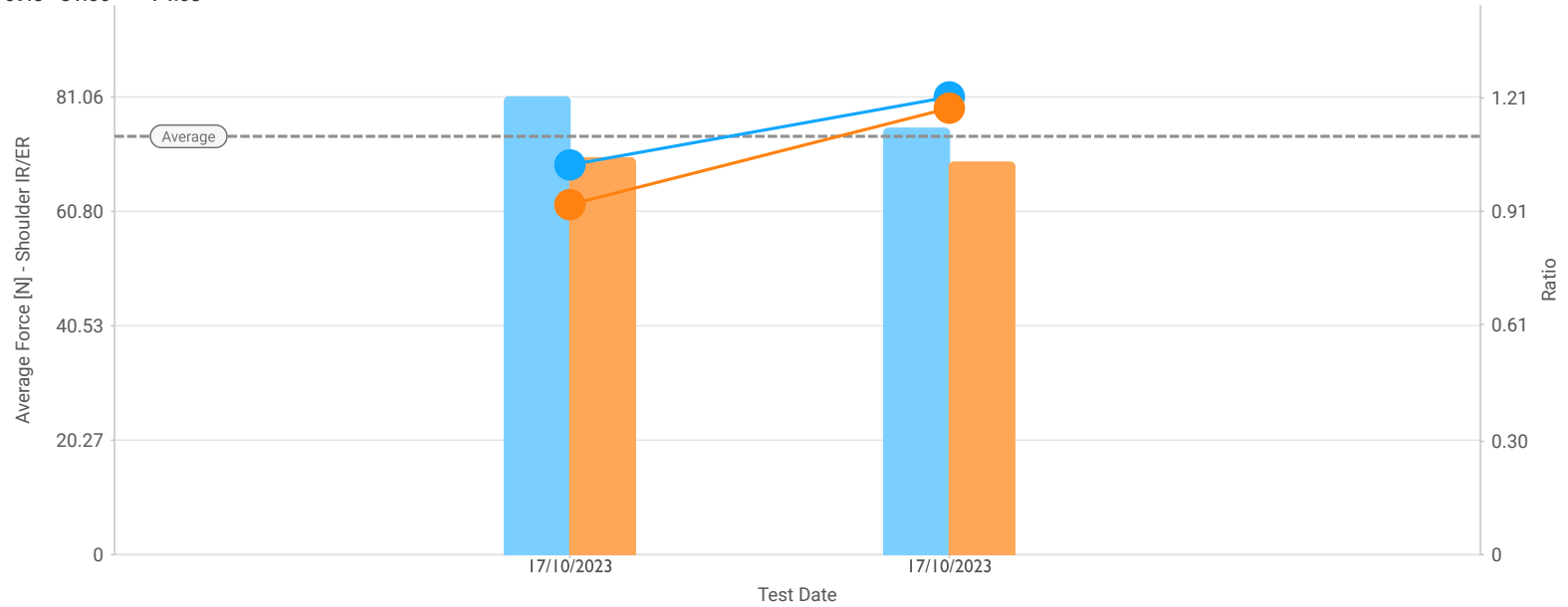# Impulse Force [Ns] - Elbow Flexion

Range
814.86 - 871.34

Average
843.1

Internal Rotation Average Force [N] - Shoulder IR/ER

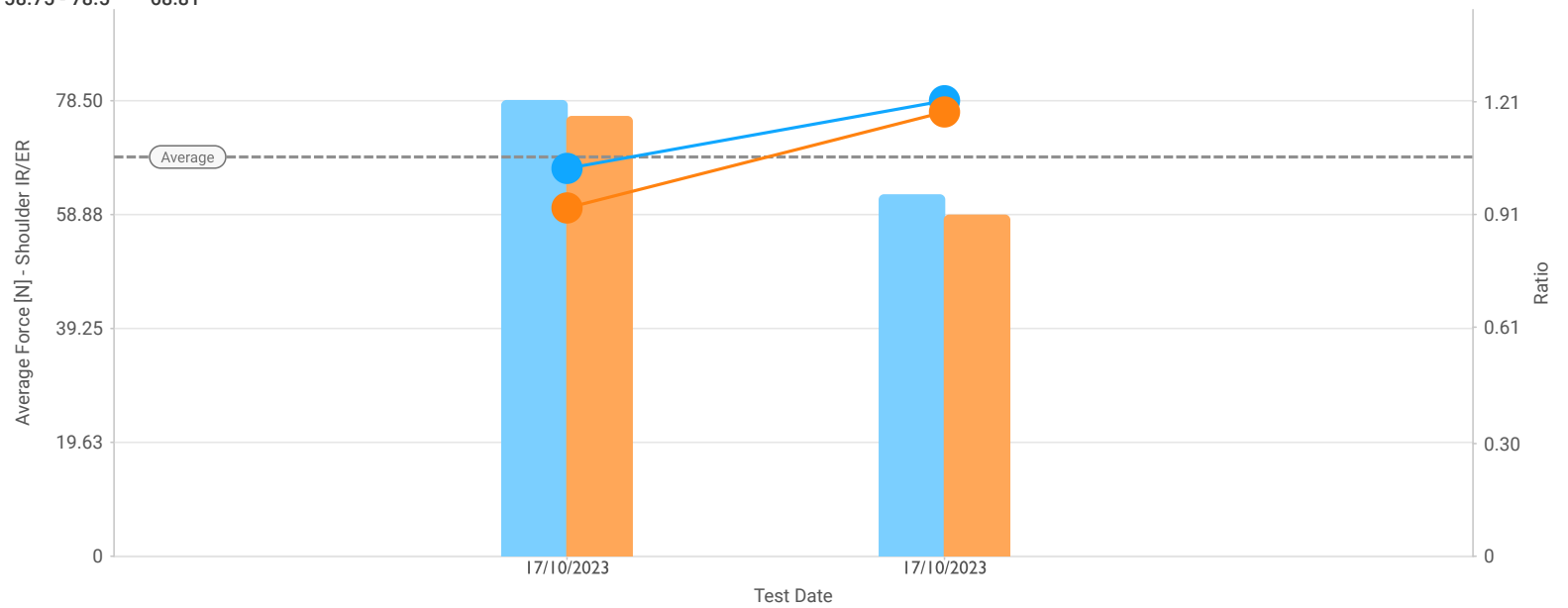Range
69.5 - 81.06

Average
74.08

External Rotation Average Force [N] - Shoulder IR/ER
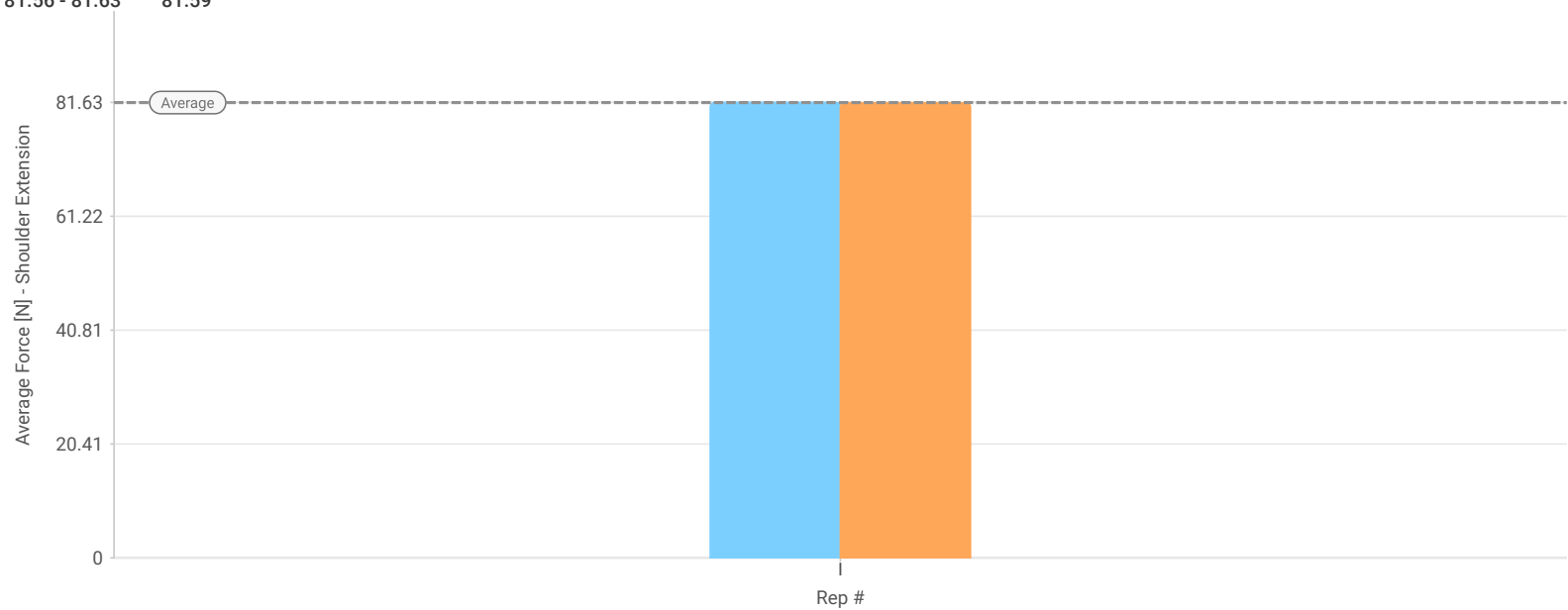
Range
58.75 - 78.5

Average
68.81

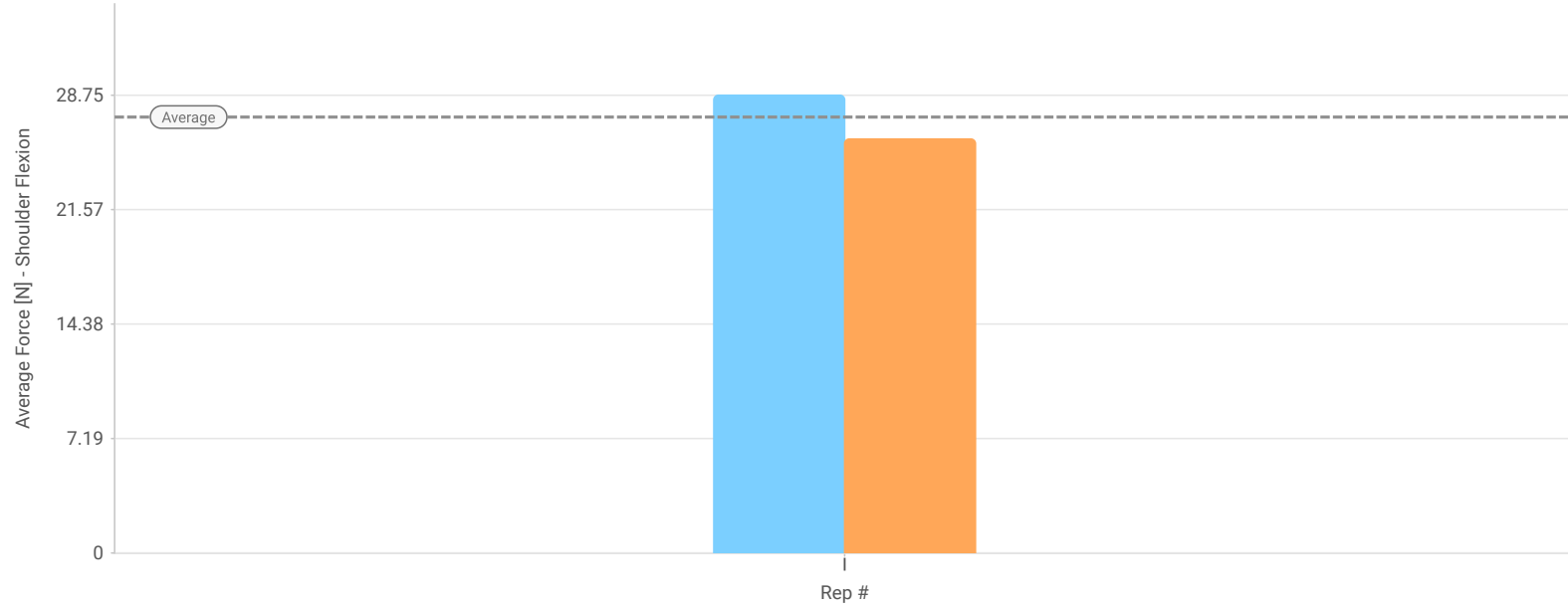# Extension Average Force [N] - Shoulder Extension

Range
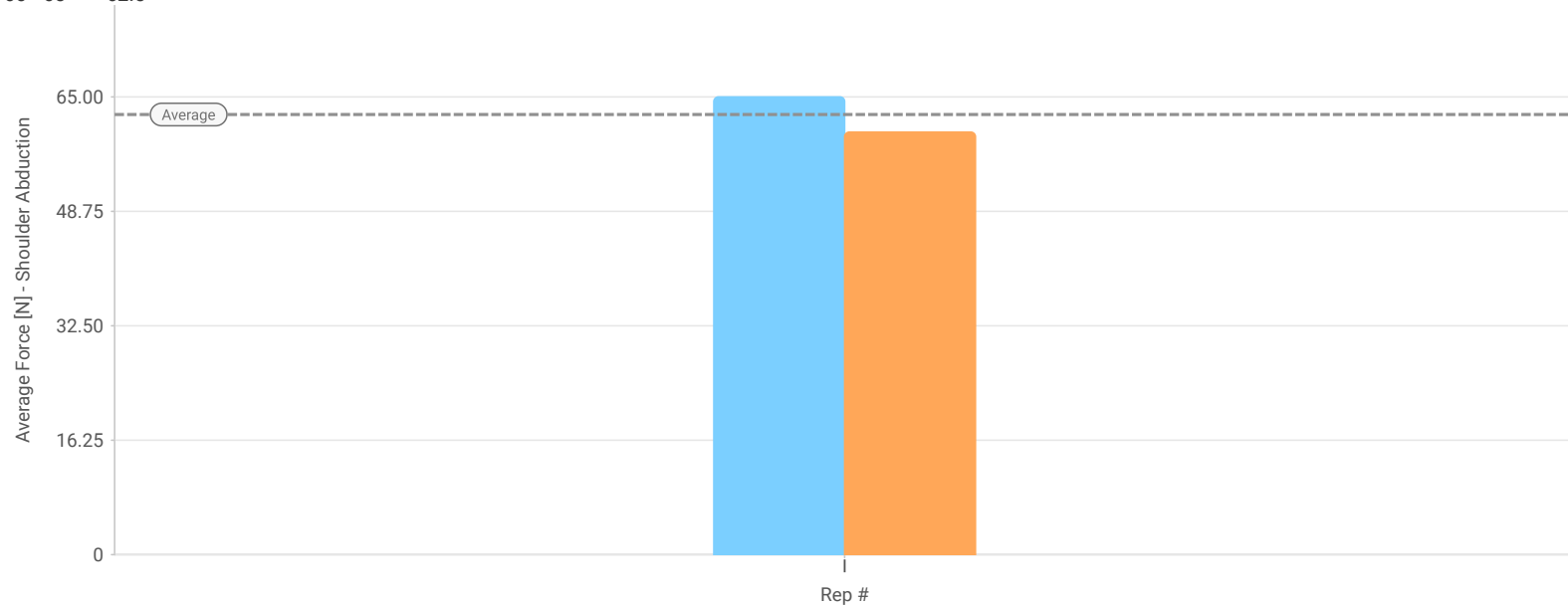**81.56 - 81.63**

Average
81.59

Flexion Average Force [N] - Shoulder Flexion

Range
26 - 28.75

Average
27.38

Abduction Average Force [N] - Shoulder Abduction
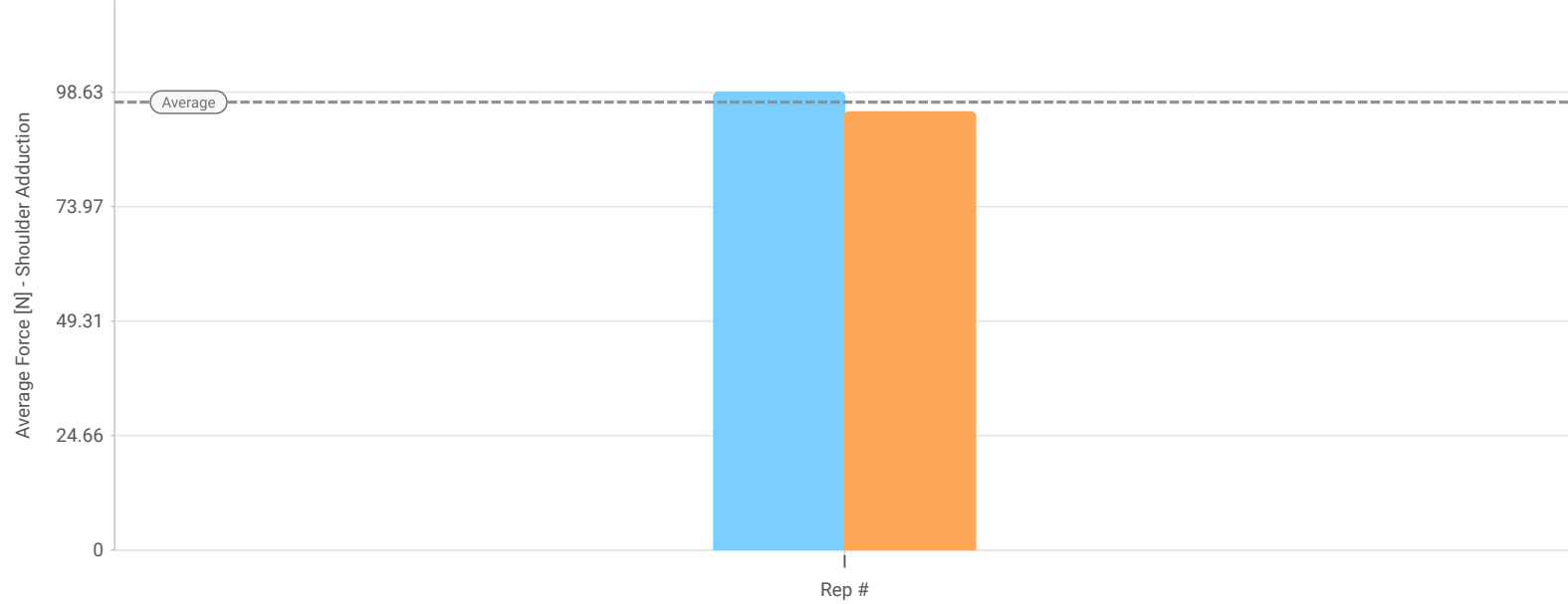
Range
60 - 65

Average
62.5

Adduction Average Force [N] - Shoulder Adduction
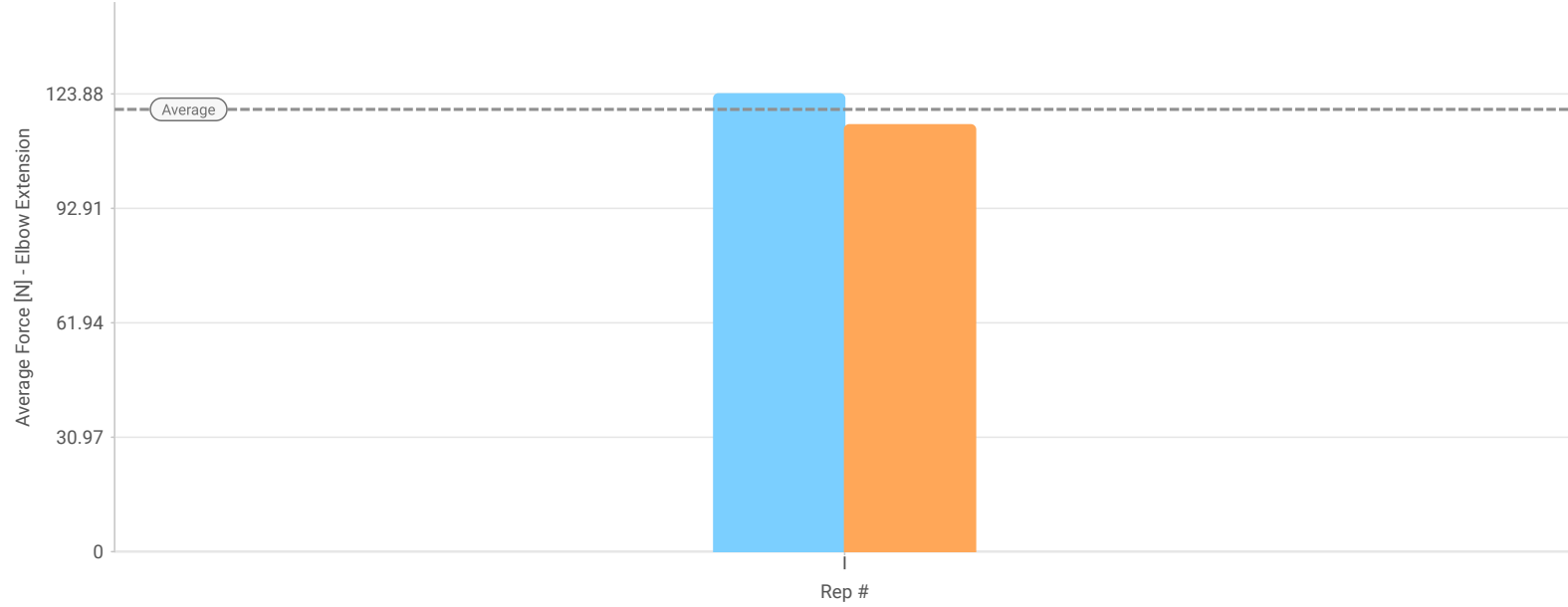
Range | Average
94.38 - 98.63 | **96.5**

Extension Average Force [N] - Elbow Extension

Range | Average
115.5 - 123.88 | **119.69**

Average Force [N] - Elbow Flexion

Range
112.56 - 126.88

Average
119.72