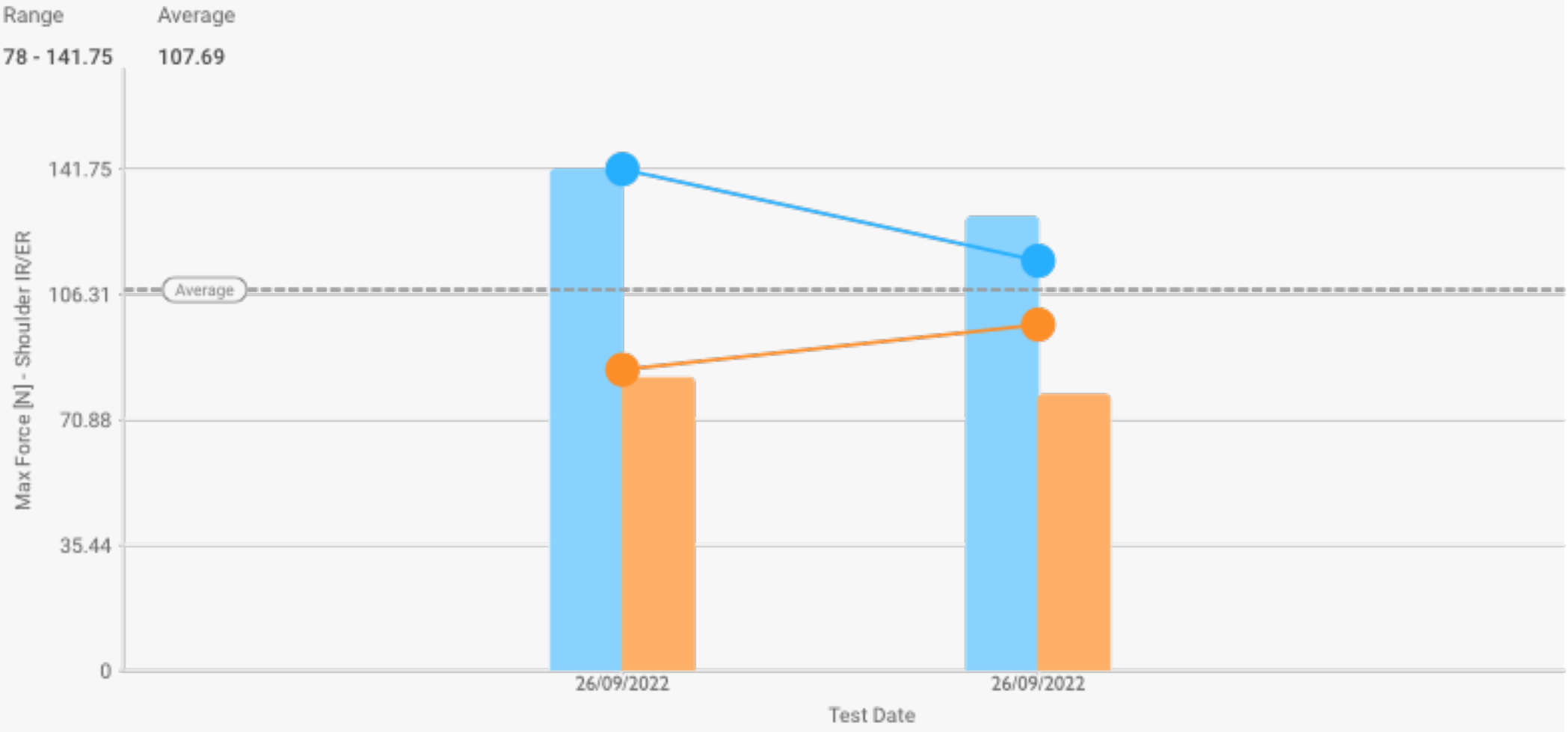
## Tests (8)

| PROFILE | DATE | TEST TYPE | TEST POSITION | REPS |
|---|---|---|---|---|
| ROBERTO CORTEZ ALVES<br>8 Tests | | | | |
| | 26/09/2022<br>5:36 PM | Shoulder IR/ER | Supine (90 Degrees AB) | IR 1 L / 1 R<br>ER 1 L / 1 R |
| | 26/09/2022<br>5:31 PM | Shoulder IR/ER | Supine (Neutral) | IR 1 L / 1 R<br>ER 1 L / 1 R |
| | 26/09/2022<br>5:25 PM | Shoulder Adduction | Side lying | AD 1 L / 1 R |
| | 26/09/2022<br>5:23 PM | Shoulder Abduction | Side lying | AB 1 L / 1 R |
| | 26/09/2022<br>5:18 PM | Shoulder Extension | Prone | EXT 0 L / 0 R |
| | 26/09/2022<br>5:15 PM | Shoulder Flexion | Prone | FLEX 1 L / 1 R |
| | 26/09/2022<br>5:12 PM | Elbow Extension | Seated | EXT 1 L / 1 R |
| | 26/09/2022<br>5:08 PM | Elbow Flexion | Seated | FLEX 1 L / 1 R |

## Internal Rotation Max Force [N] - Shoulder IR/ER

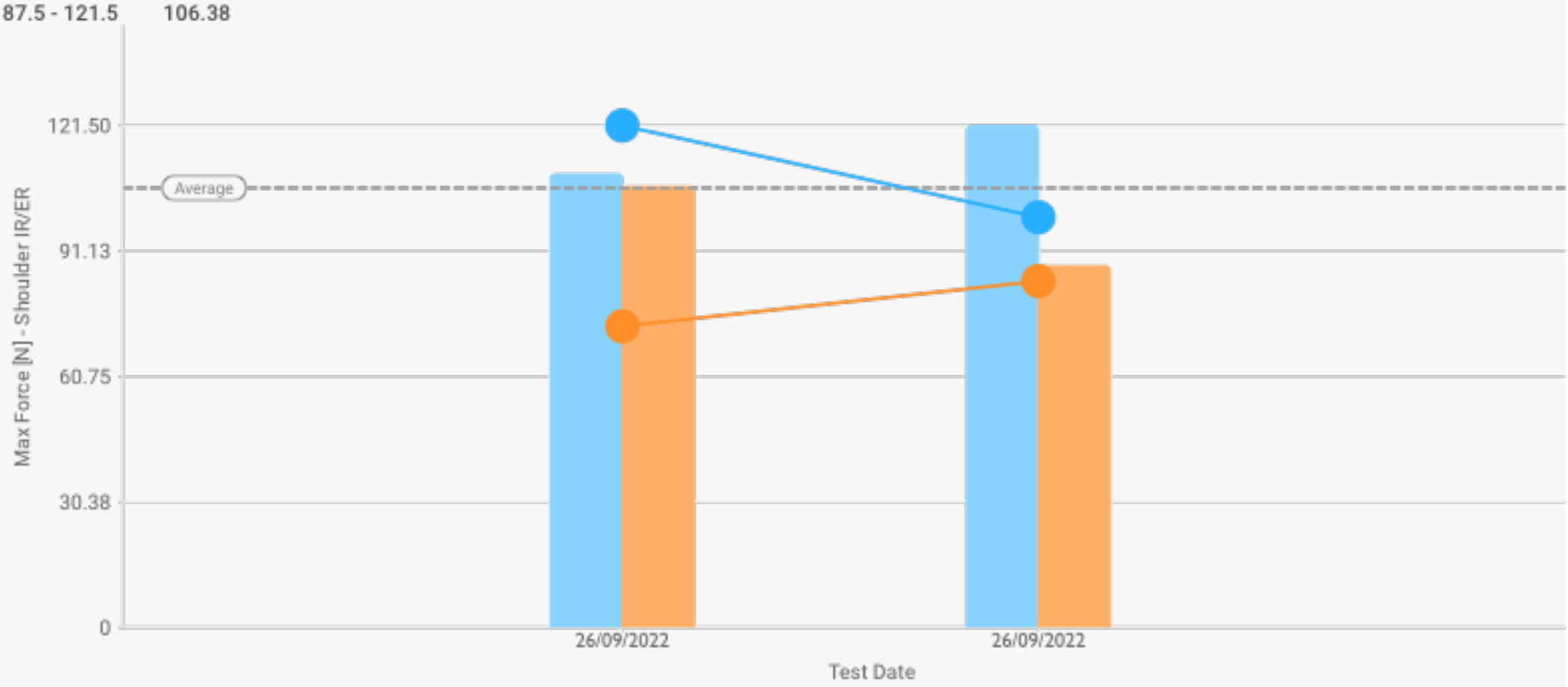
Range 78 - 141.75 Average 107.69



## External Rotation Max Force [N] - Shoulder IR/ER

Range 87.5 - 121.5

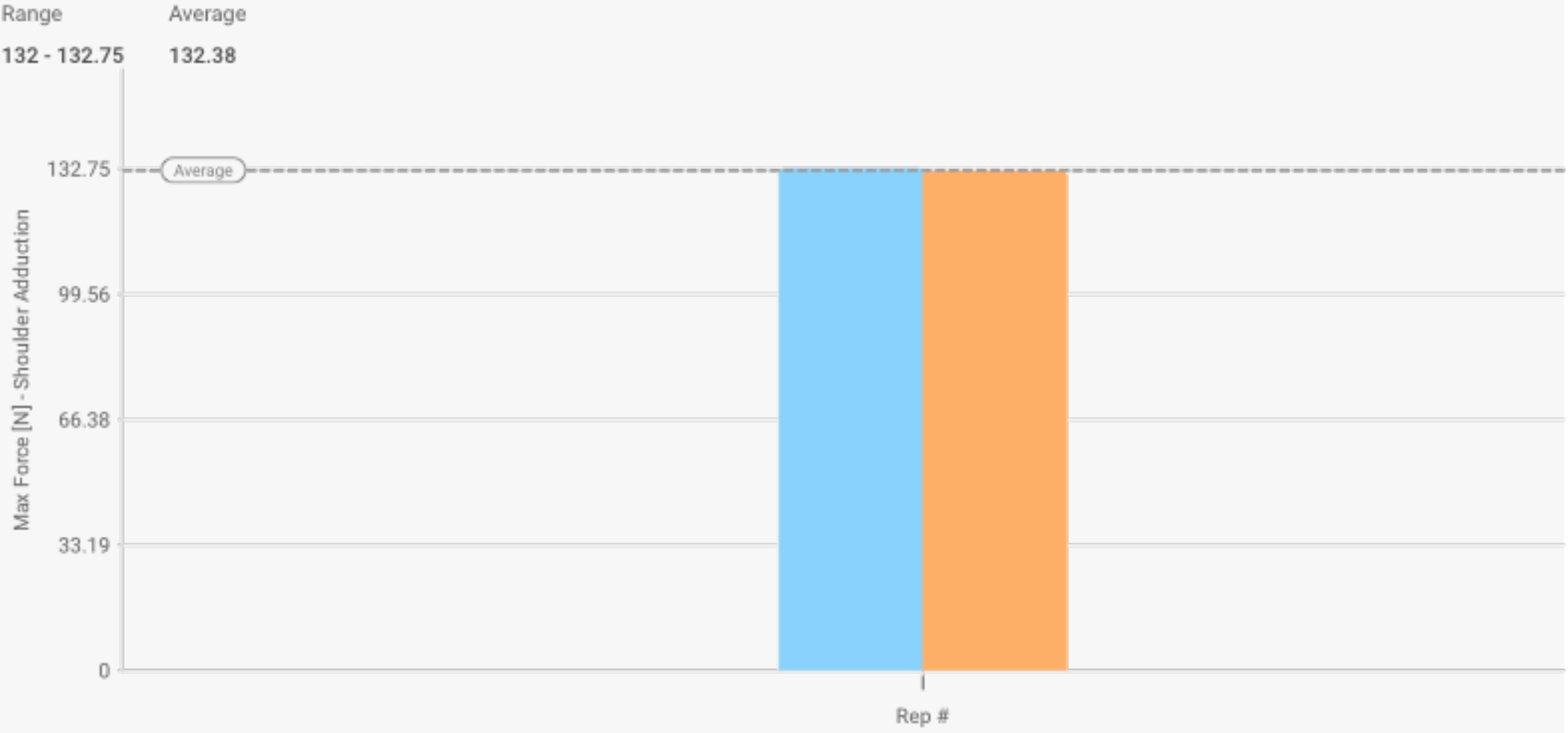
Average 106.38




## Adduction Max Force [N] - Shoulder Adduction

Range 132 - 132.75

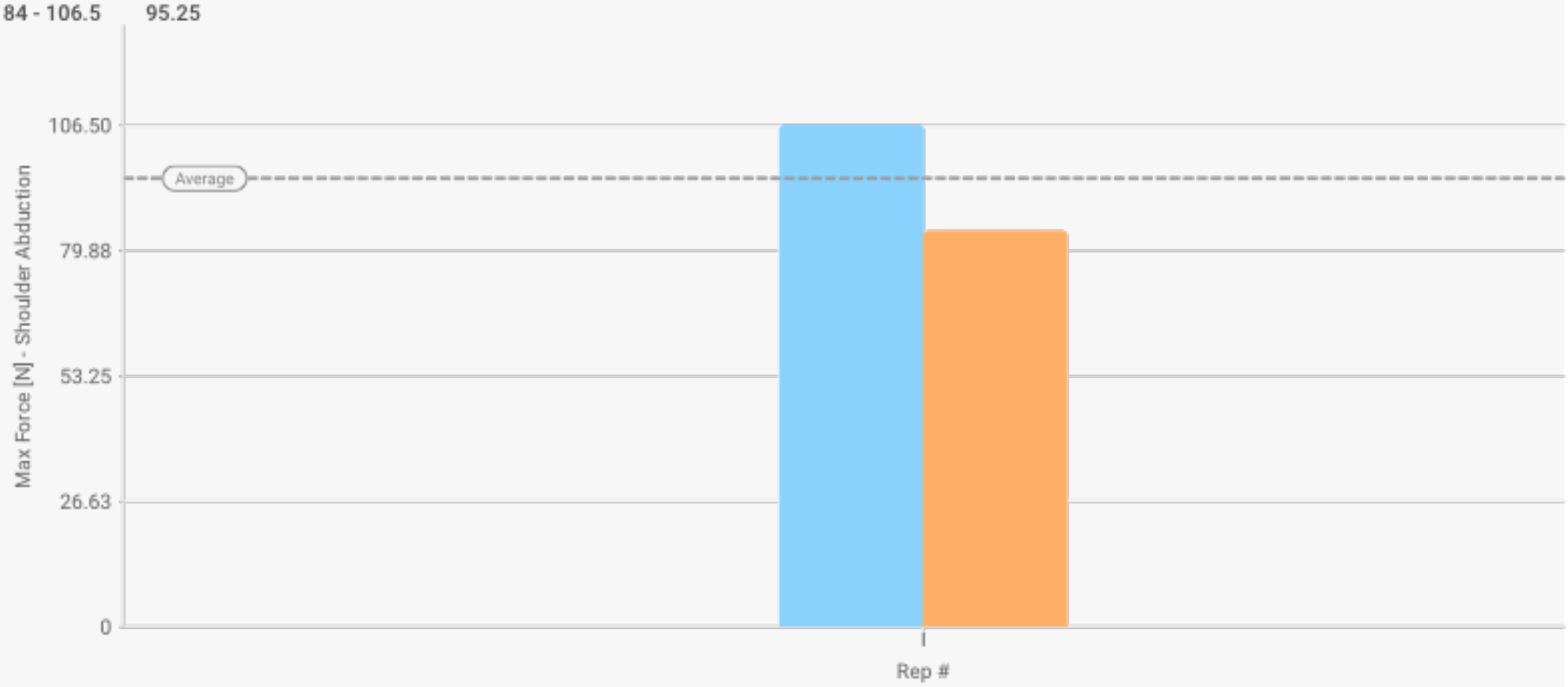
Average 132.38



## Abduction Max Force [N] - Shoulder Abduction

Range 84 - 106.5

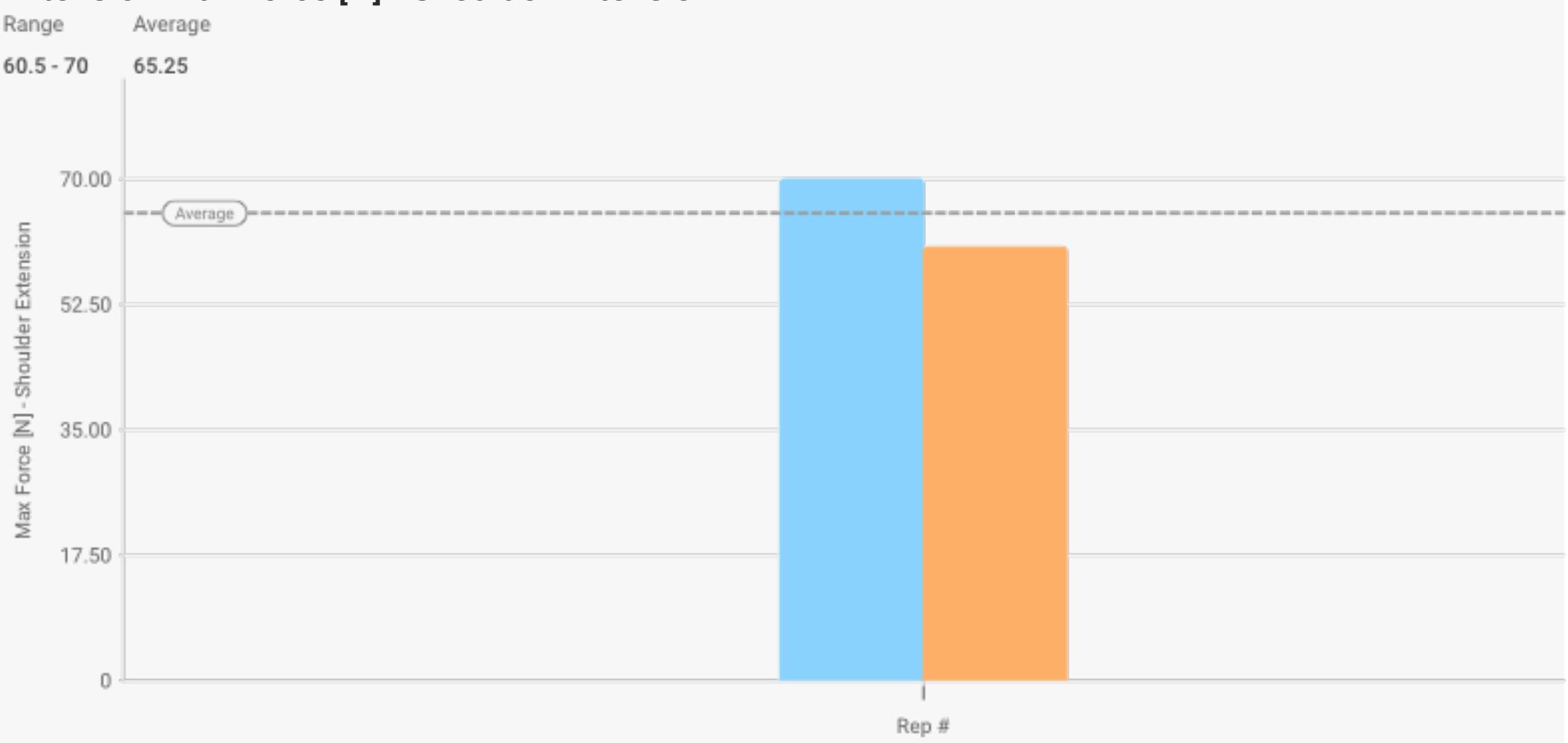
Average 95.25




## Extension Max Force [N] - Shoulder Extension

Range 60.5 - 70

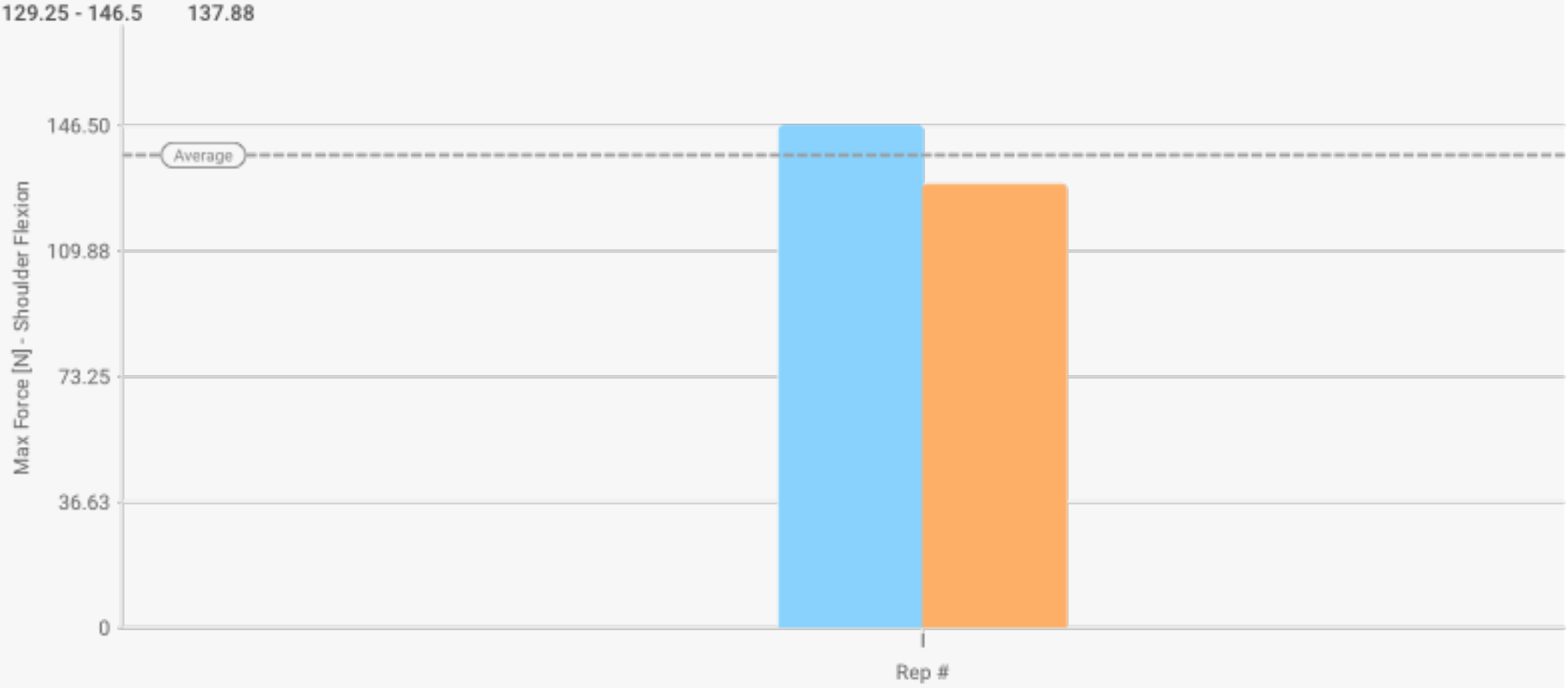
Average 65.25



## Flexion Max Force [N] - Shoulder Flexion

Range 129.25 - 146.5

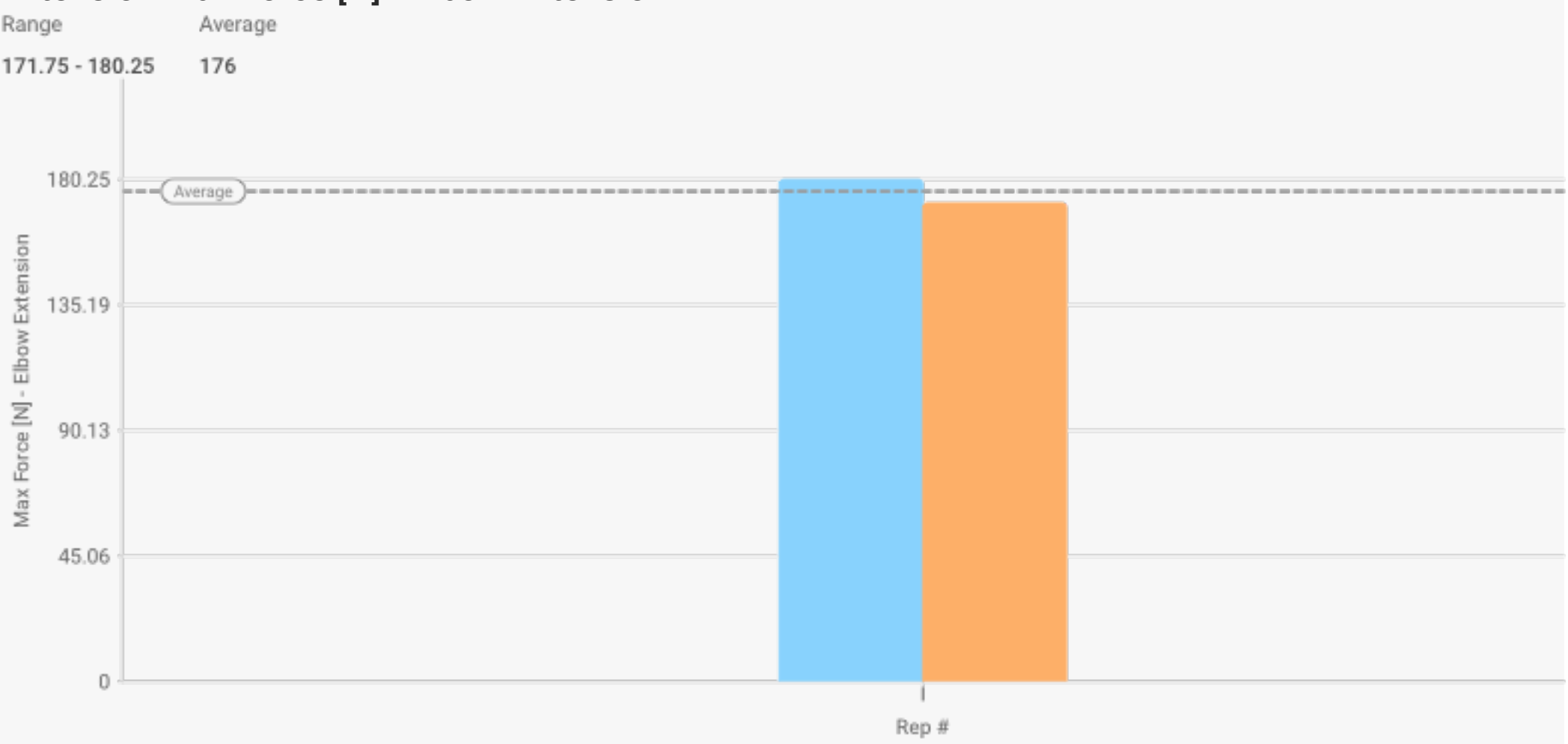
Average 137.88




## Extension Max Force [N] - Elbow Extension

Range 171.75 - 180.25

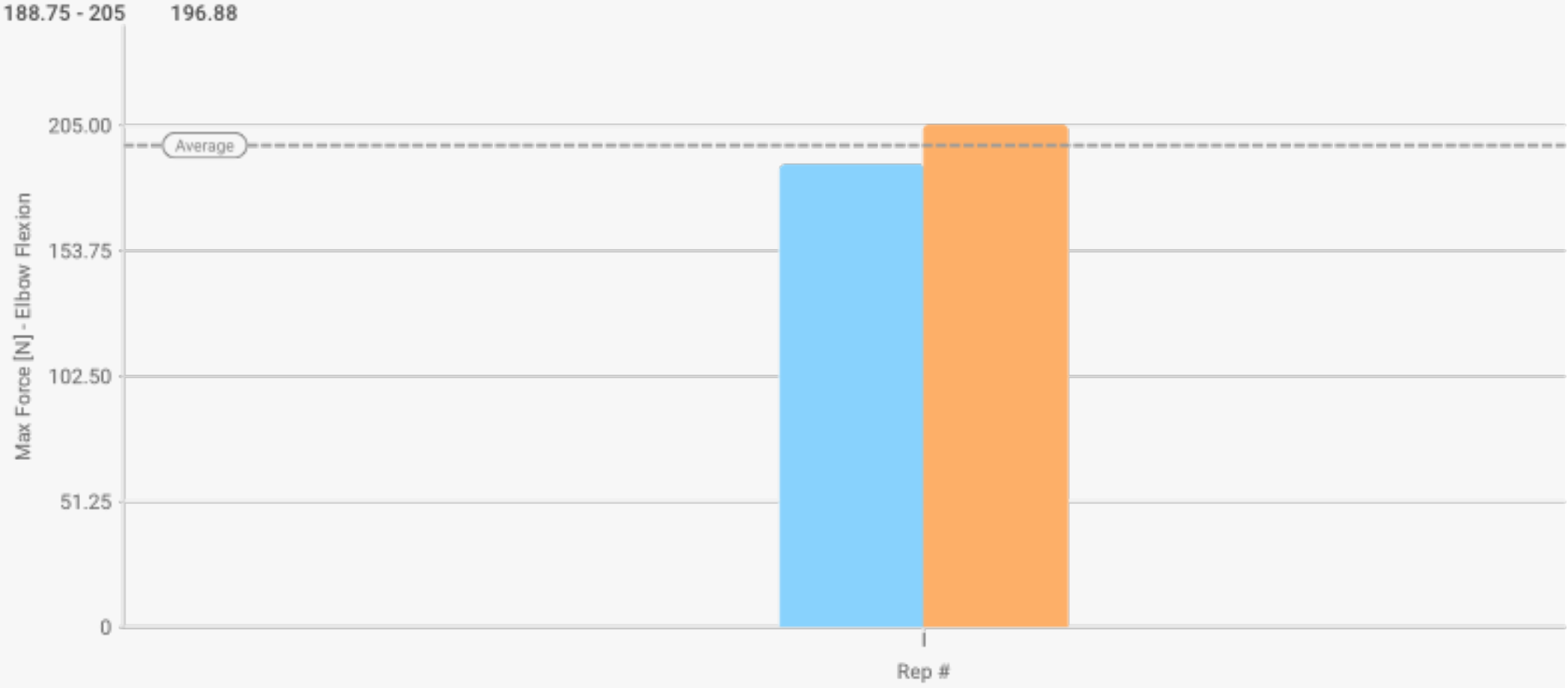
Average 176



## Flexion Max Force [N] - Elbow Flexion

Range 188.75 - 205

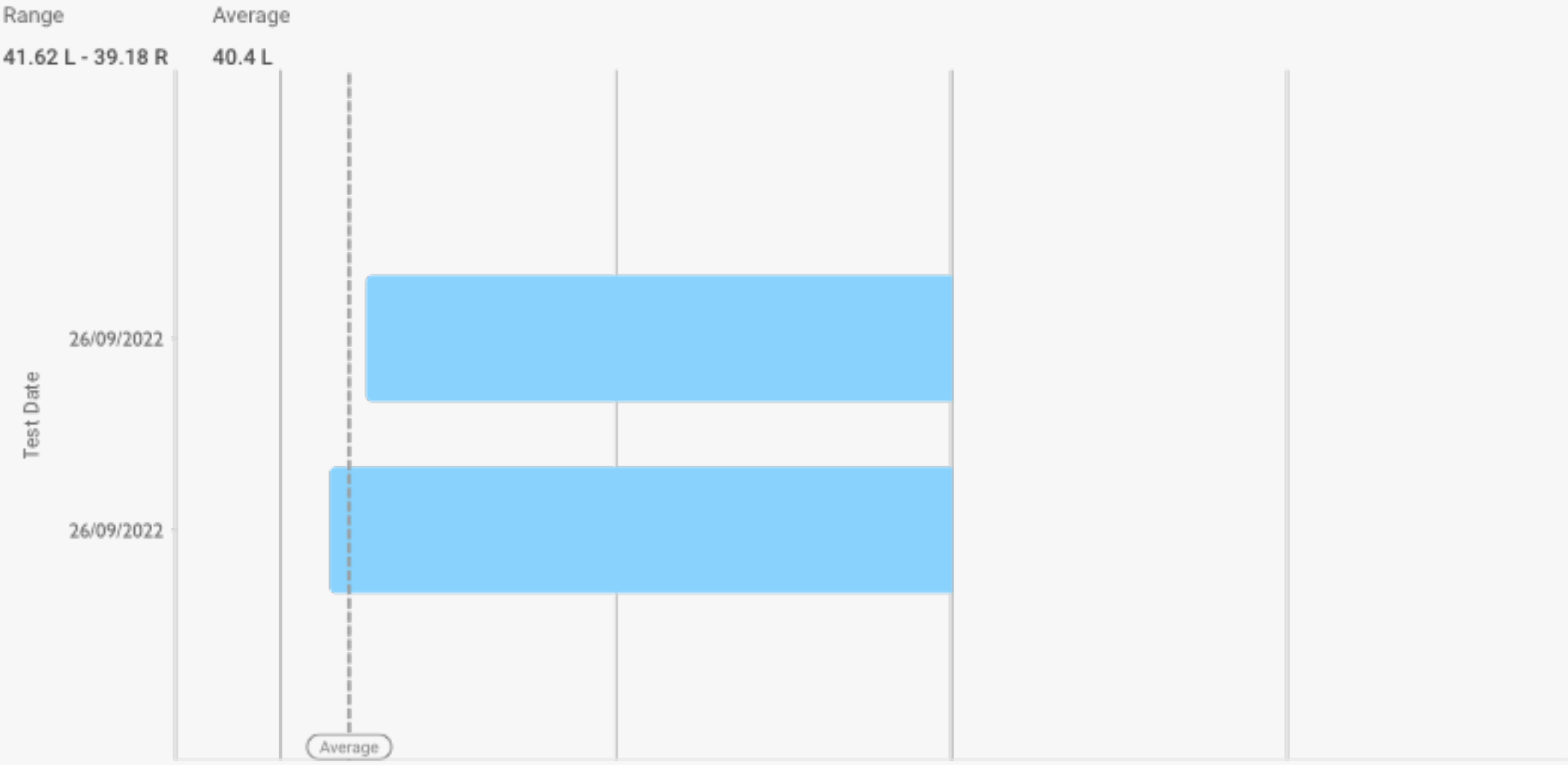
Average 196.88



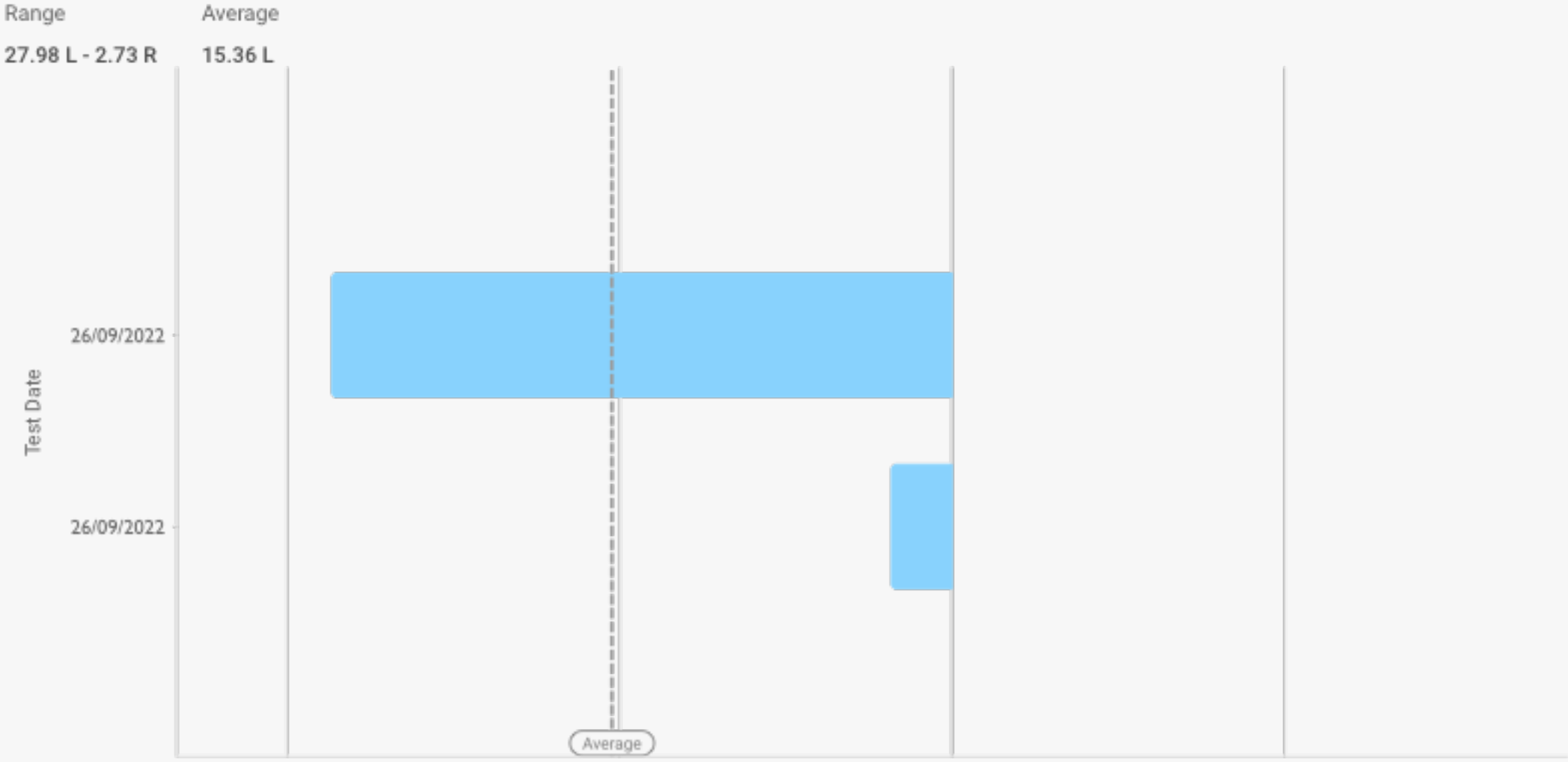

## Internal Rotation Asymmetry [%] - Shoulder IR/ER

Range 41.62 L - 39.18 R

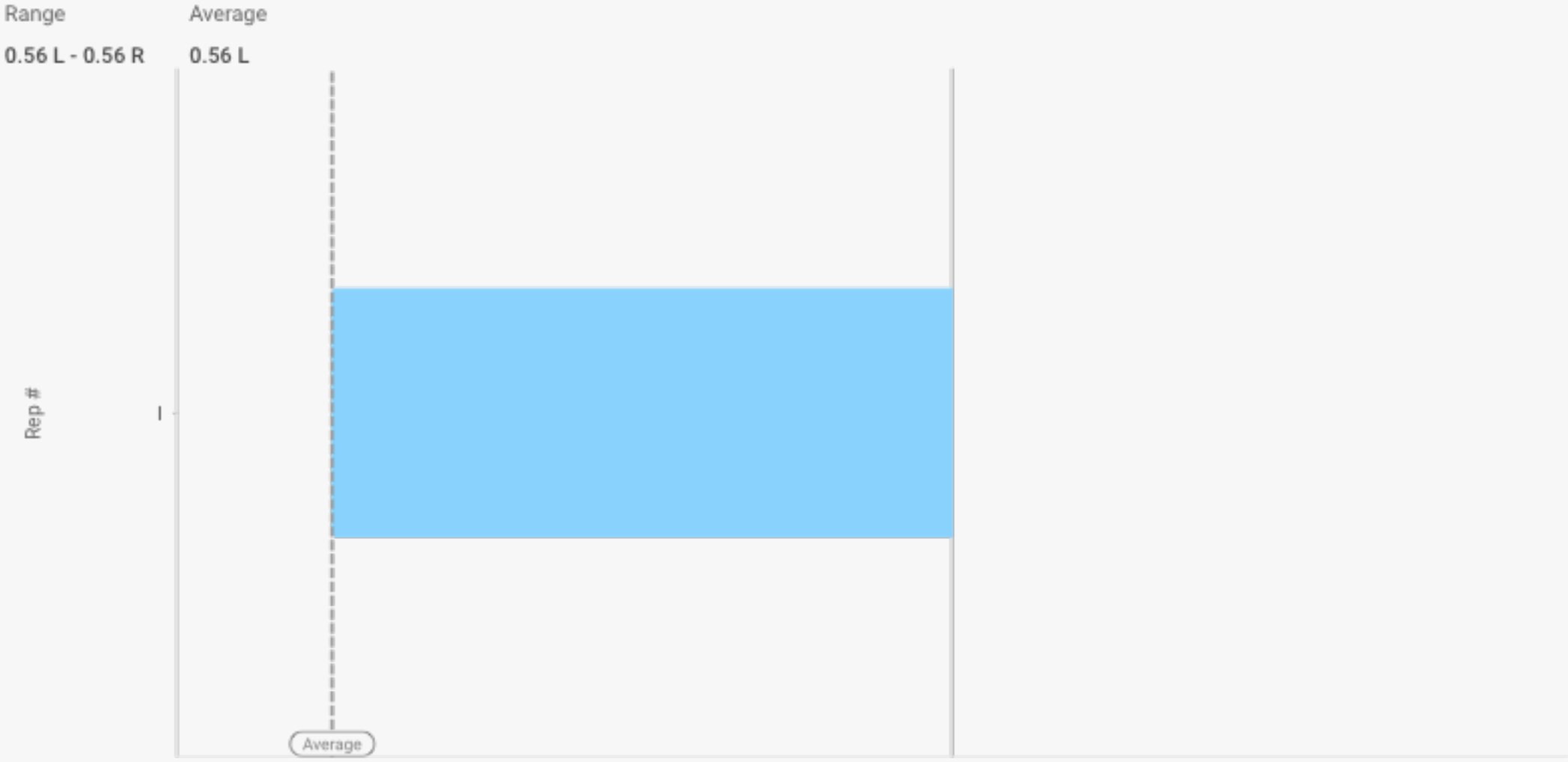
Average 40.4 L



## External Rotation Asymmetry [%] - Shoulder IR/ER



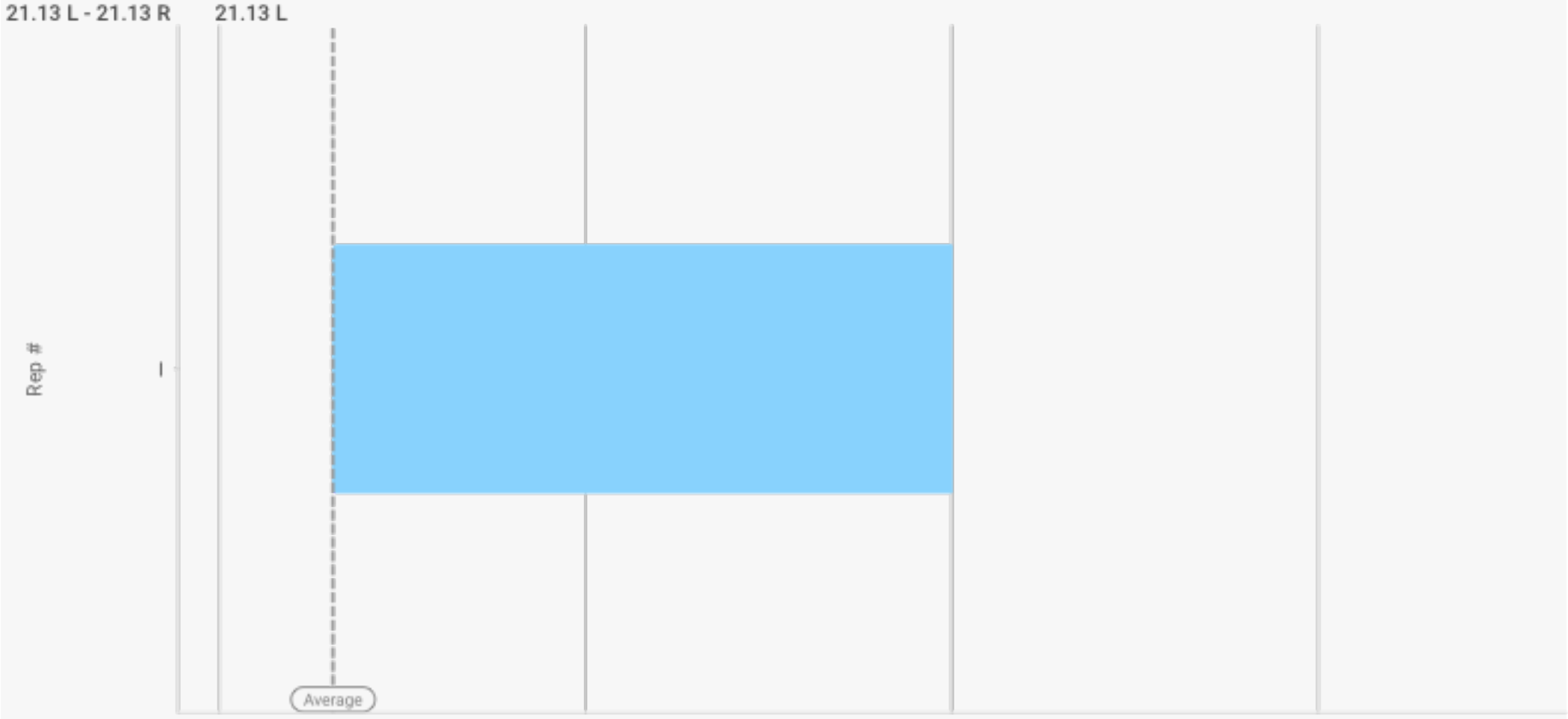

## Adduction Asymmetry [%] - Shoulder Adduction



## Abduction Asymmetry [%] - Shoulder Abduction

Range
21.13 L - 21.13 R

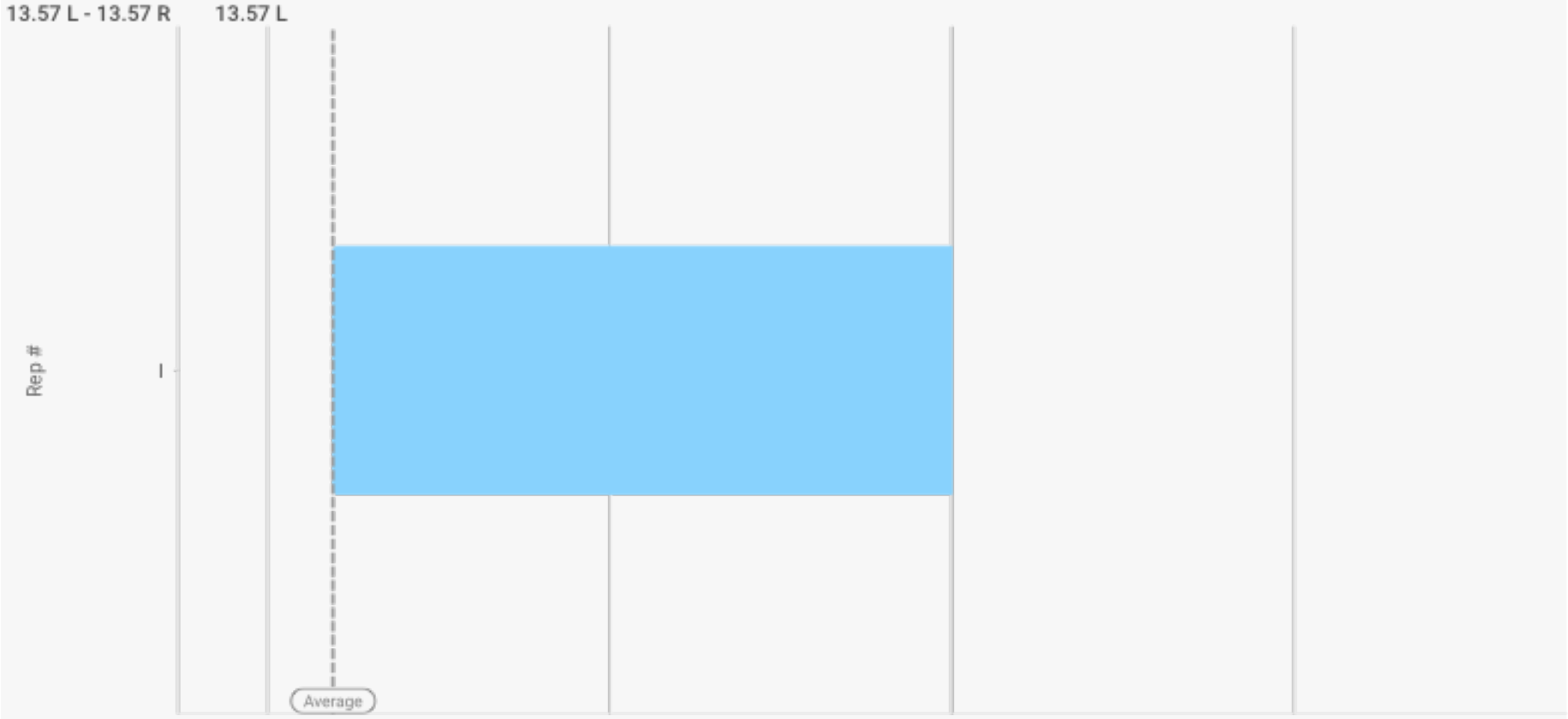
Average
21.13 L




## Extension Asymmetry [%] - Shoulder Extension

Range
13.57 L - 13.57 R

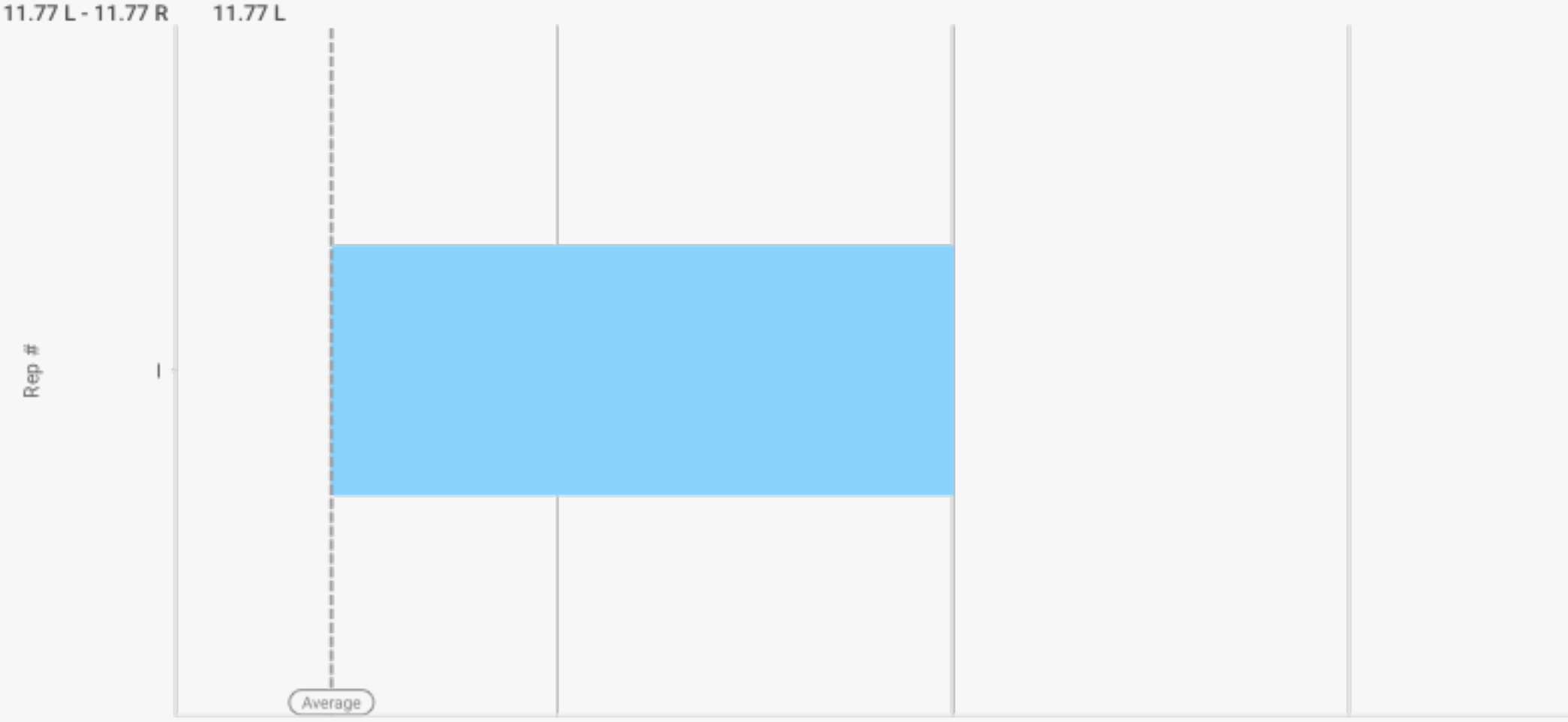
Average
13.57 L



## Flexion Asymmetry [%] - Shoulder Flexion

Range 11.77 L - 11.77 R

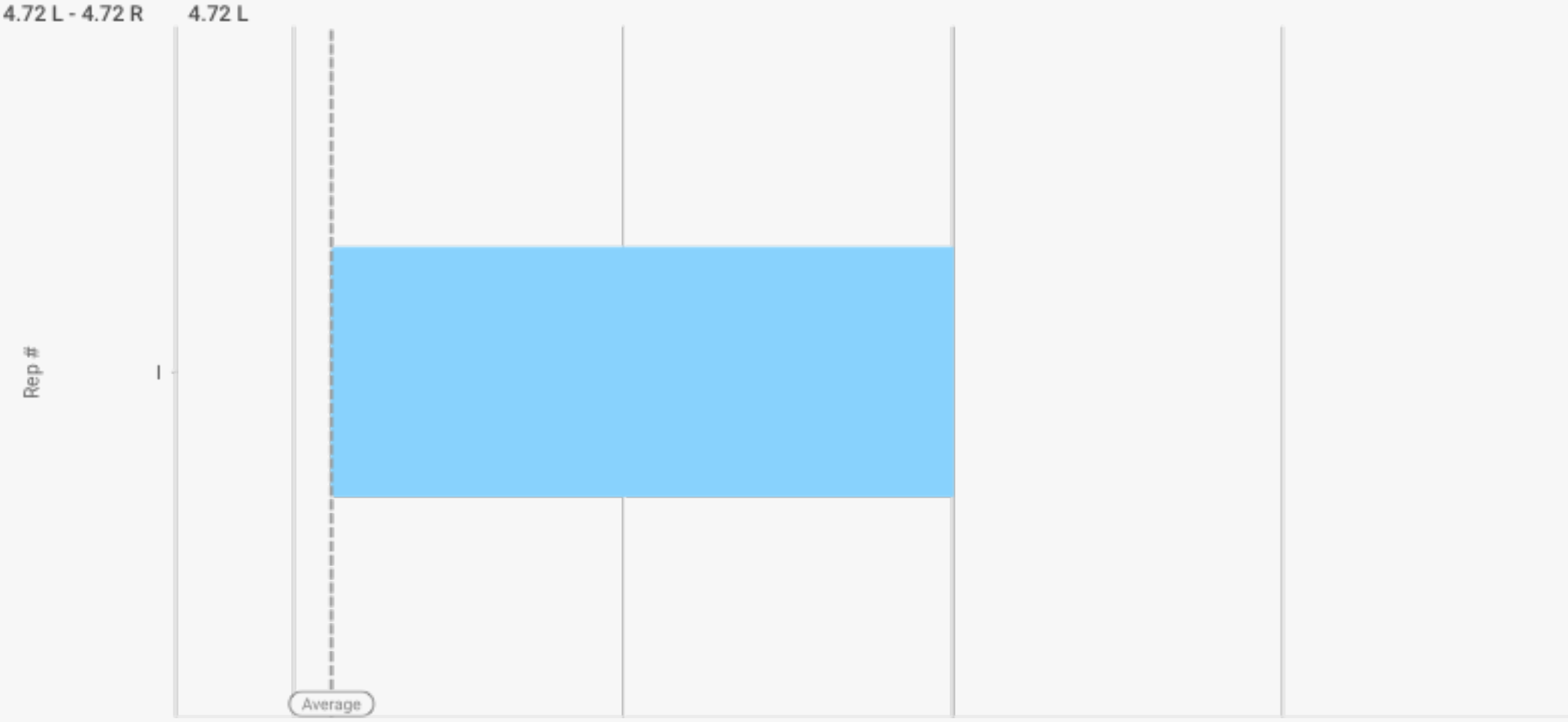
Average 11.77 L




## Extension Asymmetry [%] - Elbow Extension

Range 4.72 L - 4.72 R

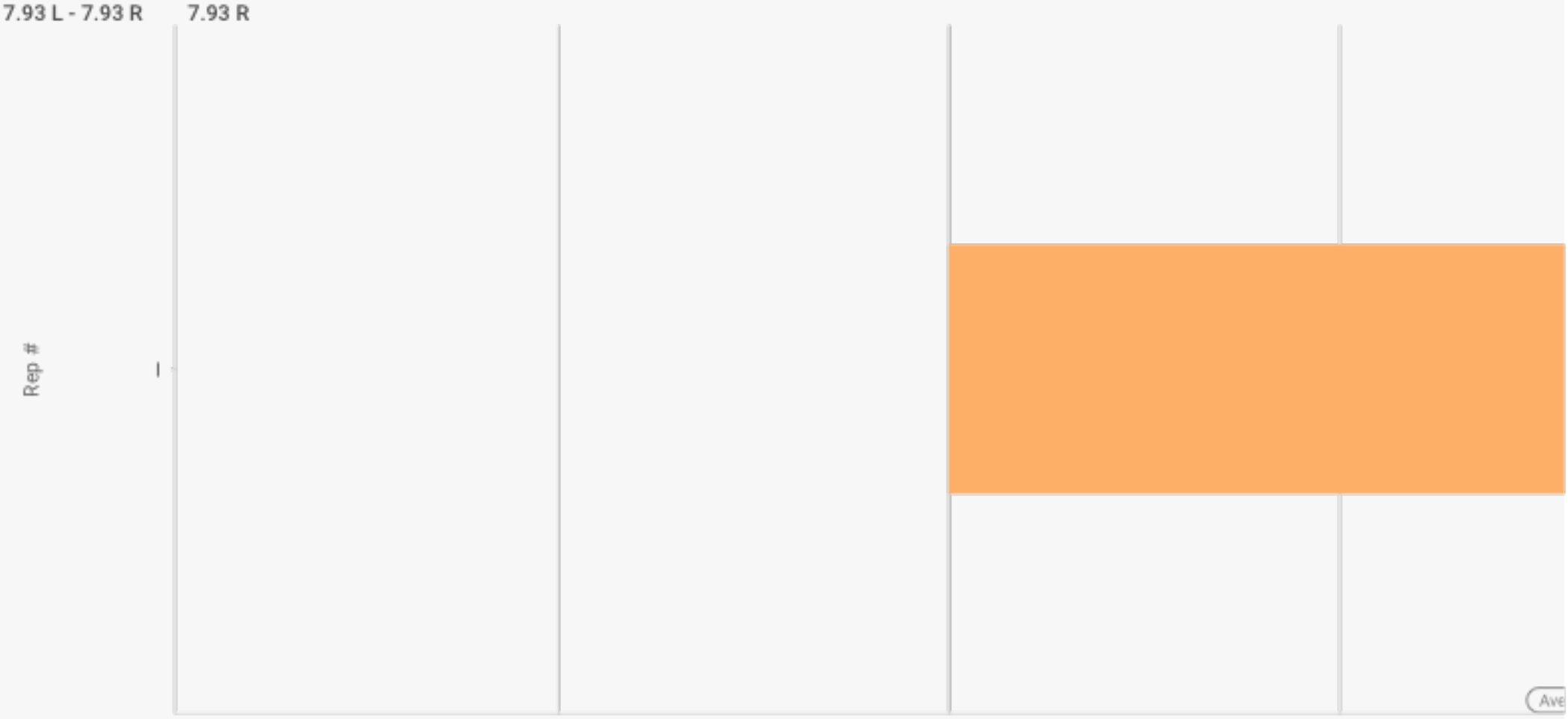
Average 4.72 L



## Flexion Asymmetry [%] - Elbow Flexion

Range 7.93 L - 7.93 R

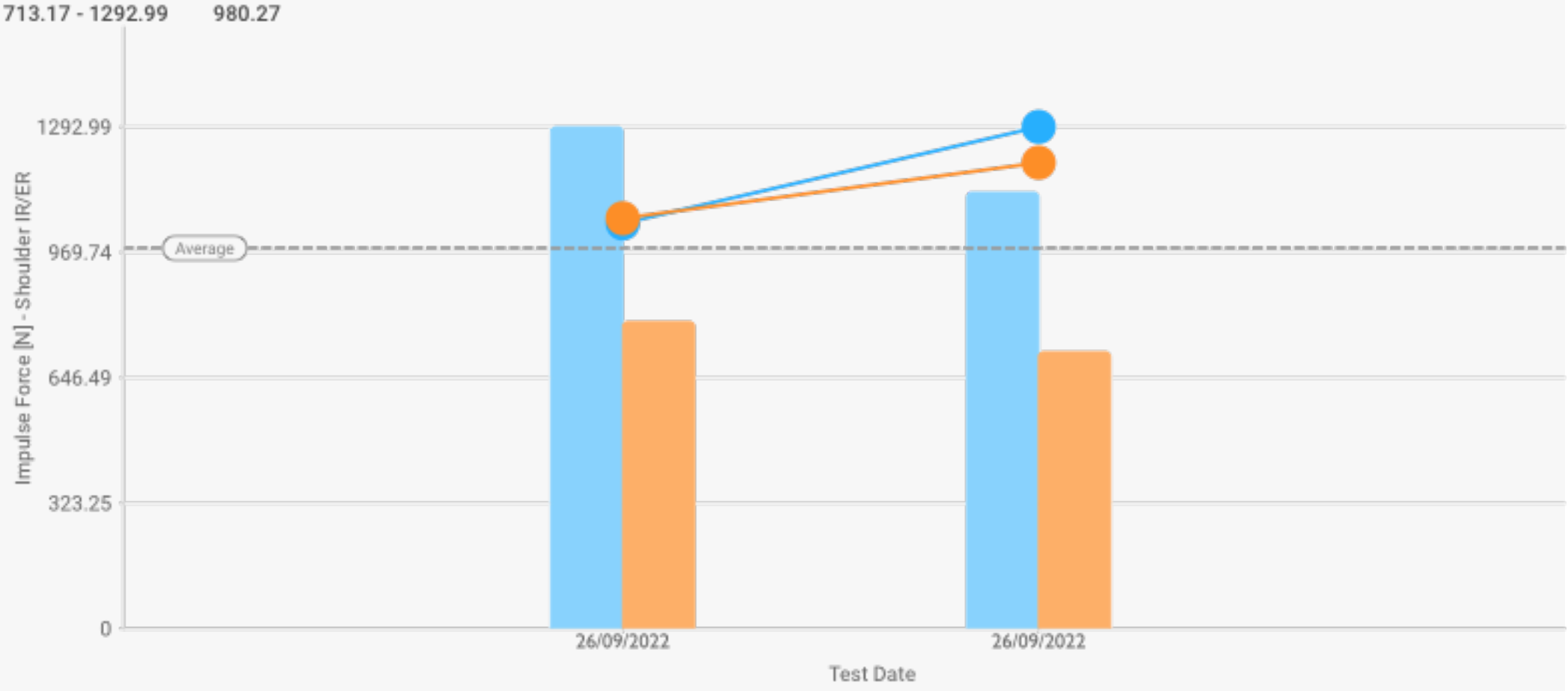
Average 7.93 R




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

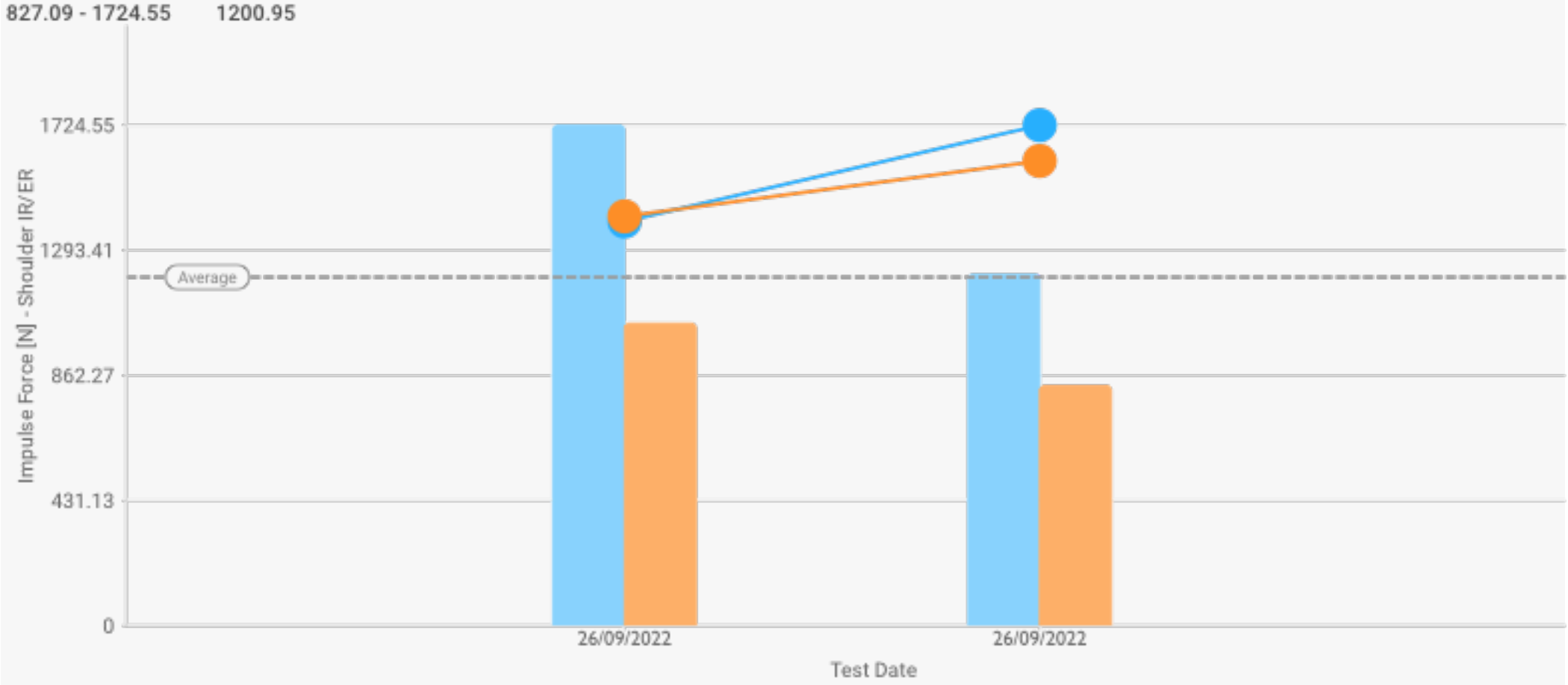
Range 713.17 - 1292.99

Average 980.27



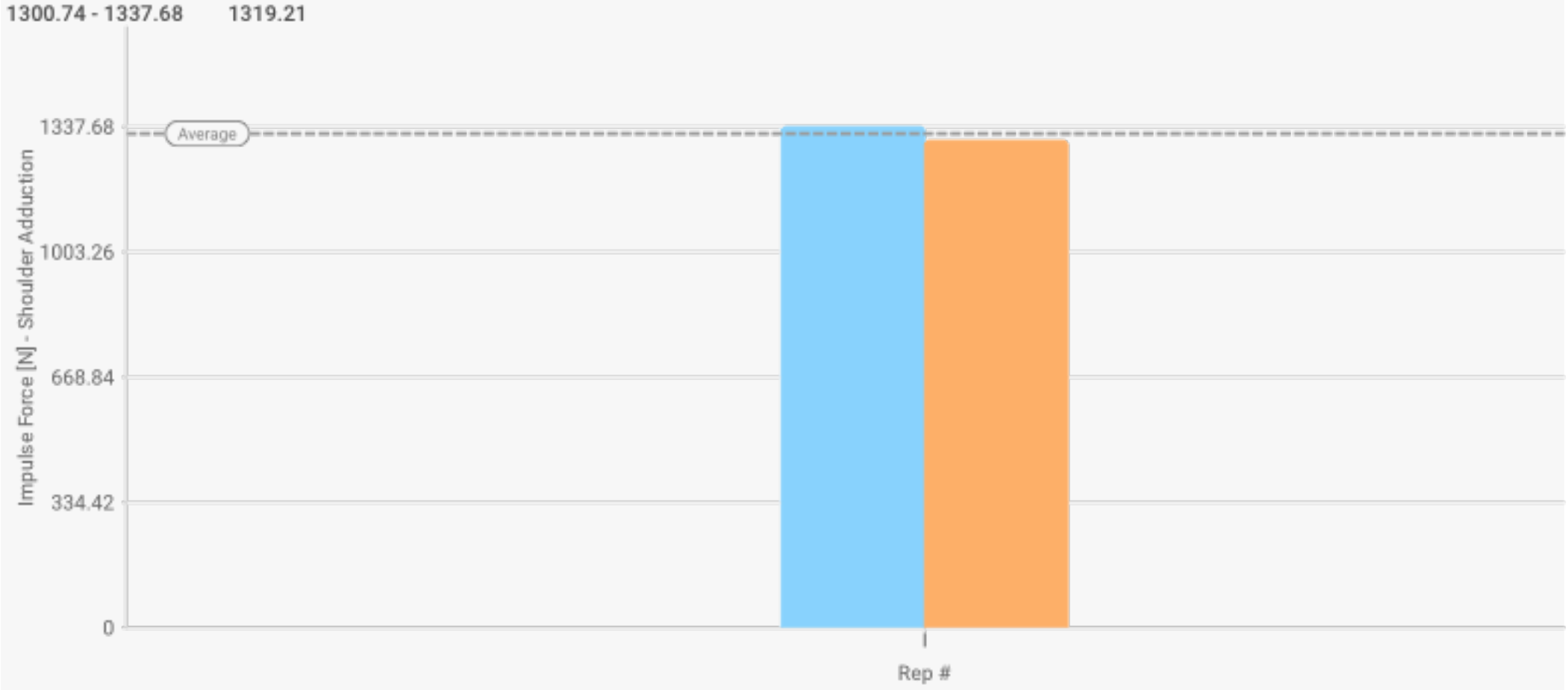
## External Rotation Impulse Force [N] - Shoulder IR/ER

| Range | Average |
|---|---|
| 827.09 - 1724.55 | 1200.95 |



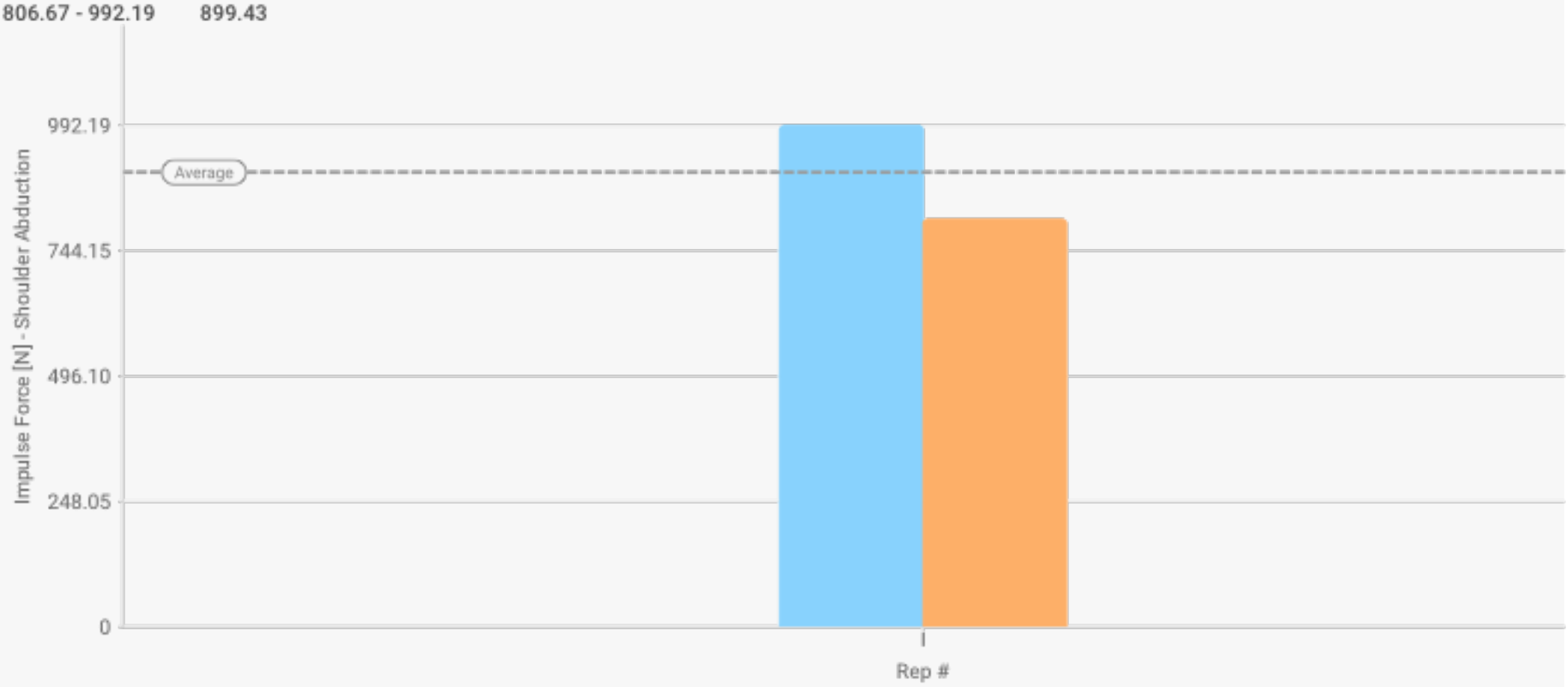

## Adduction Impulse Force [N] - Shoulder Adduction

| Range | Average |
|---|---|
| 1300.74 - 1337.68 | 1319.21 |



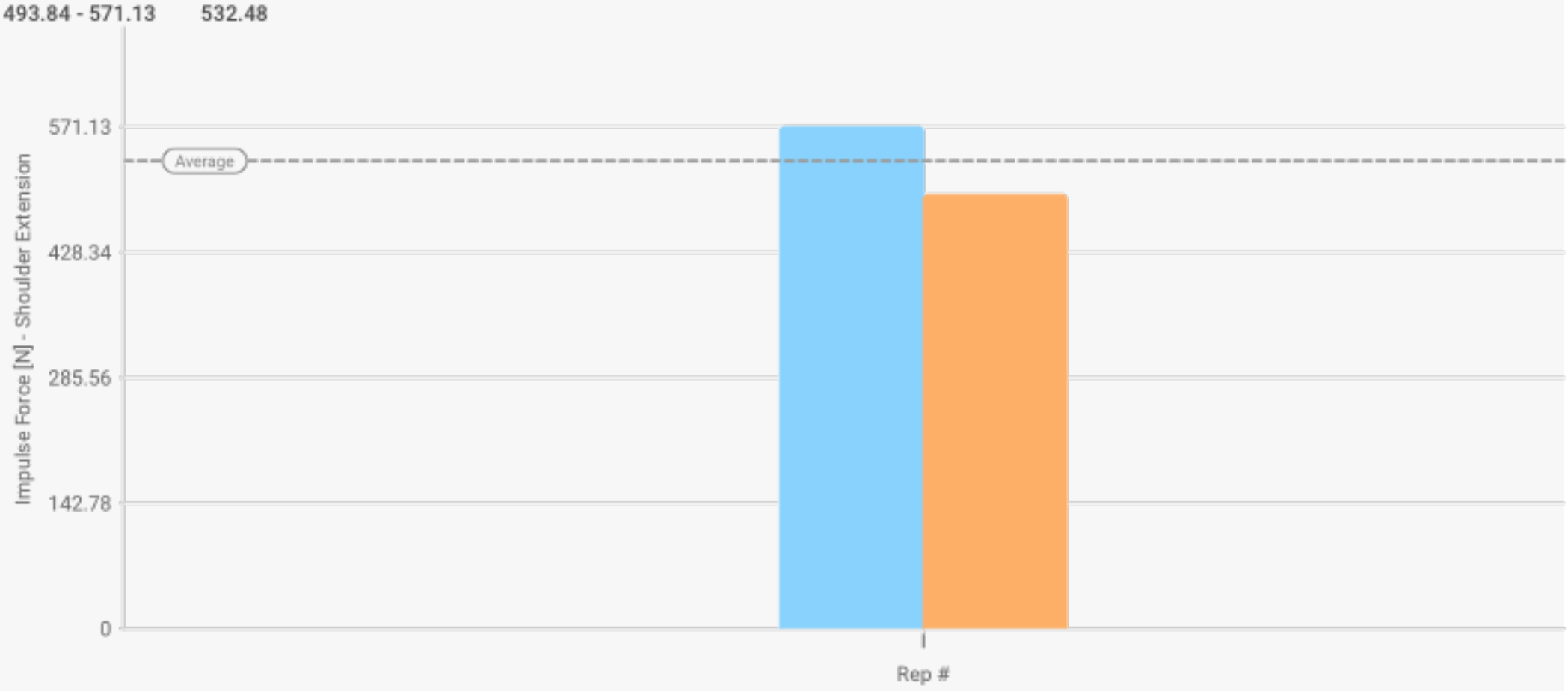
## Abduction Impulse Force [N] - Shoulder Abduction

| Range | Average |
| --- | --- |
| 806.67 - 992.19 | 899.43 |



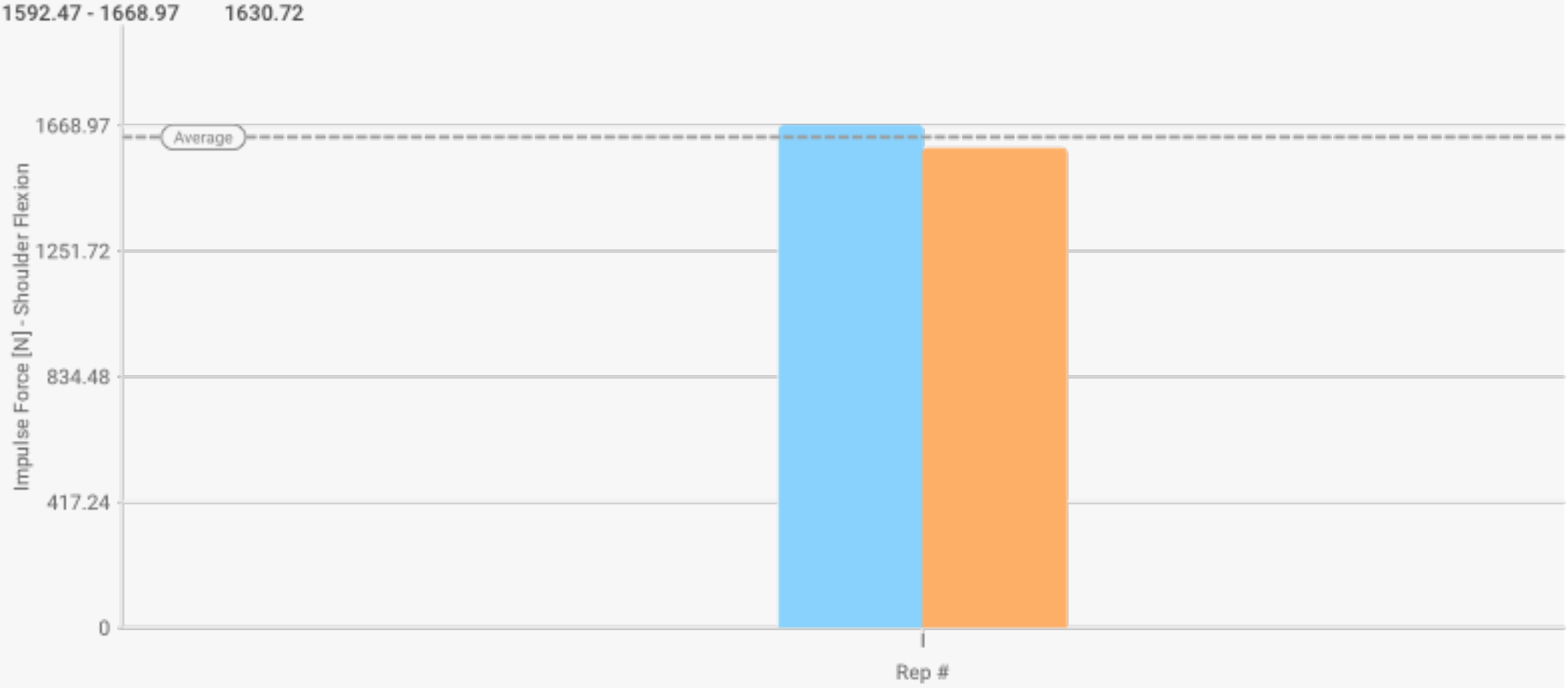

## Extension Impulse Force [N] - Shoulder Extension

| Range | Average |
| --- | --- |
| 493.84 - 571.13 | 532.48 |



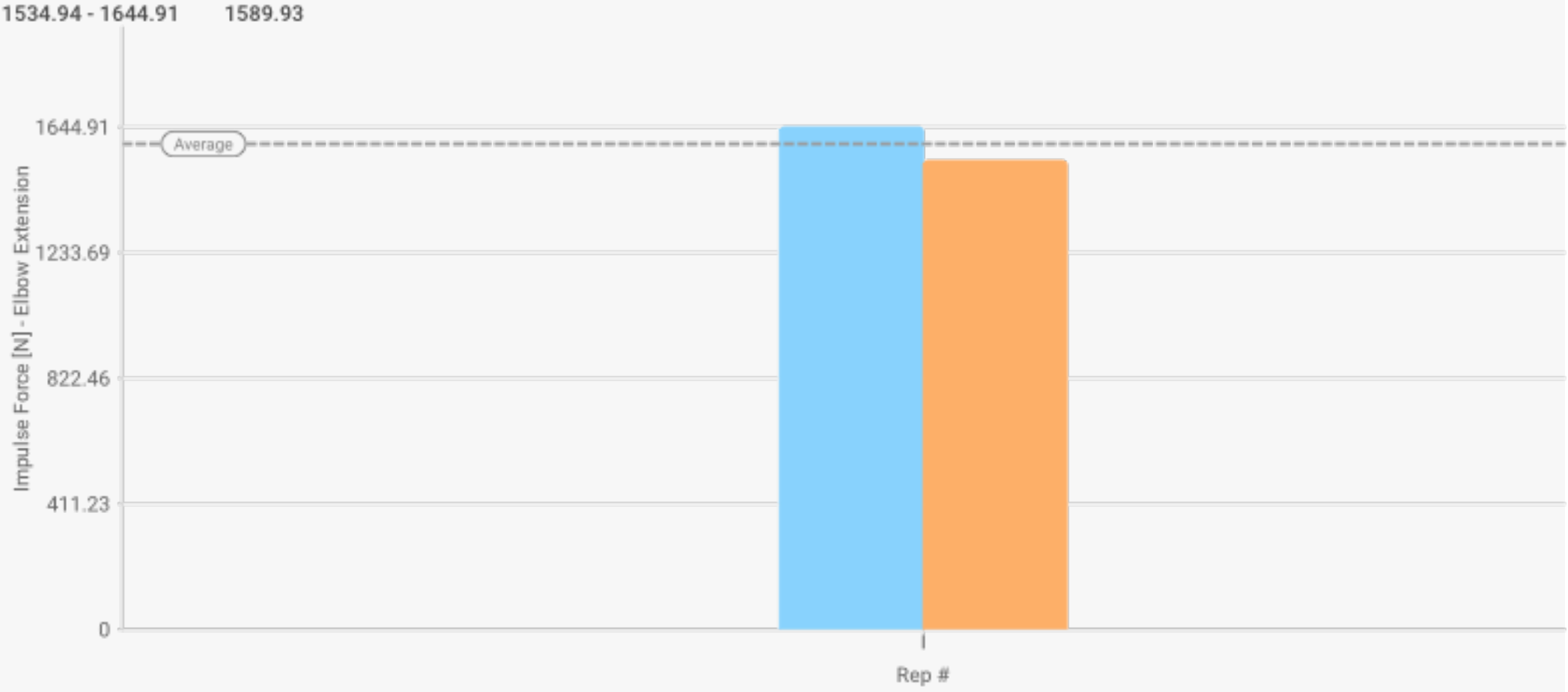
## Flexion Impulse Force [N] - Shoulder Flexion

| Range | Average |
|---|---|
| 1592.47 - 1668.97 | 1630.72 |



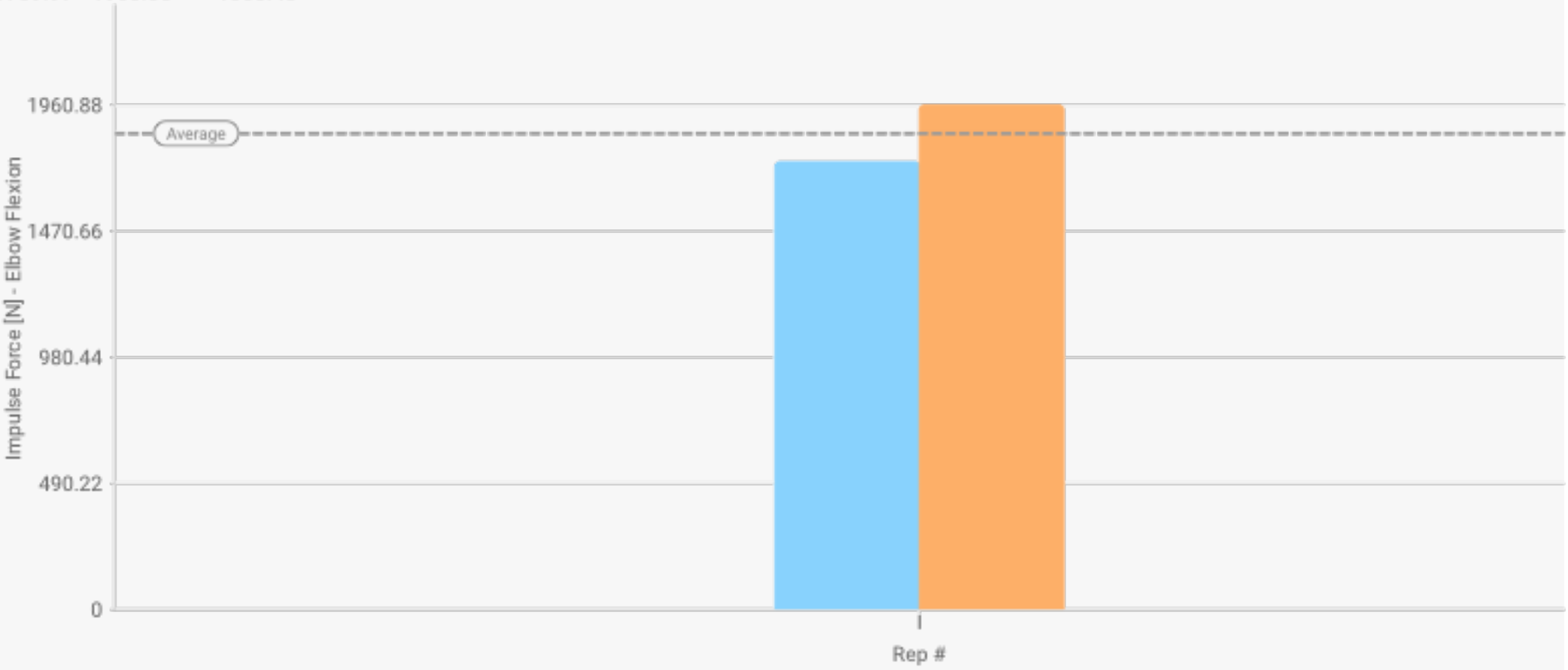

## Extension Impulse Force [N] - Elbow Extension

| Range | Average |
|---|---|
| 1534.94 - 1644.91 | 1589.93 |



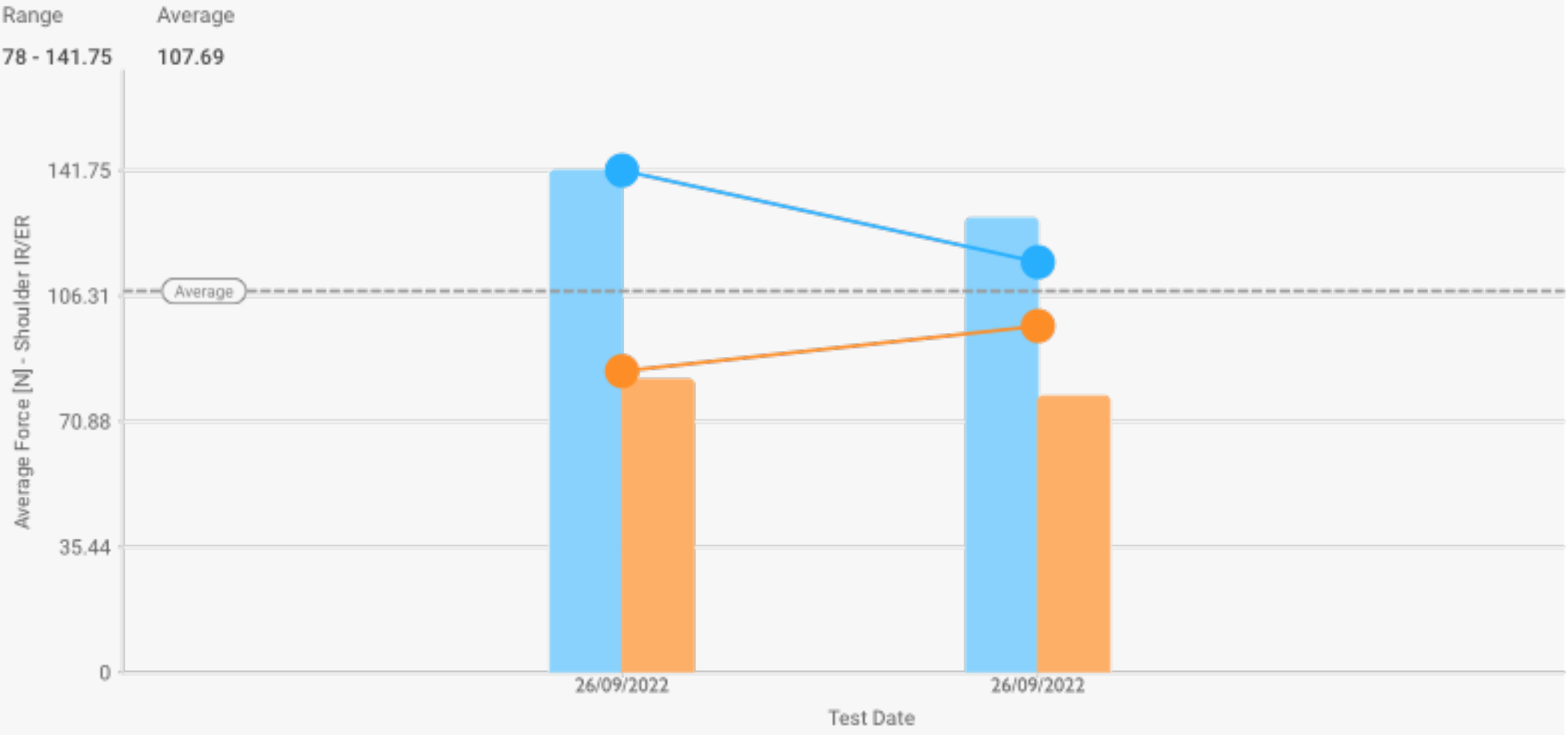
## Flexion Impulse Force [N] - Elbow Flexion

| Range | Average |
|---|---|
| 1739.97 - 1960.88 | 1850.43 |




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

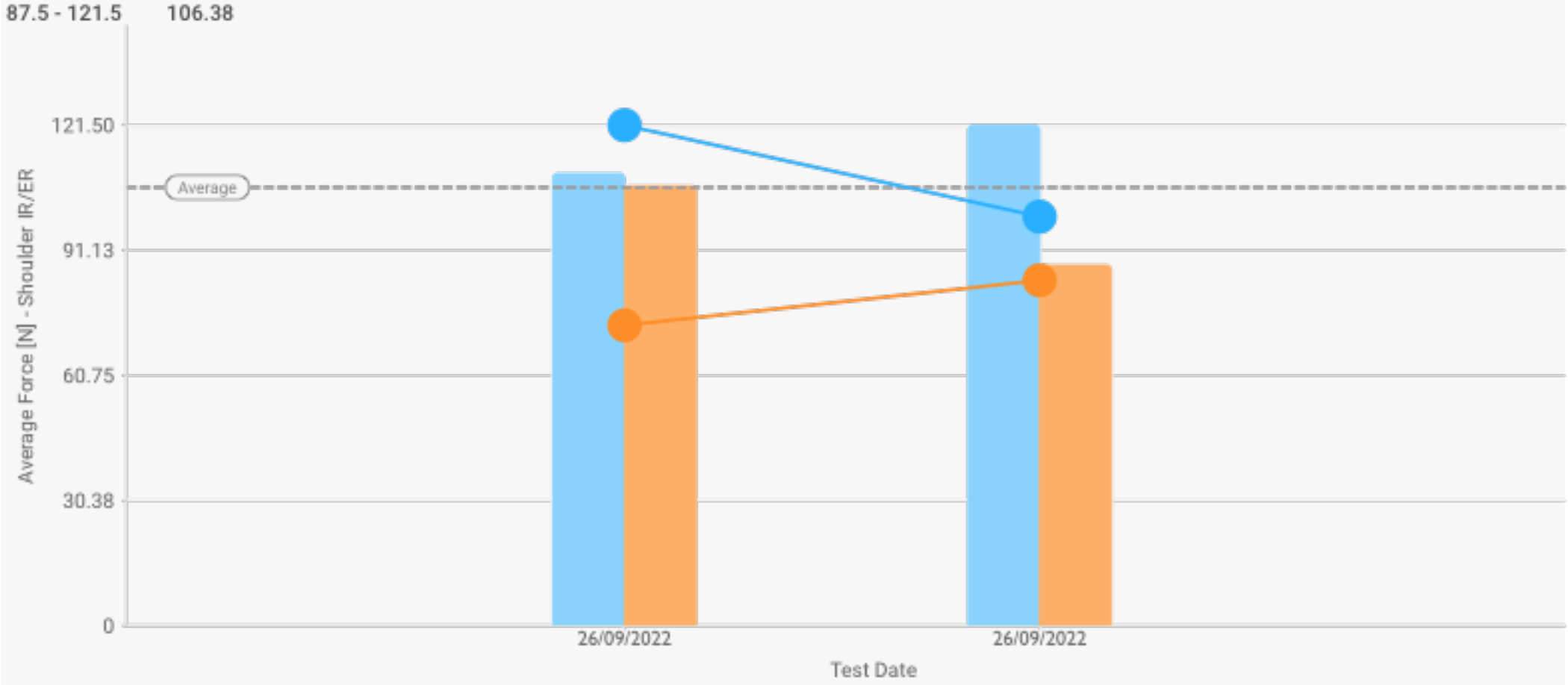
| Range | Average |
|---|---|
| 78 - 141.75 | 107.69 |



## External Rotation Average Force [N] - Shoulder IR/ER

Range 87.5 - 121.5

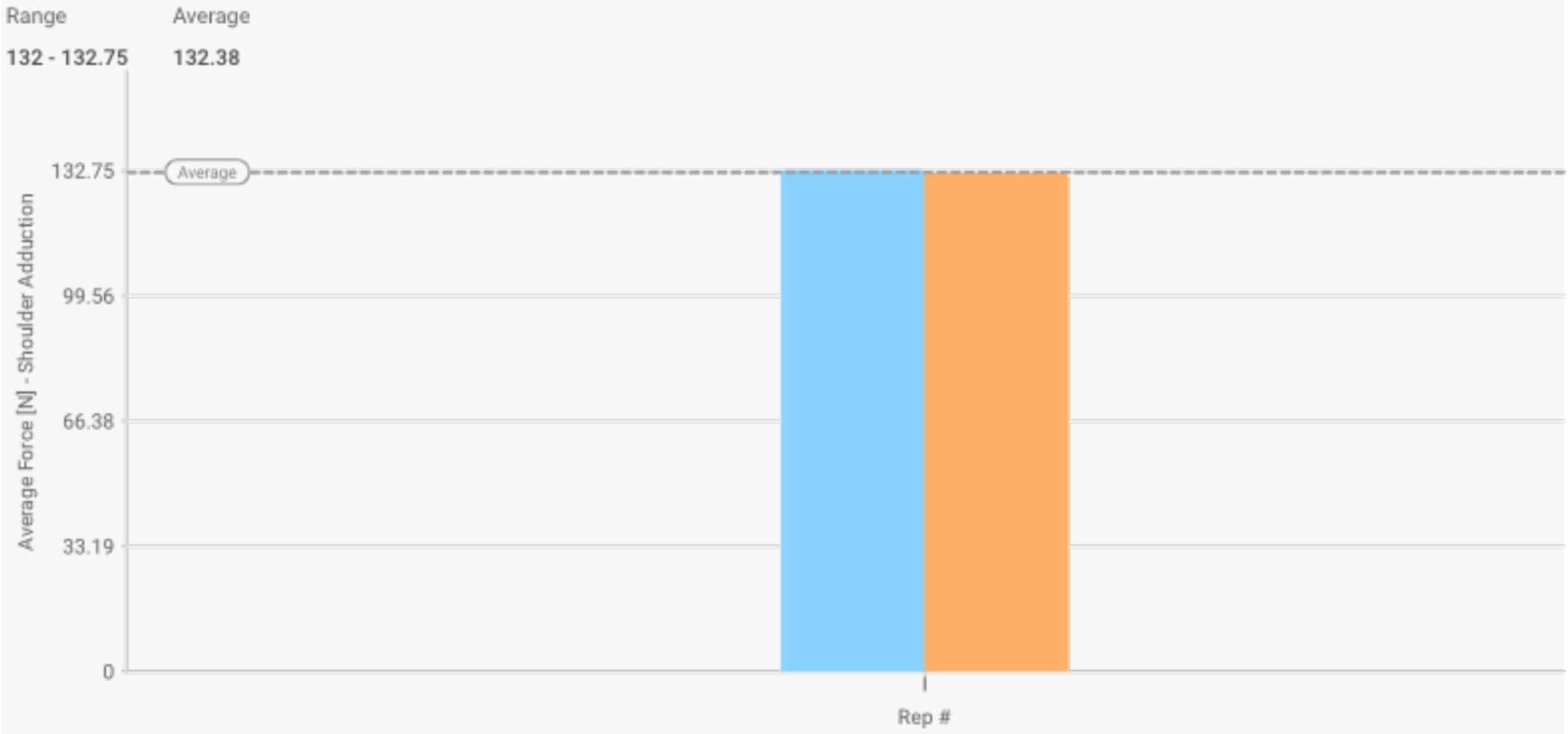
Average 106.38




## Adduction Average Force [N] - Shoulder Adduction

Range 132 - 132.75

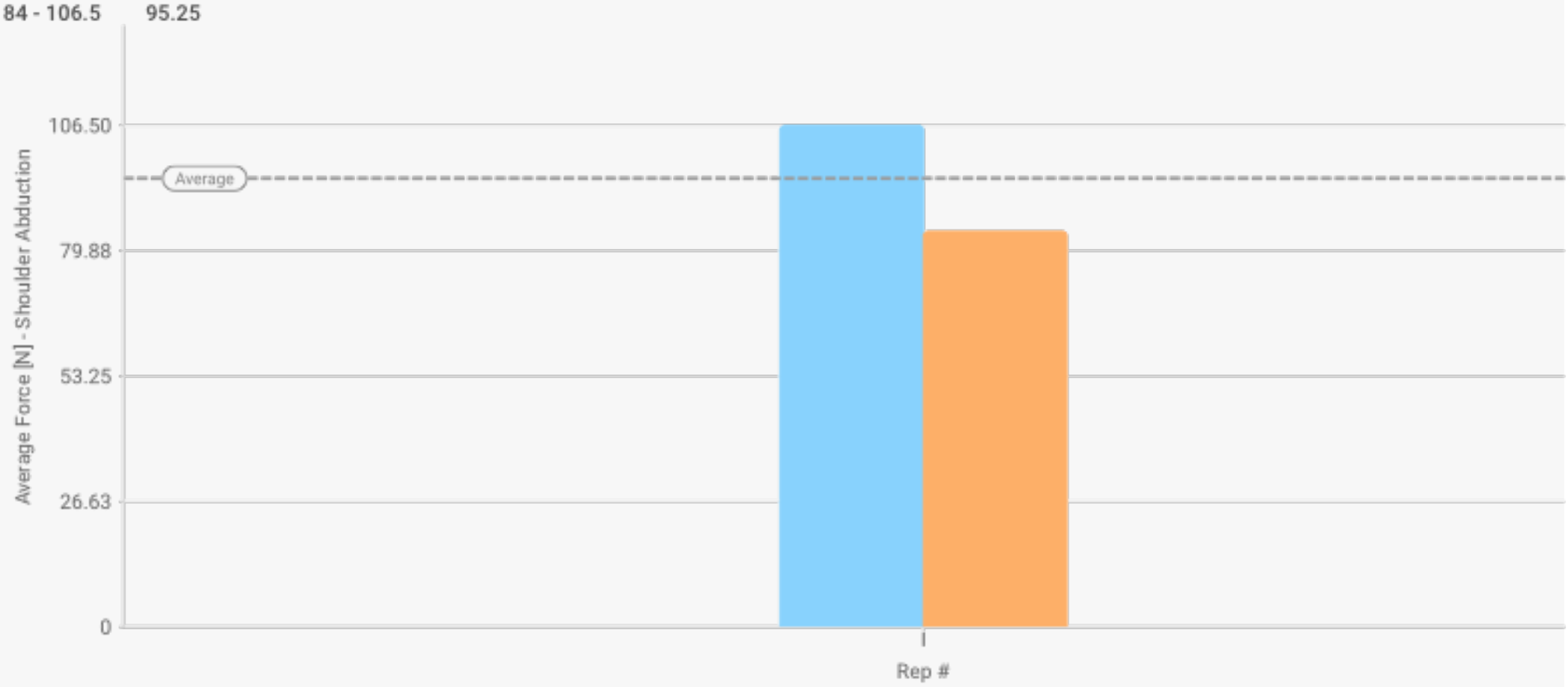
Average 132.38



## Abduction Average Force [N] - Shoulder Abduction

Range 84 - 106.5

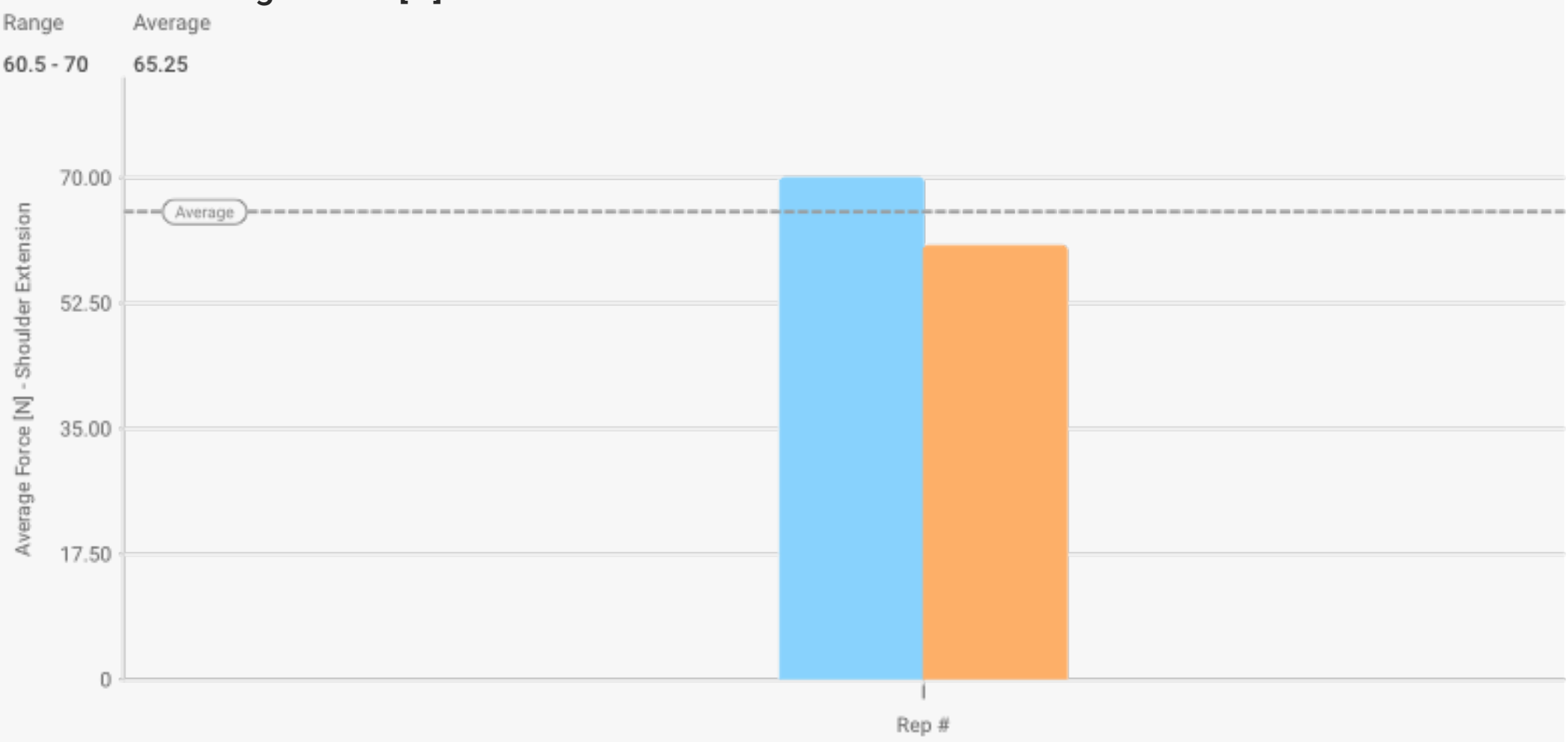
Average 95.25




## Extension Average Force [N] - Shoulder Extension

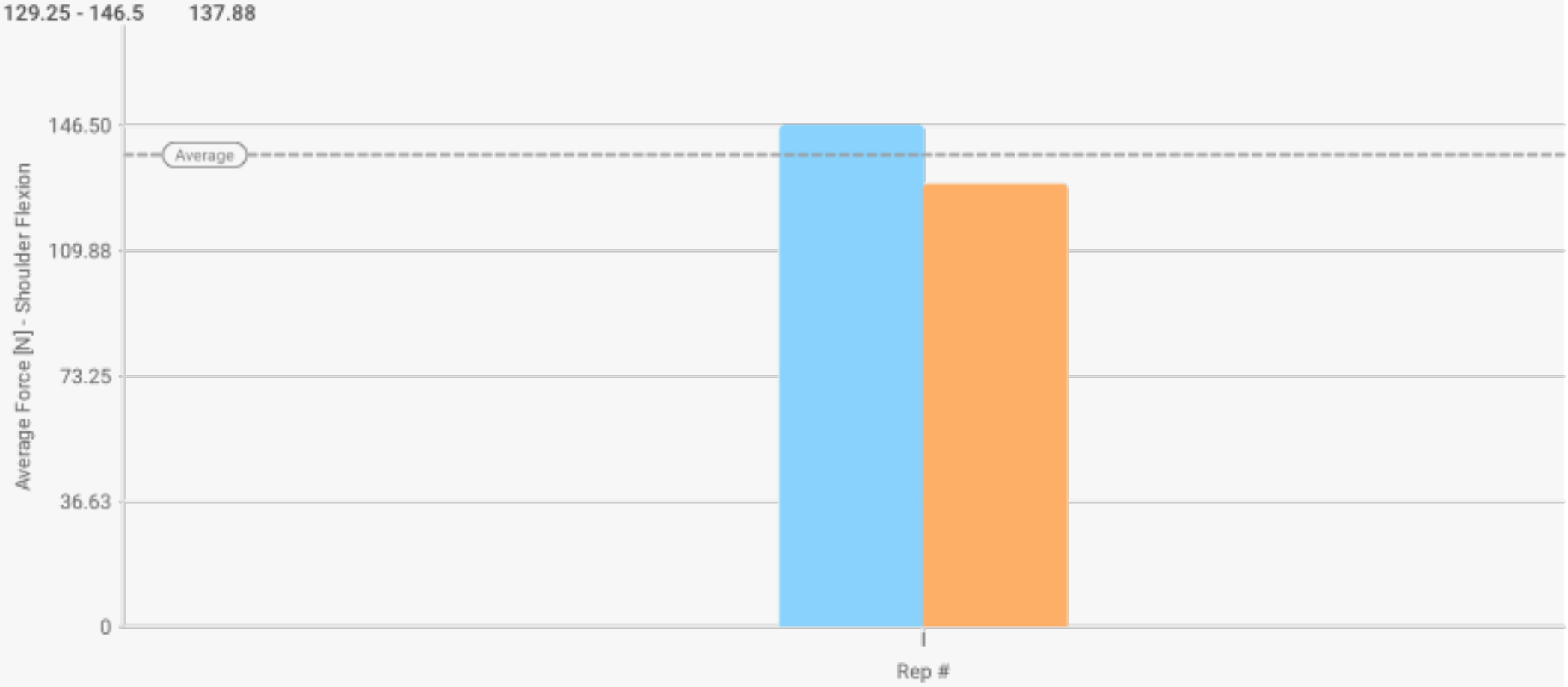
Range 60.5 - 70

Average 65.25



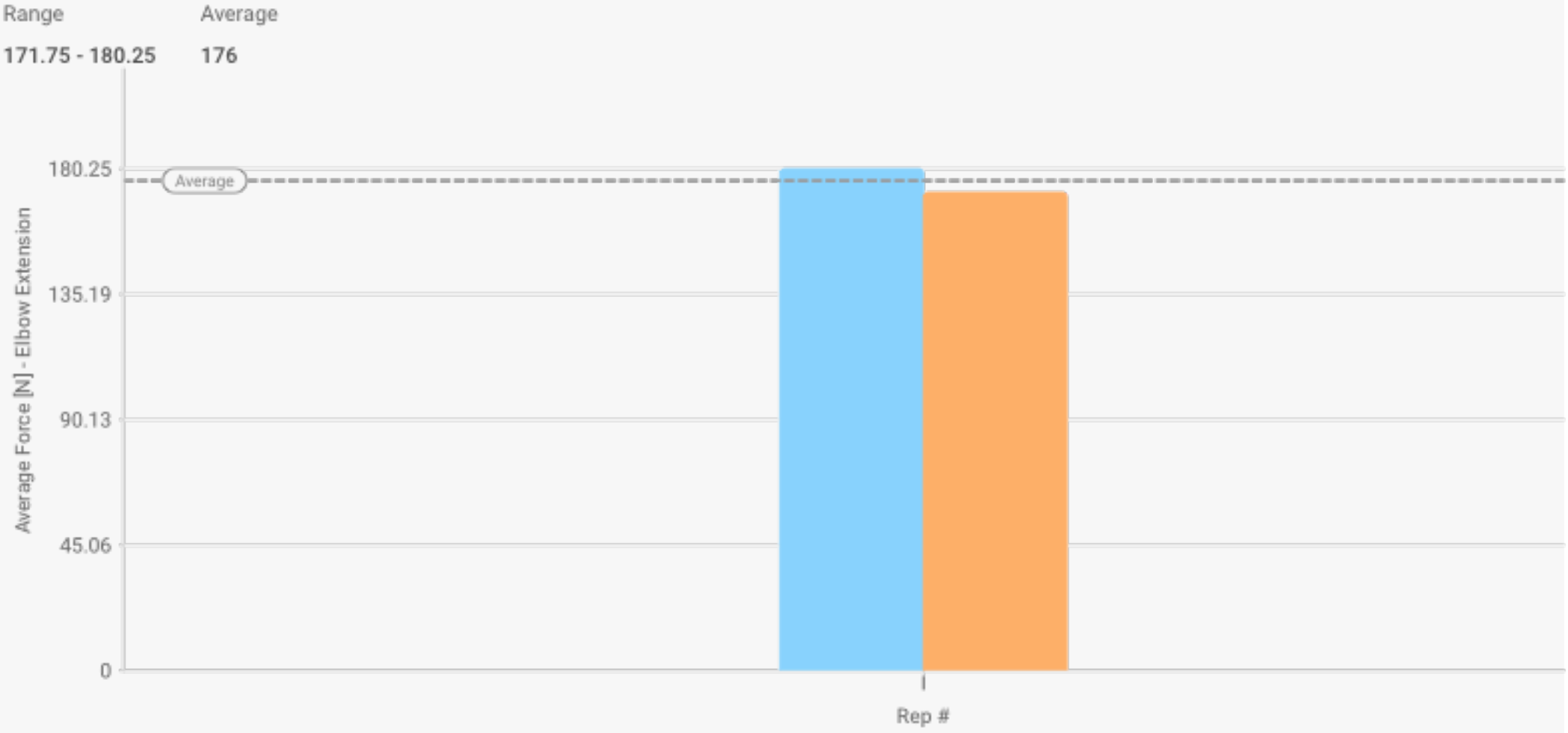
## Flexion Average Force [N] - Shoulder Flexion

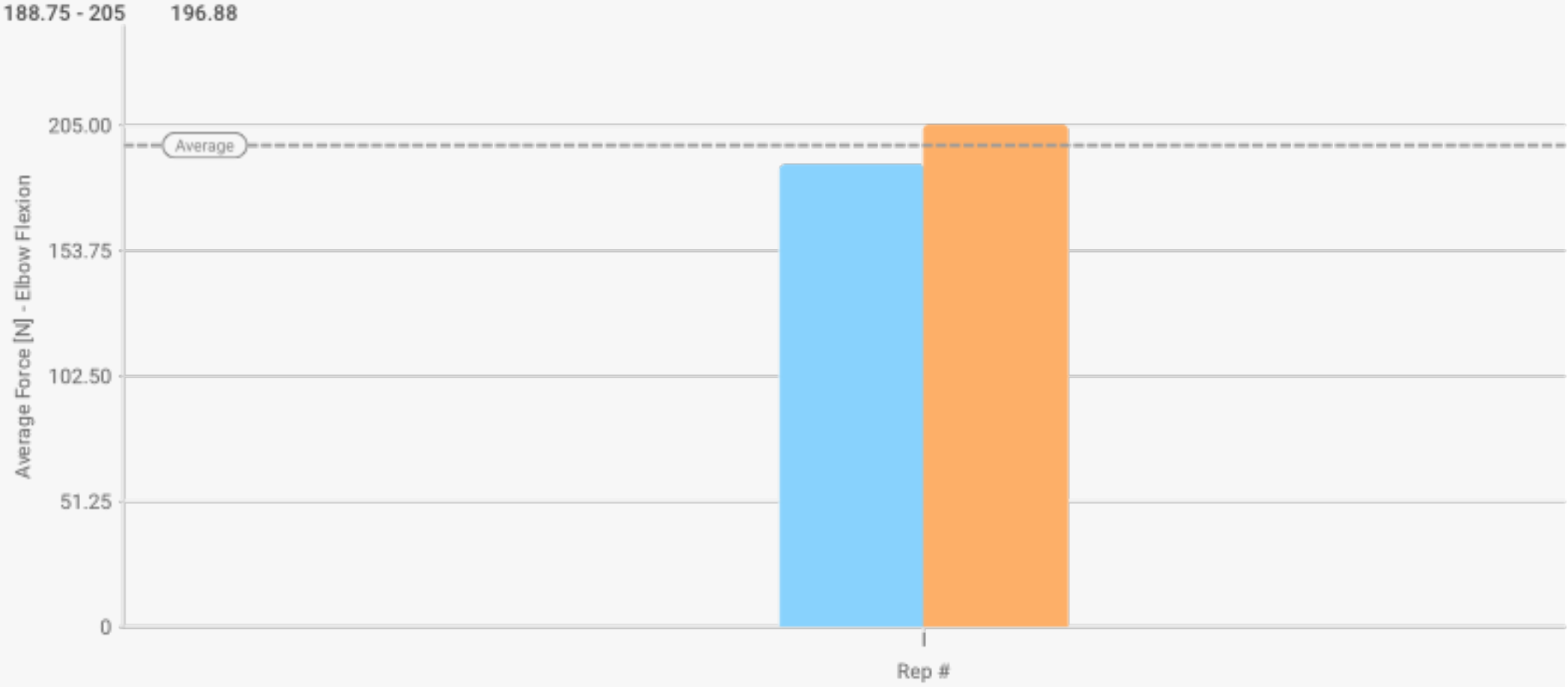
| Range | Average |
| --- | --- |
| 129.25 - 146.5 | 137.88 |




## Extension Average Force [N] - Elbow Extension

| Range | Average |
| --- | --- |
| 171.75 - 180.25 | 176 |



# Flexion Average Force [N] - Elbow Flexion

| Range | Average |
| --- | --- |
| 188.75 - 205 | 196.88 |