

PROFILE ASSESSMENT

CAMILA AVILA

24th January, 2023

PROFILE INFORMATION

NAME	CAMILA AVILA
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	5 th December, 1981
GENDER	Female
HEIGHT	169cm / 66in
WEIGHT	55kg / 121lb
AGE	41



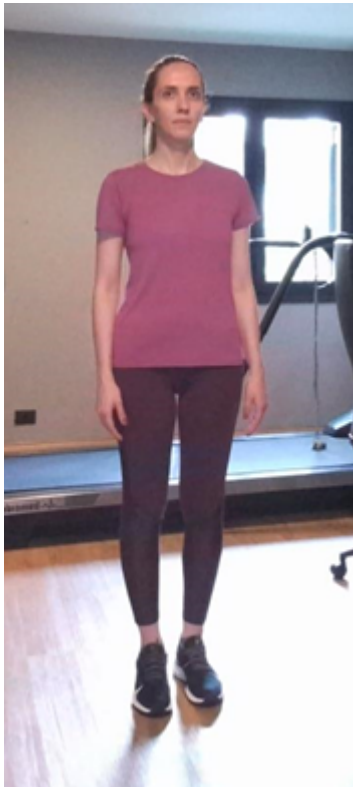
Standing Posture

Posture and Stability Assessment

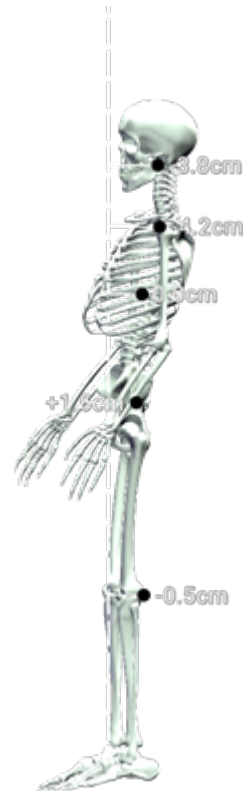
Standing Posture is a baseline postural assessment that can provide insight into an individual's structural balance, alignment, and postural strategy.

RESULTS

BALANCE SNAPSHOT



SIDETRAK POSTURAL DEVIATION (SAGITTAL PLANE/SIDE VIEW)



KEY RESULTS

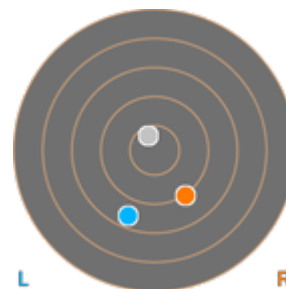
Neck lateral flexion 1.7° **Right** ▼

Trunk lateral flexion 0.2° **Right** ▼

Pelvis Lateral Tilt 1.4° **Left** ▼

Trunk Flexion 1.7° **Posterior**

SWAYTRAK MOVEMENT PATHS (KNEES AND CENTRE OF MASS)



PRACTITIONER COMMENTS

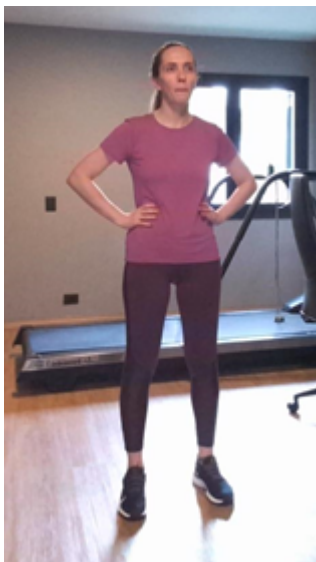
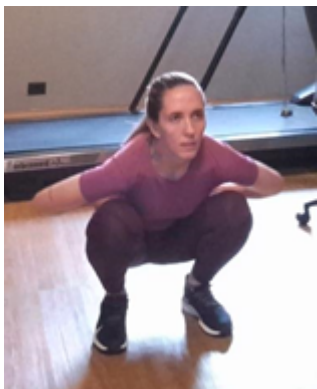




Squat

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)	150.8°	150.3°	154.9°
Peak Knee Flexion (Right)	144.7°	144.3°	146.6°
Spine Tilt at Peak Knee Flexion	36.9° Anterior	32.8° Anterior	35.6° Anterior
Trunk lateral flexion at Peak Knee Flexion	9.6° Left ▼	7.9° Left ▼	7.9° 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

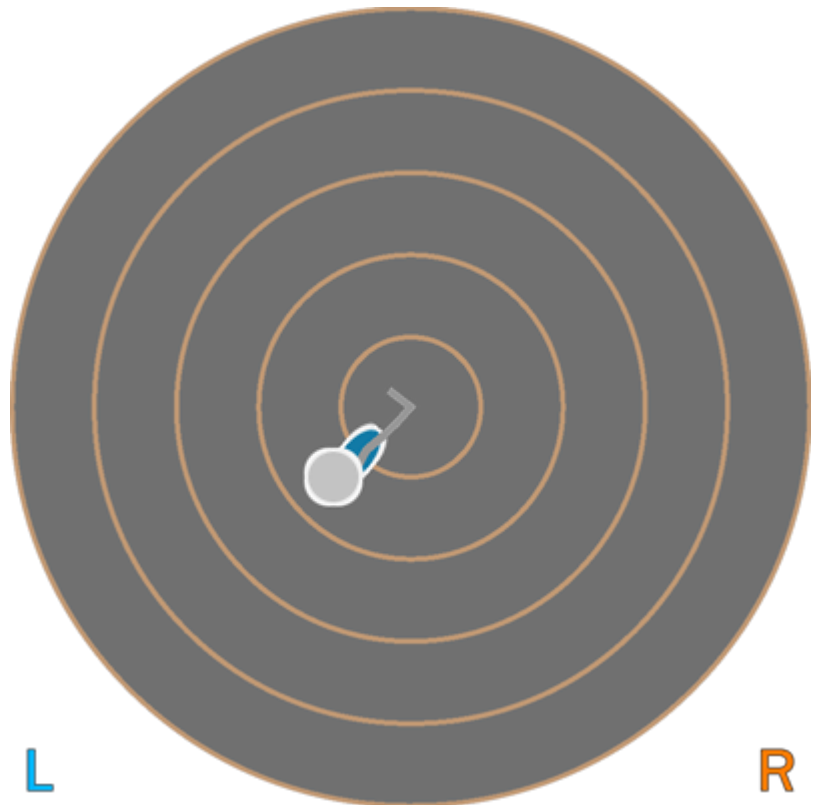
RESULTS

BALANCE RESULTS (LEFT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

RESULTS

Ellipse Area

4.12 cm²

COM Path Length

28.68 cm

Range – ML

4.78 cm

Range – AP

4.62 cm

Pelvis Lateral Tilt

9.9° Left ▼

Trunk lateral flexion

1.4° 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

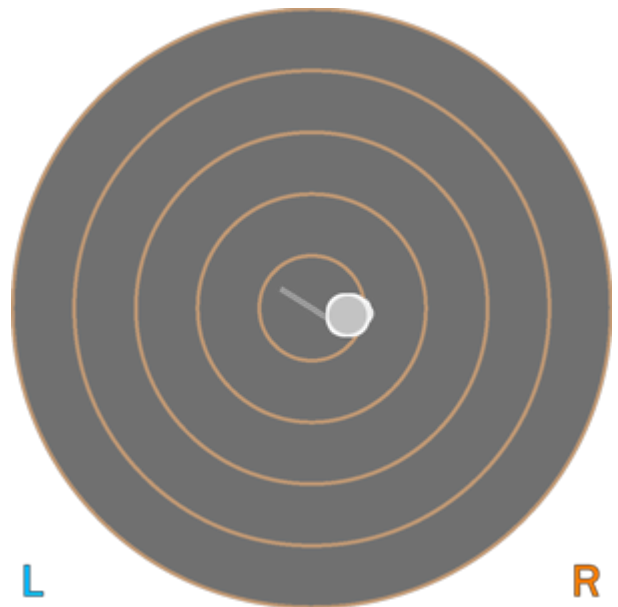
RESULTS

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

1.03 cm²

21.33 cm

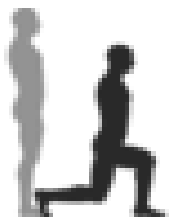
2.94 cm

5.07 cm

8.2° Right ▼

3.0° Right ▼

PRACTITIONER COMMENTS



Lunge

Lower Body Dynamic Assessment

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

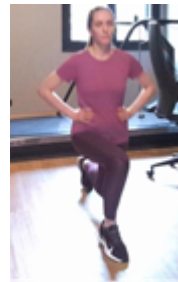
RESULTS

PEAK KNEE FLEXION

LEFT



RIGHT



KEY METRICS	LEFT LEG	RIGHT LEG	ASYMMETRY
Peak Hip Flexion	79.2°	77.8°	1.7%
Peak Knee Flexion	94.2°	115.3°	18.3%
Peak Spine Lateral Tilt	1.7° Posterior	0.5° Anterior	N/A
Peak Pelvic Lateral Tilt	3.5° Right	1.3° Right	N/A

PRACTITIONER COMMENTS (**LEFT**)

PRACTITIONER COMMENTS (**RIGHT**)



Cervical Spine Flexion/Extension

Range of Motion Assessment

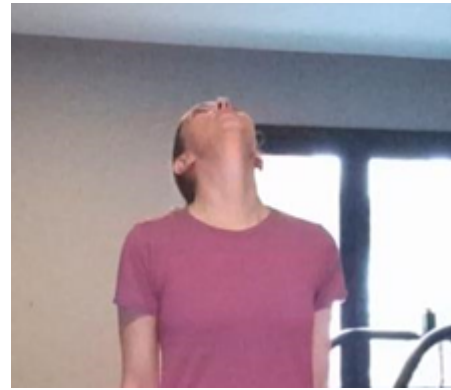
Cervical Spine Flexion (forward) / Extension (backwards) calculated by taking the inclination of the head relative to the line of the trunk in the sagittal plane (side view).

RESULTS

PEAK FLEXION SNAPSHOT



PEAK EXTENSION SNAPSHOT



KEY RESULTS	STARTING POSITION	PEAK FLEXION	PEAK EXTENSION	TOTAL RANGE
Flexion/Extension	0.0°	24.1°	12.3°	36.5°
Trunk Flexion	2.5° Posterior	0.7° Anterior	6.5° Posterior	N/A
Trunk lateral flexion	0.3°	0.9° Left ▼	1.3° Right ▼	N/A

PRACTITIONER COMMENTS



Cervical Spine Lateral Flexion

Range of Motion Assessment

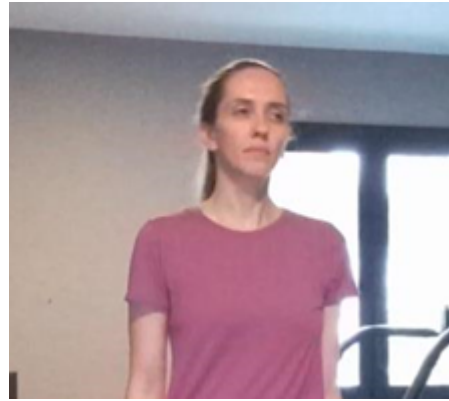
Cervical Spine Lateral Flexion (left and right) is calculated by taking the inclination of the head relative to the line of the trunk in the frontal plane (front view).

RESULTS

PEAK LEFT LATERAL FLEXION



PEAK RIGHT LATERAL FLEXION



KEY RESULTS

PEAK FLEXION (LEFT)

PEAK FLEXION (RIGHT)

IMBALANCE

Lateral Flexion

22.1°

25.4°

+3.3°

Trunk Flexion

7.8° Posterior

2.7° Posterior

N/A

Trunk lateral flexion
at Peak Flexion

5.0° Left ▼

3.8° Right ▼

+1.2°

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 27.83 cm

Peak Spine Tilt after landing 26.7° Anterior

Peak Lateral Spine Tilt after landing 8.1° Left

Peak Lateral Pelvic Tilt after landing 1.1° Right

KEY METRICS (LEGS)

LEFT LEG

RIGHT LEG

ASYMMETRY

Peak Hip Flexion after landing 81.6° 84.5° 3.4%

Peak Knee Flexion after landing 93.6° 89.0° 4.9%

Peak Knee Valgus/Varus after landing 47.2° Varus 18.4° Valgus 138.9%

PRACTITIONER COMMENTS







Overhead Squat

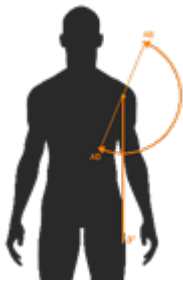
Lower Body Dynamic Assessment

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)	150.7°	152.1°	152.3°
Peak Knee Flexion (Right)	143.1°	145.6°	144.4°
Trunk Flexion at Peak Knee Flexion	18.7° Anterior	17.3° Anterior	19.0° Anterior
Trunk lateral flexion at Peak Knee Flexion	5.2° Left ▼	4.1° Left ▼	4.9° Left ▼

PRACTITIONER COMMENTS


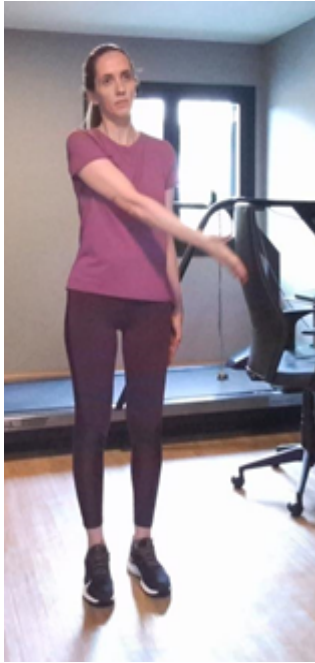
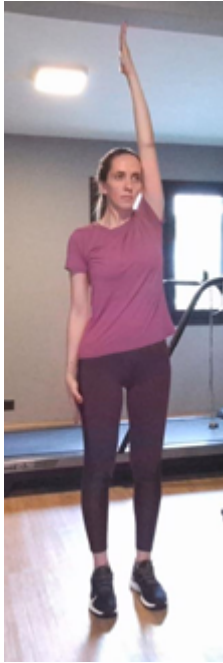
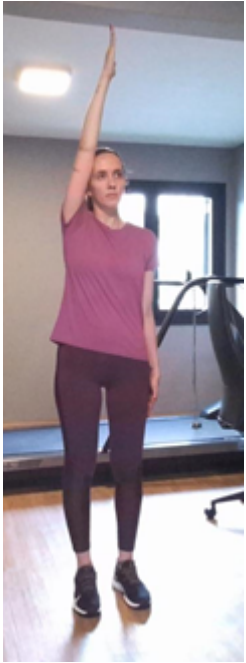


Shoulder Adduction/Abduction

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	73.7°	57.7°	+16.0°
Shoulder Abduction	185.5°	191.2°	+5.7°
Trunk lateral flexion at Peak Abduction	1.7° Right ▼	1.8° Left ▼	+0.1°

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	196.0°	178.6°	+17.4°
Shoulder Extension	36.5°	67.9°	+31.4°
Trunk lateral flexion at Peak Flexion	3.7° Right ▼	1.0° Right ▼	+2.7°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)



Shoulder Internal/External Rotation

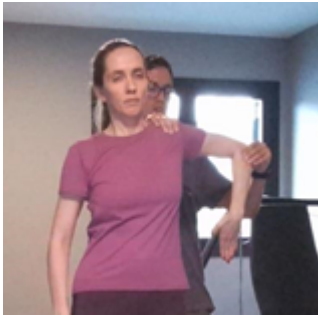
Range of Motion Assessment

Shoulder Internal/External Rotation calculated by taking the angle created by the forearm relative to horizontal in the sagittal plane (side view).

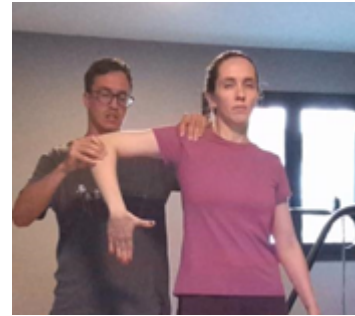
RESULTS

PEAK INTERNAL ROTATION

LEFT

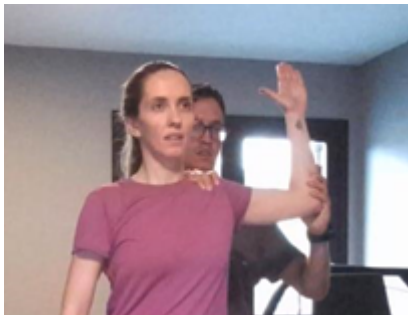


RIGHT

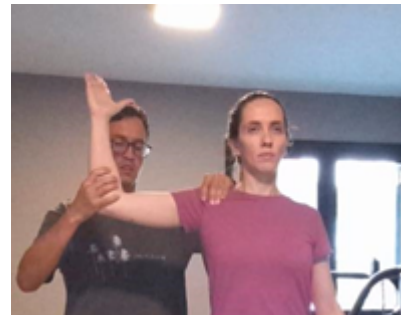


PEAK EXTERNAL ROTATION

LEFT



RIGHT



KEY RESULTS

LEFT

RIGHT

IMBALANCE

Shoulder Internal Rotation

72.1°

61.1°

+11.0°

Shoulder External Rotation

90.6°

88.7°

+2.0°

Total ROM

162.7°

149.7°

+12.9°

Trunk lateral flexion
at Peak Internal Rotation

2.0° Right ▼

0.0° Right ▼

+2.0°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)



Drop Jump

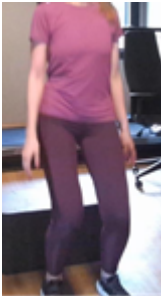
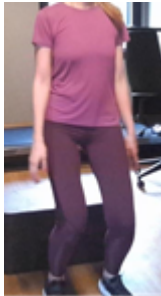
Lower Body Dynamic Assessment

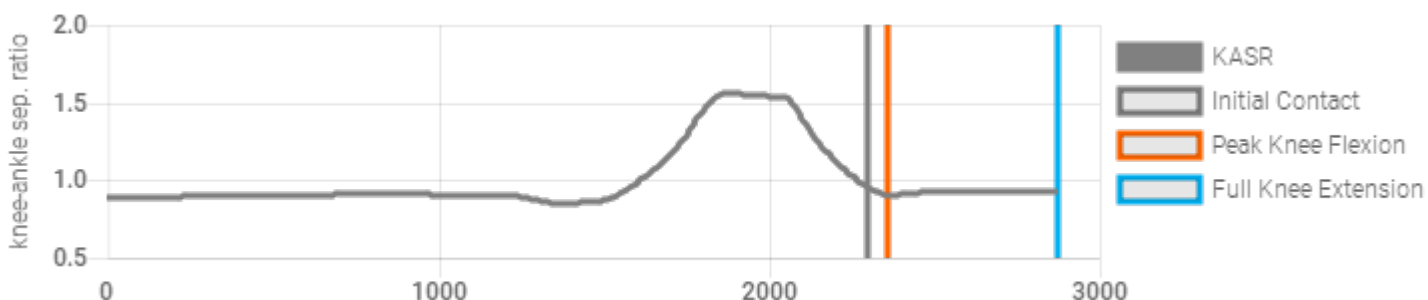
Drop Jump is used to assess coordination, balance, joint stability and power, requiring the patient to drop from a box or platform and transition from landing into an explosive jump .

Height

unspecified

RESULTS

PHASE	Initial Contact	Peak Knee Flexion
SNAPSHOTS		
Result		
Knee-Ankle Separation Ratio	1.0	0.9
Hip Flexion (Left)	31.9°	35.2°
Hip Flexion (Right)	28.0°	33.7°
Knee Flexion (Left)	48.6°	62.0°
Knee Flexion (Right)	40.4°	59.0°



PRACTITIONER COMMENTS


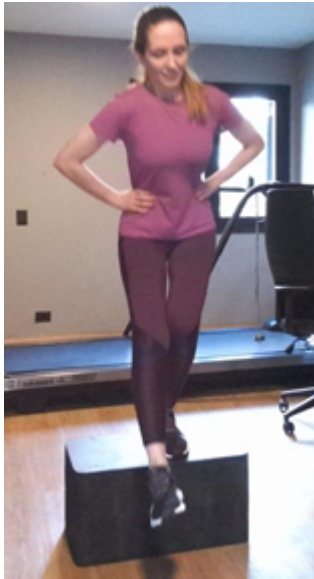
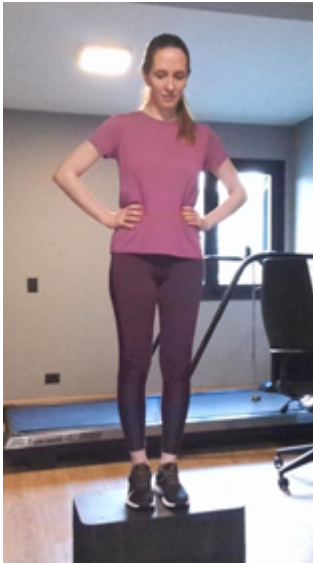
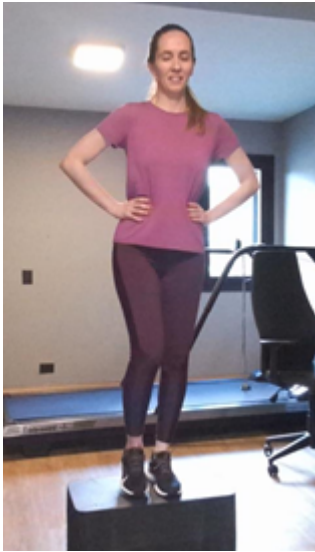


Single Leg Squat

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	84.2°	83.2°	86.2°
Knee Displacement (total)	15.7 cm	12.4 cm	12.5 cm
Peak Knee Valgus	0.0°	0.0°	0.0°
Peak Knee Varus	29.2° Varus	18.2° Varus	19.4° Varus
Trunk lateral flexion at Peak Knee Flexion	8.6° Left ▼	6.2° Left ▼	4.1° Left ▼

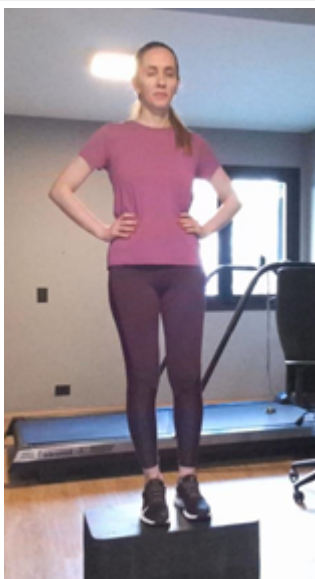
PRACTITIONER COMMENTS

RESULTS

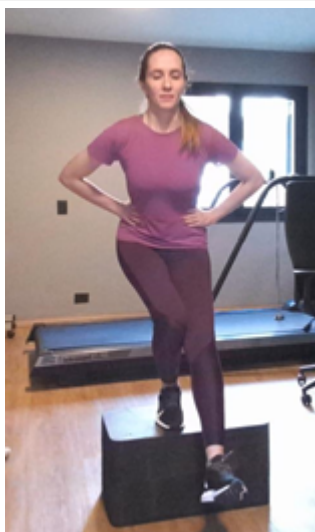
RIGHT LEG

SNAPSHOTS

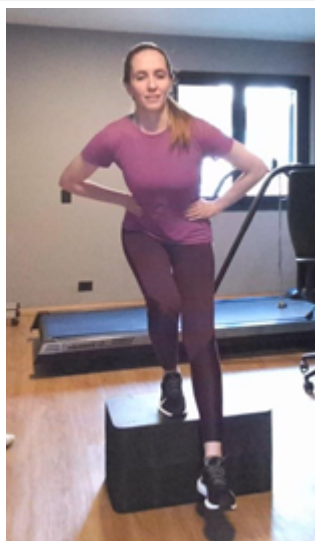
START



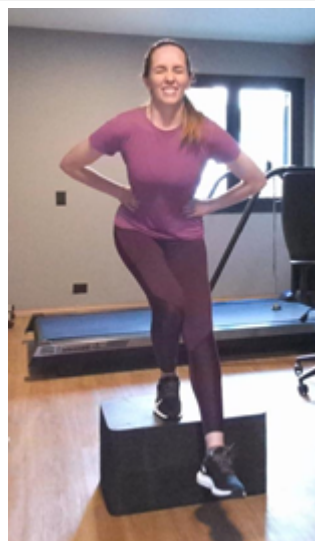
REP 1:
PEAK KNEE FLEXION



REP 2:
PEAK KNEE FLEXION



REP 3:
PEAK KNEE FLEXION



KEY RESULTS

REP 1

REP 2

REP 3

Peak Knee Flexion

95.5°

91.0°

88.8°

Knee Displacement
(total)

18.7 cm

13.7 cm

15.7 cm

Peak Knee Valgus

37.7° Valgus

20.5° Valgus

31.5° Valgus

Peak Knee Varus

0.1° Varus

0.1° Varus

0.1° Varus

Trunk lateral flexion
at Peak Knee Flexion

1.1° Left ▼

3.8° Right ▼

4.0° Left ▼

PRACTITIONER COMMENTS



Hip Internal/External Rotation

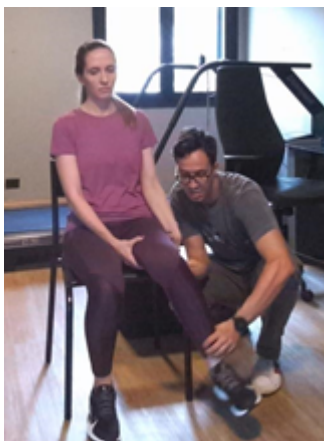
Range of Motion Assessment

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.

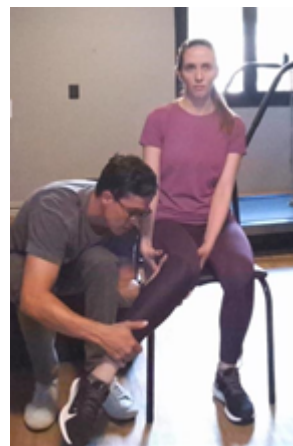
RESULTS

PEAK INTERNAL ROTATION

LEFT



RIGHT

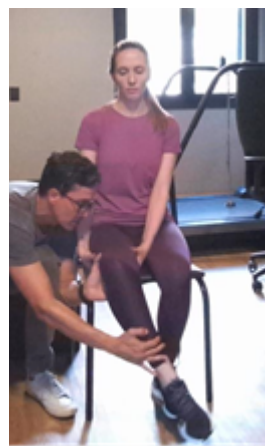


PEAK EXTERNAL ROTATION

LEFT



RIGHT



KEY RESULTS

LEFT

RIGHT

IMBALANCE

Peak Internal Rotation

37.0°

38.8°

+1.8°

Peak External Rotation

39.8°

28.7°

+11.1°

Total ROM

76.9°

67.6°

+9.3°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

INCOMODO REGIAO LATERAL COXA