



Tests (25)

PROFILE

DATE

TEST TYPE

TEST POSITION

REPS

Thiago Valente

25 Tests

13/01/2022  
9:32 AM

Hip IR/ER

Prone

ER 2 L / 2 R  
IR 2 L / 2 R

13/01/2022  
9:29 AM

Hip Extension

Standing

EXT 1 L / 1 R

13/01/2022  
9:25 AM

Hip Extension

Prone

EXT 2 L / 2 R

13/01/2022  
9:20 AM

Hip Flexion

Kicker

FLEX 3 L / 3 R

13/01/2022  
9:17 AM

Hip Flexion

Seated

FLEX 2 L / 2 R

13/01/2022  
9:13 AM

Hip AD/AB

Standing (Knee)

ADD 2 L / 2 R  
ABD 2 L / 2 R

13/01/2022  
9:10 AM

Hip AD/AB

Seated

ADD 2 L / 2 R  
ABD 2 L / 2 R

13/01/2022  
9:06 AM

Hip AD/AB

90°

ADD 2 L / 2 R  
ABD 2 L / 2 R

13/01/2022  
9:02 AM

knee extensor

knee extensor

Inner 0 L / 0 R  
Outer 2 L / 2 R

13/01/2022  
8:58 AM

Knee Flexion

Supine

FLEX 1 L / 1 R

13/01/2022  
8:56 AM

Knee Flexion

Standing

FLEX 2 L / 2 R

13/01/2022  
8:53 AM

Knee Flexion

Prone

FLEX 2 L / 2 R

13/01/2022  
8:47 AM

Ankle IN/EV

Supine

INV 2 L / 2 R  
EV 2 L / 2 R

13/01/2022  
8:44 AM

Ankle Dorsiflexion

Seated

DF 2 L / 3 R

13/01/2022  
8:41 AM

Wrist extensor

Wrist extensor

Inner 0 L / 0 R  
Outer 2 L / 2 R

13/01/2022  
8:38 AM

Wrist flexion

Wrist flexion

Inner 0 L / 0 R  
Outer 2 L / 2 R

13/01/2022  
8:34 AM

Shoulder IR/ER

Supine (90 Degrees AB)

IR 0 L / 2 R  
ER 0 L / 2 R

13/01/2022  
8:32 AM

Shoulder IR/ER

Supine (90 Degrees AB)

IR 2 L / 0 R  
ER 2 L / 0 R

13/01/2022  
8:29 AM

Shoulder IR/ER

Supine (Neutral)

IR 2 L / 2 R  
ER 2 L / 2 R

13/01/2022  
8:25 AM

Shoulder Flexion

Prone

FLEX 1 L / 2 R

13/01/2022  
8:22 AM

Shoulder Extension

Prone

EXT 1 L / 1 R

13/01/2022  
8:19 AM

Shoulder Abduction

Side lying

AB 2 L / 2 R

13/01/2022  
8:16 AM

Shoulder Adduction

Side lying

AD 2 L / 2 R

13/01/2022  
8:10 AM

Elbow Extension

Seated

EXT 2 L / 2 R

13/01/2022  
8:06 AM

Elbow Flexion

Seated

FLEX 2 L / 2 R

VALD

Profile > ForceFrame

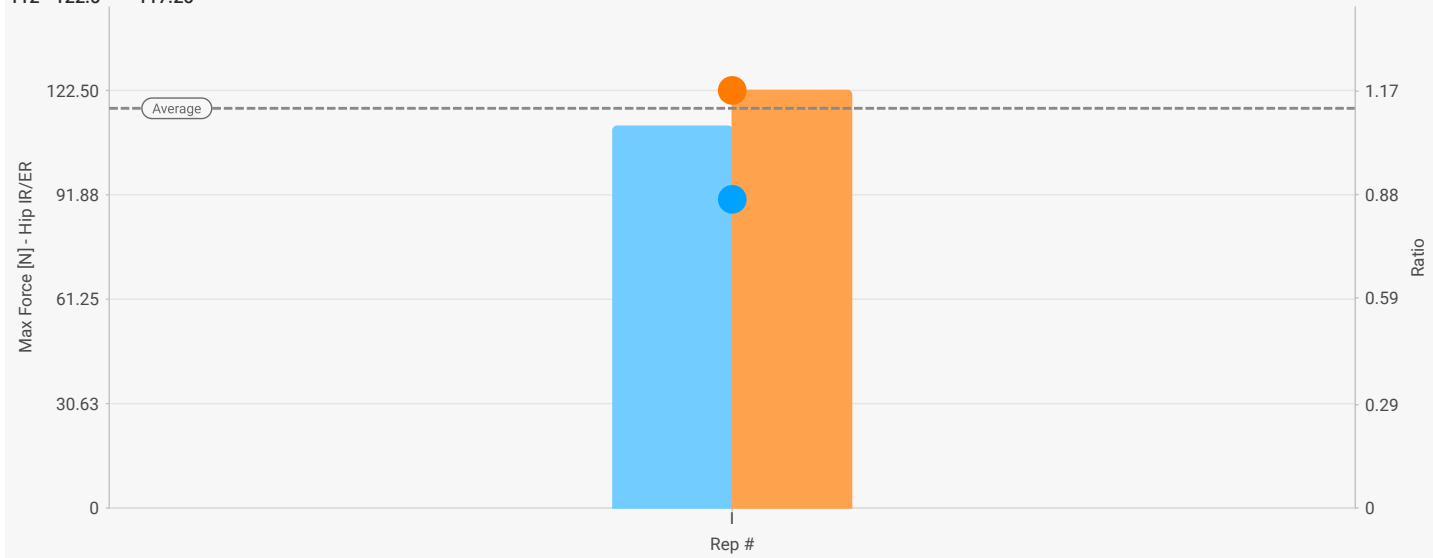
https://hub.valdperformance.com/app/profiles/bcd7a16d-f2be-4f16-a5b7-22fe8cd04596

1/49



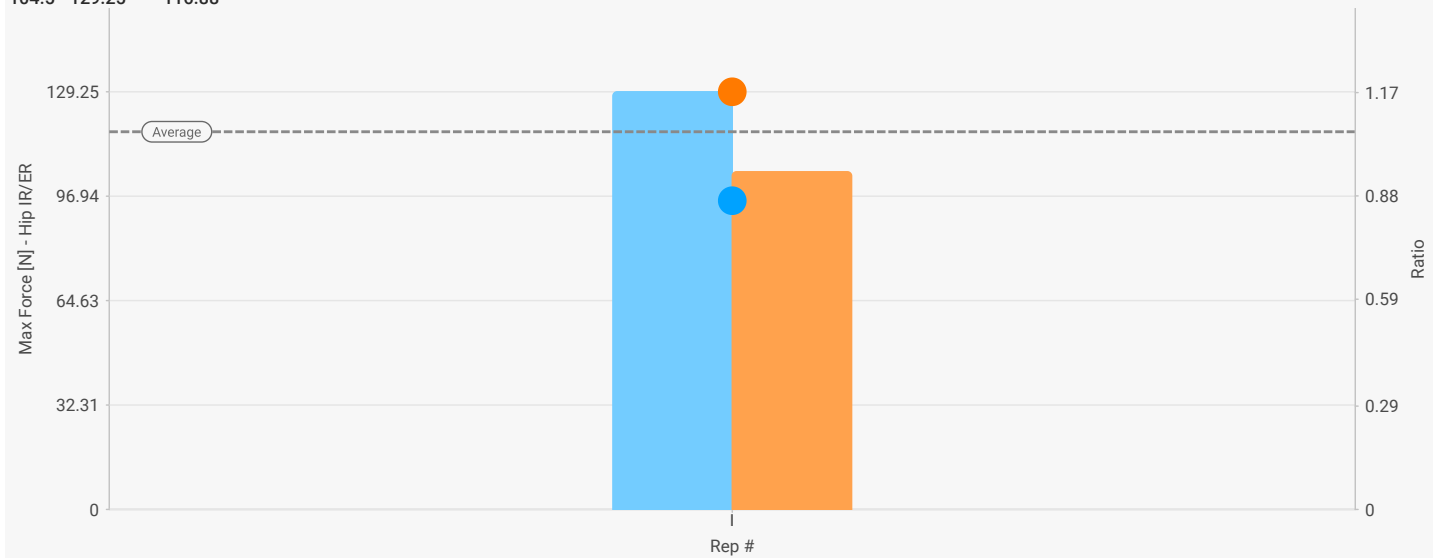
### External Rotation Max Force [N] - Hip IR/ER

Range      Average  
112 - 122.5      117.25



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

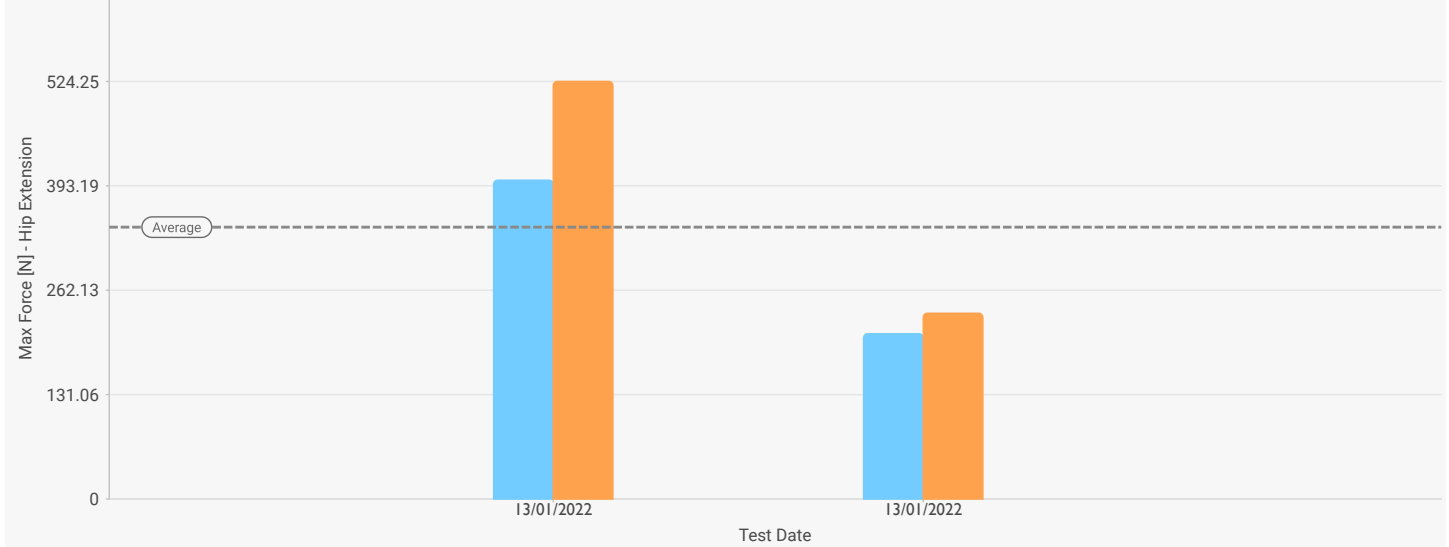
Range      Average  
104.5 - 129.25      116.88





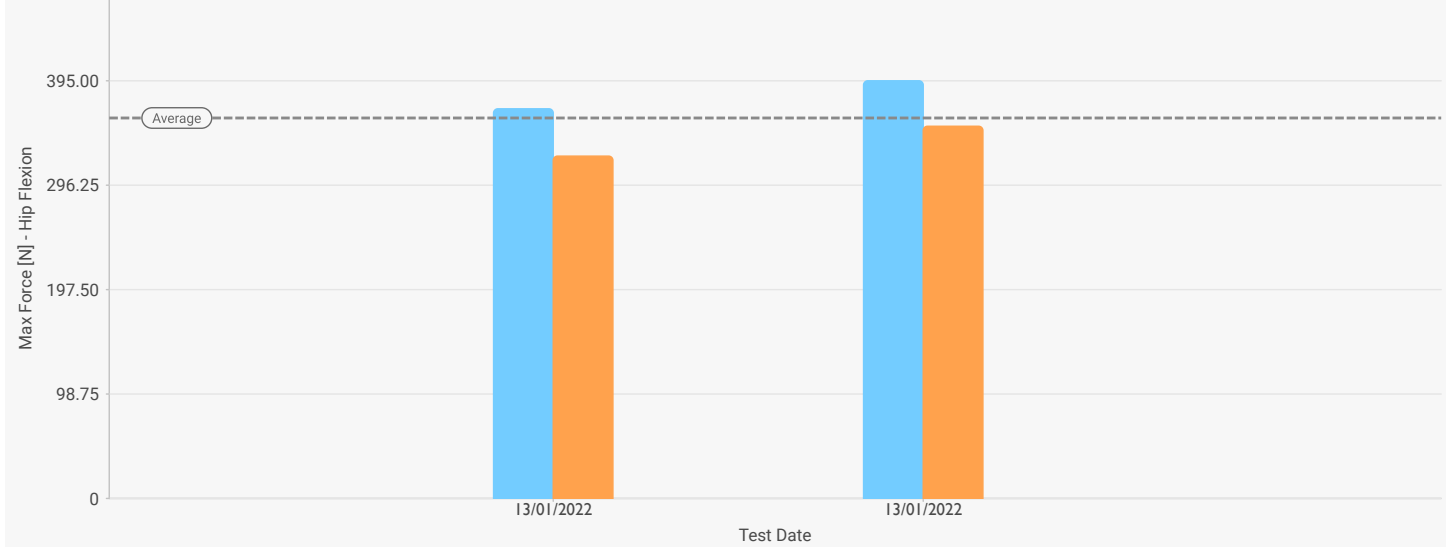
### Extension Max Force [N] - Hip Extension

Range      Average  
207.5 - 524.25      341.31



### Flexion Max Force [N] - Hip Flexion

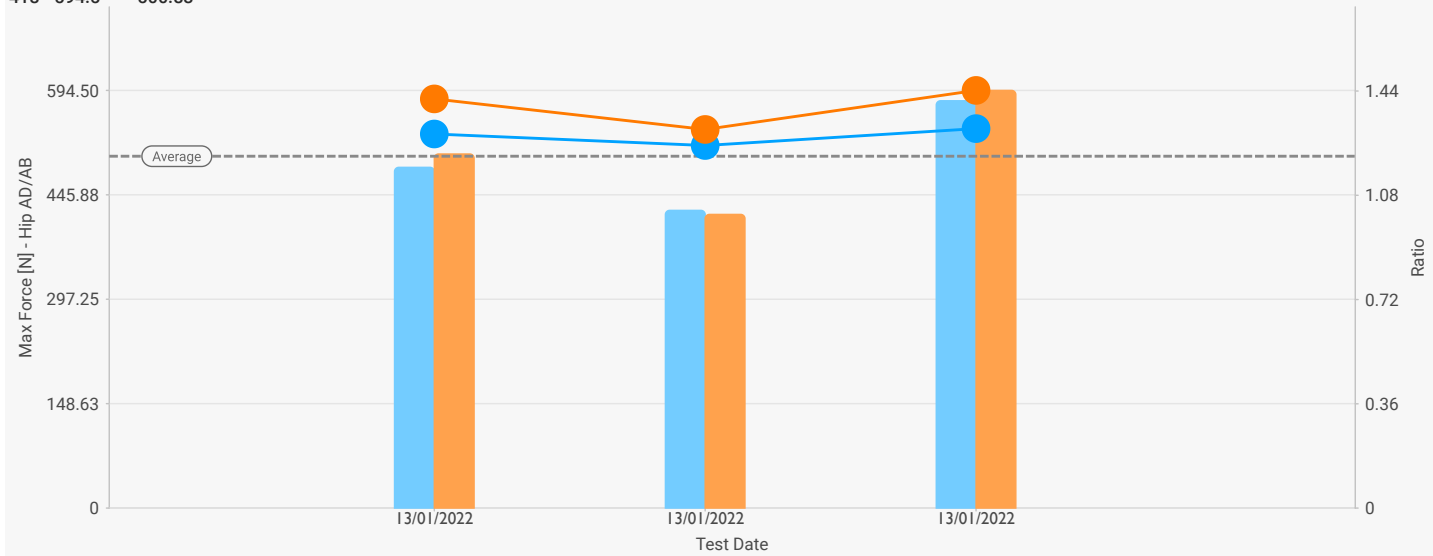
Range      Average  
323.75 - 395      359.81





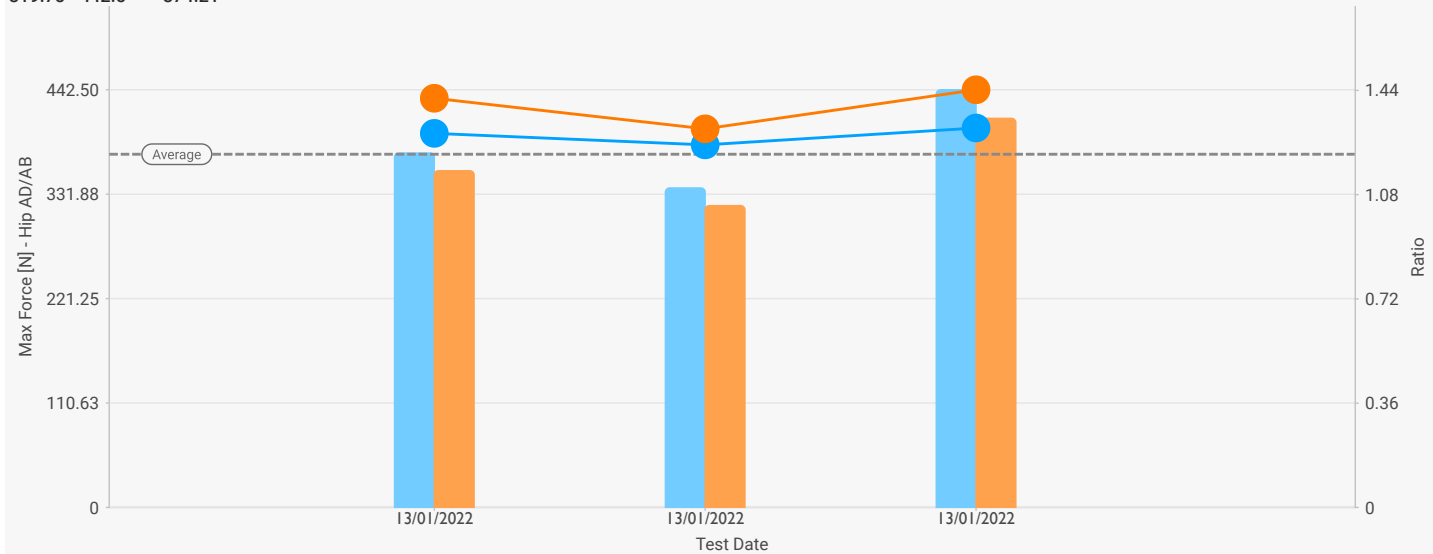
### Adduction Max Force [N] - Hip AD/AB

Range      Average  
418 - 594.5      500.83



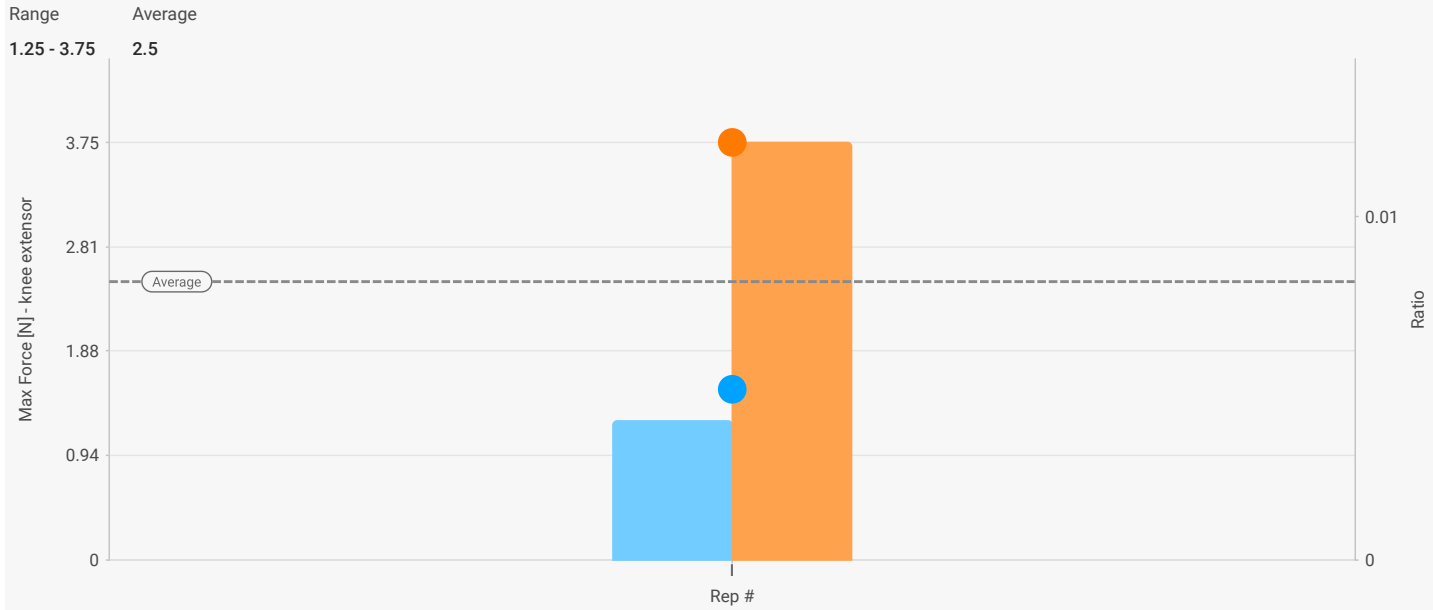
### Abduction Max Force [N] - Hip AD/AB

Range      Average  
319.75 - 442.5      374.21

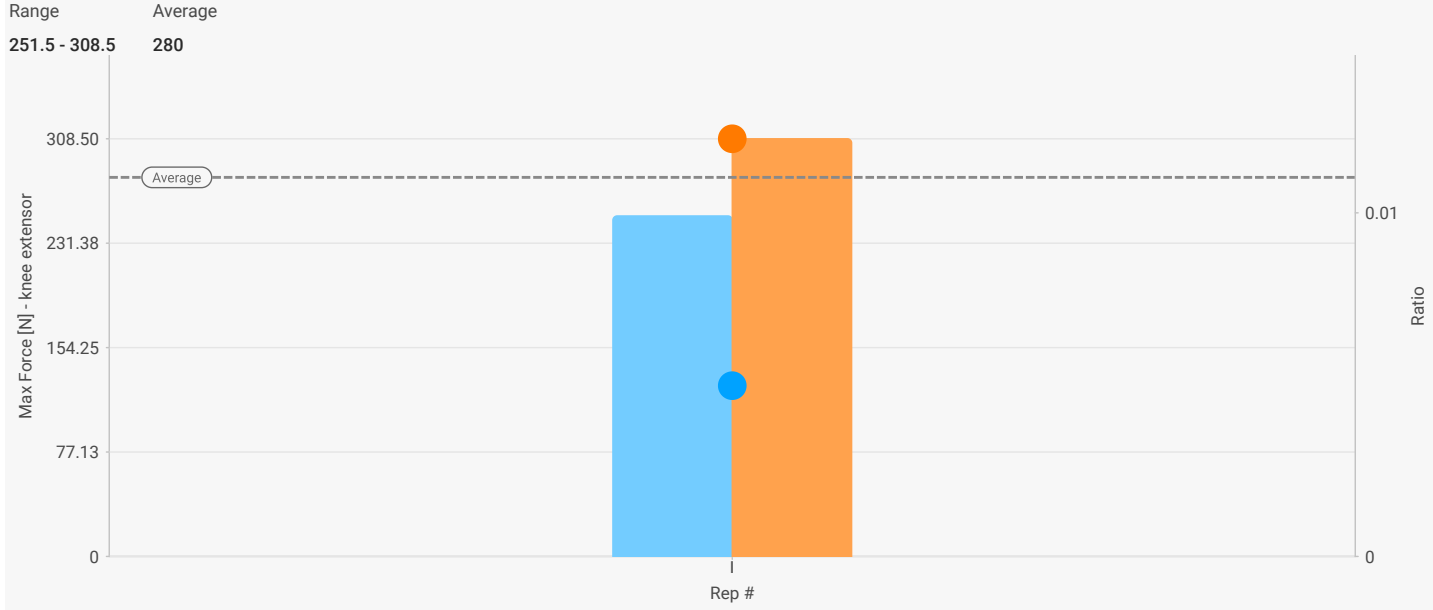




### Max Force [N] - knee extensor



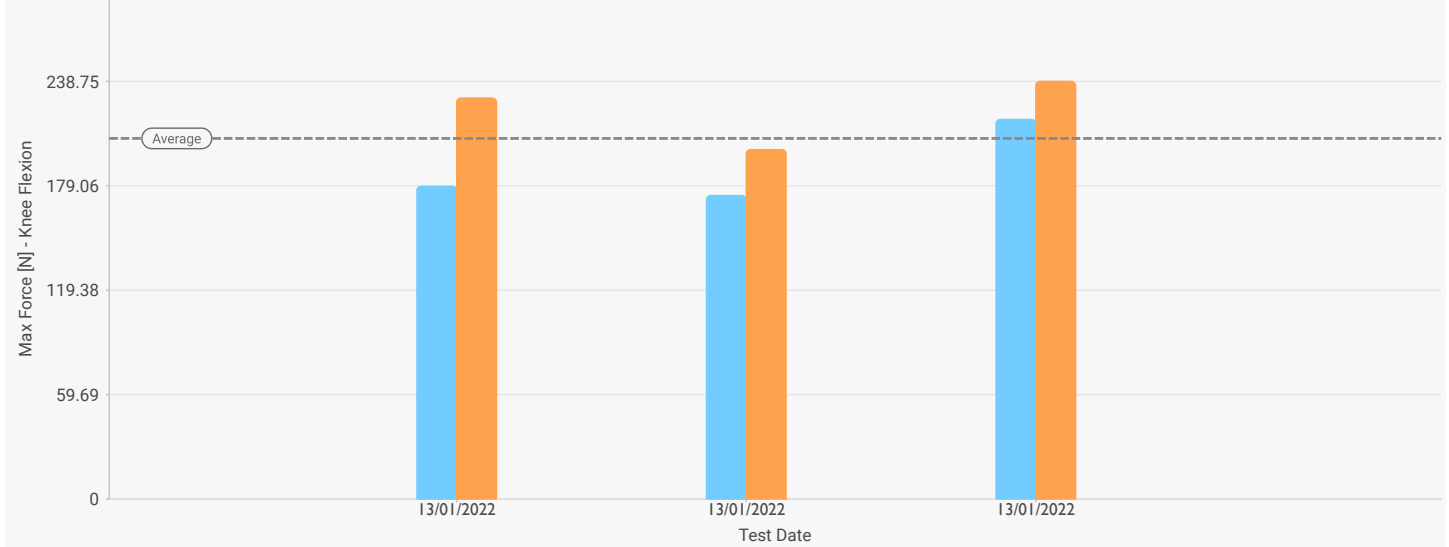
### Max Force [N] - knee extensor





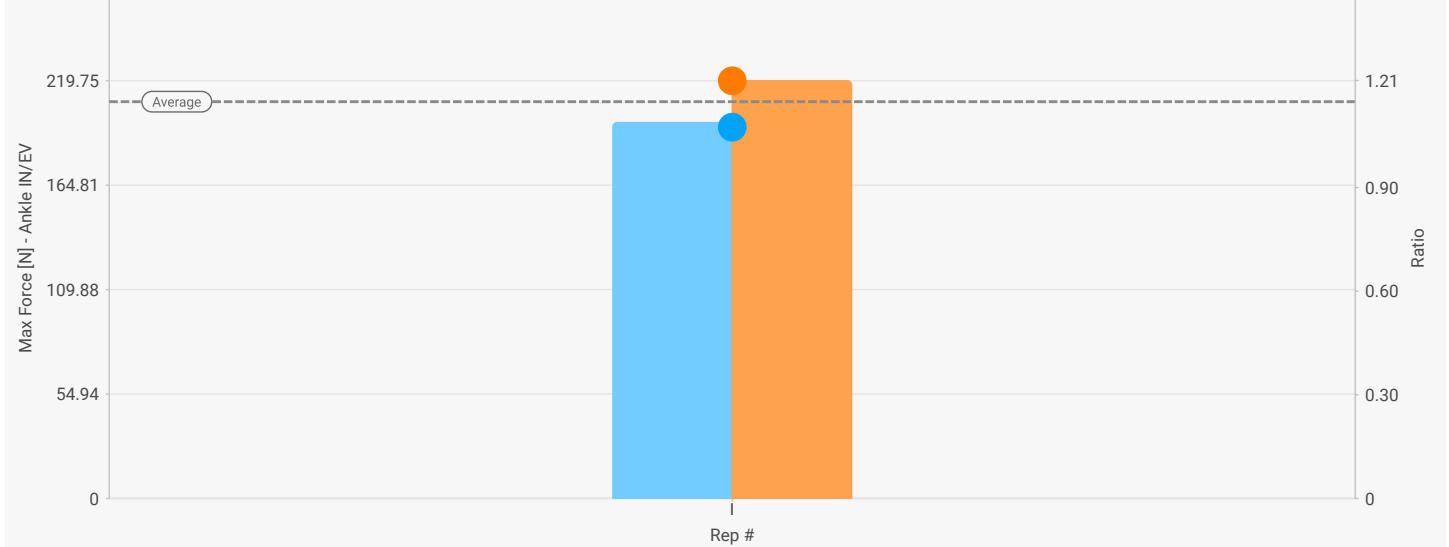
### Knee Flexion Max Force [N] - Knee Flexion

Range      Average  
173.5 - 238.75      206.17



### Inversion Max Force [N] - Ankle IN/EV

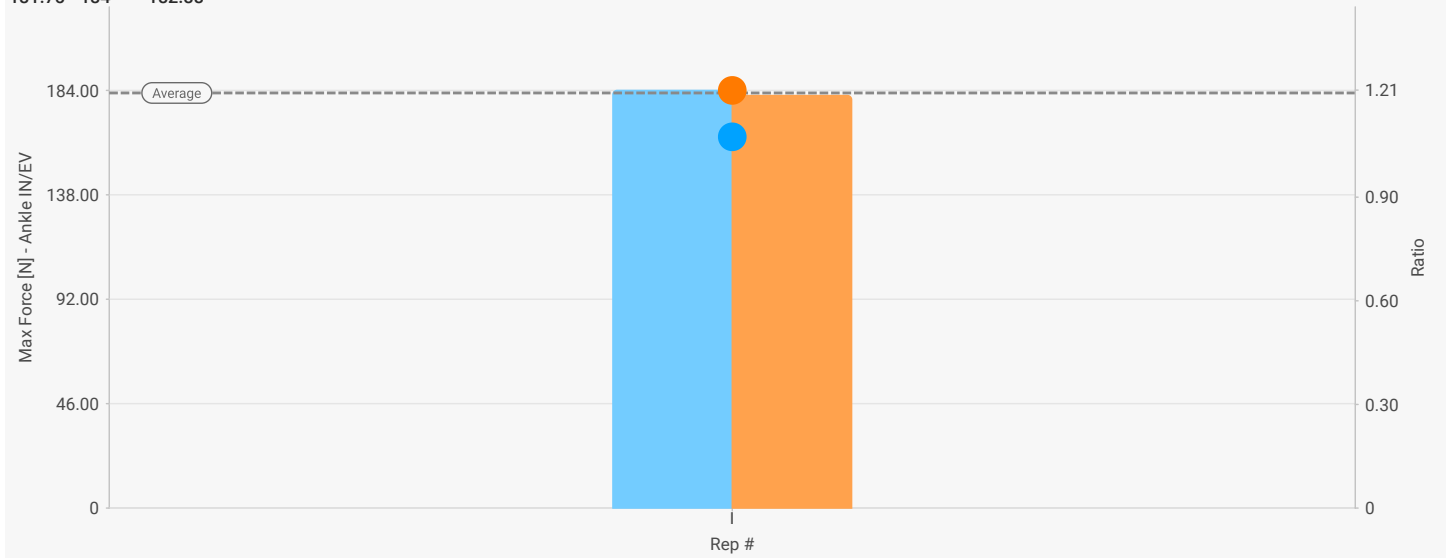
Range      Average  
197.75 - 219.75      208.75





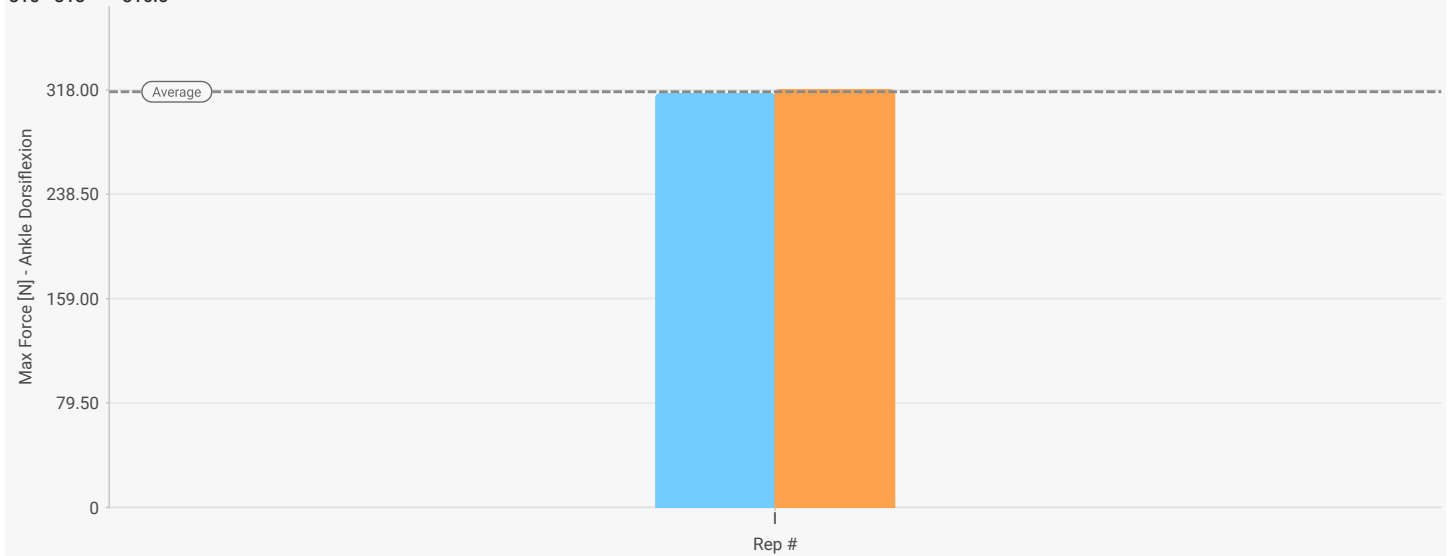
### Eversion Max Force [N] - Ankle IN/EV

Range      Average  
181.75 - 184      182.88



### Dorsiflexion Max Force [N] - Ankle Dorsiflexion

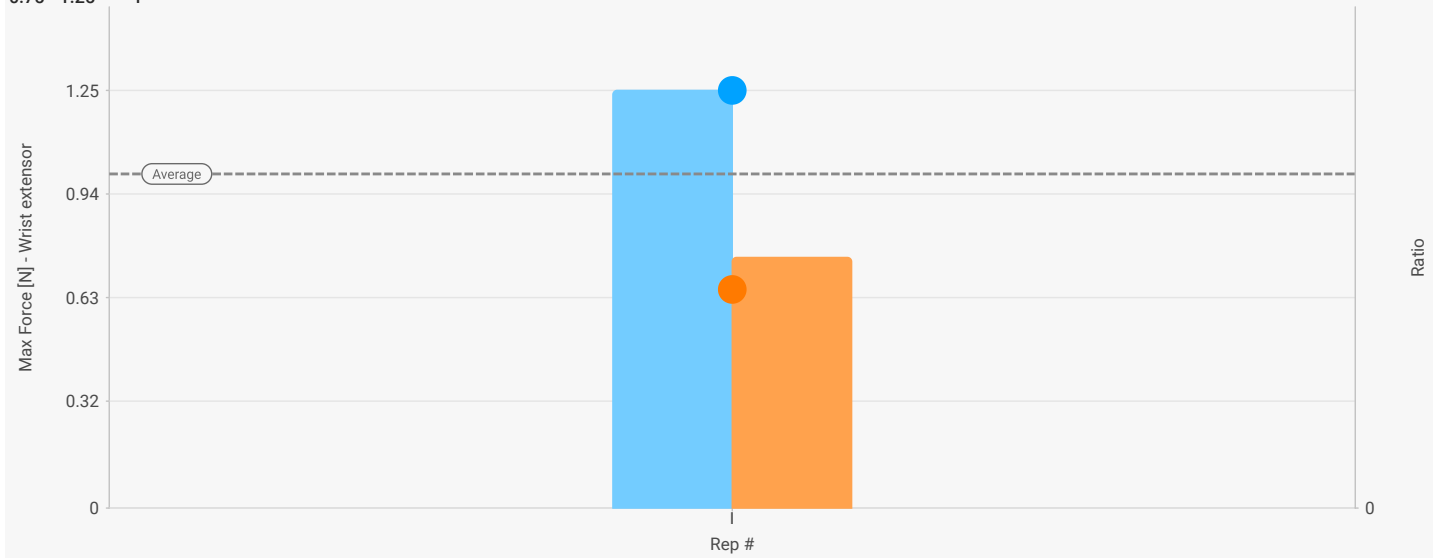
Range      Average  
315 - 318      316.5





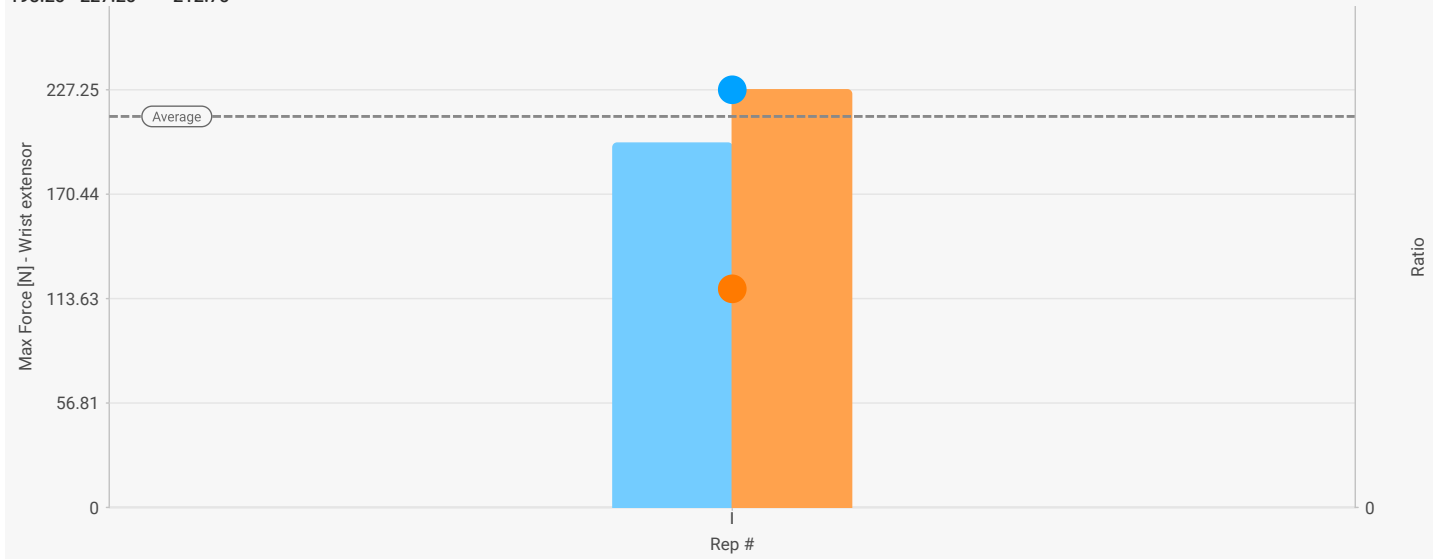
### Max Force [N] - Wrist extensor

Range      Average  
0.75 - 1.25      1



### Max Force [N] - Wrist extensor

Range      Average  
198.25 - 227.25      212.75

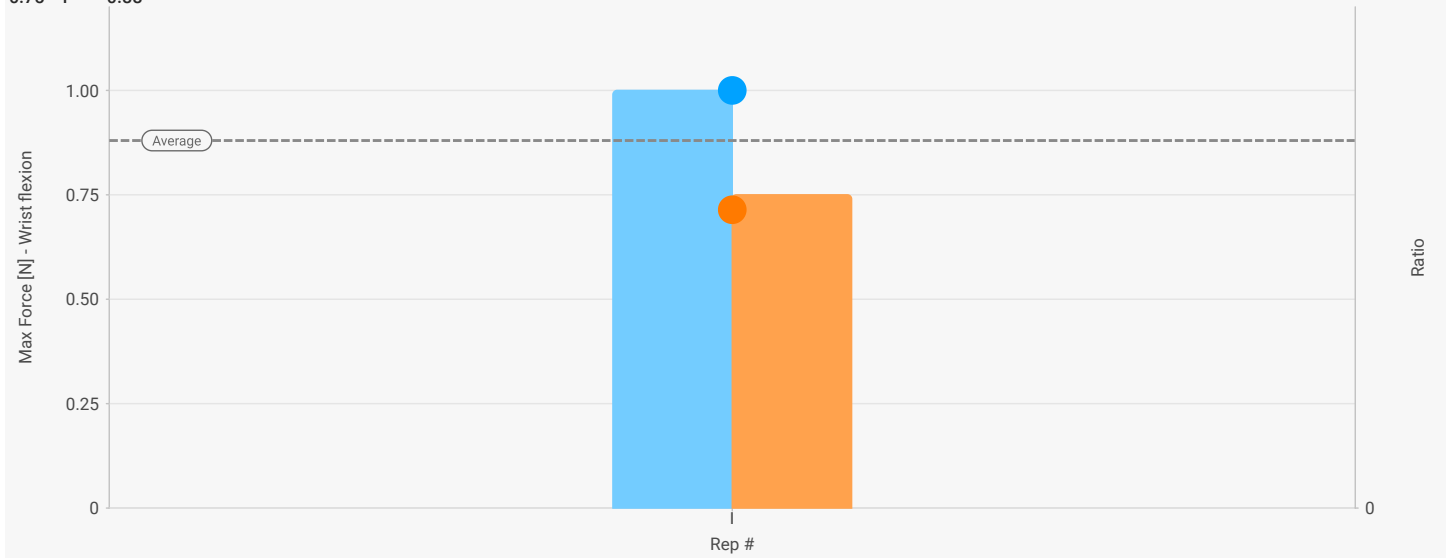






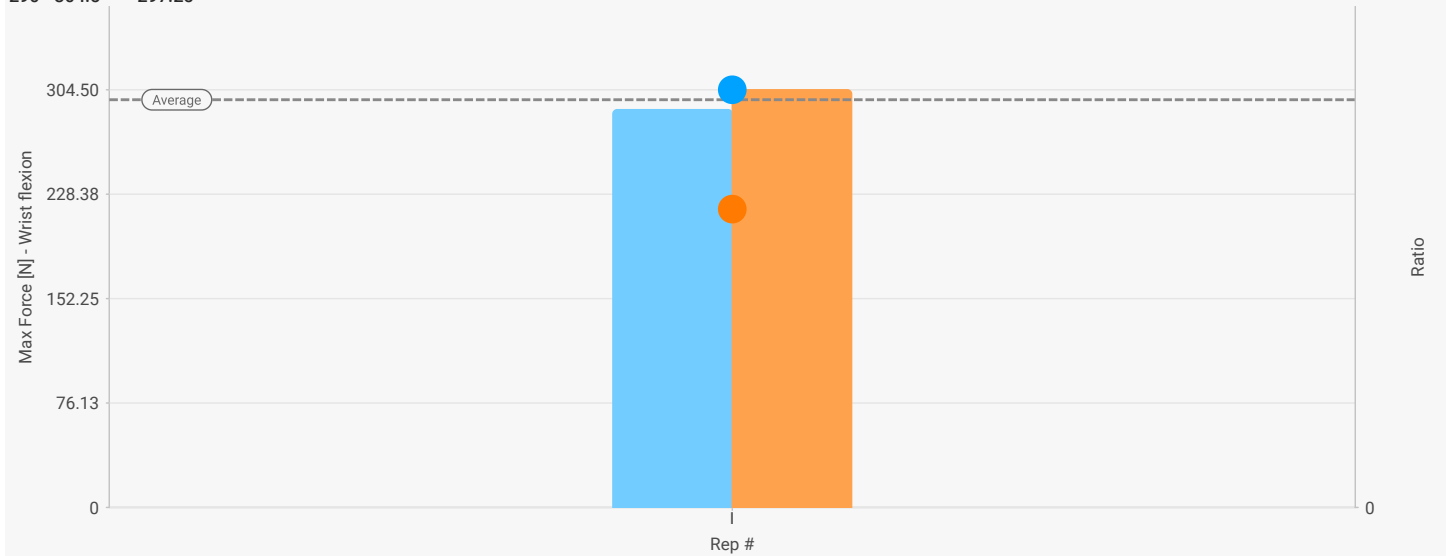
### Max Force [N] - Wrist flexion

Range      Average  
0.75 - 1    0.88



### Max Force [N] - Wrist flexion

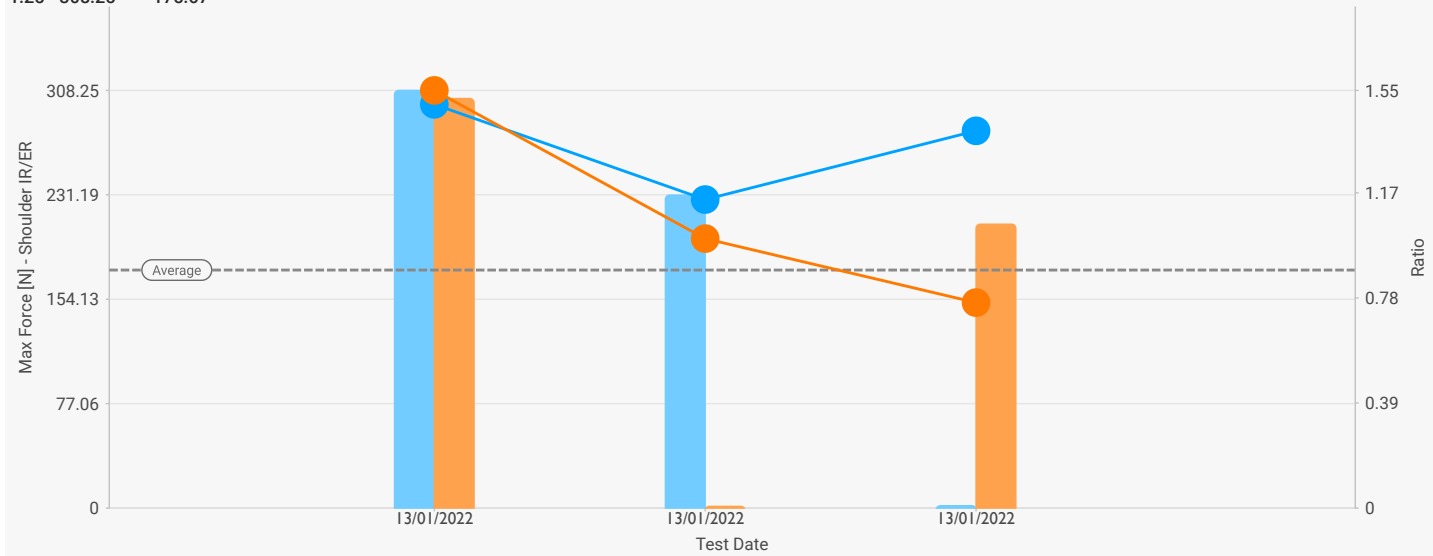
Range      Average  
290 - 304.5    297.25





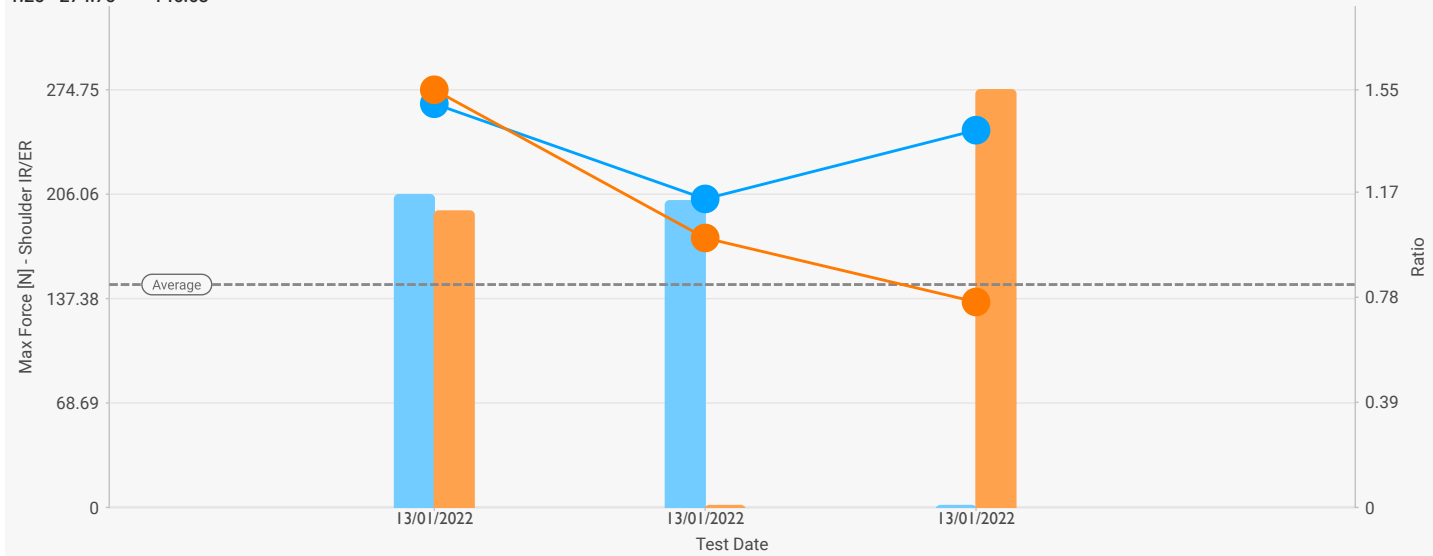
### Internal Rotation Max Force [N] - Shoulder IR/ER

Range      Average  
1.25 - 308.25      175.67



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

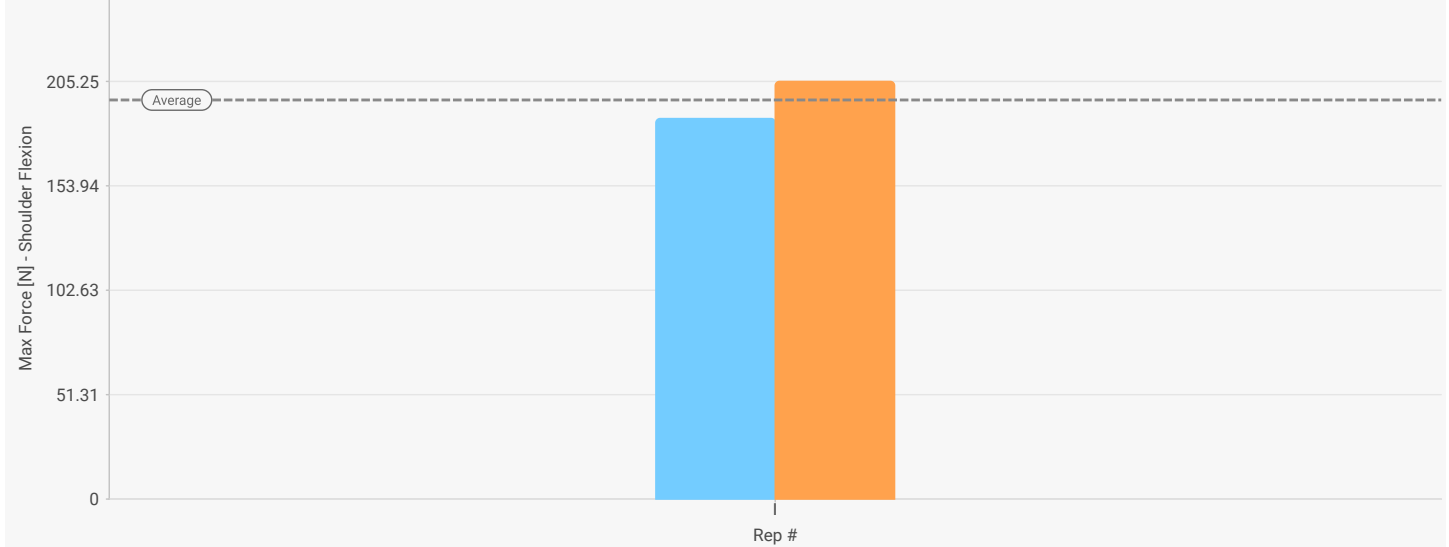
Range      Average  
1.25 - 274.75      146.63





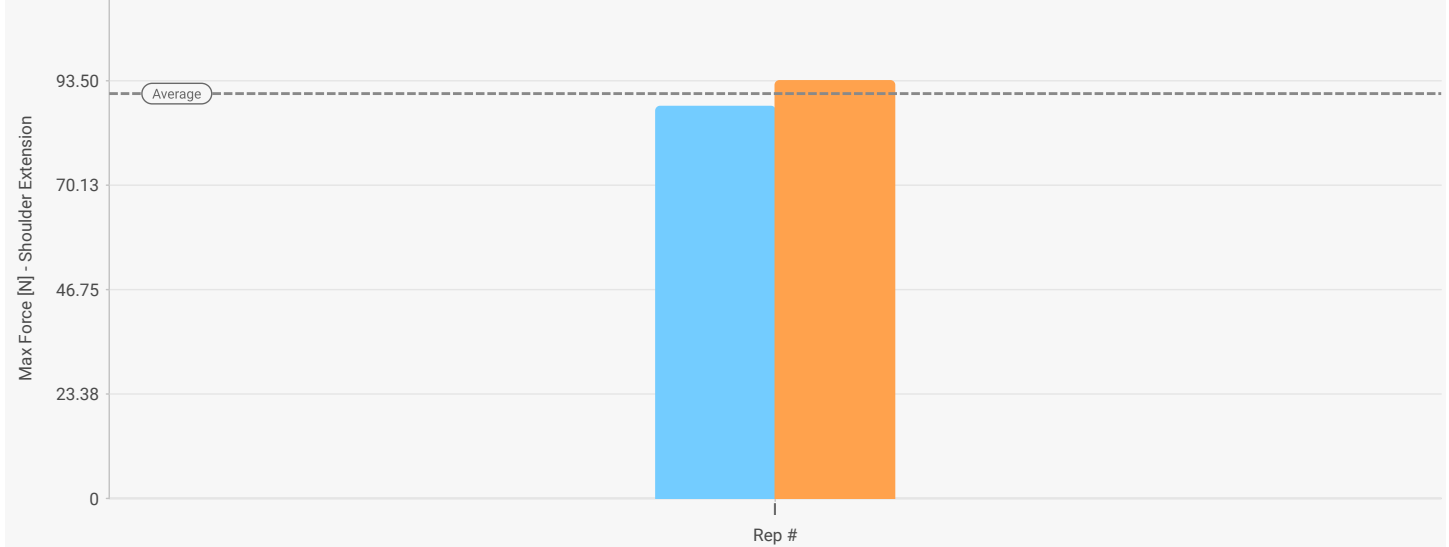
### Flexion Max Force [N] - Shoulder Flexion

Range      Average  
187 - 205.25      196.13



### Extension Max Force [N] - Shoulder Extension

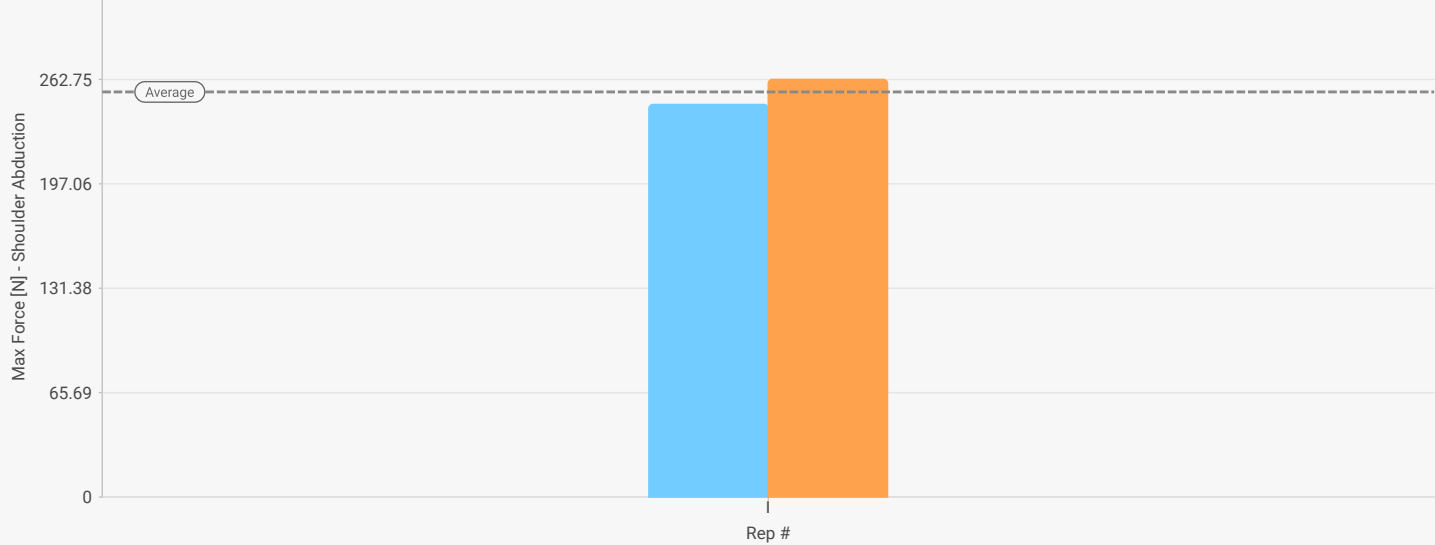
Range      Average  
87.75 - 93.5      90.63





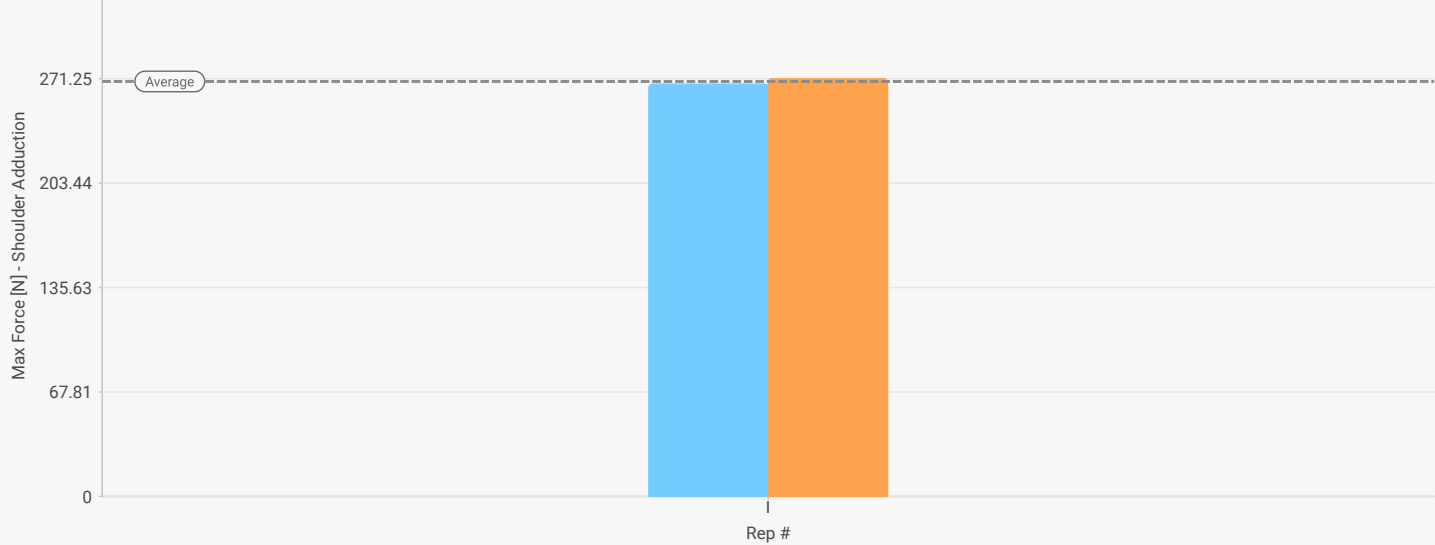
Abduction Max Force [N] - Shoulder Abduction

Range      Average  
247 - 262.75      254.88



Adduction Max Force [N] - Shoulder Adduction

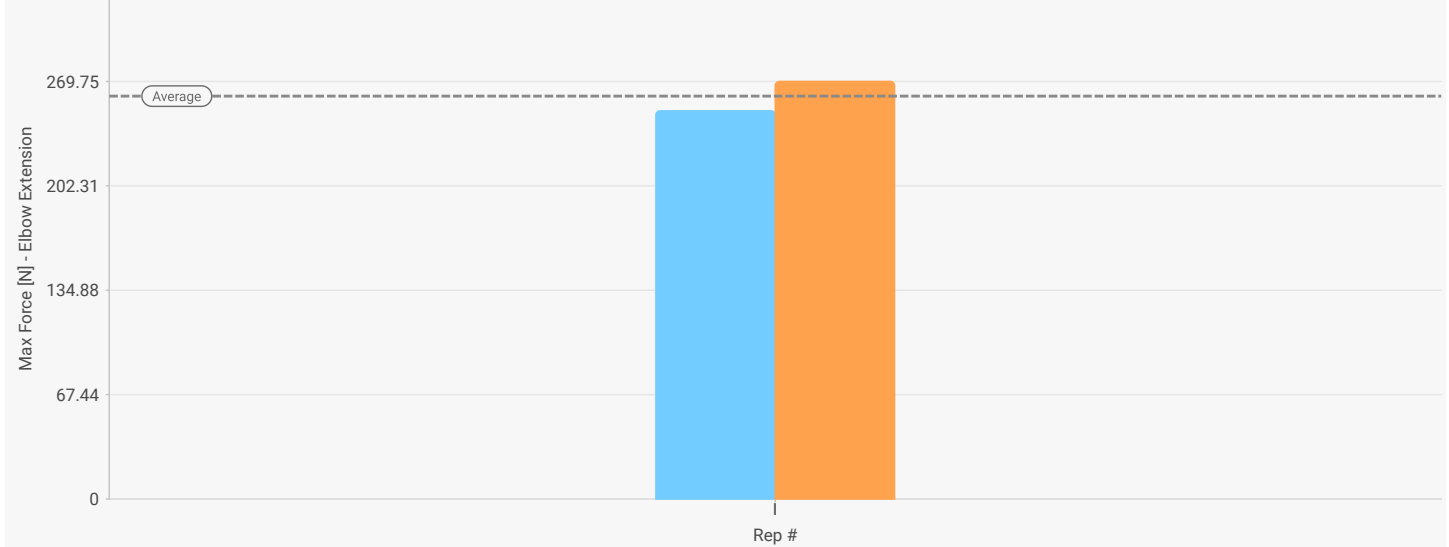
Range      Average  
267.75 - 271.25      269.5





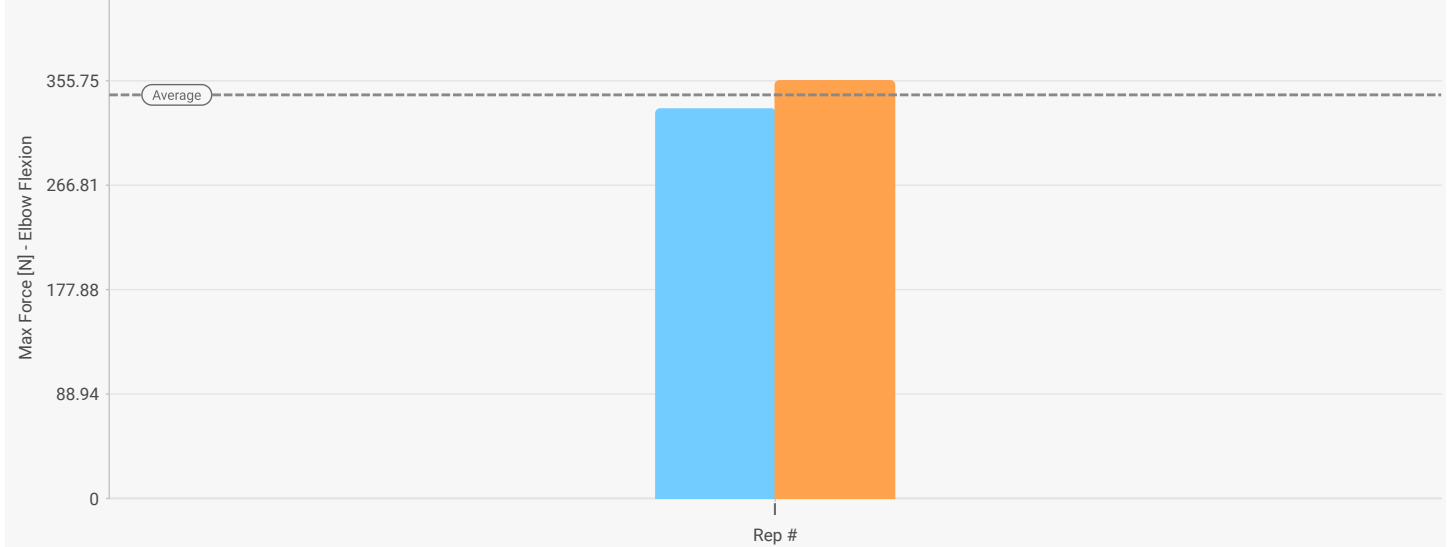
### Extension Max Force [N] - Elbow Extension

Range      Average  
250.75 - 269.75      260.25



### Flexion Max Force [N] - Elbow Flexion

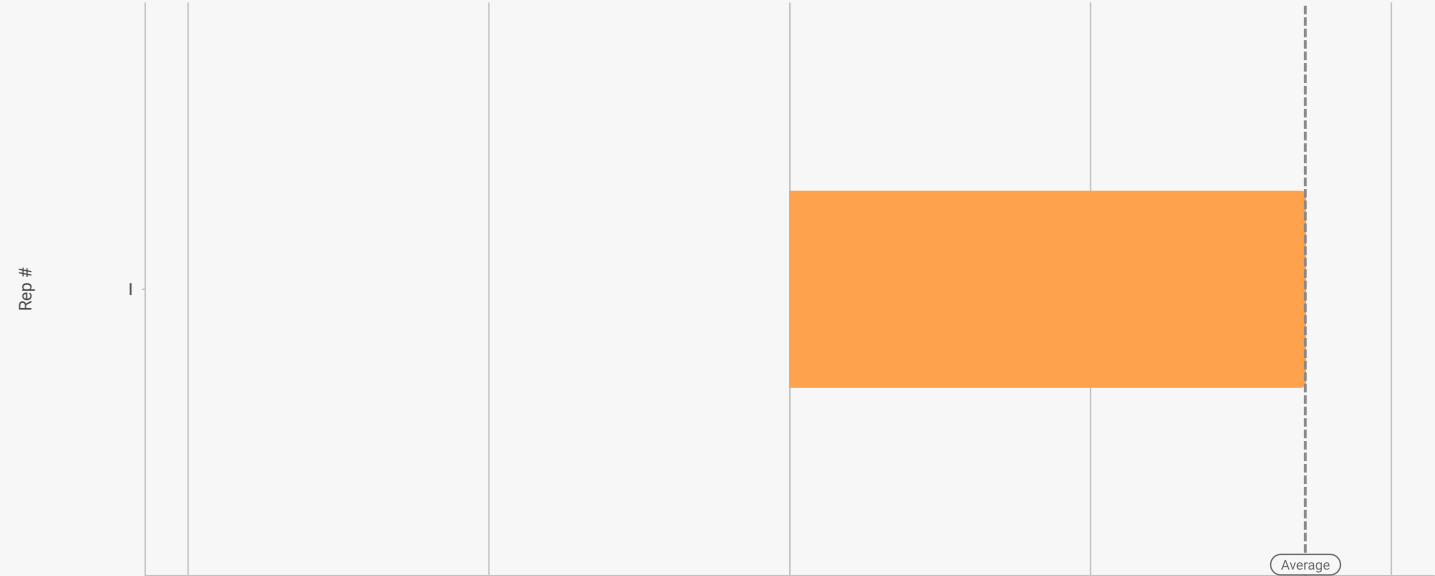
Range      Average  
331.75 - 355.75      343.75





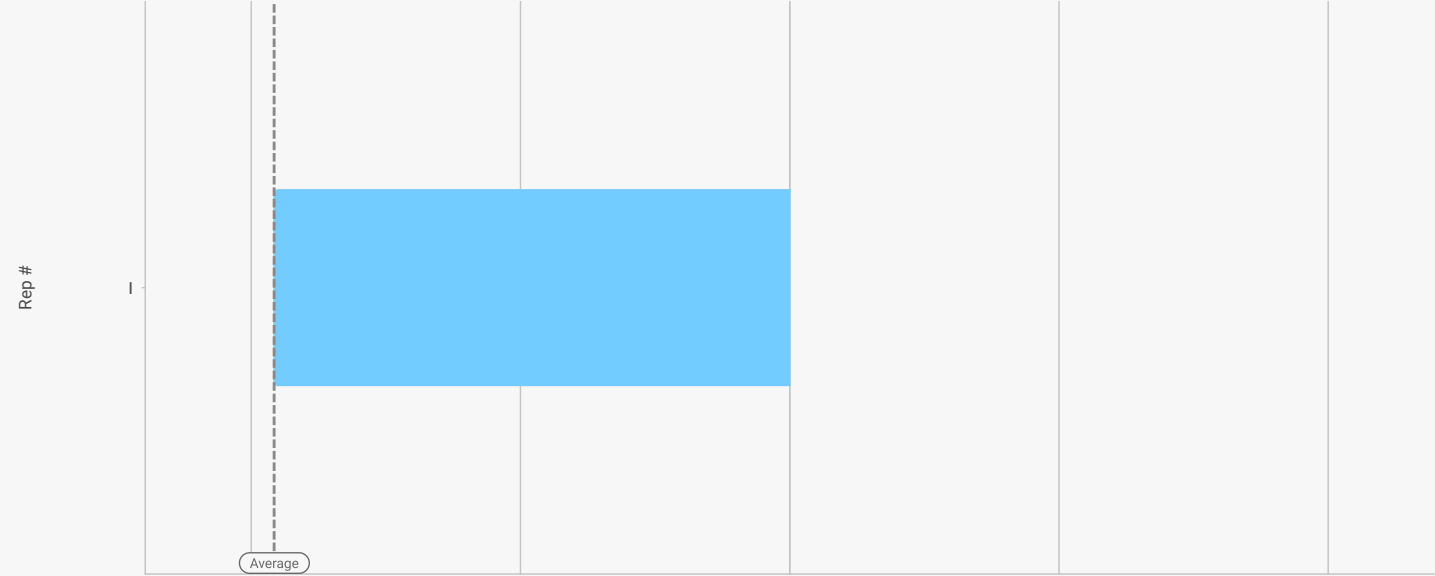
External Rotation Asymmetry [%] - Hip IR/ER

Range      Average  
8.57 L - 8.57 R      8.57 R



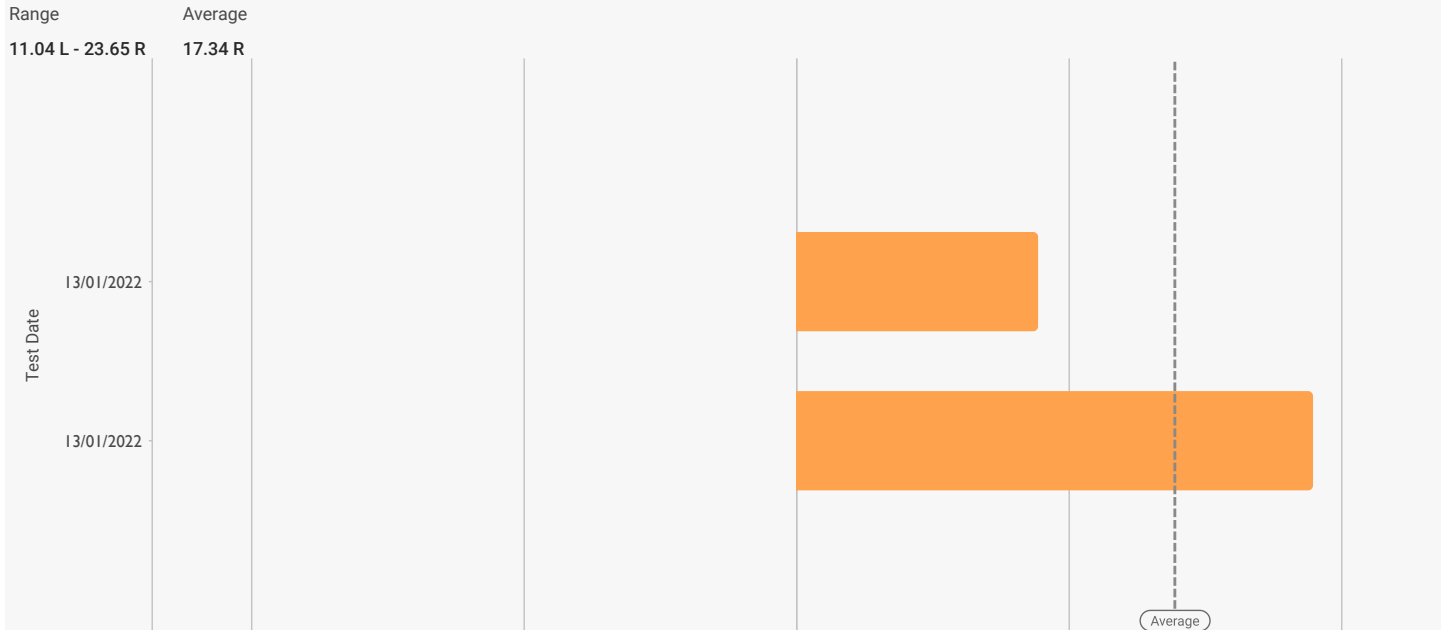
Internal Rotation Asymmetry [%] - Hip IR/ER

Range      Average  
19.15 L - 19.15 R      19.15 L

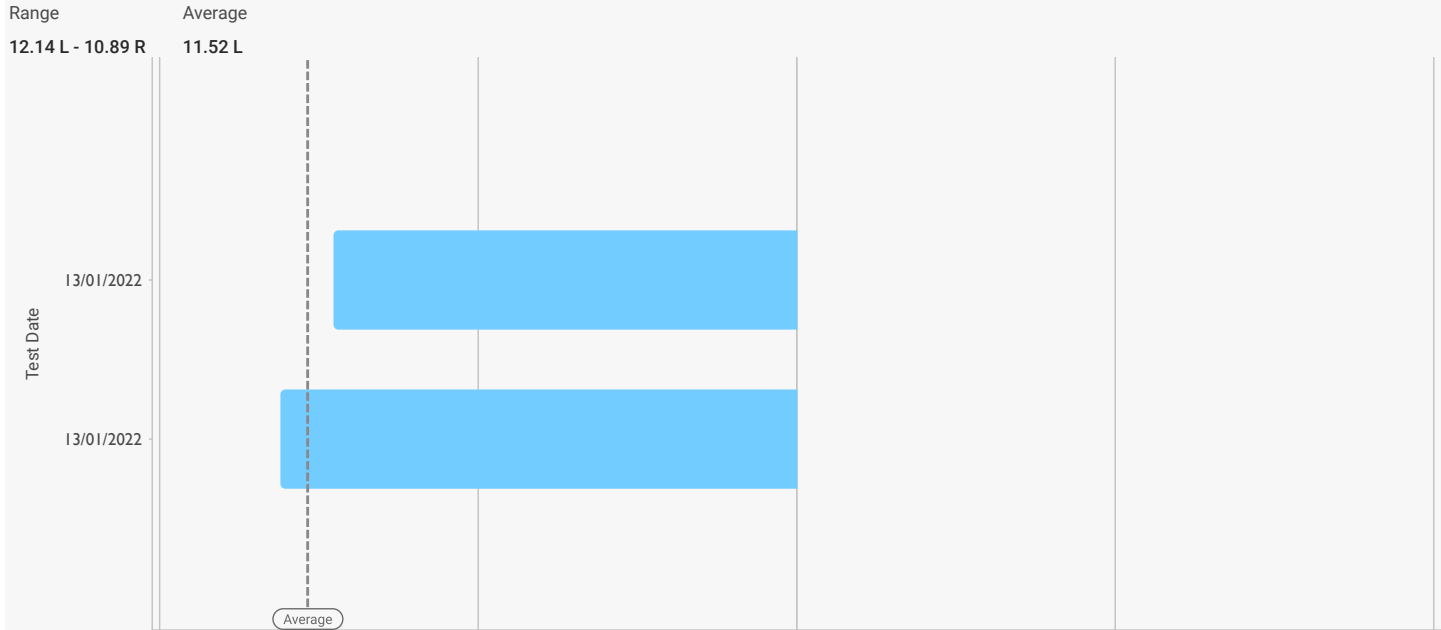




### Extension Asymmetry [%] - Hip Extension



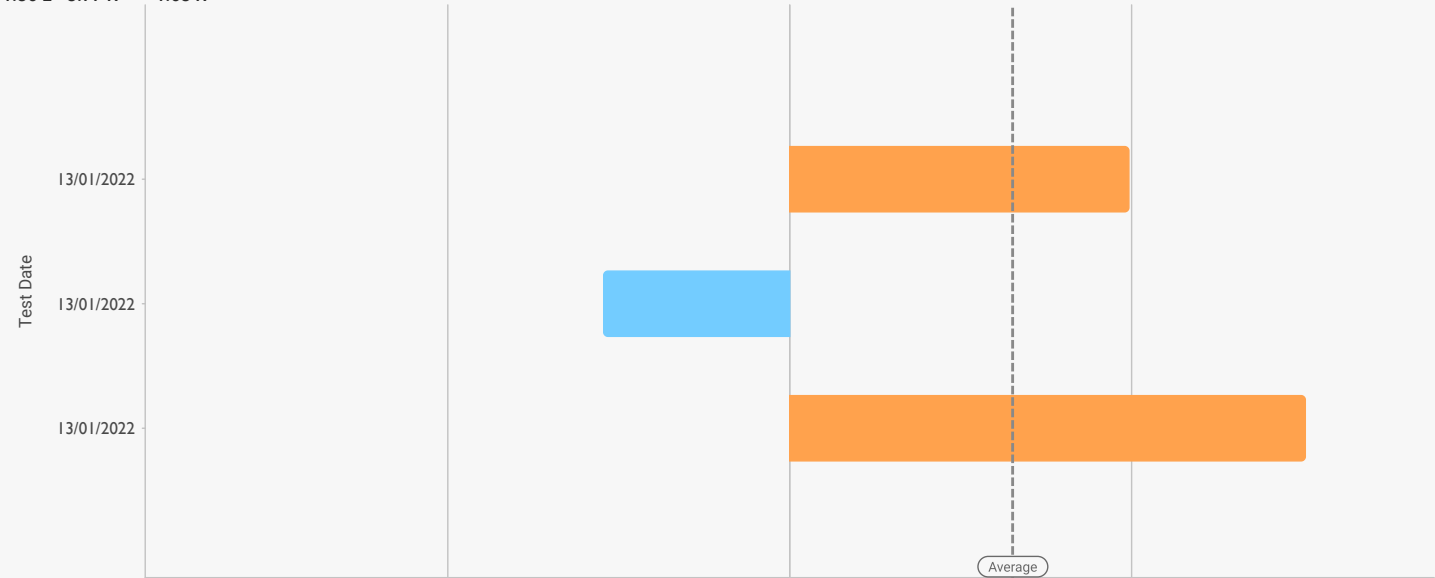
### Flexion Asymmetry [%] - Hip Flexion





Adduction Asymmetry [%] - Hip AD/AB

Range      Average  
1.36 L - 3.77 R      1.63 R



Abduction Asymmetry [%] - Hip AD/AB

Range      Average  
6.84 L - 4.99 R      5.79 L

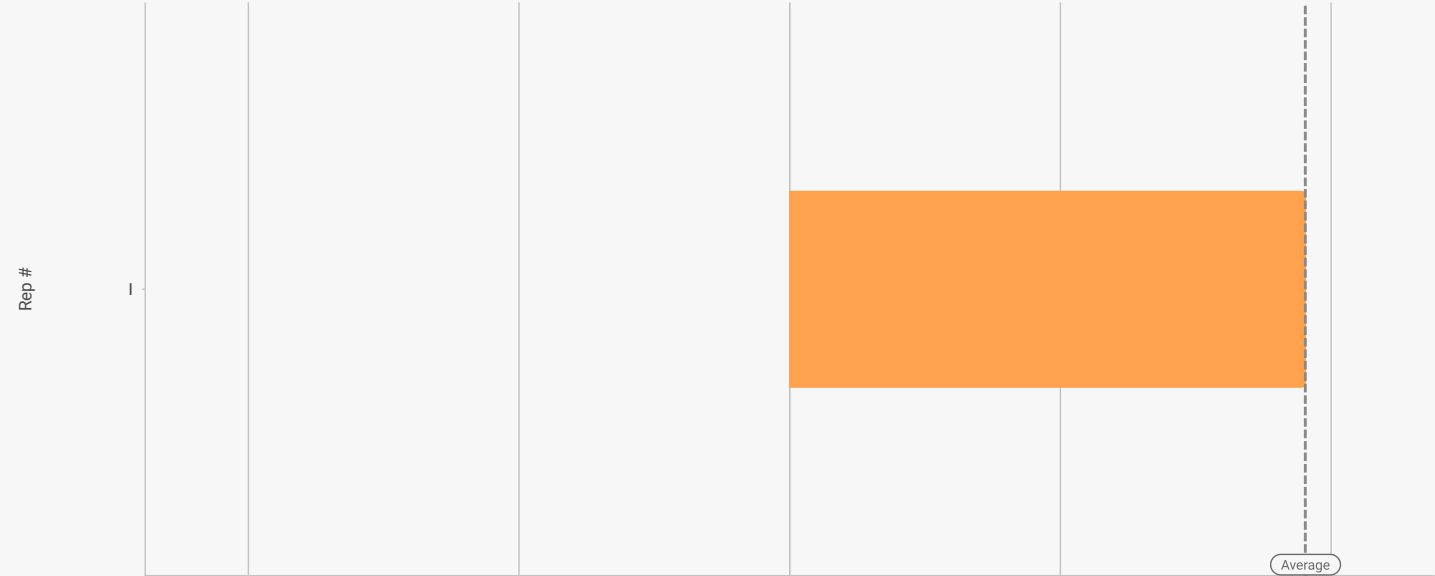






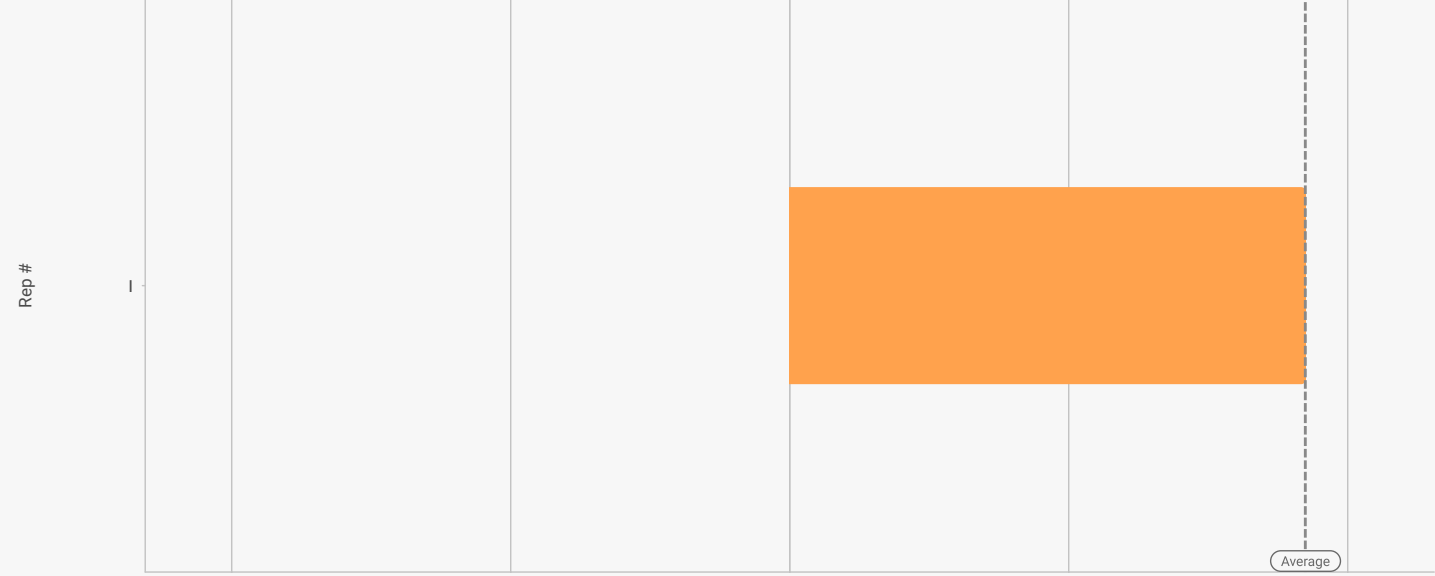
Asymmetry [%] - knee extensor

Range                      Average  
66.67 L - 66.67 R      66.67 R



Asymmetry [%] - knee extensor

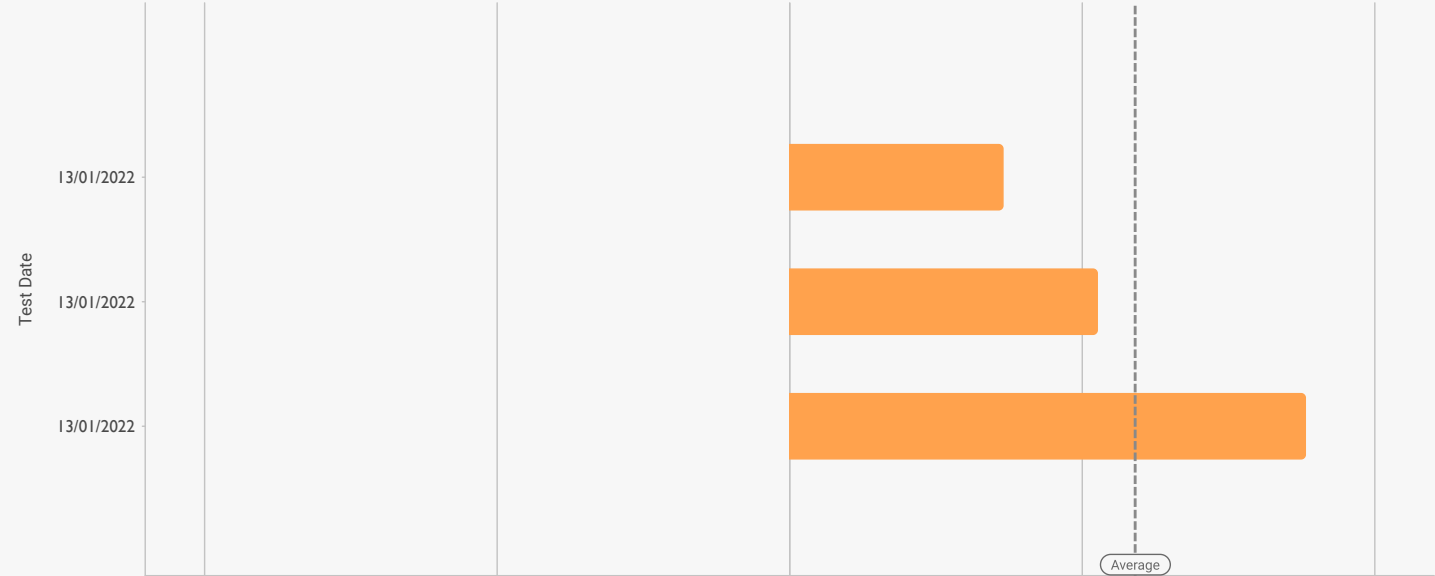
Range                      Average  
18.48 L - 18.48 R      18.48 R





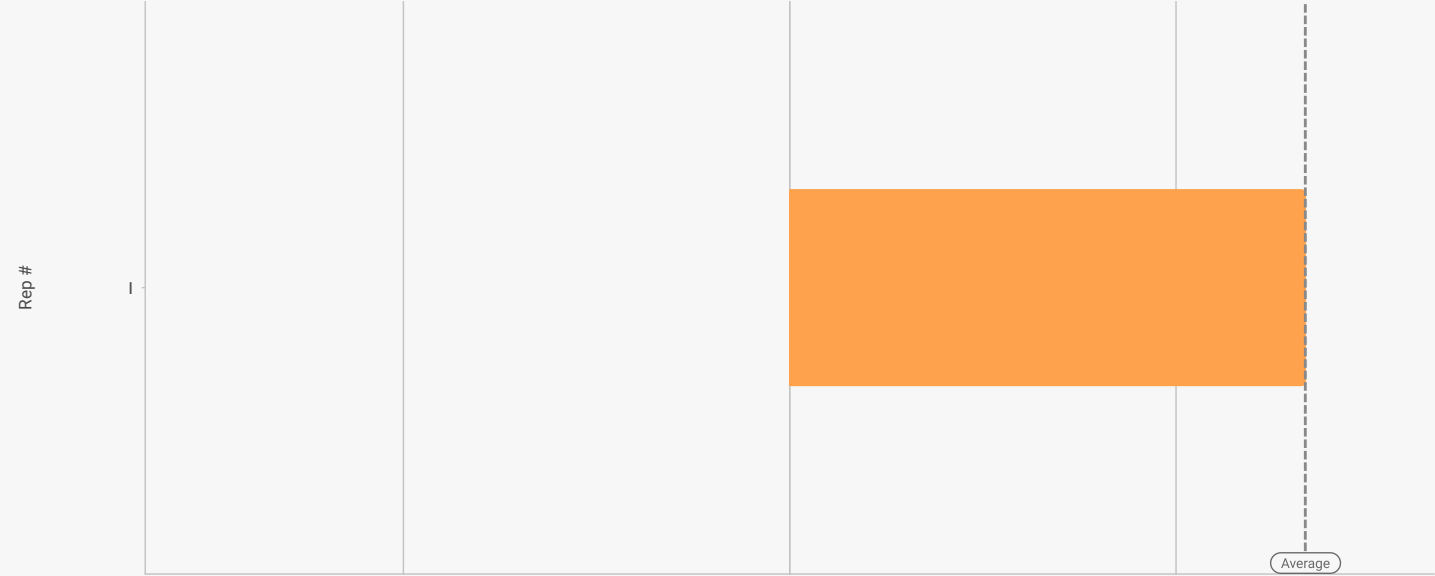
Knee Flexion Asymmetry [%] - Knee Flexion

Range      Average  
9.11 L - 22.03 R      14.76 R



Inversion Asymmetry [%] - Ankle IN/EV

Range      Average  
10.01 L - 10.01 R      10.01 R



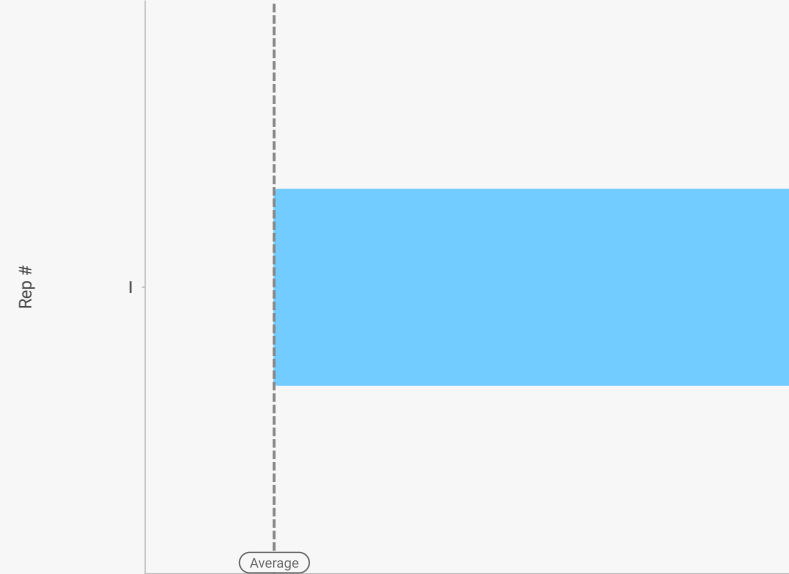


Eversion Asymmetry [%] - Ankle IN/EV

Range      Average

1.22 L - 1.22 R

1.22 L

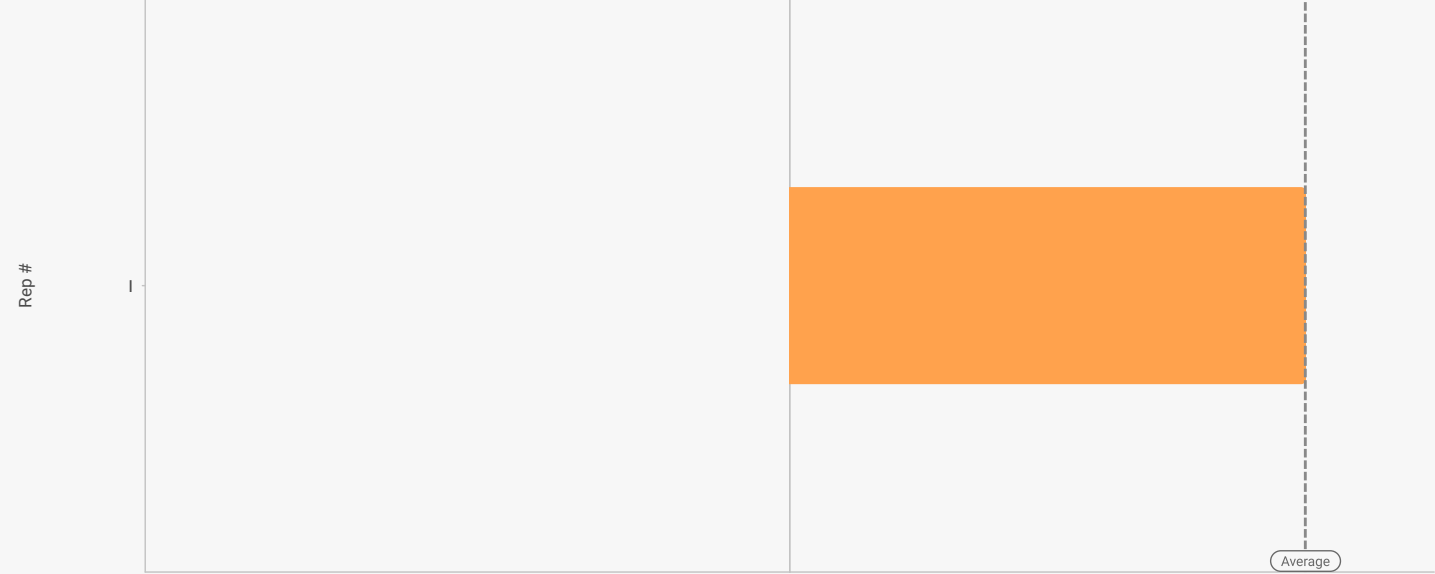


Dorsiflexion Asymmetry [%] - Ankle Dorsiflexion

Range      Average

0.94 L - 0.94 R

0.94 R



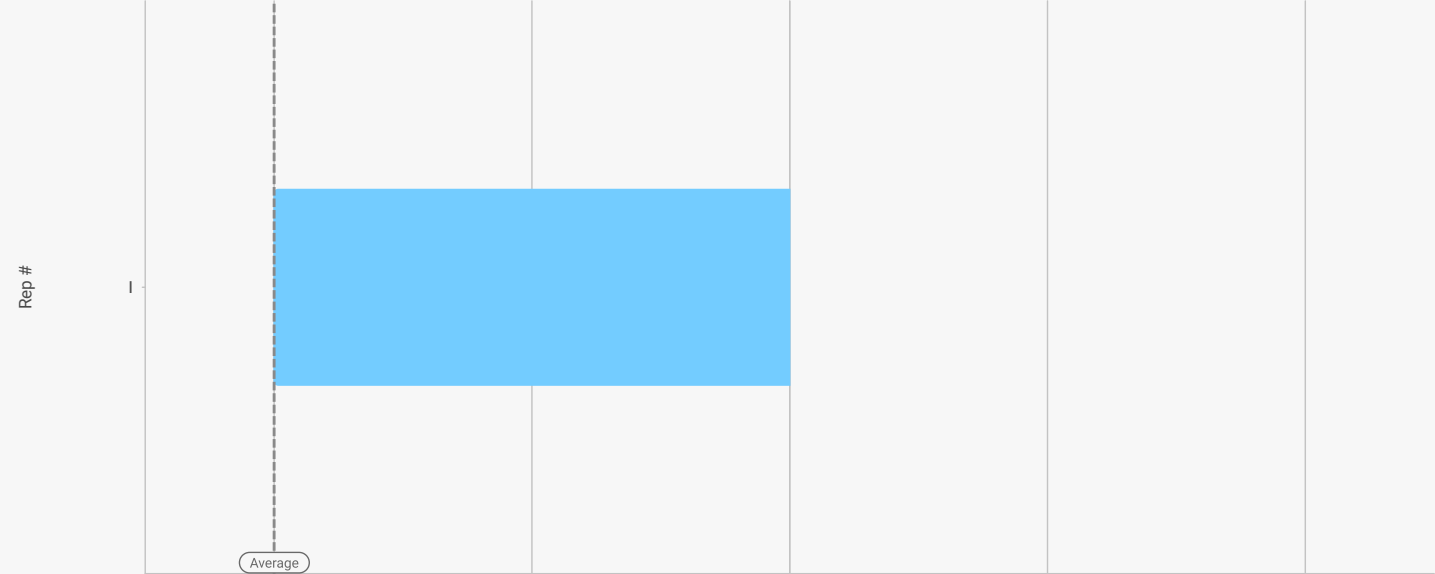


Asymmetry [%] - Wrist extensor

Range      Average

40 L - 40 R

40 L

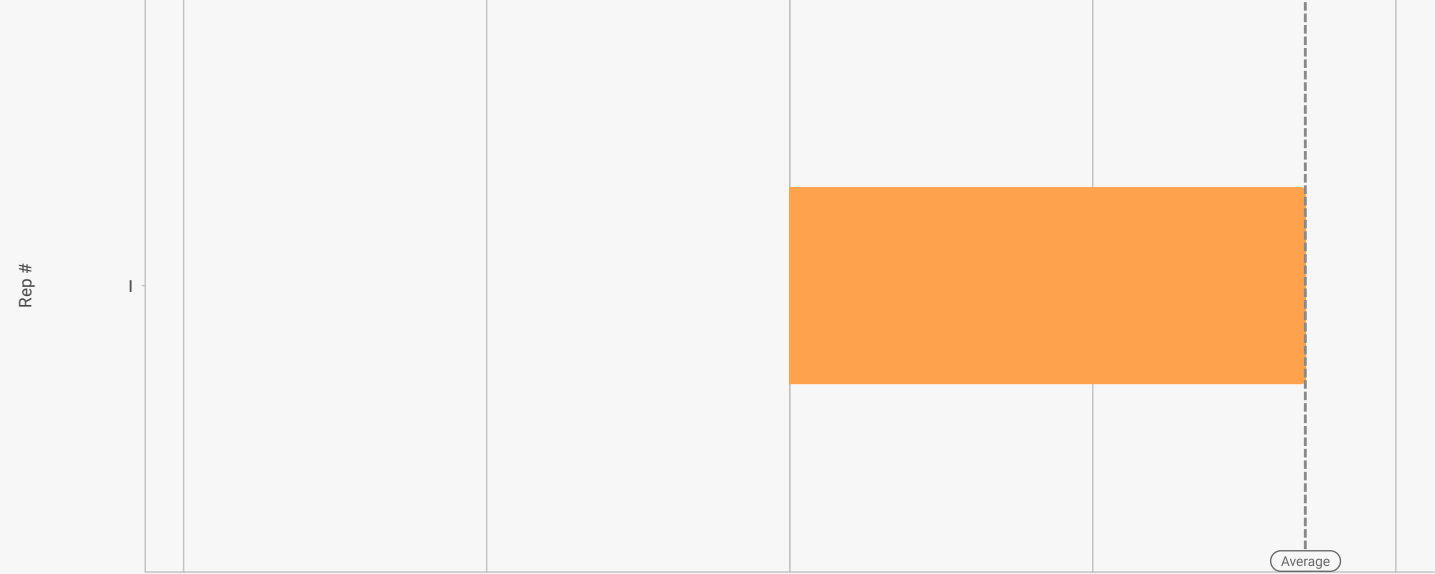


Asymmetry [%] - Wrist extensor

Range      Average

12.76 L - 12.76 R

12.76 R

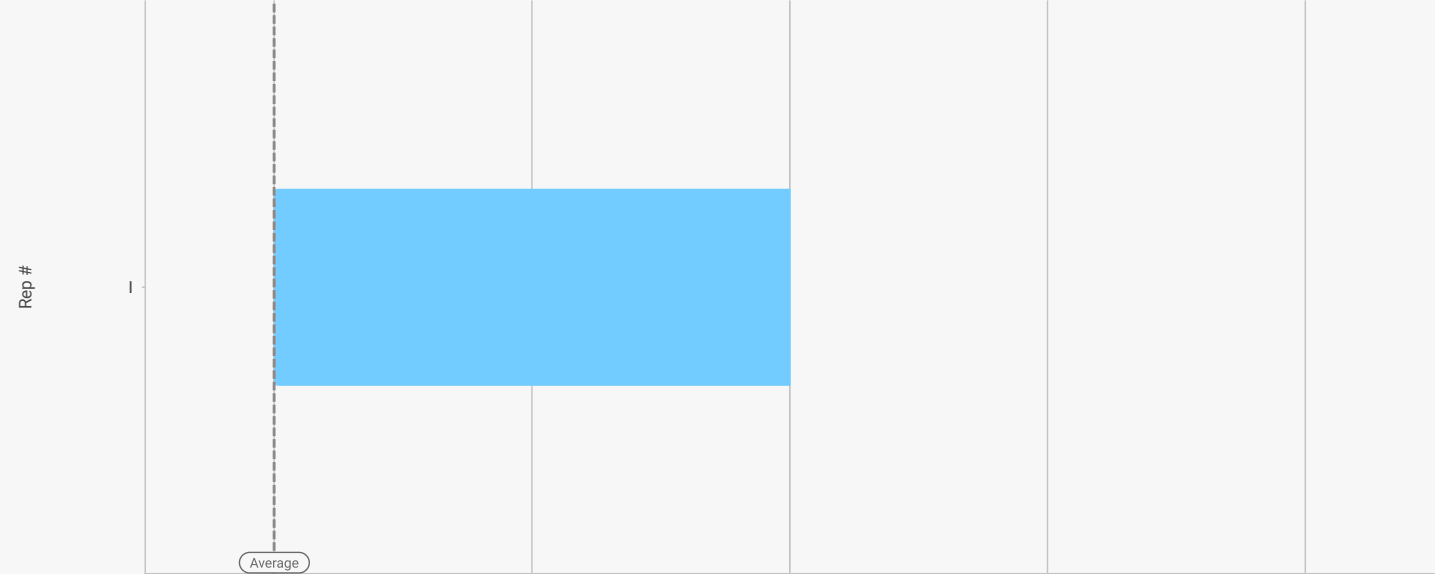




Asymmetry [%] - Wrist flexion

Range      Average

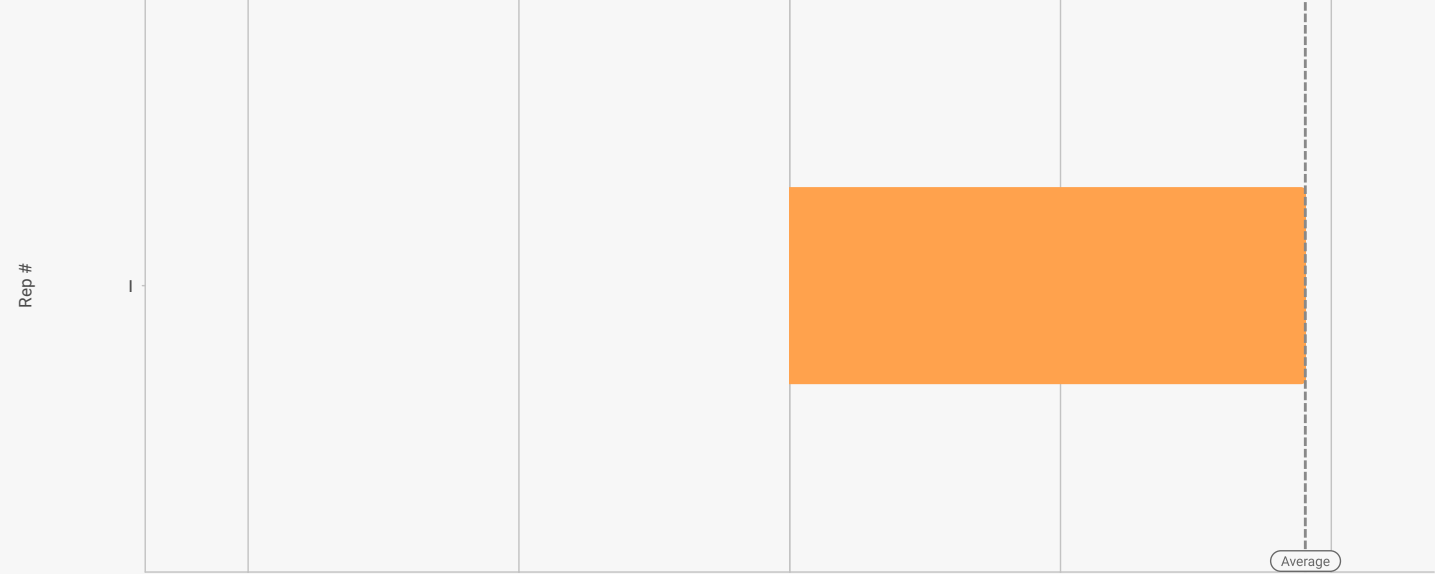
25 L - 25 R      25 L



Asymmetry [%] - Wrist flexion

Range      Average

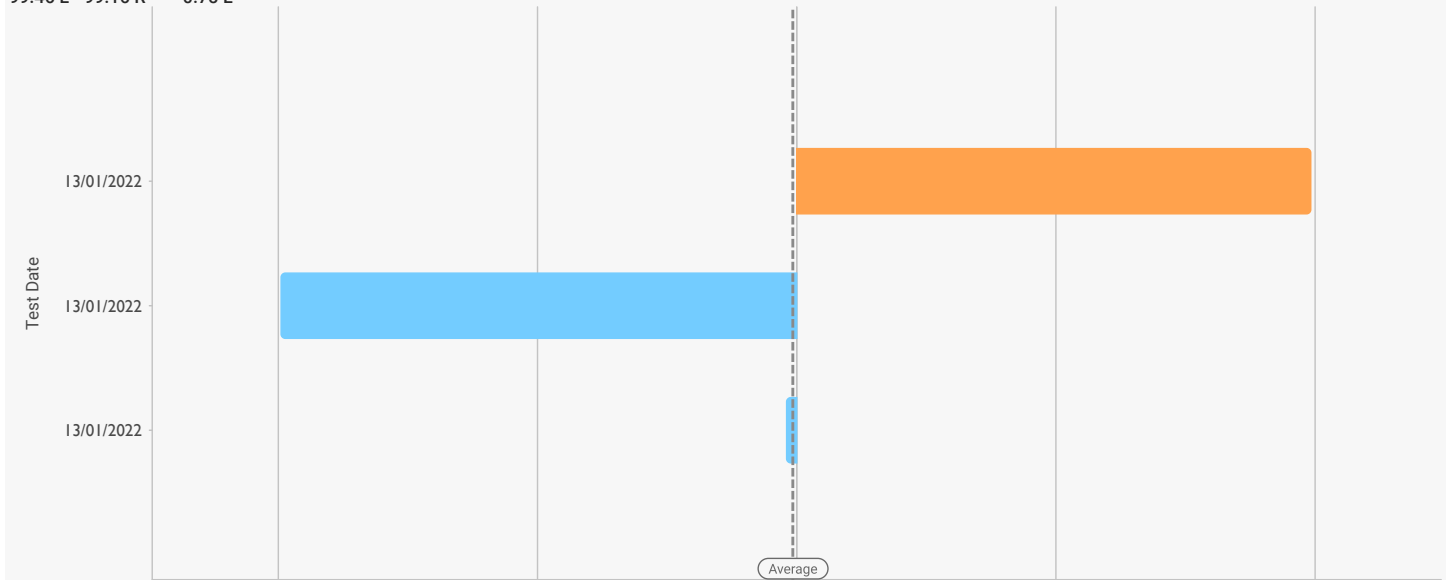
4.76 L - 4.76 R      4.76 R





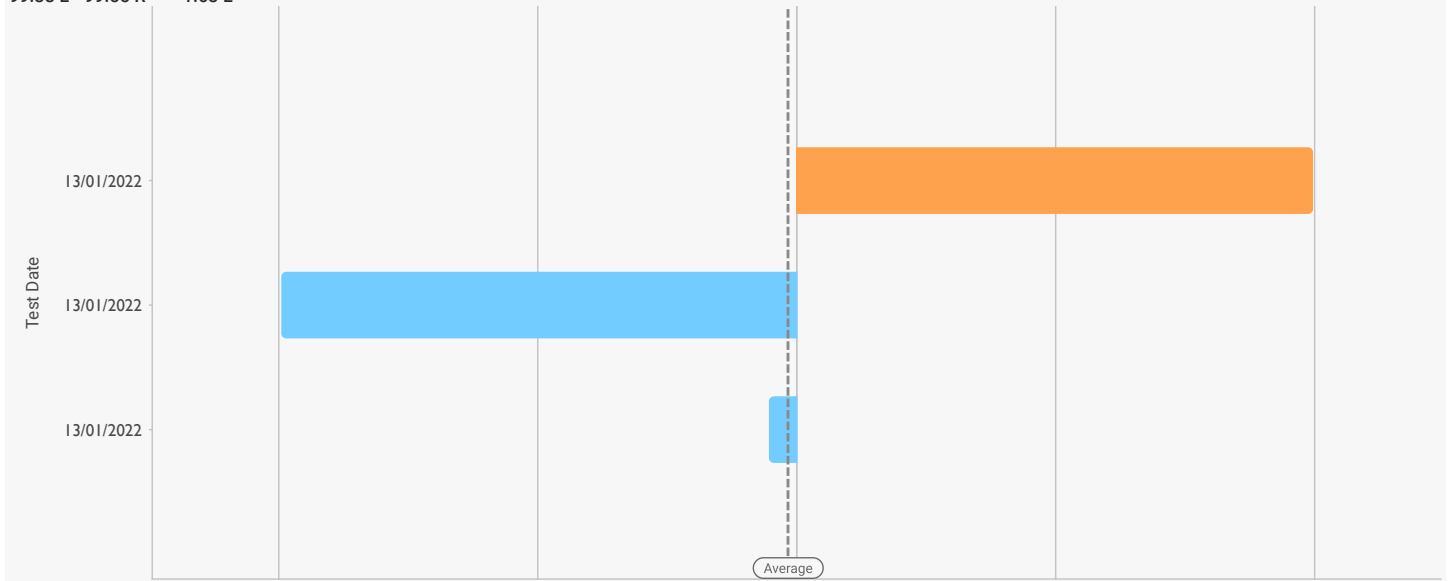
### Internal Rotation Asymmetry [%] - Shoulder IR/ER

Range      Average  
99.46 L - 99.16 R      0.75 L



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

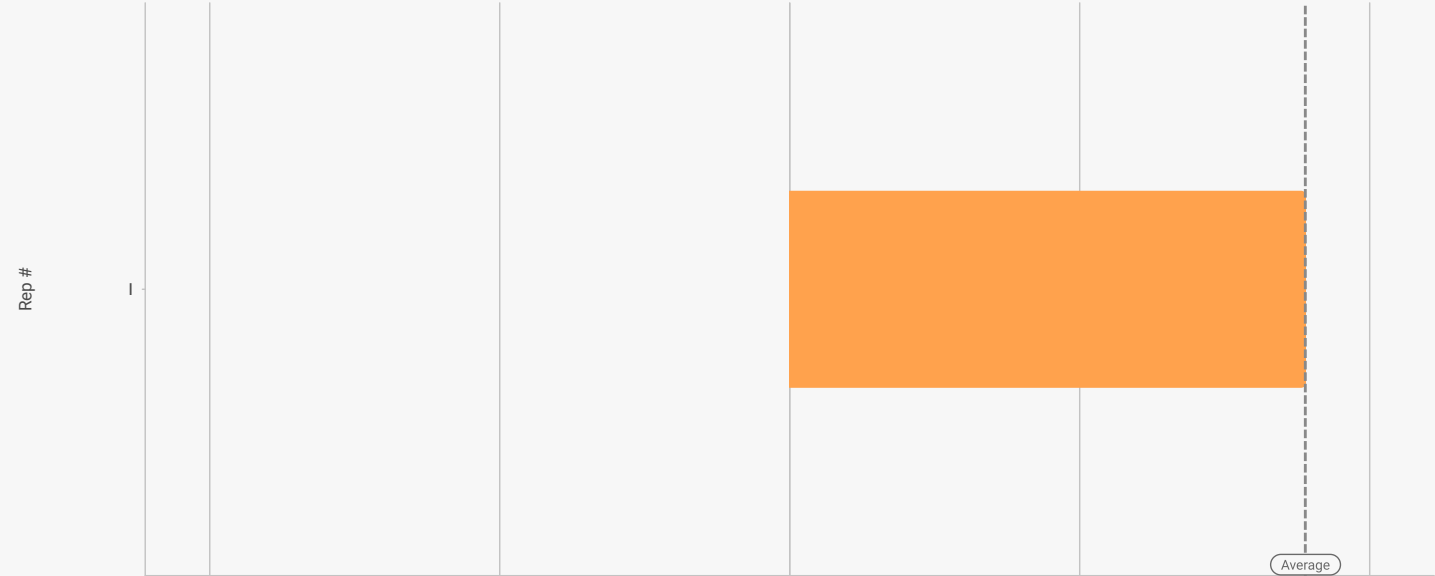
Range      Average  
99.38 L - 99.55 R      1.68 L





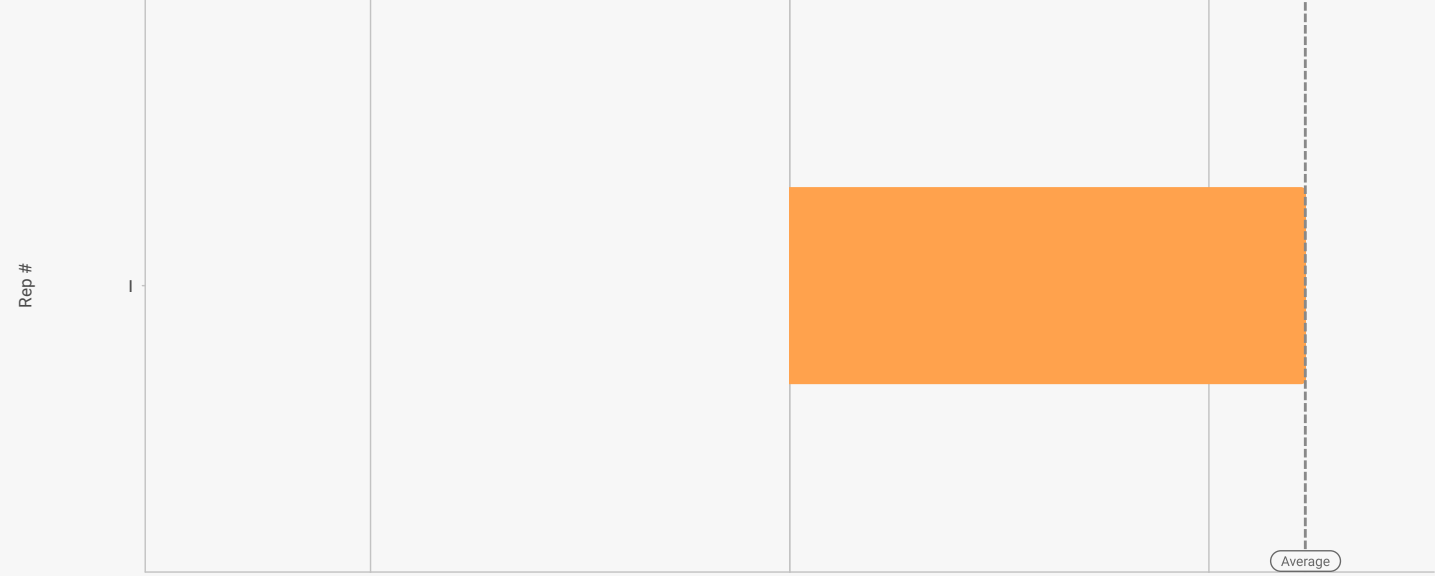
Flexion Asymmetry [%] - Shoulder Flexion

Range      Average  
8.89 L - 8.89 R      8.89 R



Extension Asymmetry [%] - Shoulder Extension

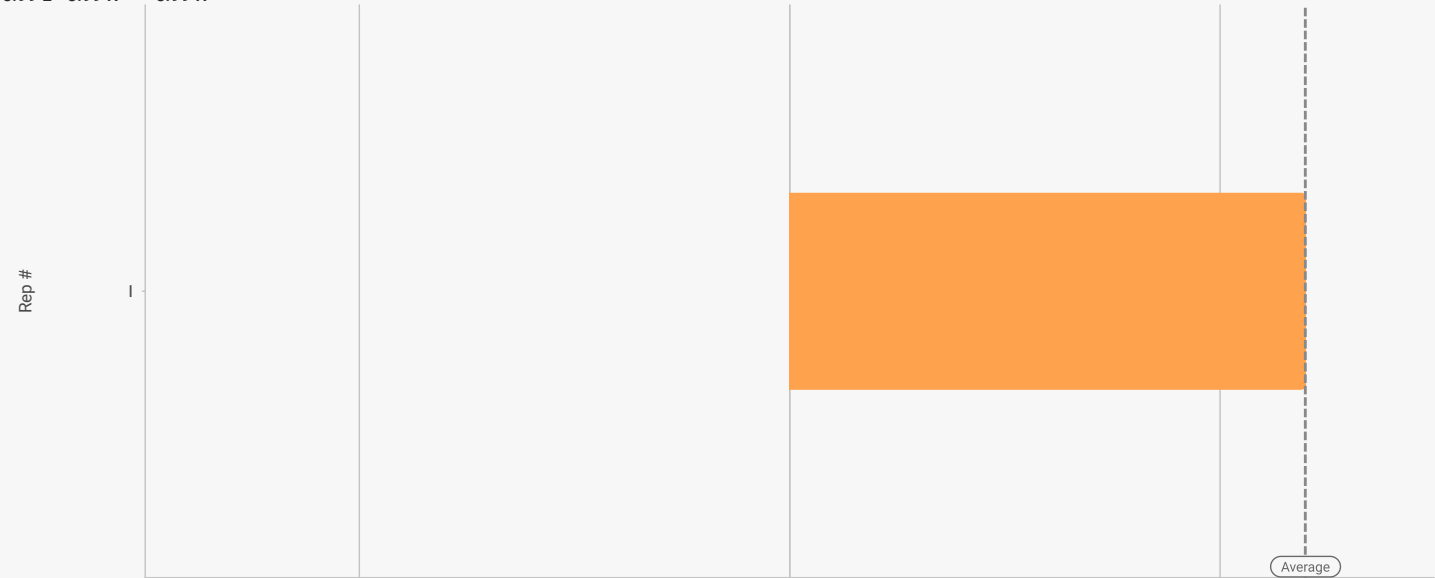
Range      Average  
6.15 L - 6.15 R      6.15 R





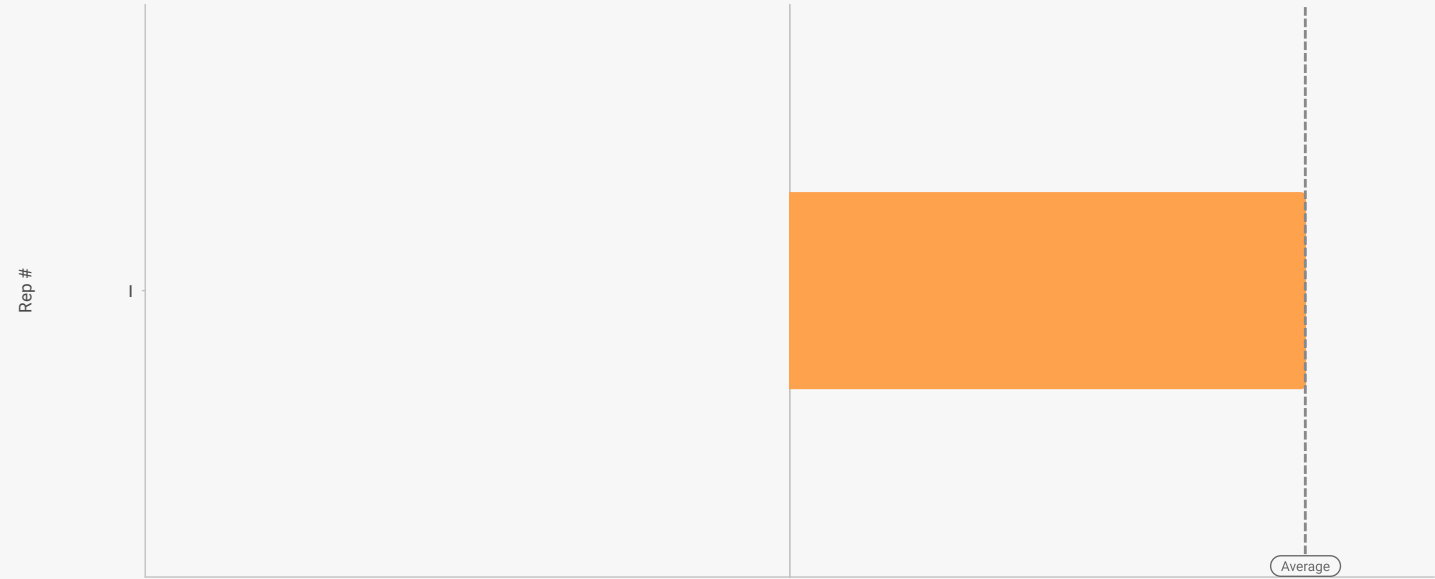
Abduction Asymmetry [%] - Shoulder Abduction

Range      Average  
5.99 L - 5.99 R      5.99 R



Adduction Asymmetry [%] - Shoulder Adduction

Range      Average  
1.29 L - 1.29 R      1.29 R

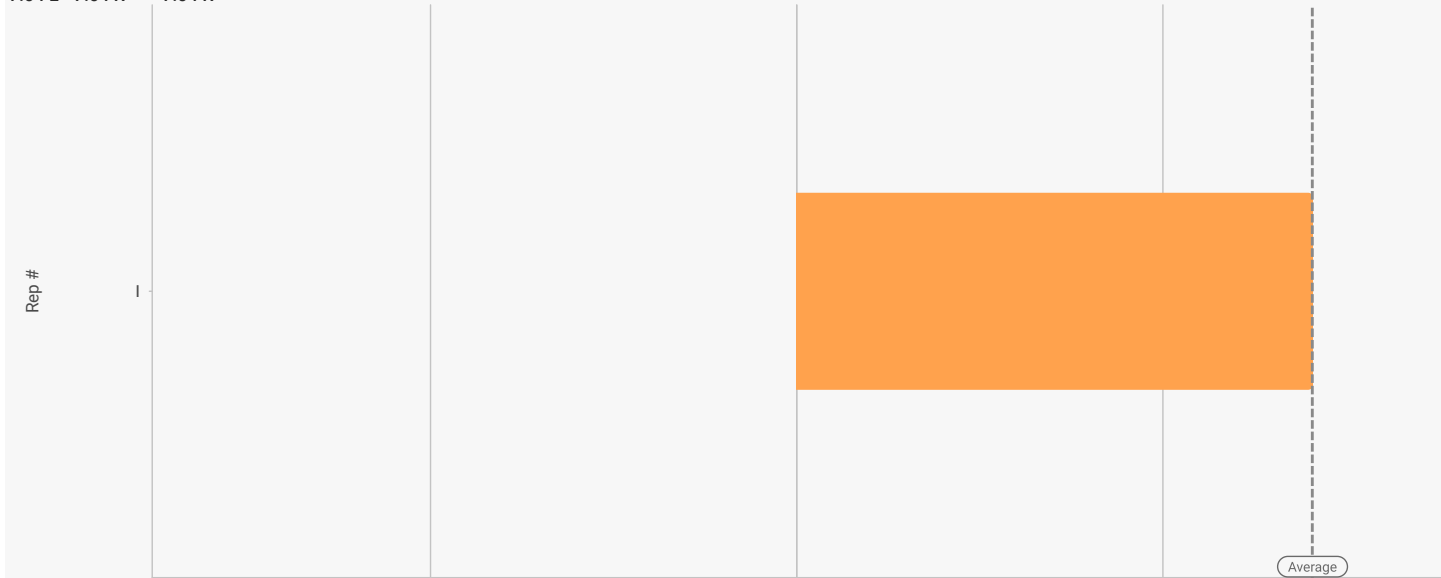






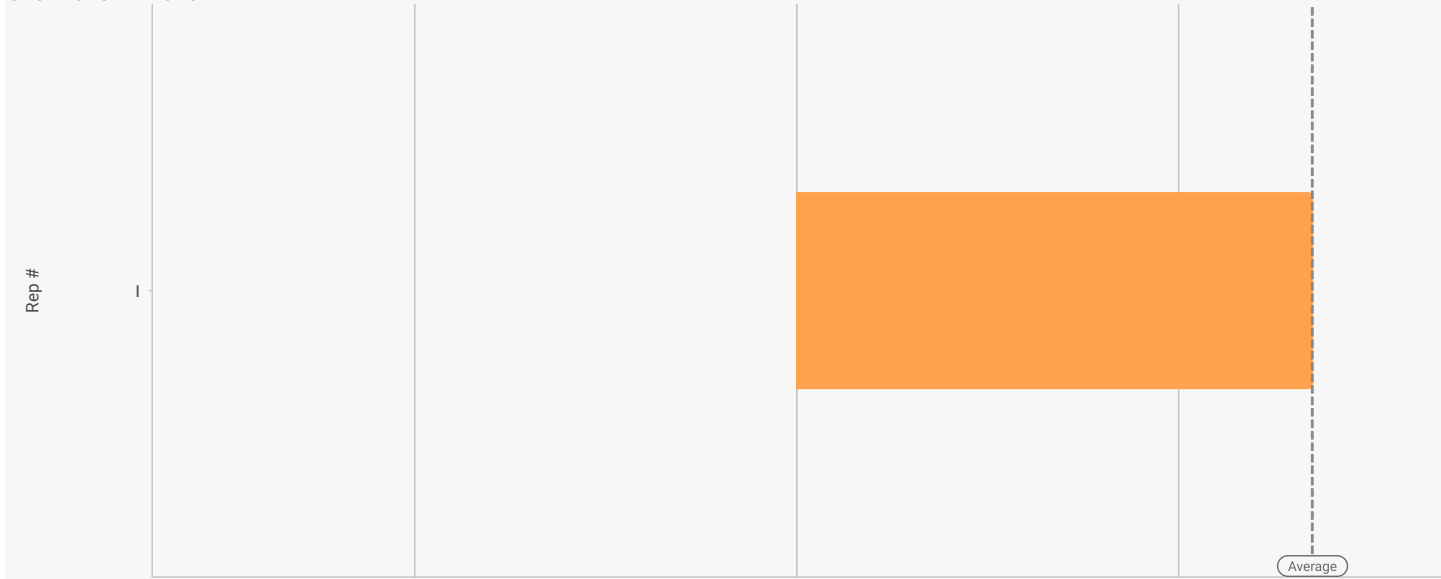
### Extension Asymmetry [%] - Elbow Extension

Range      Average  
7.04 L - 7.04 R      7.04 R



### Flexion Asymmetry [%] - Elbow Flexion

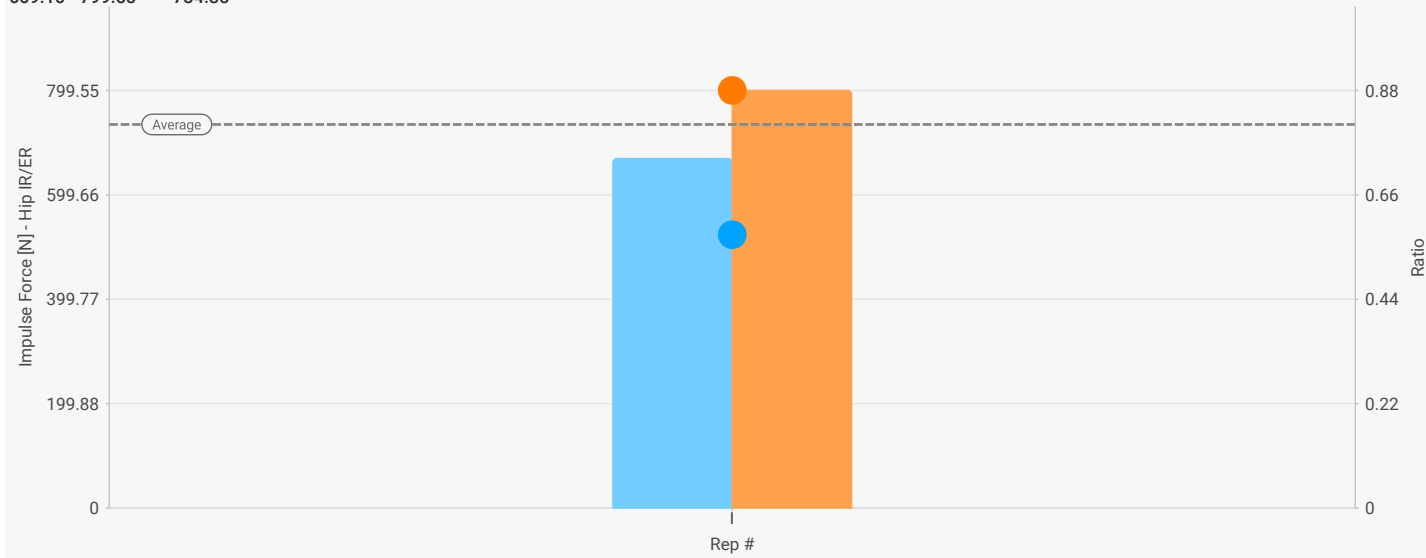
Range      Average  
6.75 L - 6.75 R      6.75 R





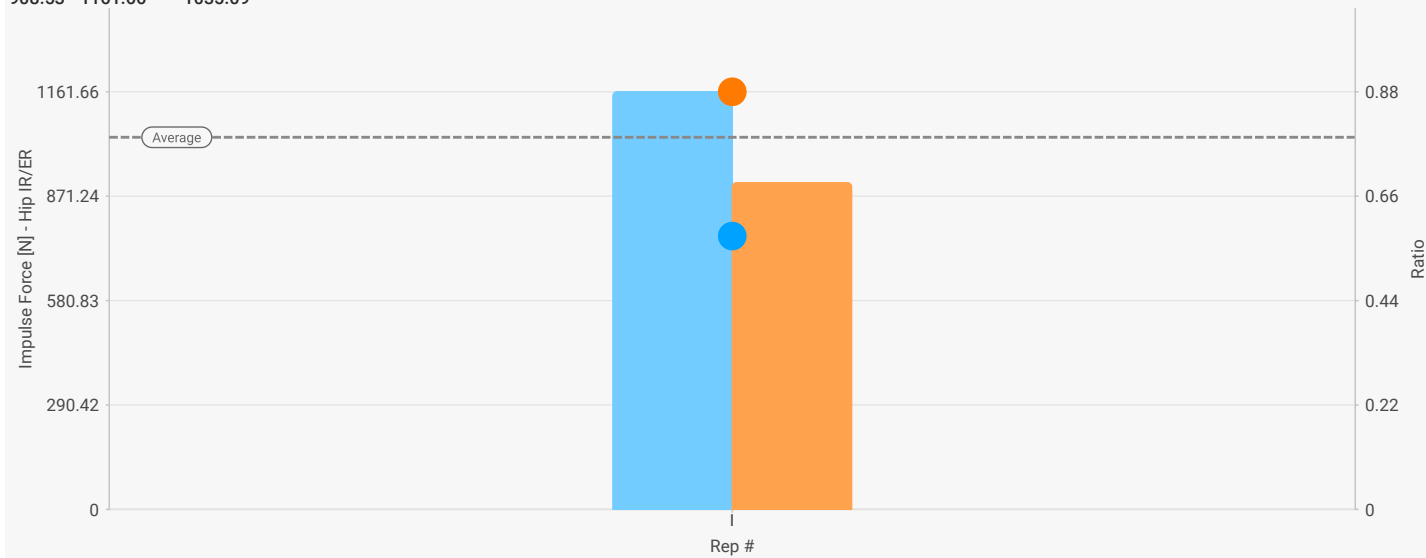
### External Rotation Impulse Force [N] - Hip IR/ER

Range      Average  
669.16 - 799.55      734.35



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

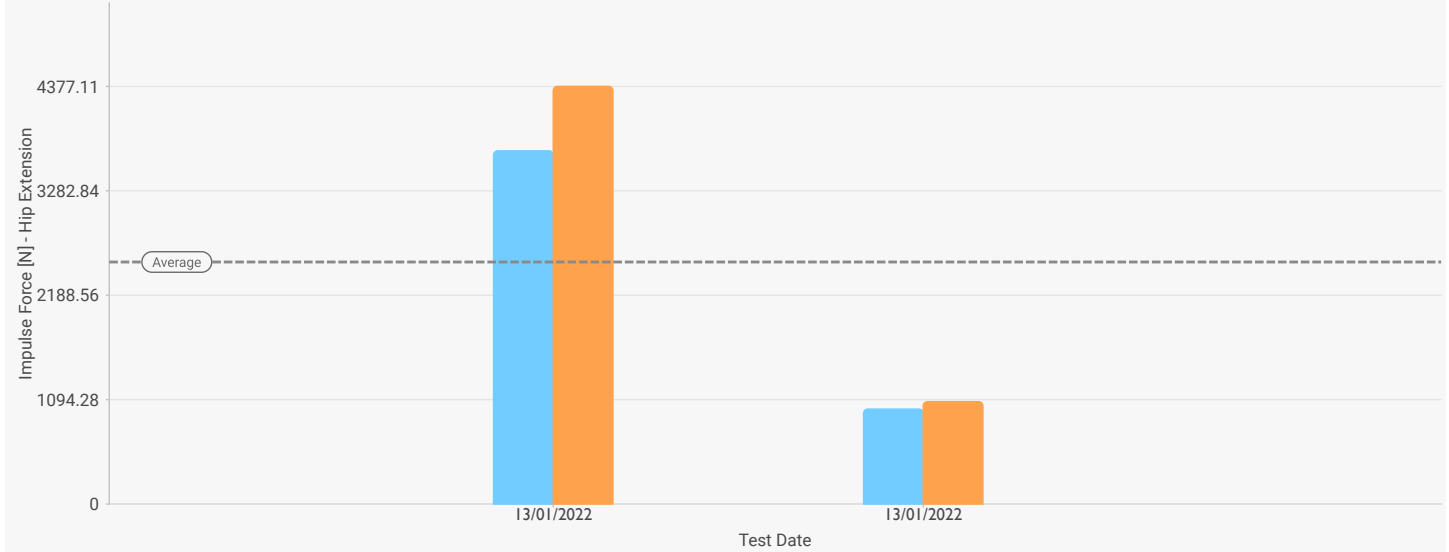
Range      Average  
908.53 - 1161.66      1035.09





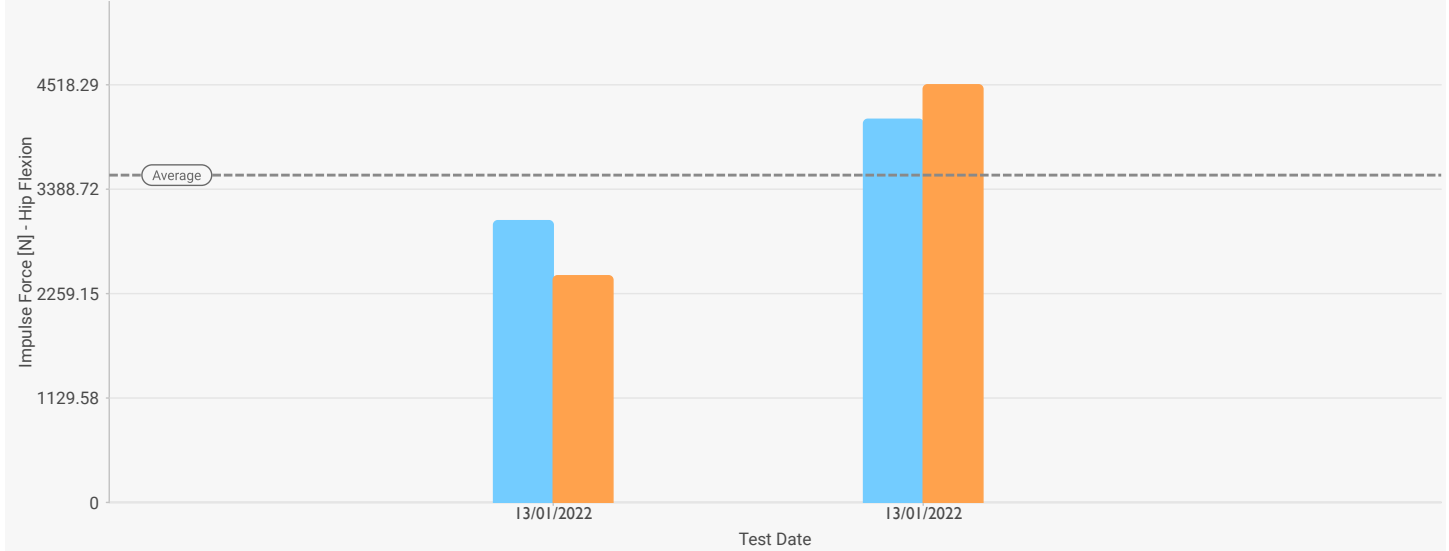
### Extension Impulse Force [N] - Hip Extension

Range      Average  
995.24 - 4377.11      2536.96



### Flexion Impulse Force [N] - Hip Flexion

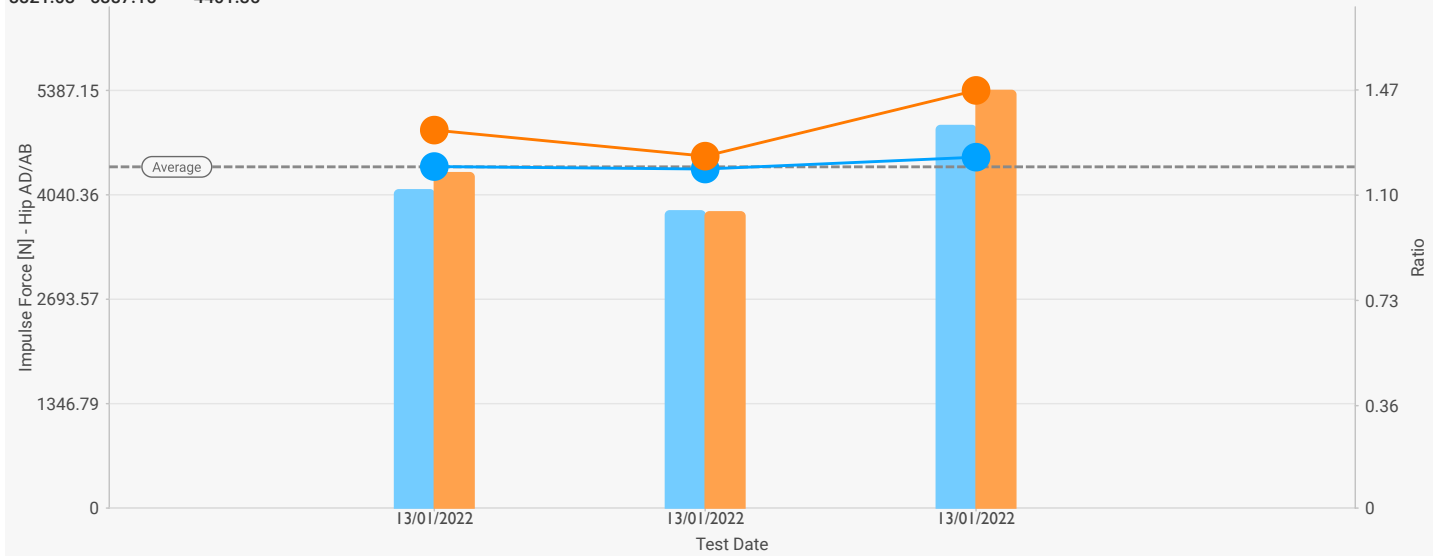
Range      Average  
2452.3 - 4518.29      3540.97





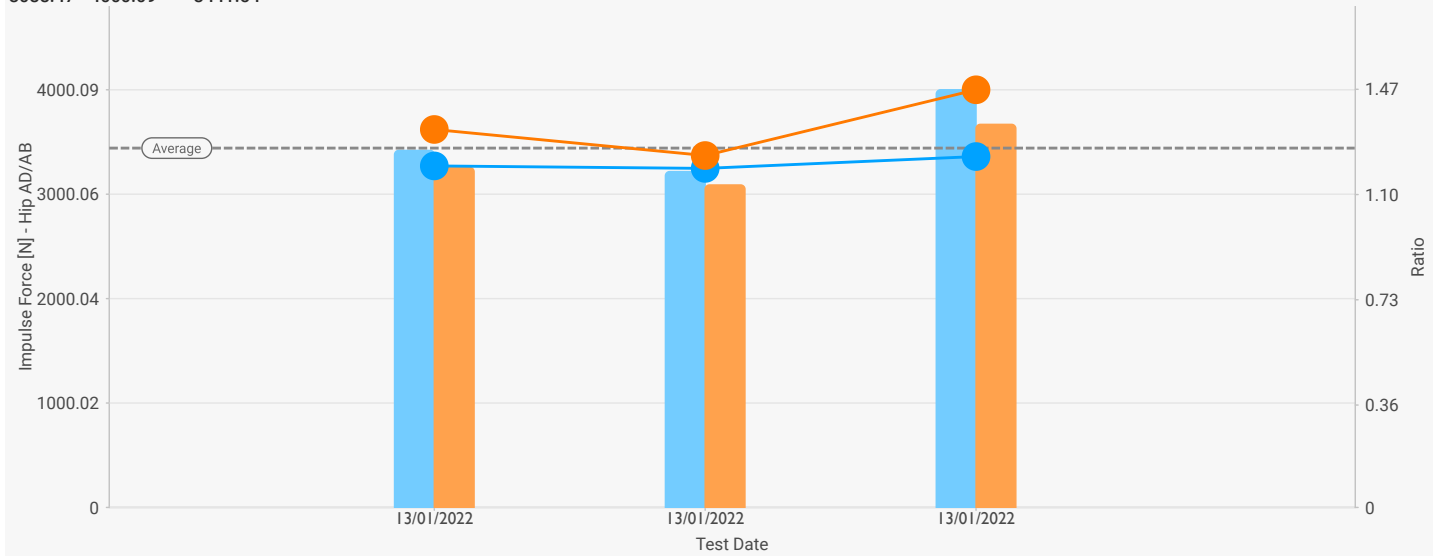
### Adduction Impulse Force [N] - Hip AD/AB

Range      Average  
3821.03 - 5387.15      4401.35



### Abduction Impulse Force [N] - Hip AD/AB

Range      Average  
3088.47 - 4000.09      3441.54





### Impulse Force [N] - knee extensor

Range      Average

0 - 0      0

Average



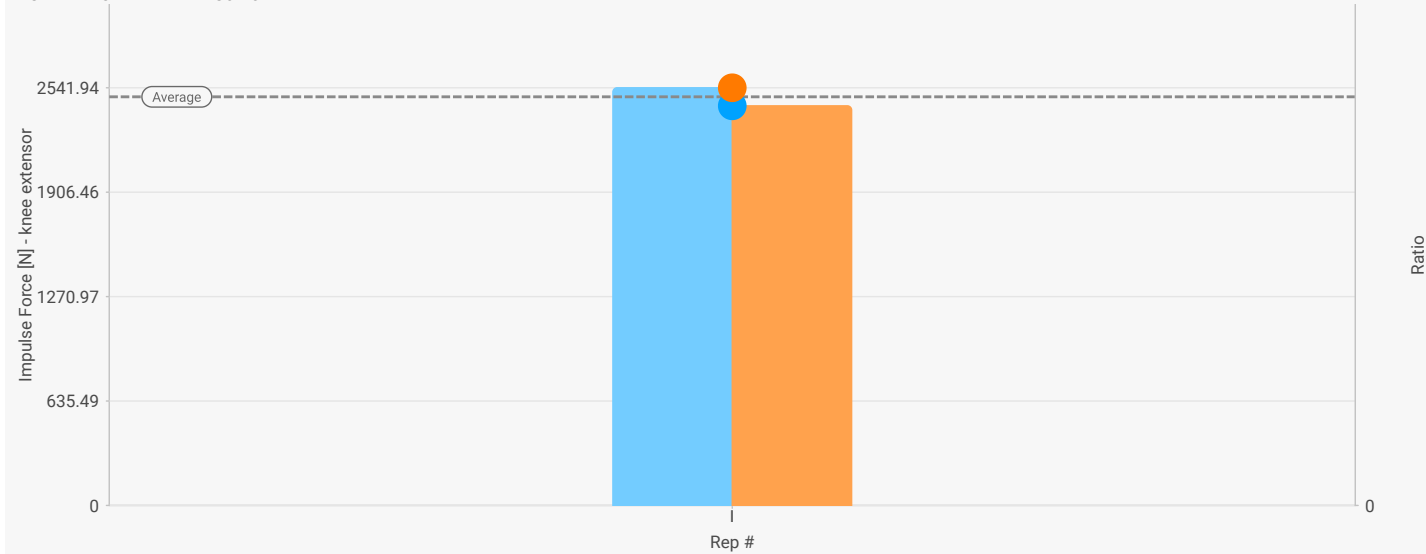
Rep #

Ratio

### Impulse Force [N] - knee extensor

Range      Average

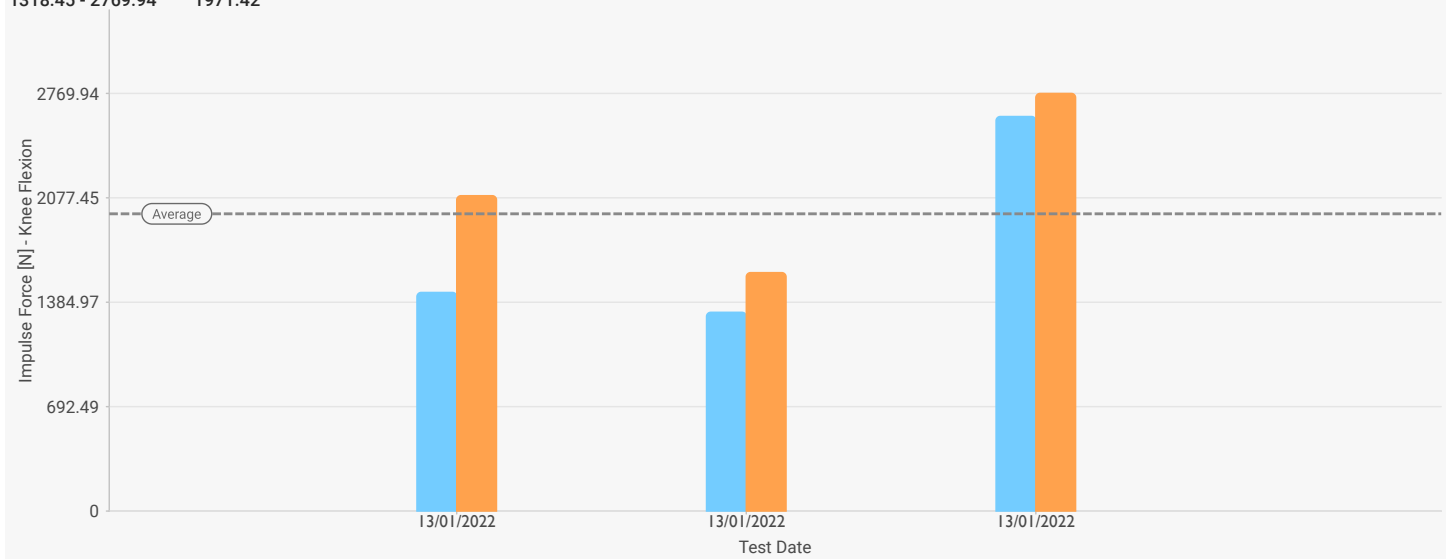
2431.97 - 2541.94      2486.96





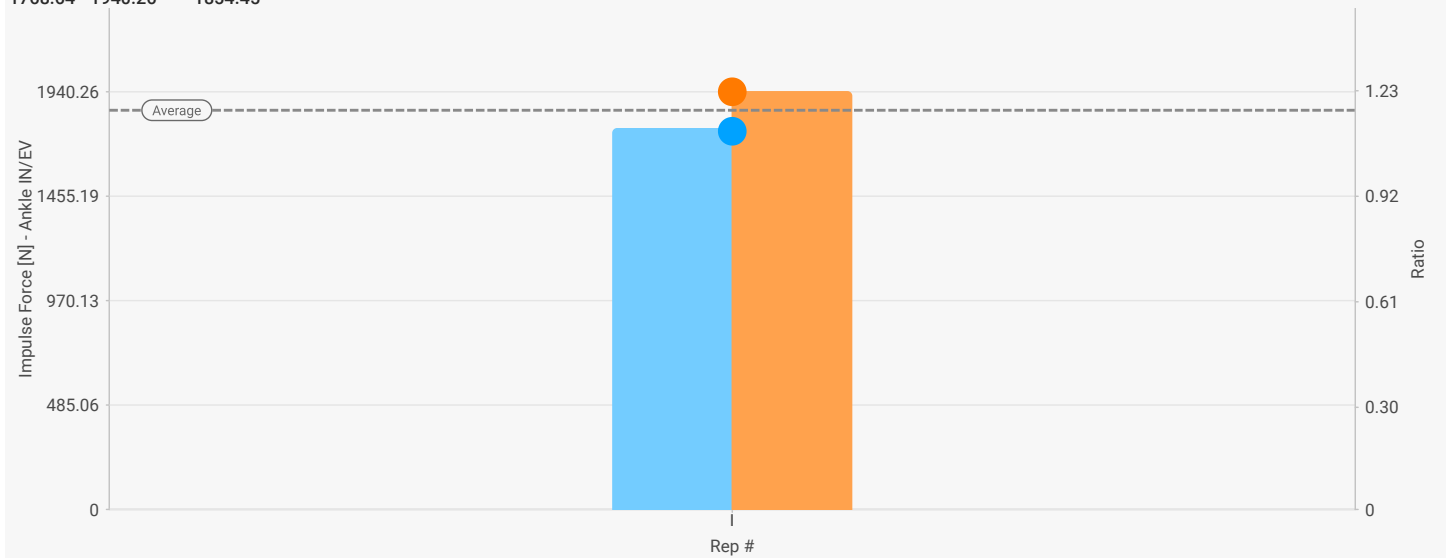
### Knee Flexion Impulse Force [N] - Knee Flexion

Range      Average  
1318.45 - 2769.94      1971.42



### Inversion Impulse Force [N] - Ankle IN/EV

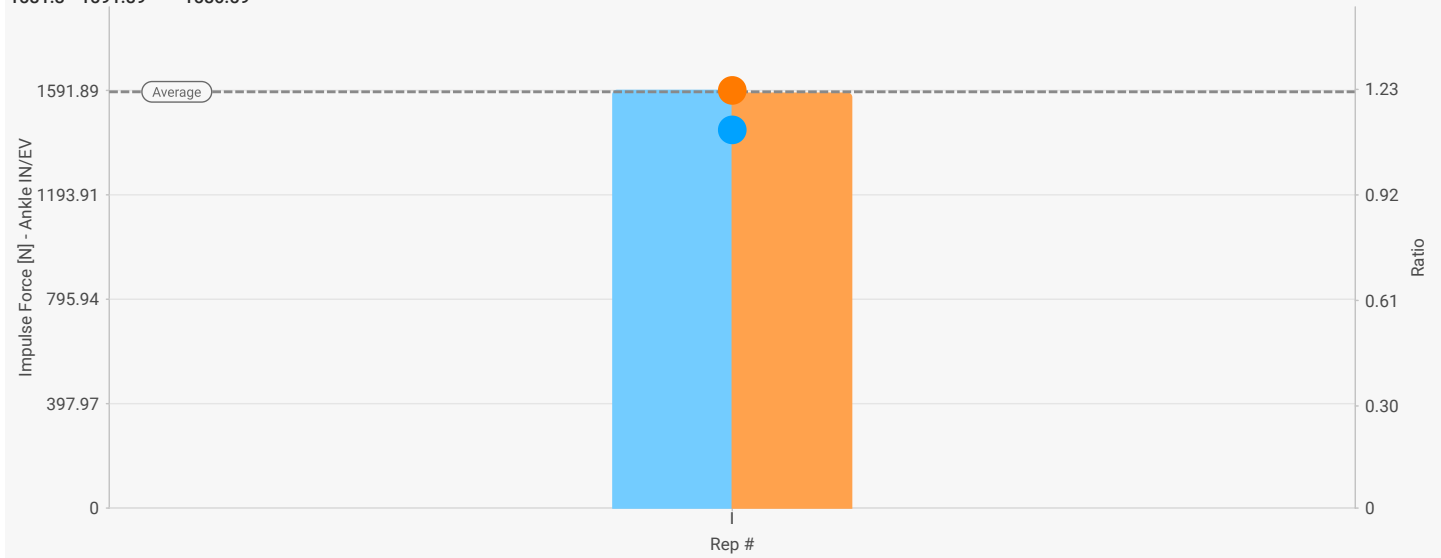
Range      Average  
1768.64 - 1940.26      1854.45





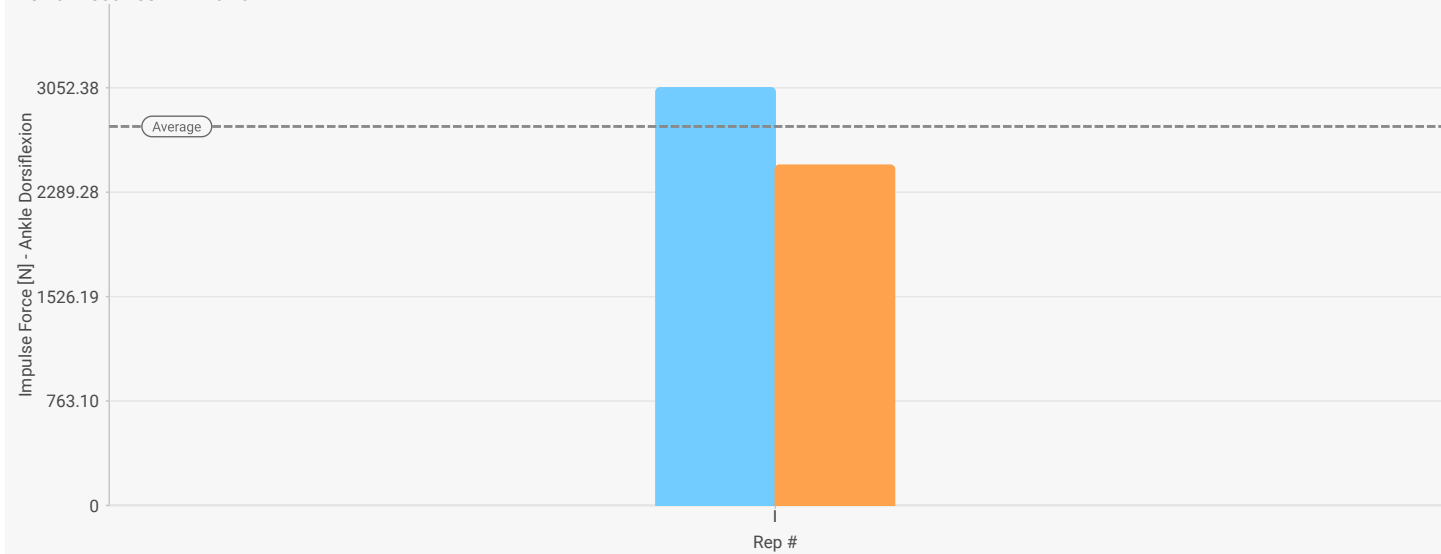
### Eversion Impulse Force [N] - Ankle IN/EV

Range      Average  
1581.3 - 1591.89      1586.59



### Dorsiflexion Impulse Force [N] - Ankle Dorsiflexion

Range      Average  
2487.01 - 3052.38      2769.69





### Impulse Force [N] - Wrist extensor

Range      Average

0 - 0      0

Average



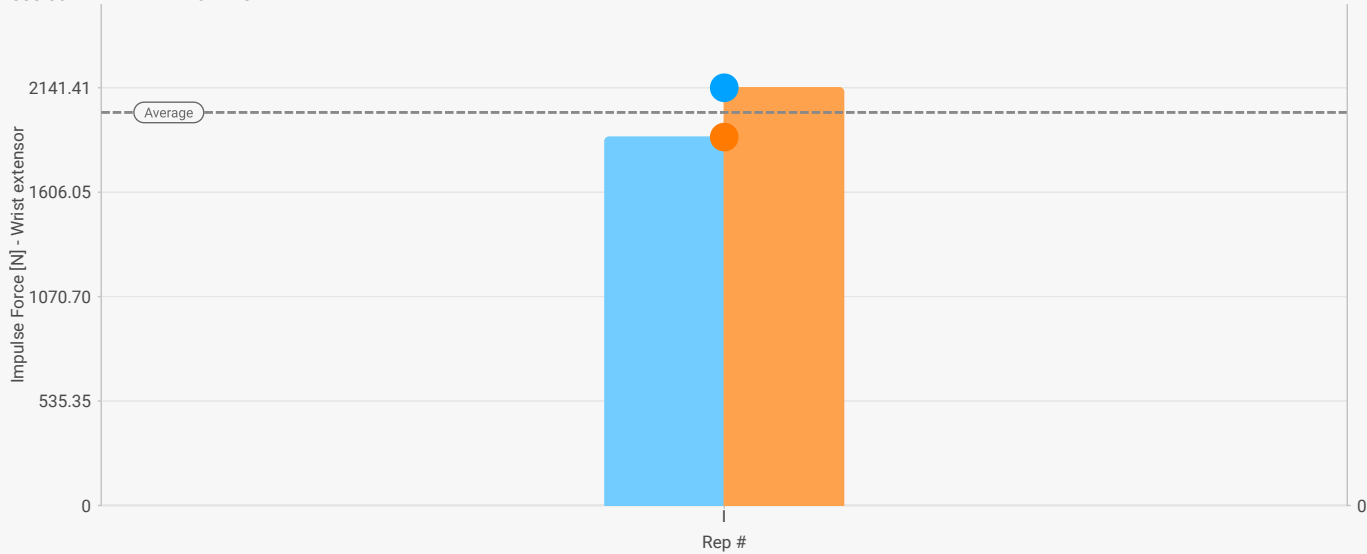
Rep #

Ratio

### Impulse Force [N] - Wrist extensor

Range      Average

1888.56 - 2141.41      2014.98



Ratio

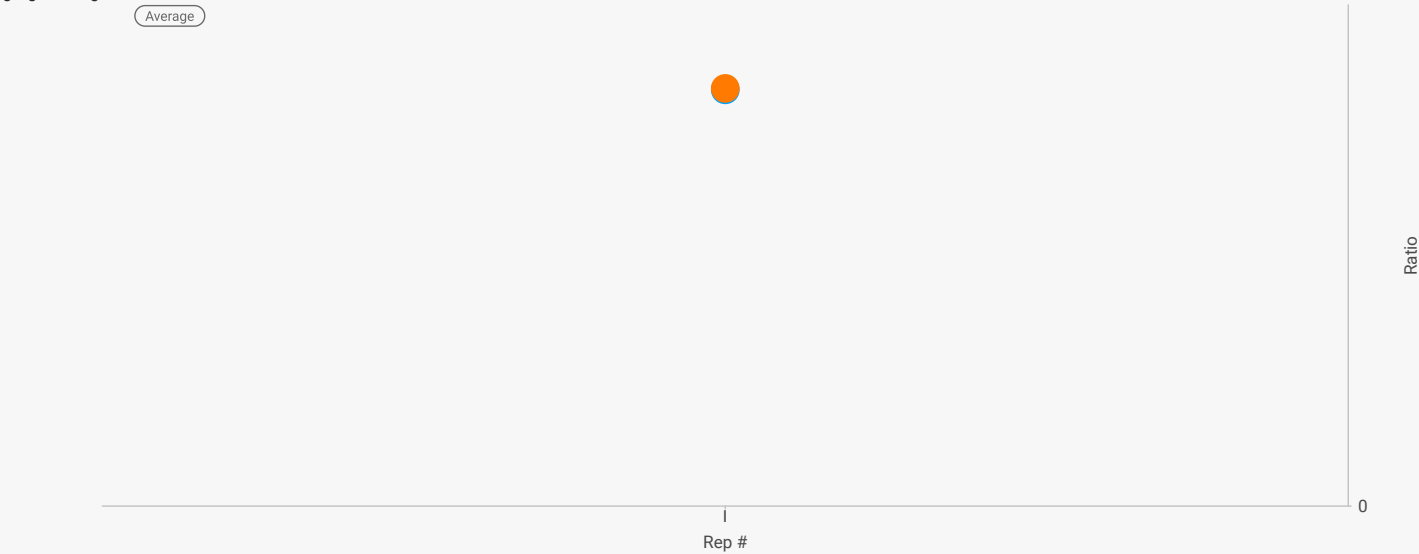




Impulse Force [N] - Wrist flexion

Range      Average

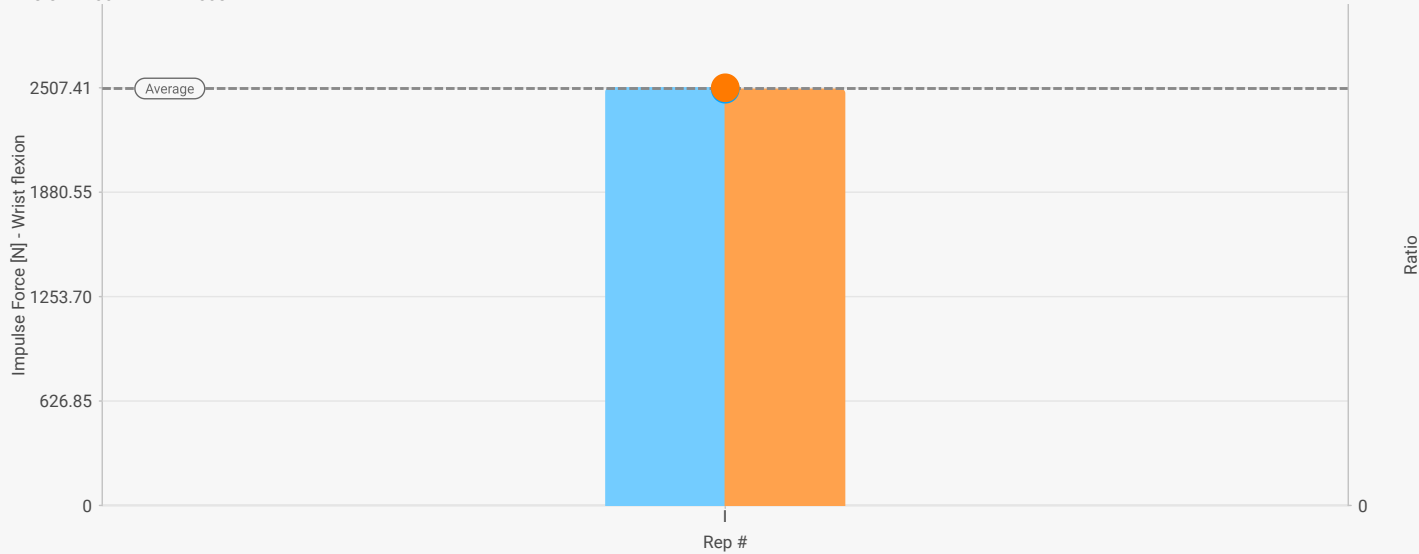
0 - 0      0      Average



Impulse Force [N] - Wrist flexion

Range      Average

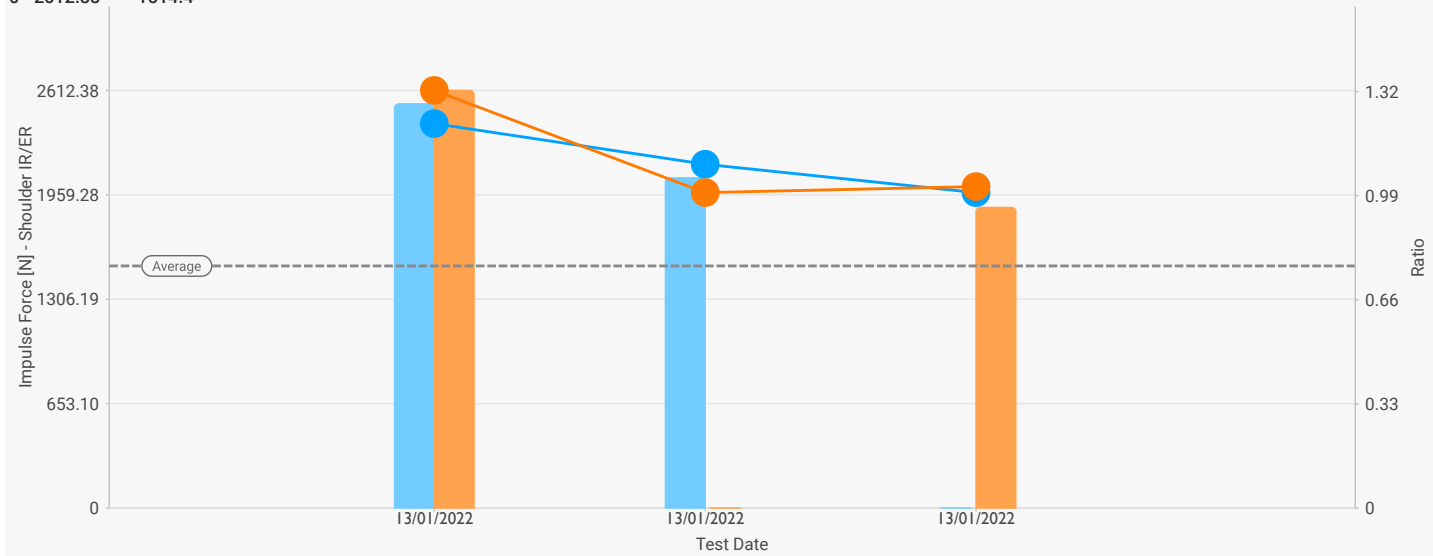
2498.81 - 2507.41      2503.11





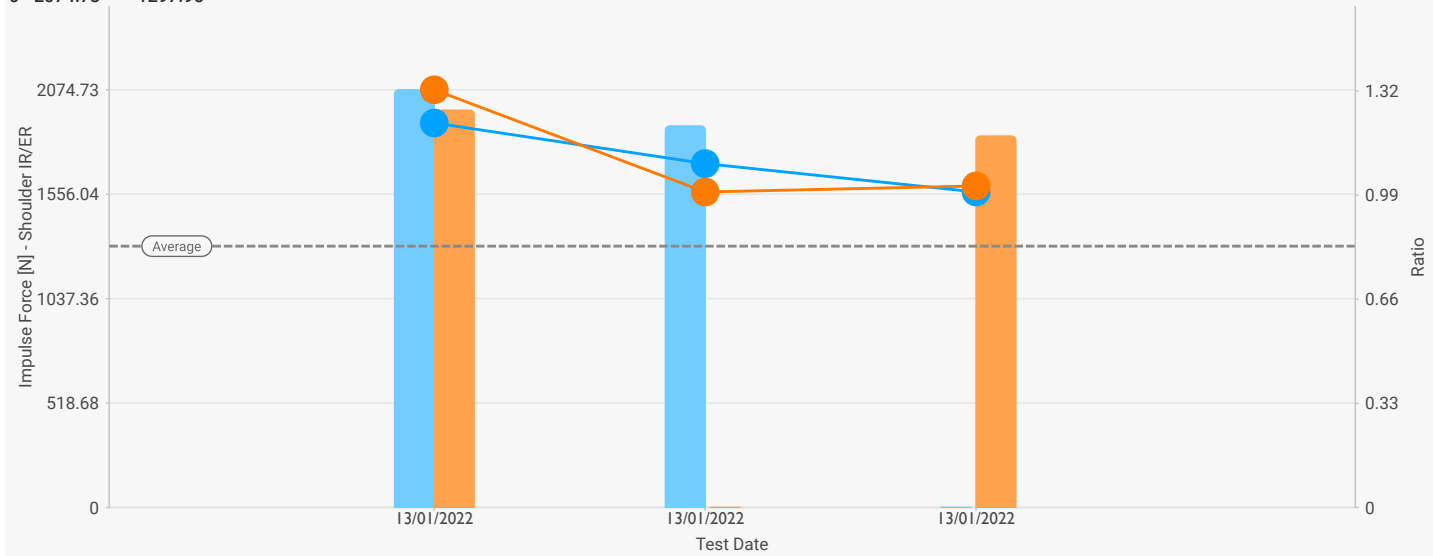
Internal Rotation Impulse Force [N] - Shoulder IR/ER

Range      Average  
0 - 2612.38      1514.4



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

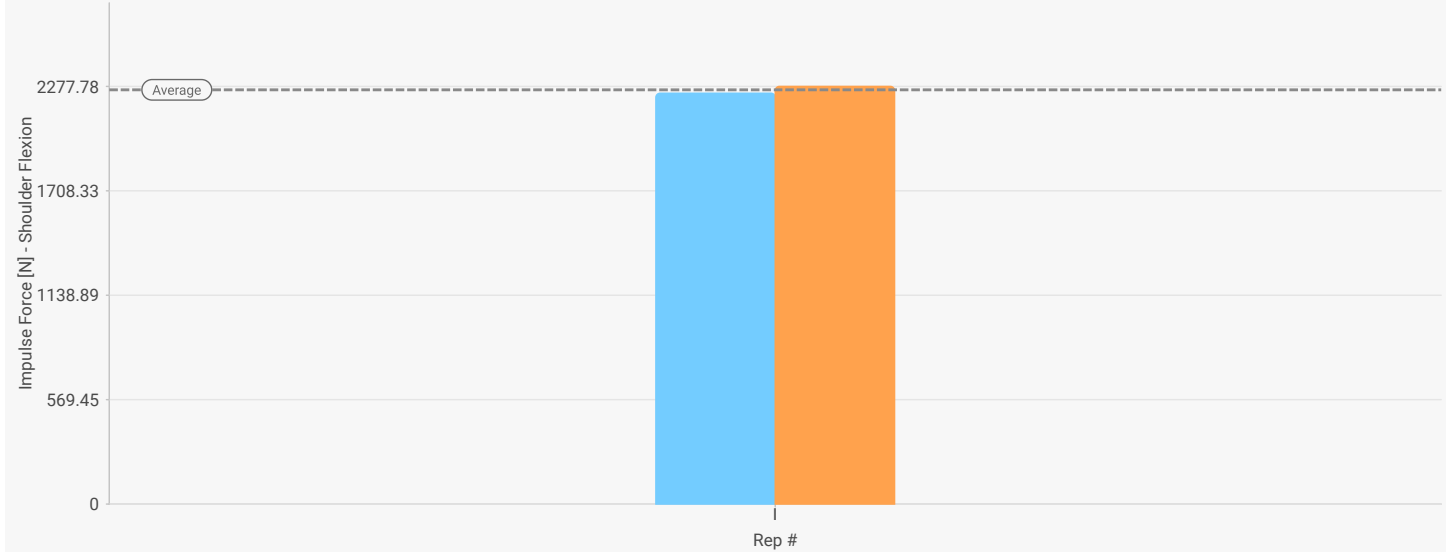
Range      Average  
0 - 2074.73      1297.95





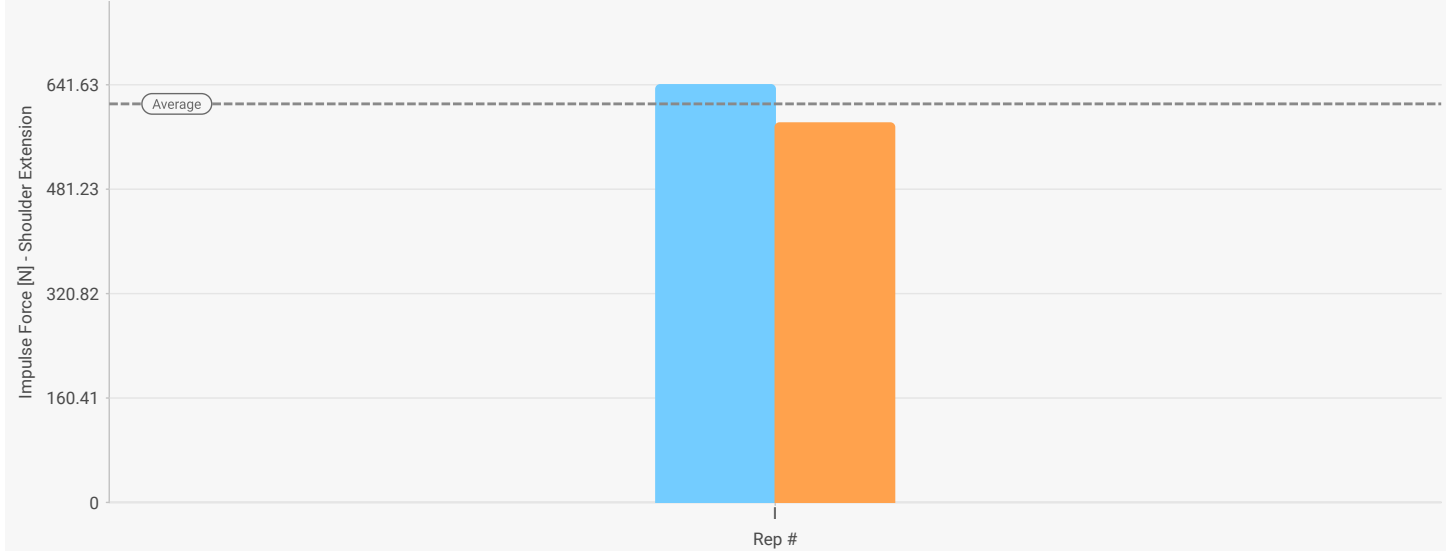
### Flexion Impulse Force [N] - Shoulder Flexion

Range      Average  
2240.56 - 2277.78      2259.17



### Extension Impulse Force [N] - Shoulder Extension

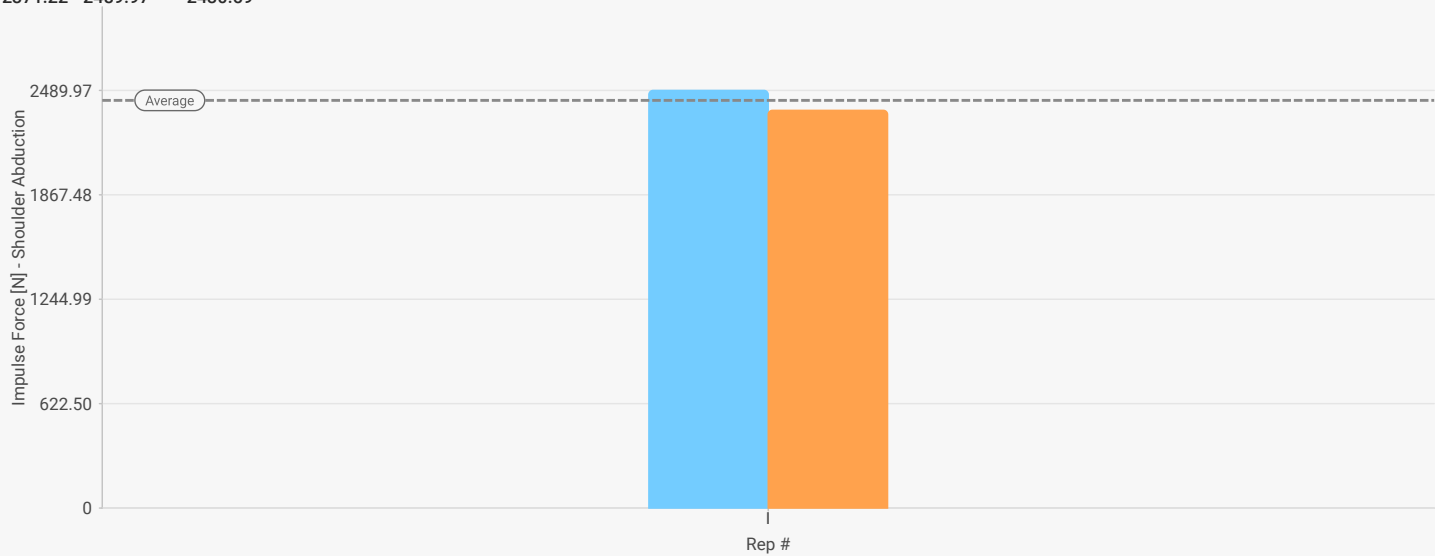
Range      Average  
582.93 - 641.63      612.28





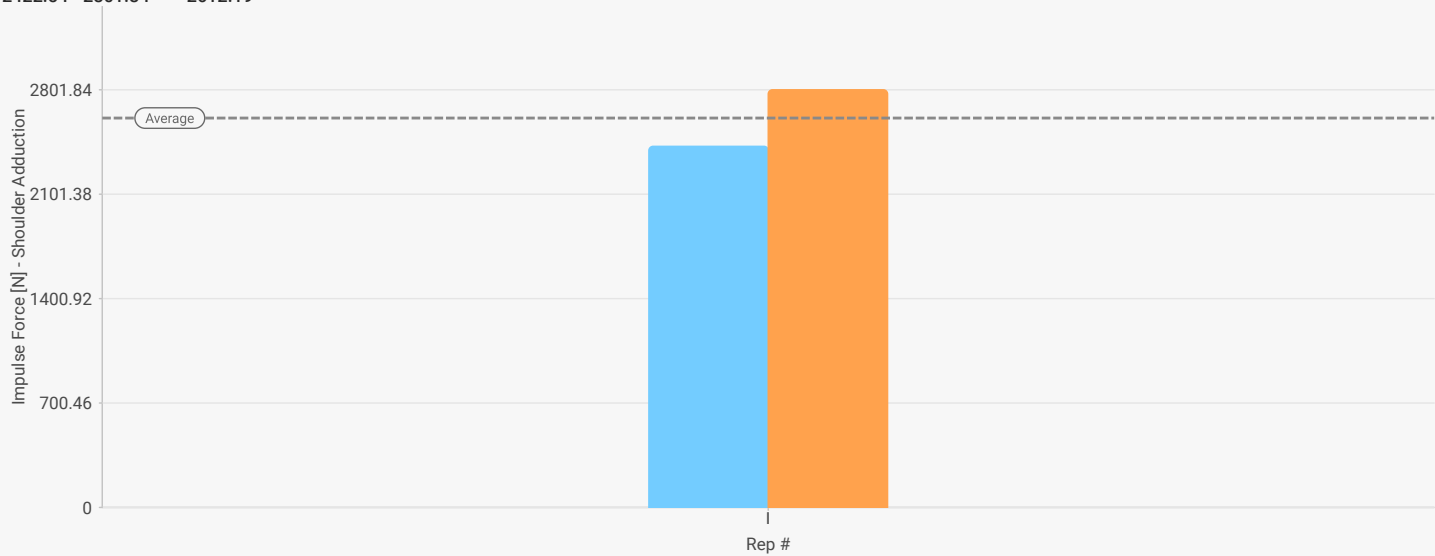
Abduction Impulse Force [N] - Shoulder Abduction

Range                      Average  
2371.22 - 2489.97      2430.59



Adduction Impulse Force [N] - Shoulder Adduction

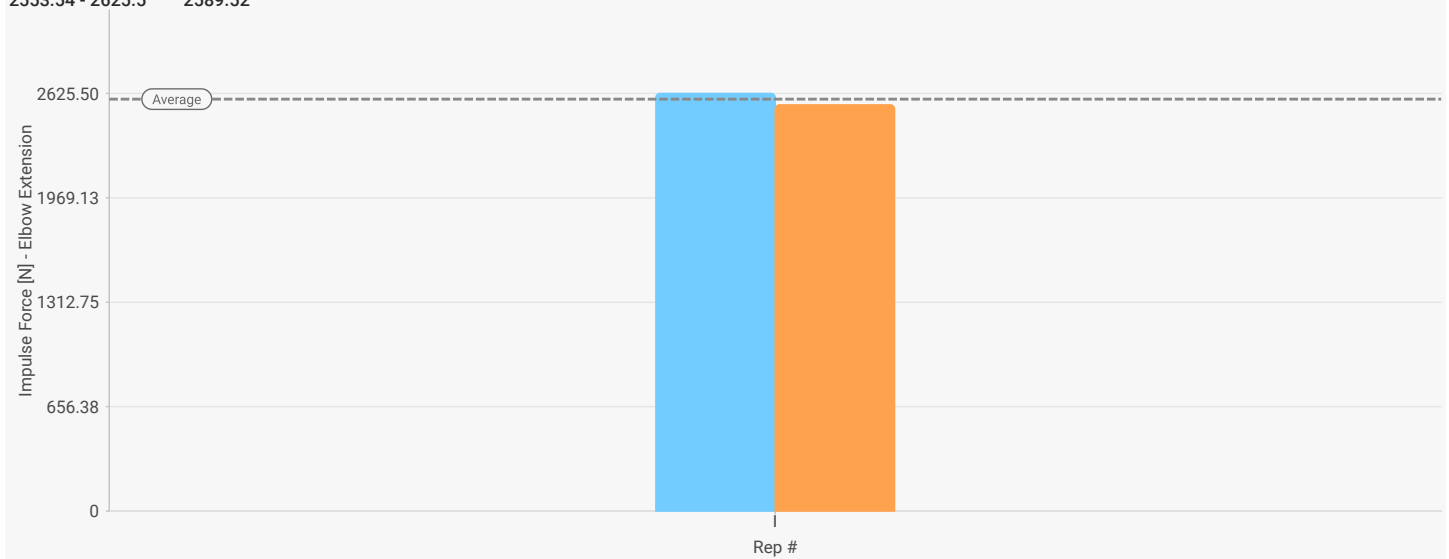
Range                      Average  
2422.54 - 2801.84      2612.19





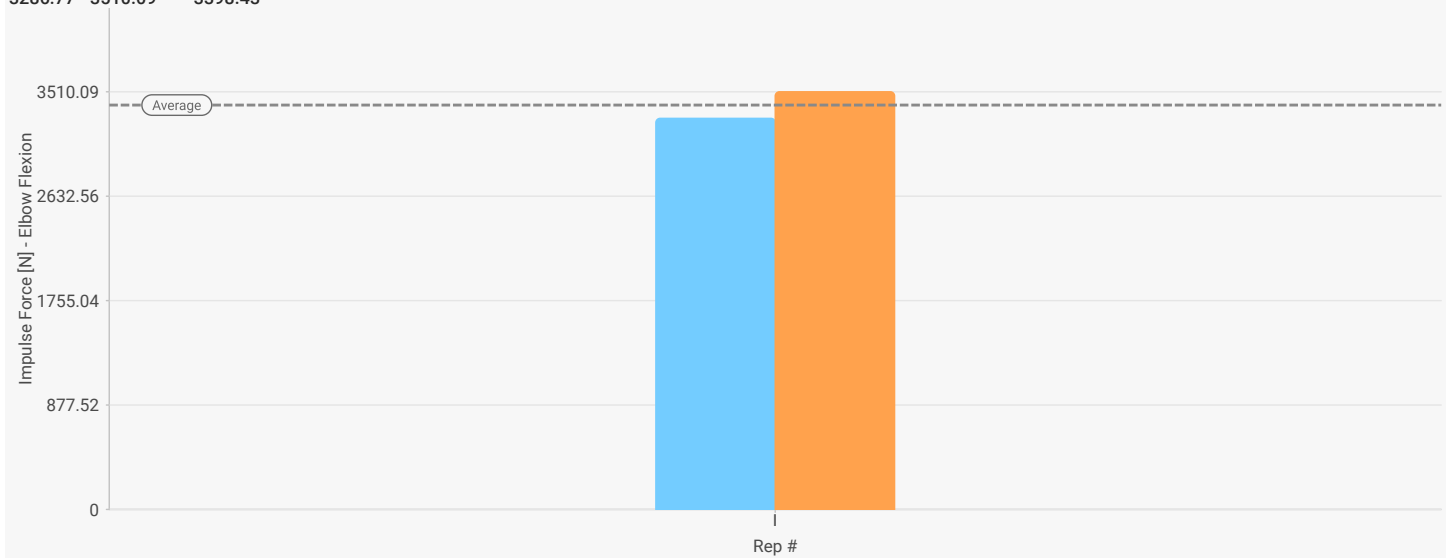
### Extension Impulse Force [N] - Elbow Extension

Range      Average  
2553.54 - 2625.5      2589.52



### Flexion Impulse Force [N] - Elbow Flexion

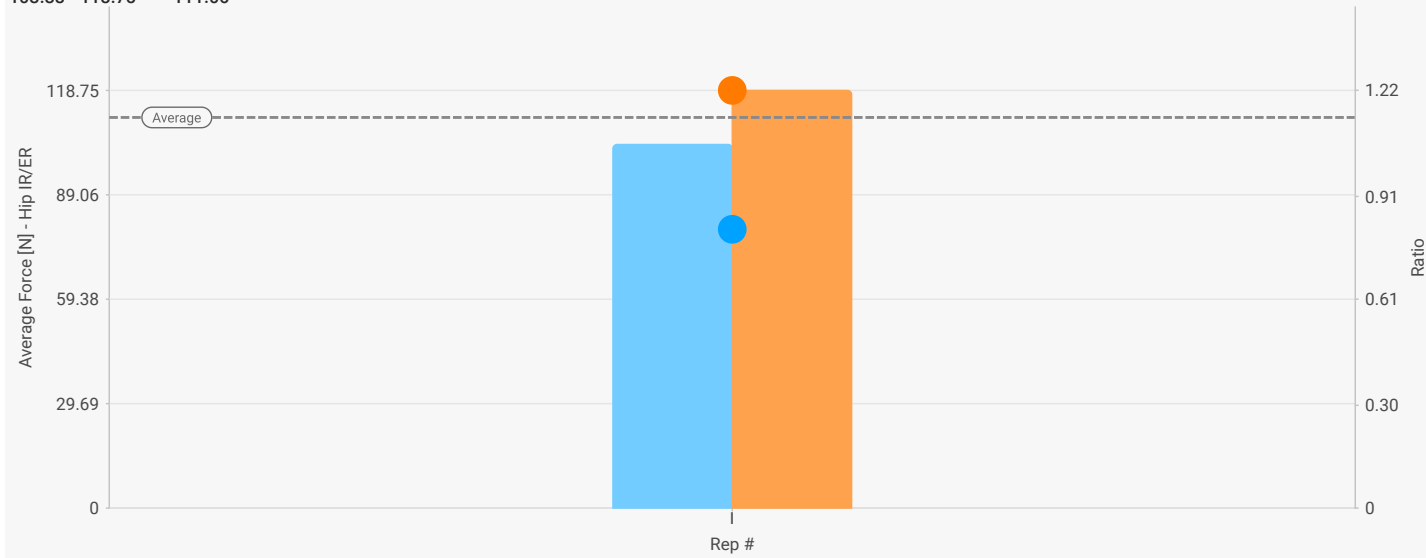
Range      Average  
3286.77 - 3510.09      3398.43





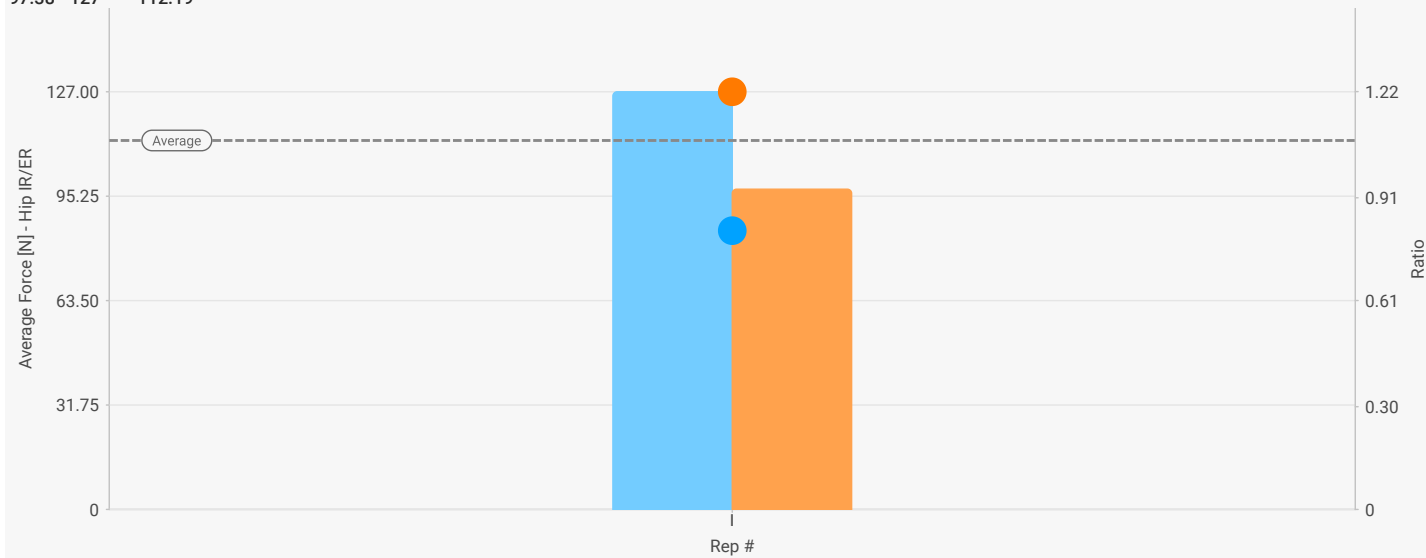
### External Rotation Average Force [N] - Hip IR/ER

Range      Average  
103.38 - 118.75      111.06



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

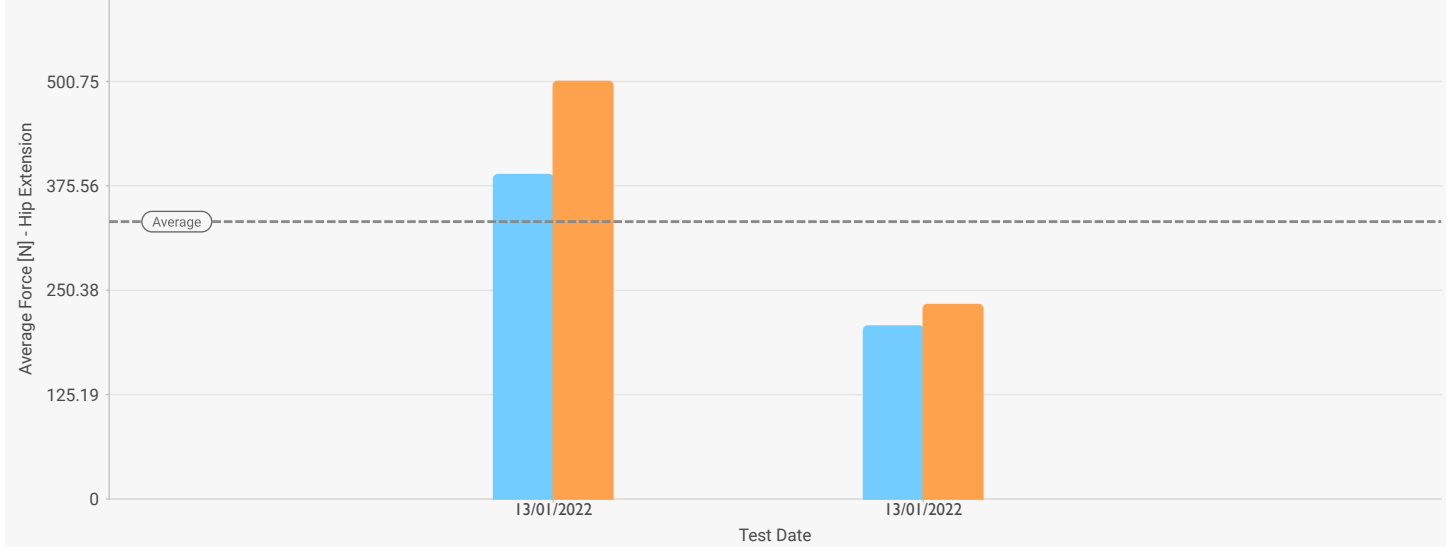
Range      Average  
97.38 - 127      112.19





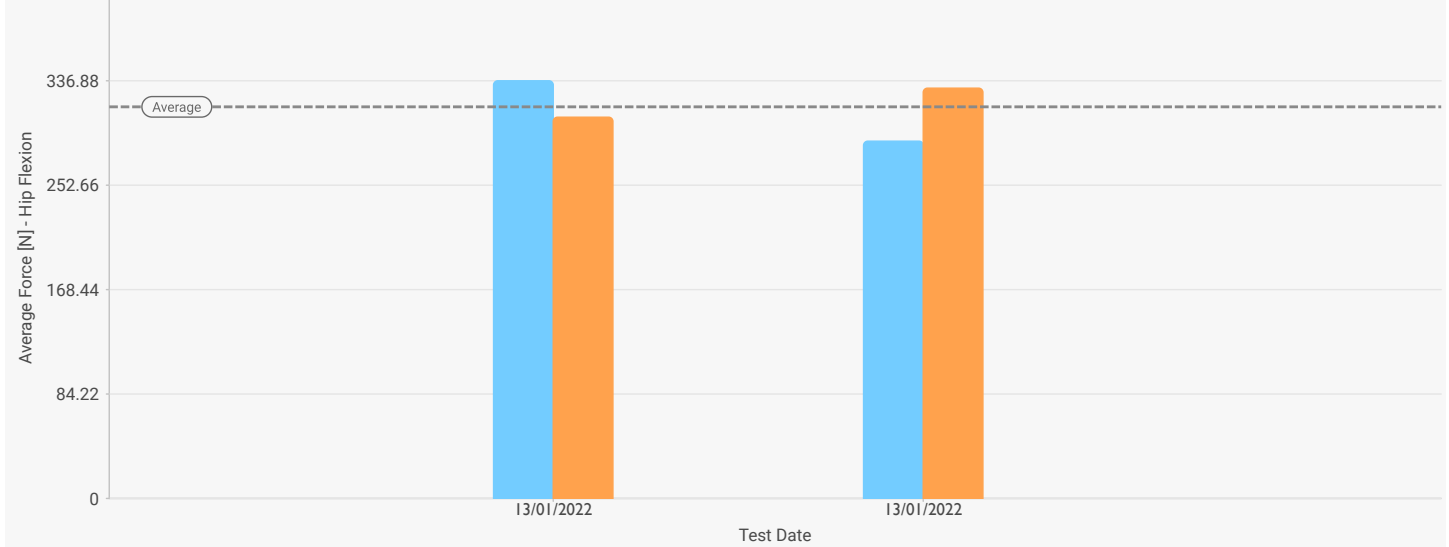
### Extension Average Force [N] - Hip Extension

Range      Average  
207.5 - 500.75      332.63



### Flexion Average Force [N] - Hip Flexion

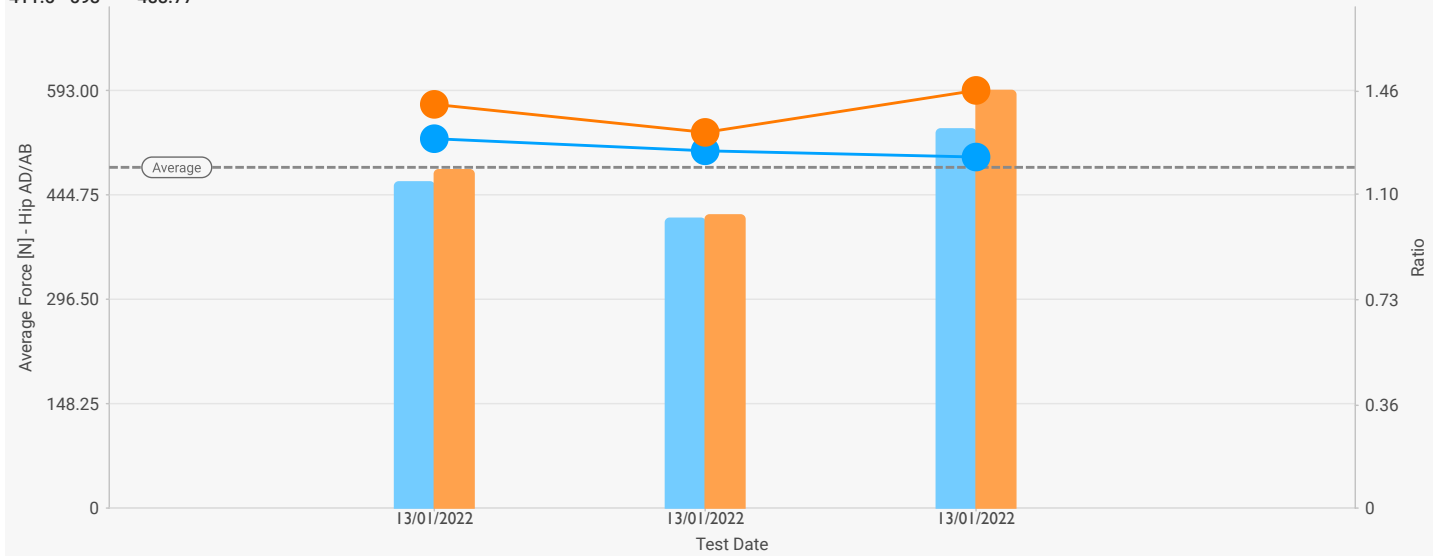
Range      Average  
288.17 - 336.88      315.86





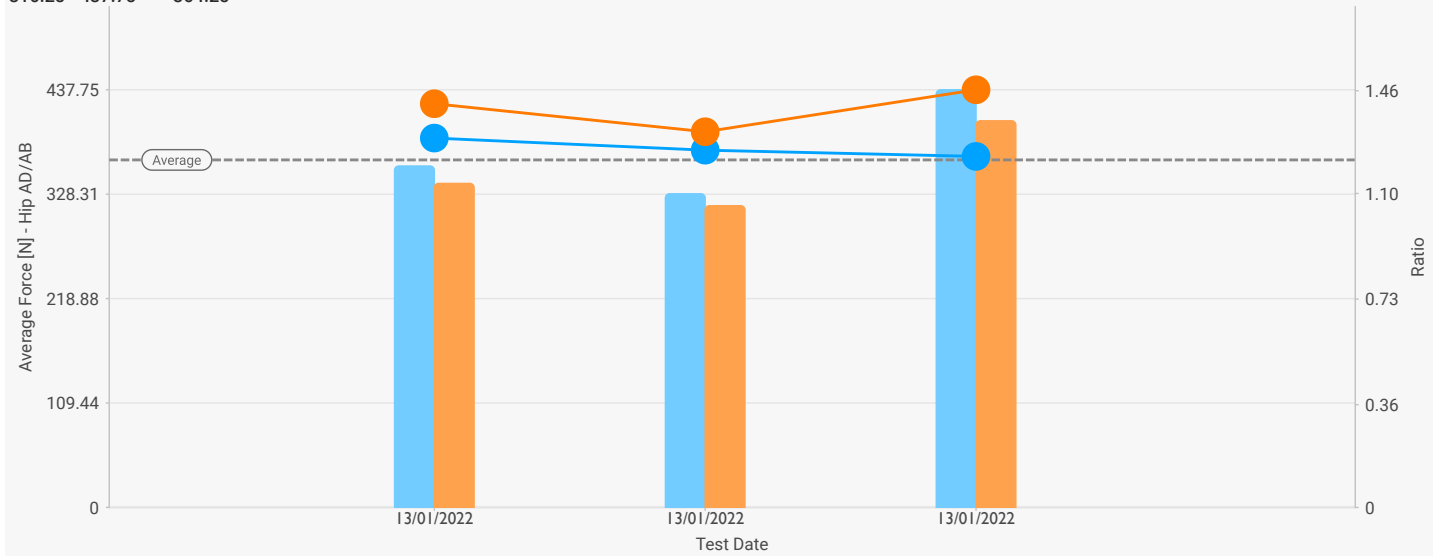
### Adduction Average Force [N] - Hip AD/AB

Range      Average  
411.5 - 593      483.77



### Abduction Average Force [N] - Hip AD/AB

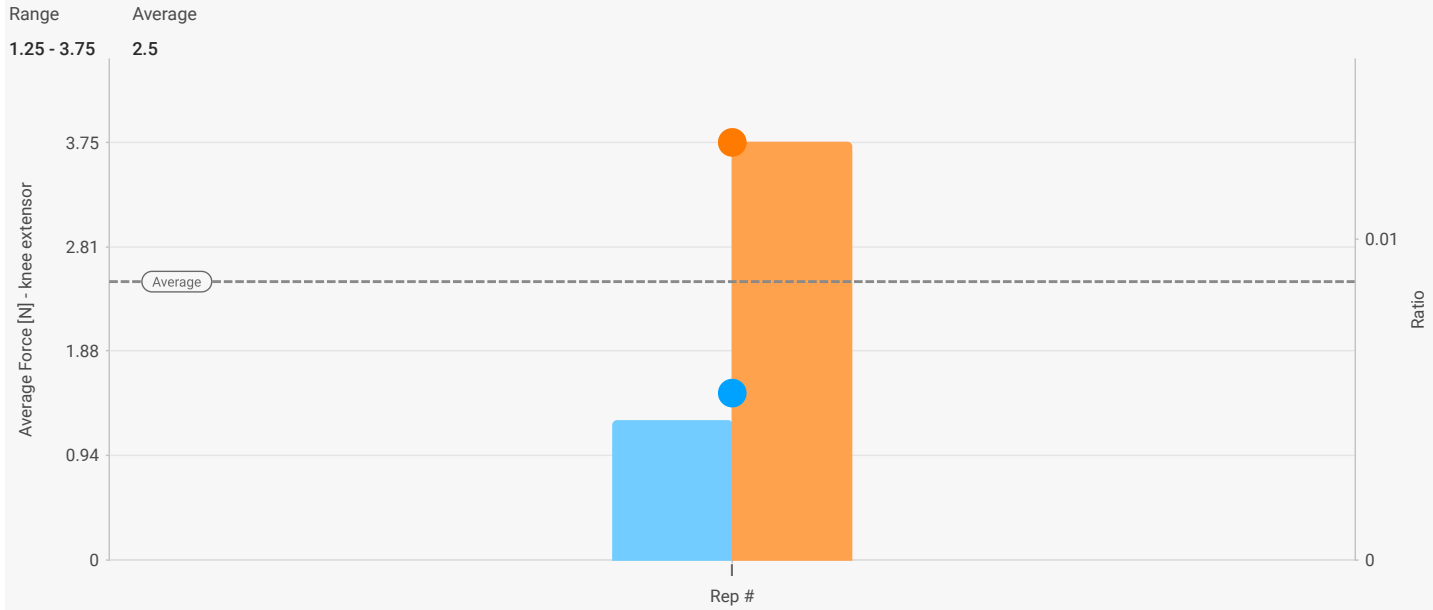
Range      Average  
316.25 - 437.75      364.25



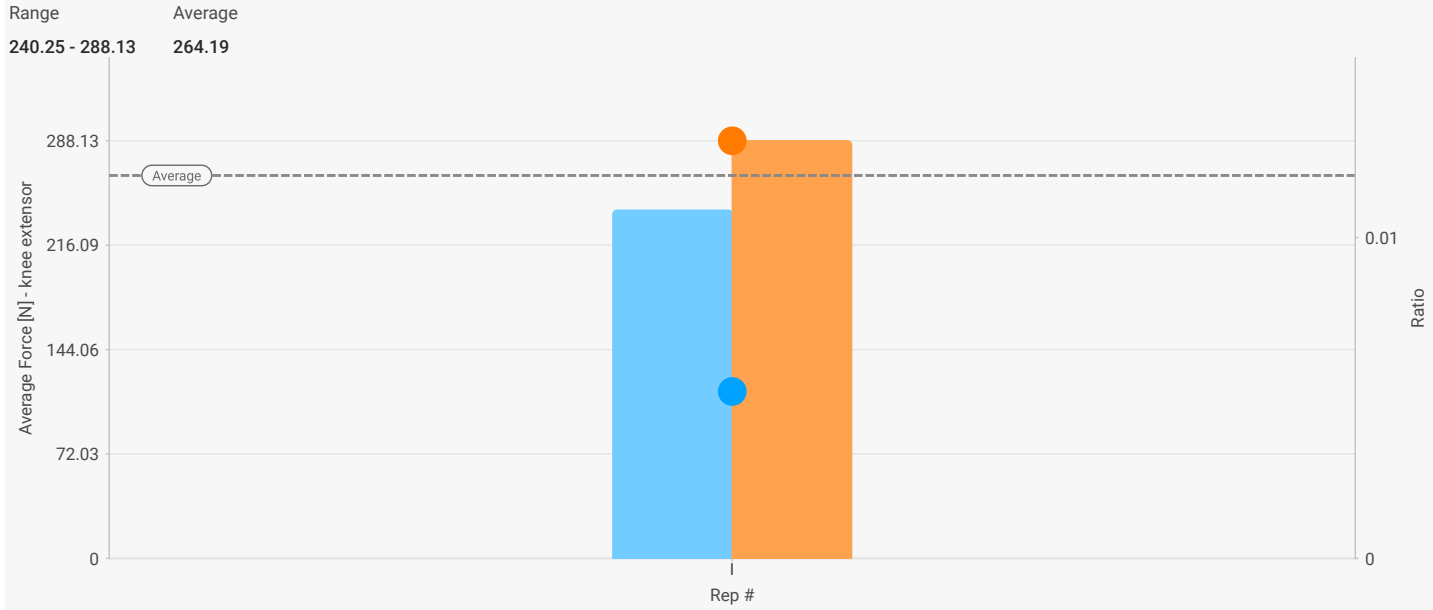




### Average Force [N] - knee extensor



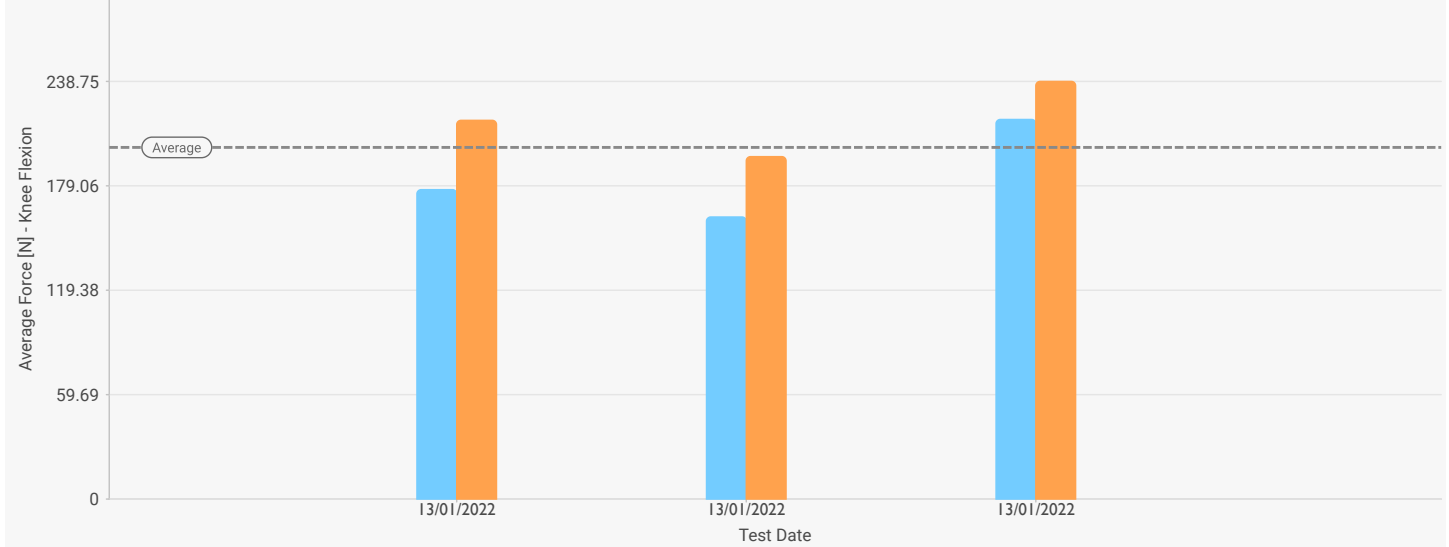
### Average Force [N] - knee extensor





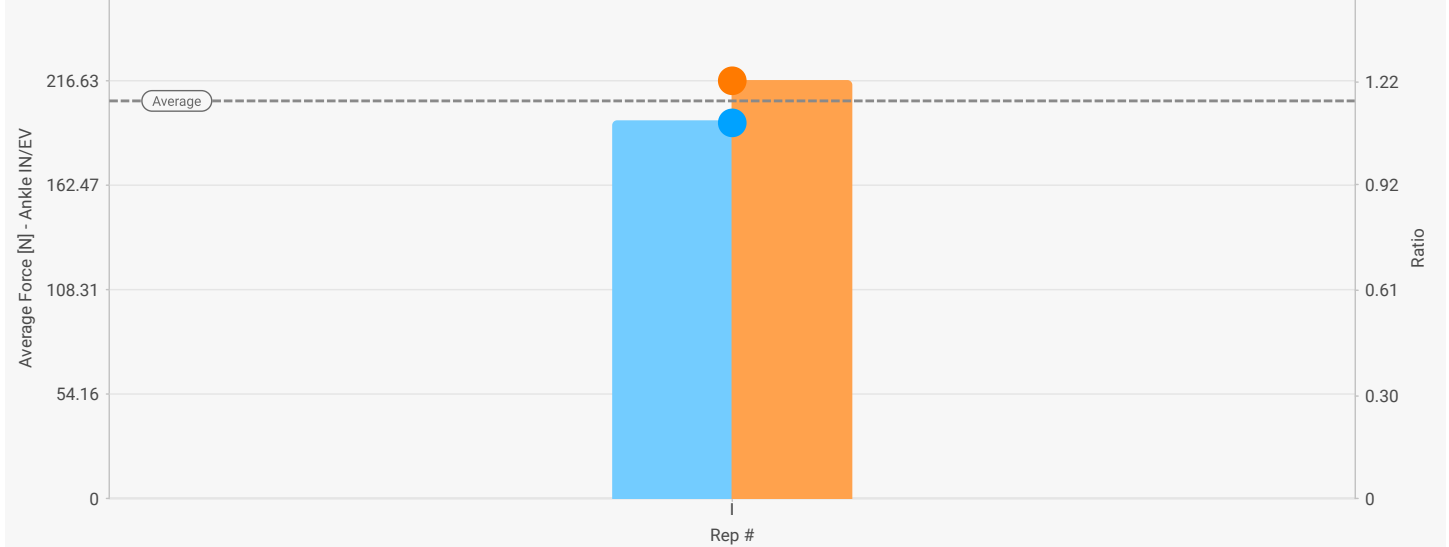
### Knee Flexion Average Force [N] - Knee Flexion

Range      Average  
161.25 - 238.75      201.02



### Inversion Average Force [N] - Ankle IN/EV

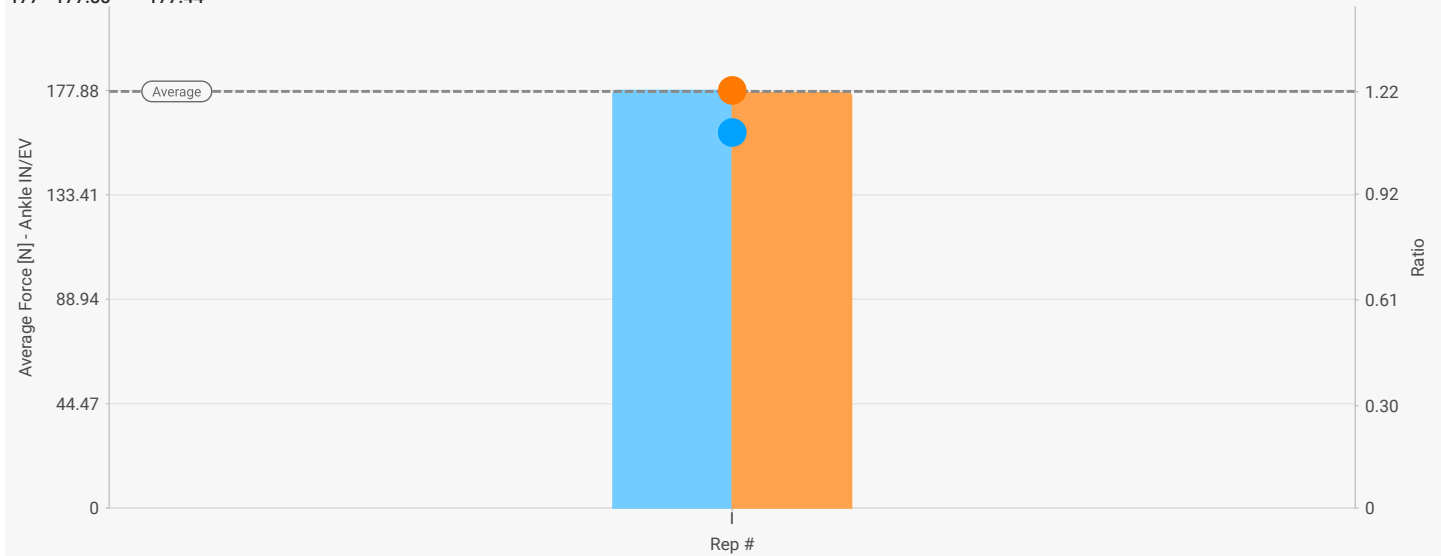
Range      Average  
195.75 - 216.63      206.19





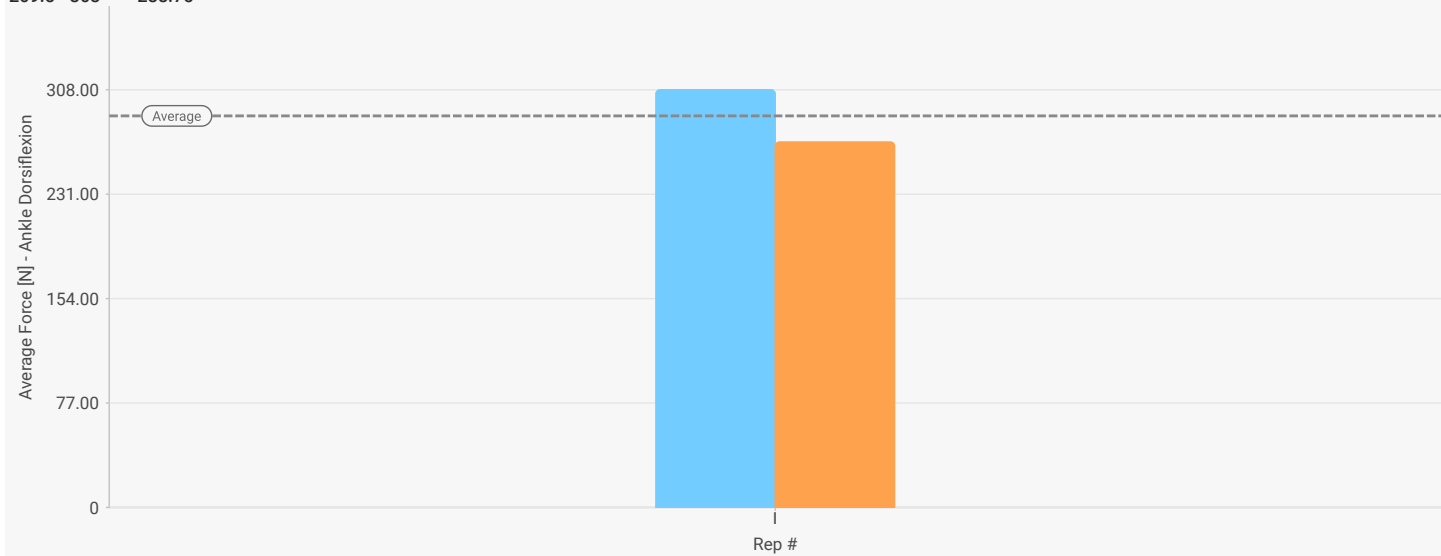
### Eversion Average Force [N] - Ankle IN/EV

Range      Average  
177 - 177.88      177.44



### Dorsiflexion Average Force [N] - Ankle Dorsiflexion

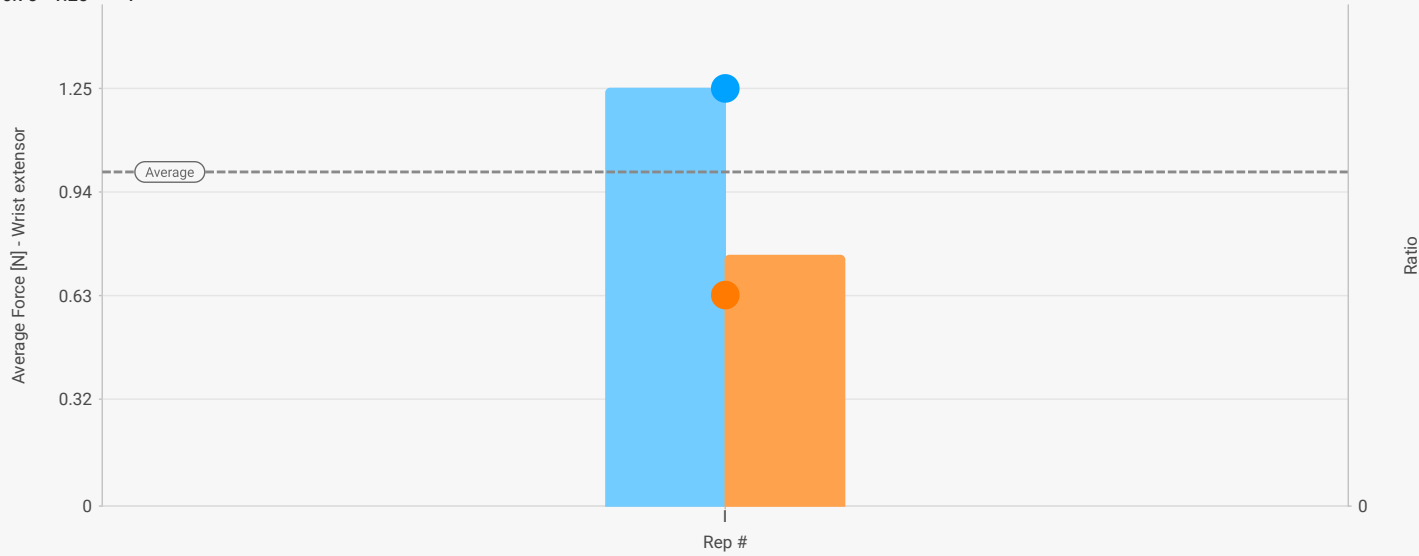
Range      Average  
269.5 - 308      288.75





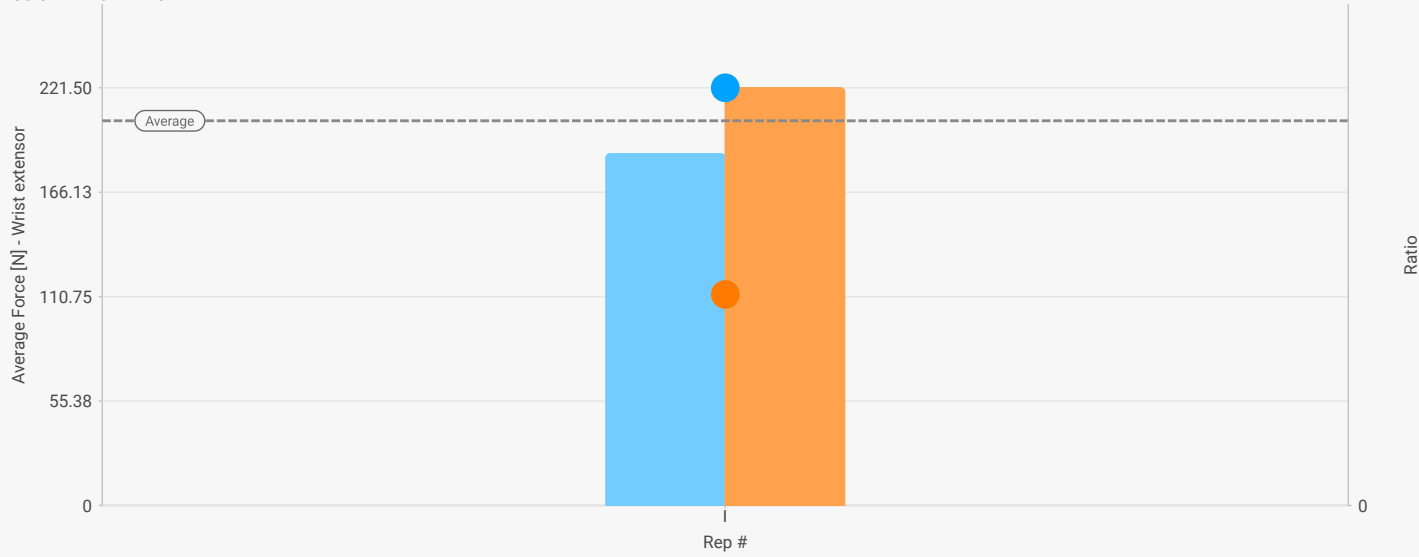
Average Force [N] - Wrist extensor

Range      Average  
0.75 - 1.25      1



Average Force [N] - Wrist extensor

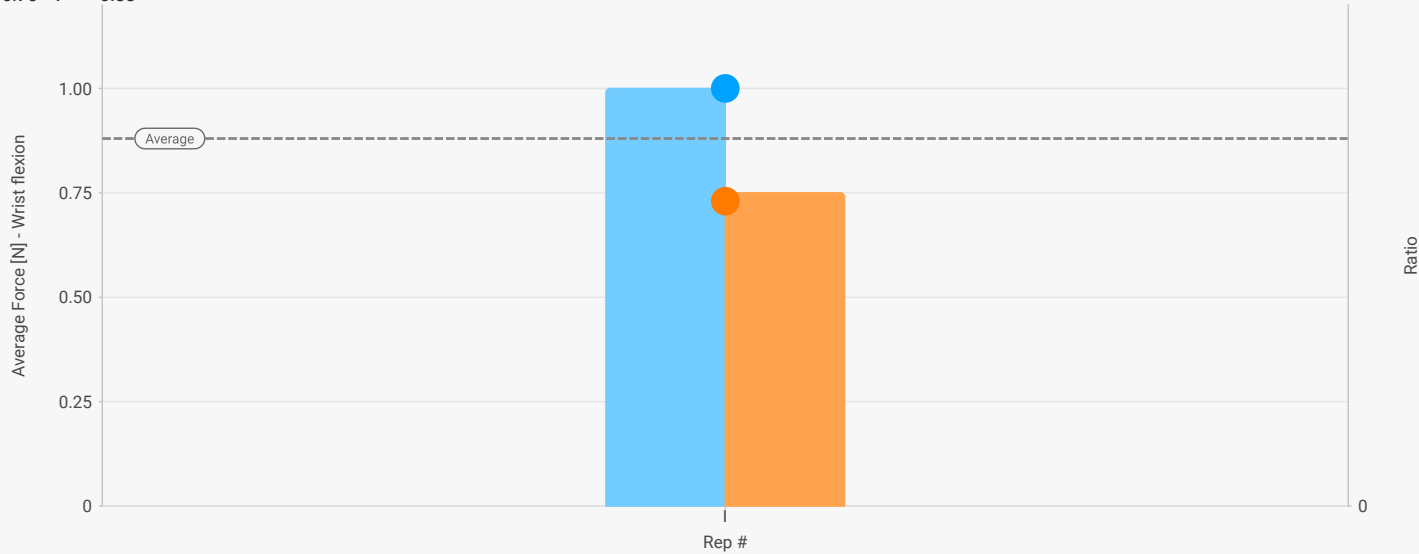
Range      Average  
186.5 - 221.5      204





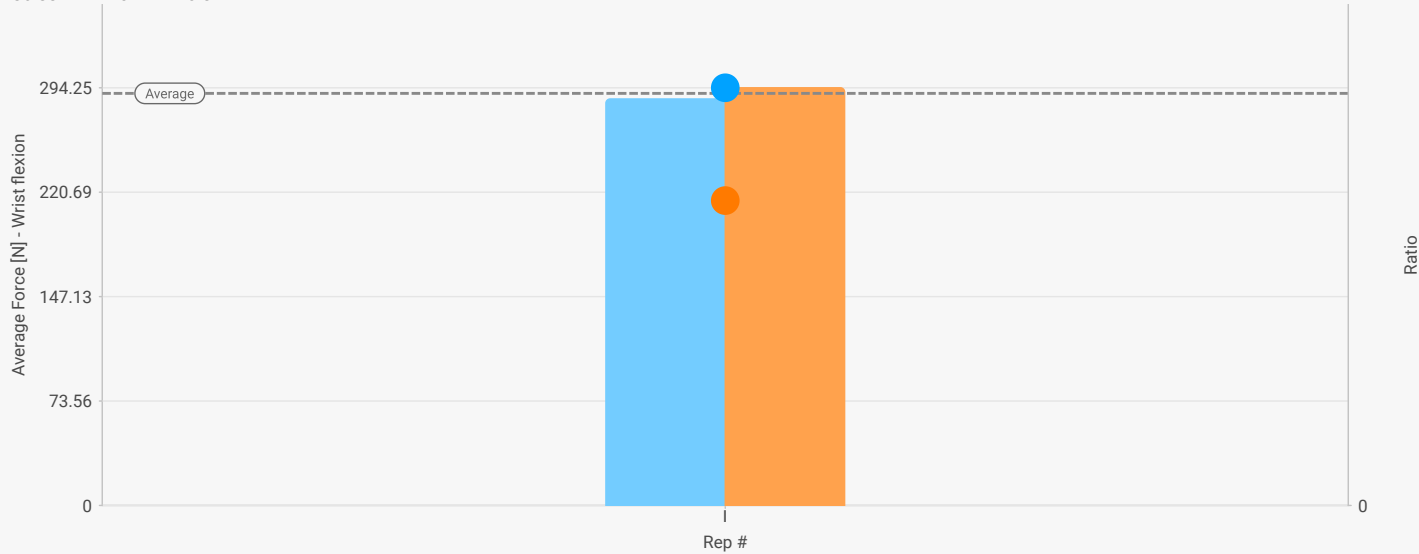
Average Force [N] - Wrist flexion

Range      Average  
0.75 - 1      0.88



Average Force [N] - Wrist flexion

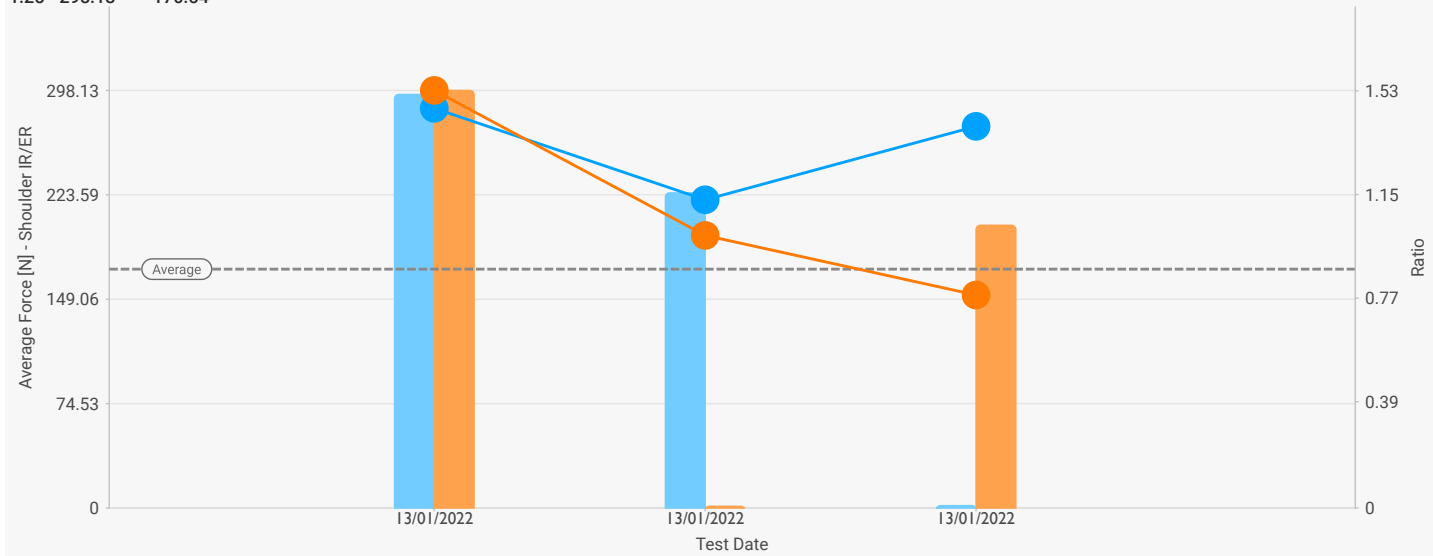
Range      Average  
286.38 - 294.25      290.31





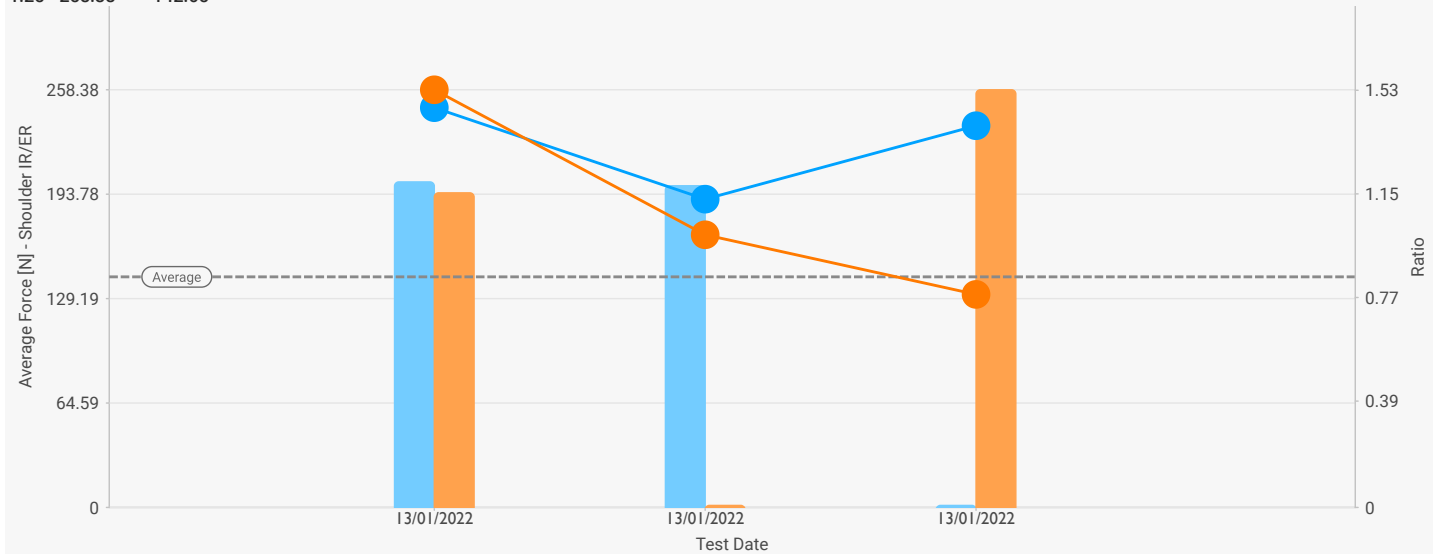
### Internal Rotation Average Force [N] - Shoulder IR/ER

Range      Average  
1.25 - 298.13      170.54



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

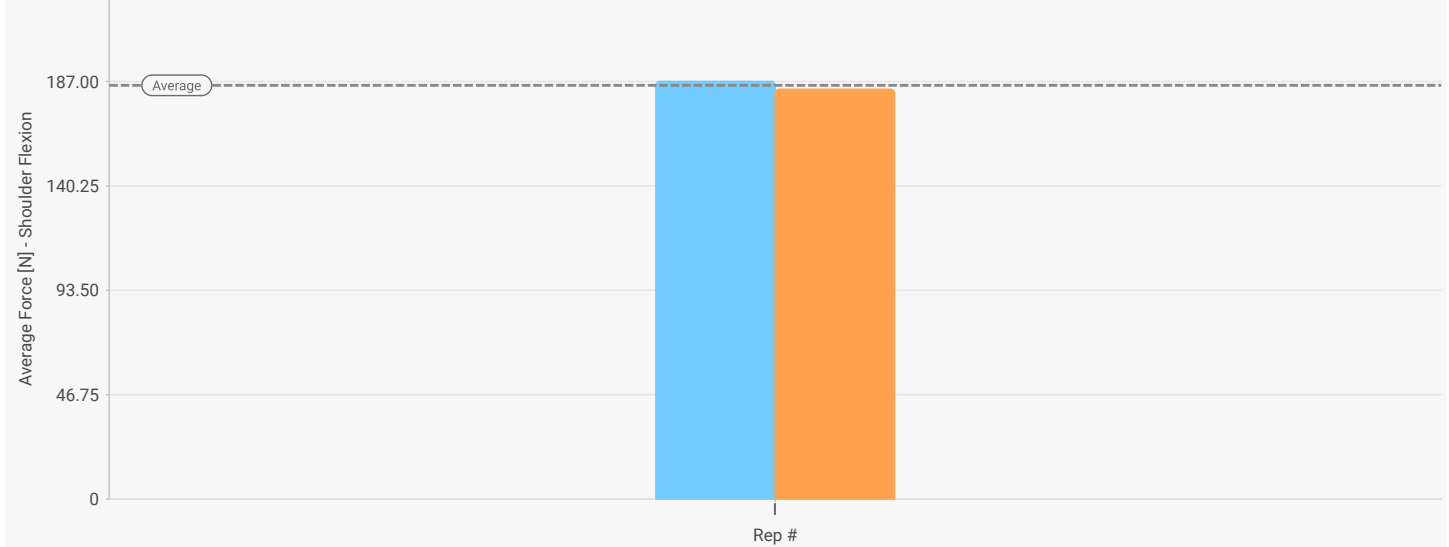
Range      Average  
1.25 - 258.38      142.65





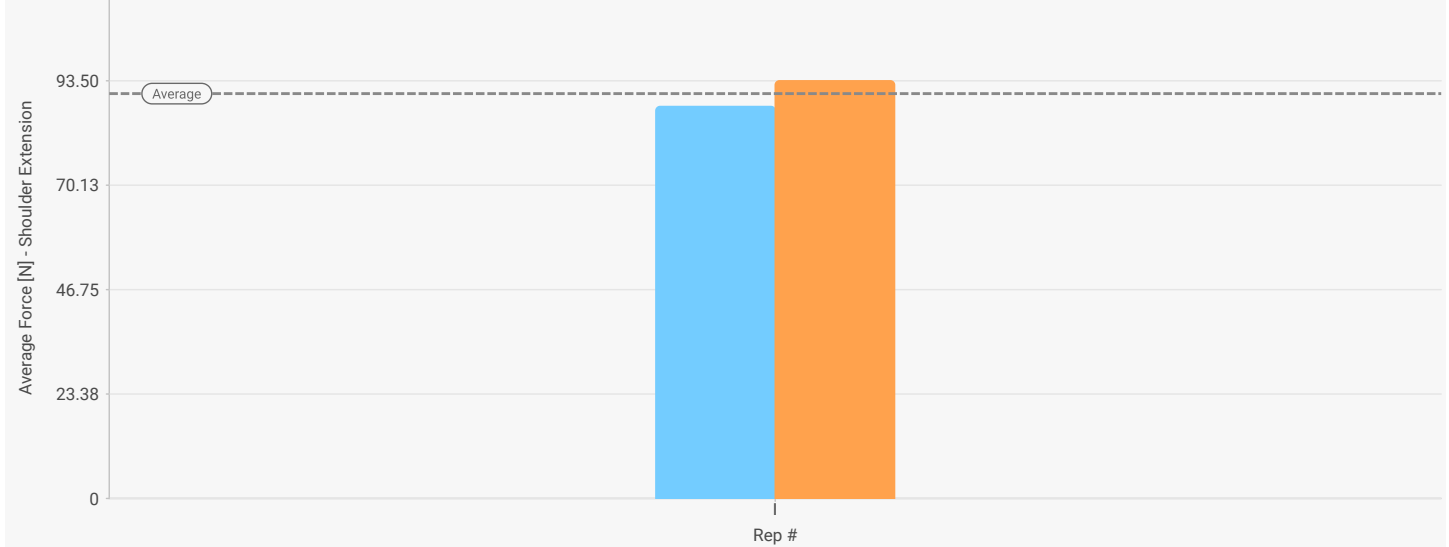
### Flexion Average Force [N] - Shoulder Flexion

Range      Average  
**183.5 - 187**      **185.25**



### Extension Average Force [N] - Shoulder Extension

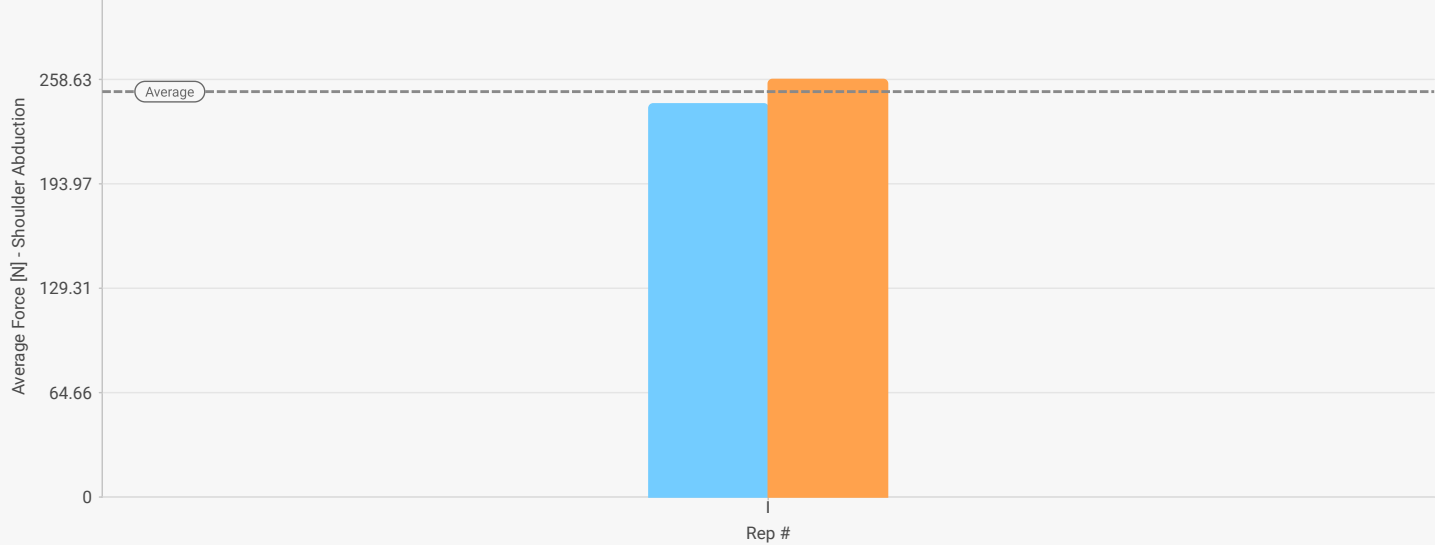
Range      Average  
**87.75 - 93.5**      **90.63**





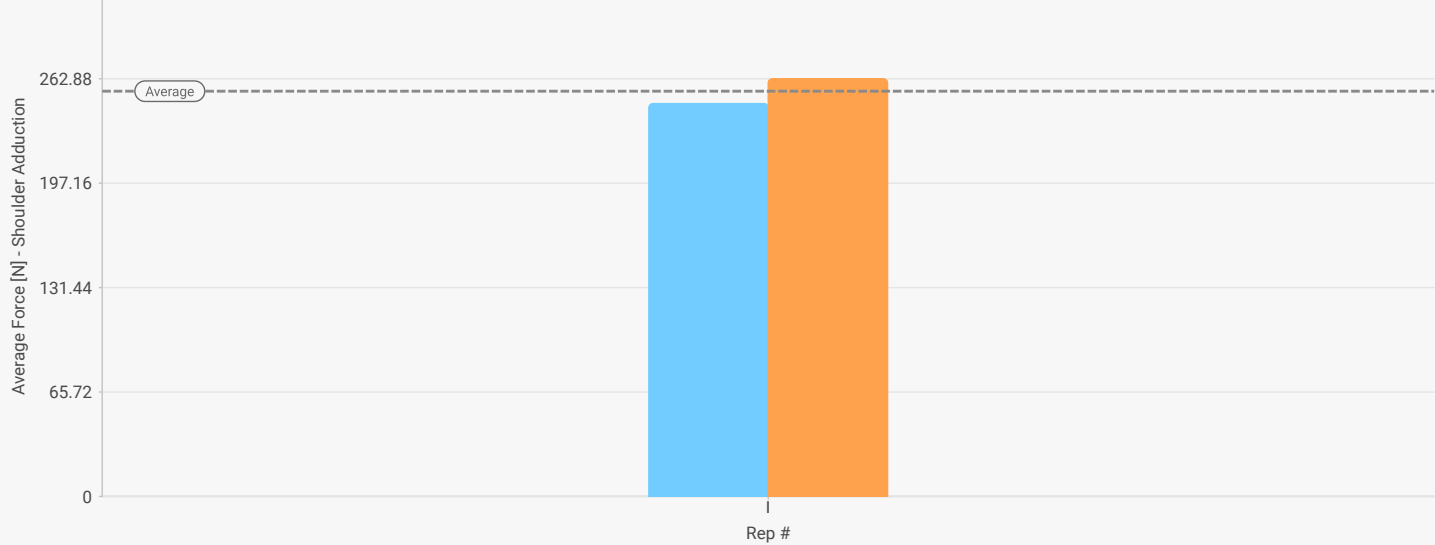
Abduction Average Force [N] - Shoulder Abduction

Range      Average  
243.5 - 258.63      251.06



Adduction Average Force [N] - Shoulder Adduction

Range      Average  
247.25 - 262.88      255.06

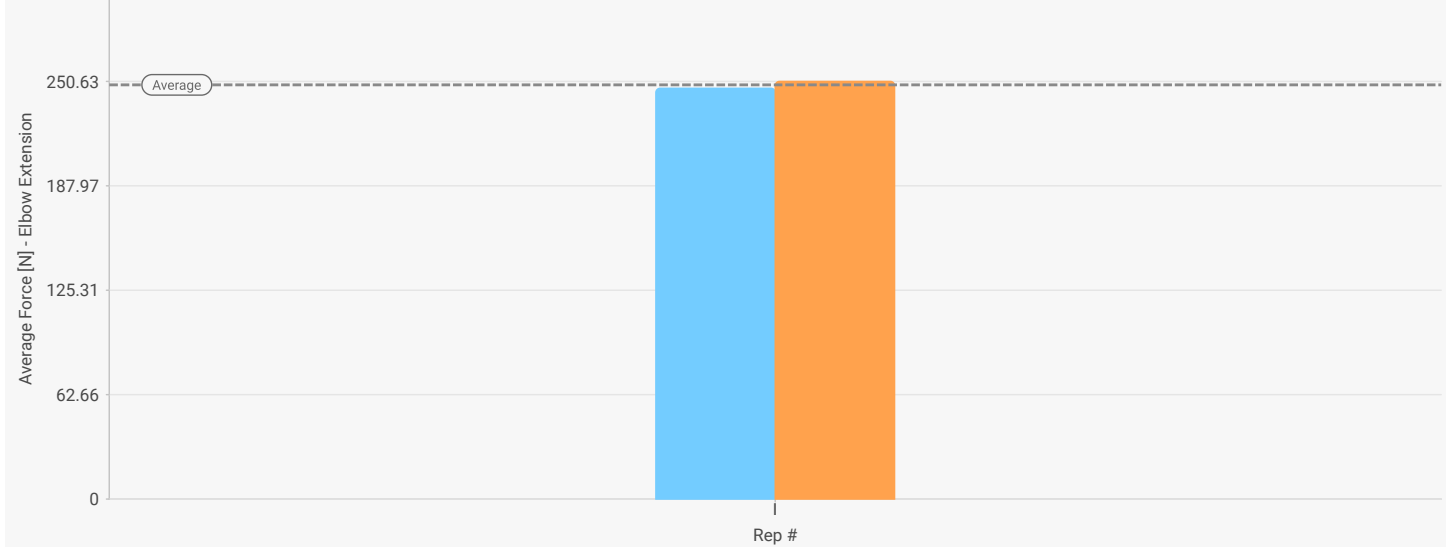






### Extension Average Force [N] - Elbow Extension

Range      Average  
246.5 - 250.63      248.56



### Flexion Average Force [N] - Elbow Flexion

Range      Average  
311.88 - 352.25      332.06

