

PROFILE ASSESSMENT

Cristiane Quartaroli

2nd February, 2023

PROFILE INFORMATION

| | |
|---------------|----------------------------|
| NAME | Cristiane Quartaroli |
| ORGANISATION | On Morumbi Clinica Medica |
| DATE OF BIRTH | 8 th July, 1977 |
| GENDER | Female |
| HEIGHT | 157cm / 61in |
| WEIGHT | 49kg / 107lb |
| AGE | 45 |



Standing Posture

Posture and Stability Assessment

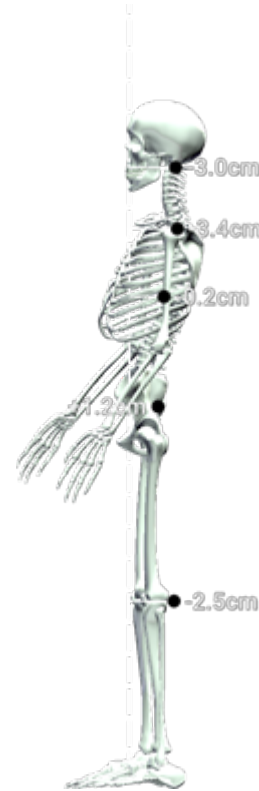
Standing Posture is a baseline postural assessment that can provide insight into an individual's structural balance, alignment, and postural strategy.

RESULTS

BALANCE SNAPSHOT



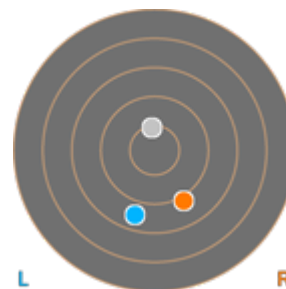
SIDETRAK POSTURAL DEVIATION (SAGITTAL PLANE/SIDE VIEW)



KEY RESULTS

| | |
|-----------------------|----------------|
| Neck lateral flexion | 2.1° Right ▼ |
| Trunk lateral flexion | 1.0° Left ▼ |
| Pelvis Lateral Tilt | 2.0° Left ▼ |
| Trunk Flexion | 2.1° Posterior |

SWAYTRAK MOVEMENT PATHS (KNEES AND CENTRE OF MASS)



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

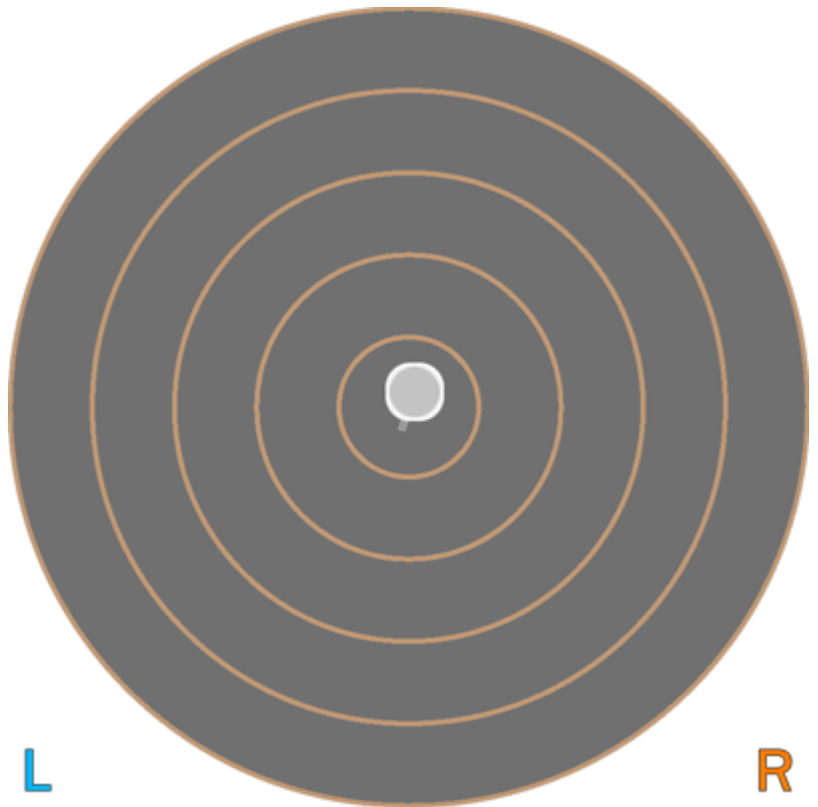
RESULTS

BALANCE RESULTS (LEFT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

RESULTS

Ellipse Area

0.38 cm²

COM Path Length

15.30 cm

Range – ML

1.75 cm

Range – AP

1.90 cm

Pelvis Lateral Tilt

8.8° Left ▼

Trunk lateral flexion

4.9° 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

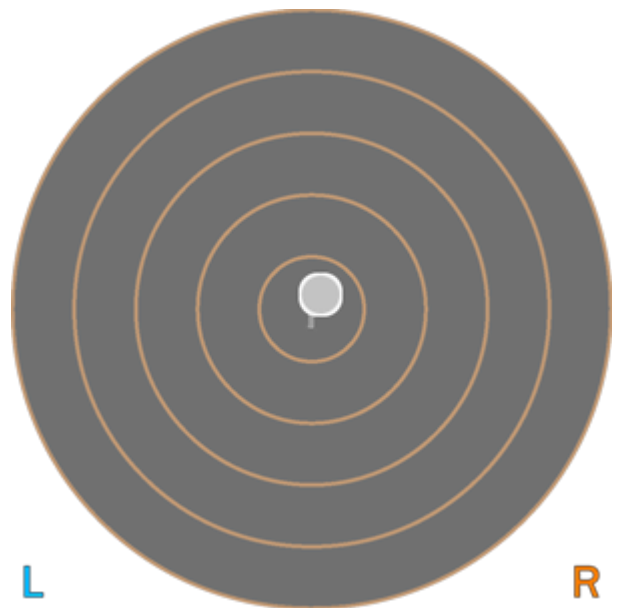
RESULTS

BALANCE RESULTS (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

0.38 cm²

17.32 cm

1.29 cm

2.11 cm

6.4° Right ▼

3.8° Right ▼

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) | 117.2° | 130.5° | 129.9° |
| Peak Knee Flexion (Right) | 111.8° | 124.9° | 128.1° |
| Spine Tilt at Peak Knee Flexion | 43.0° Anterior | 45.2° Anterior | 45.3° Anterior |
| Trunk lateral flexion at Peak Knee Flexion | 0.5° Left ▼ | 2.5° Left ▼ | 1.9° 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) | 125.3° | 127.7° | 126.0° |
| Peak Knee Flexion (Right) | 125.4° | 124.2° | 121.0° |
| Trunk Flexion at Peak Knee Flexion | 30.2° Anterior | 32.5° Anterior | 28.7° Anterior |
| Trunk lateral flexion at Peak Knee Flexion | 1.3° Left ▼ | 1.1° Left ▼ | 0.2° Right ▼ |

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.

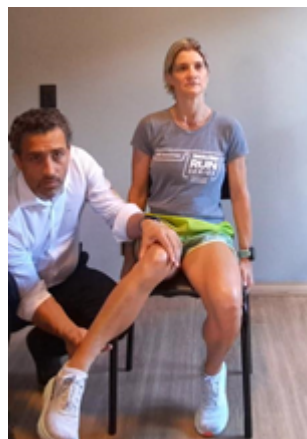
RESULTS

PEAK INTERNAL ROTATION

LEFT



RIGHT

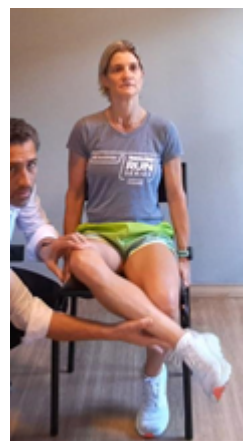


PEAK EXTERNAL ROTATION

LEFT



RIGHT



KEY RESULTS

LEFT

RIGHT

IMBALANCE

Peak Internal Rotation

31.3°

31.9°

+0.6°

Peak External Rotation

60.1°

57.8°

+2.3°

Total ROM

91.5°

89.7°

+1.8°

PRACTITIONER COMMENTS (**LEFT**)

PRACTITIONER COMMENTS (**RIGHT**)



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 27.81 cm

Peak Spine Tilt after landing 21.8° Anterior

Peak Lateral Spine Tilt after landing 1.6° Left

Peak Lateral Pelvic Tilt after landing 1.5° Right

KEY METRICS (LEGS)

LEFT LEG

RIGHT LEG

ASYMMETRY

Peak Hip Flexion after landing 56.0° 57.9° 3.3%

Peak Knee Flexion after landing 64.2° 62.5° 2.6%

Peak Knee Valgus/Varus after landing 7.4° Varus 6.5° Varus 12.7%

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° | 18.9° | 16.1° | 35.0° |
| Trunk Flexion | 3.4° Posterior | 0.6° Posterior | 0.5° Posterior | N/A |
| Trunk lateral flexion | 0.0° | 0.6° Left ▼ | 0.1° Left ▼ | 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

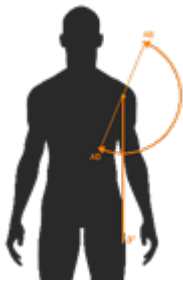


PEAK RIGHT LATERAL FLEXION



| KEY RESULTS | PEAK FLEXION (LEFT) | PEAK FLEXION (RIGHT) | IMBALANCE |
|------------------------------------------|---------------------|----------------------|-----------|
| Lateral Flexion | 28.8° | 30.3° | +1.5° |
| Trunk Flexion | 5.3° Posterior | 5.5° Posterior | N/A |
| Trunk lateral flexion at Peak Flexion | 10.2° Left ▼ | 4.6° Right ▼ | +5.6° |

PRACTITIONER COMMENTS



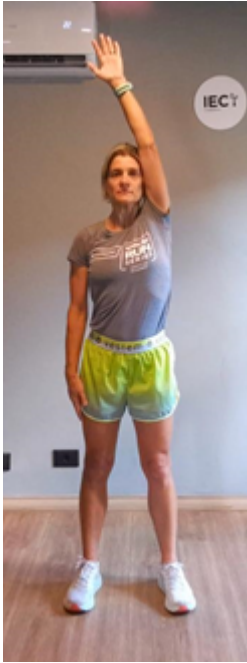
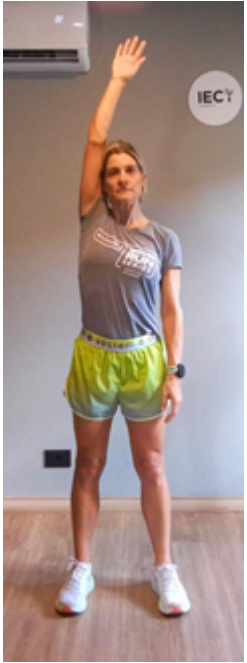


Shoulder Adduction/Abduction

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 | 7.9° | 5.4° | +2.5° |
| Shoulder Abduction | 199.3° | 184.8° | +14.5° |
| Trunk lateral flexion at Peak Abduction | 0.4° Left ▼ | 3.4° Left ▼ | +3.0° |

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).

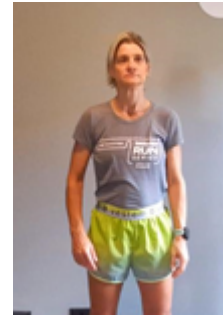
RESULTS

PEAK INTERNAL ROTATION

LEFT



RIGHT

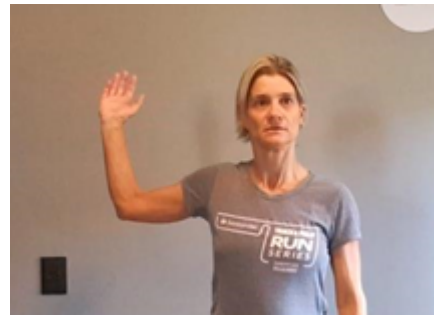


PEAK EXTERNAL ROTATION

LEFT



RIGHT



KEY RESULTS

LEFT

RIGHT

IMBALANCE

Shoulder Internal Rotation

72.0°

58.8°

+13.1°

Shoulder External Rotation

86.6°

88.1°

+1.6°

Total ROM

158.5°

146.9°

+11.6°

Trunk lateral flexion
at Peak Internal Rotation

0.3° Right ▼

0.9° Left ▼

+0.6°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

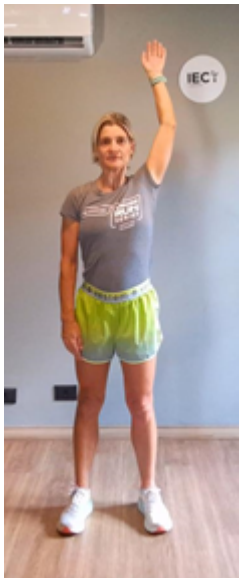
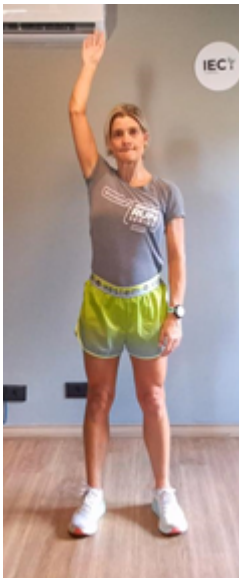
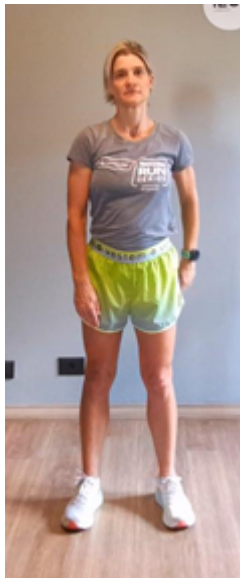



Shoulder Flexion/Extension

Range of Motion Assessment

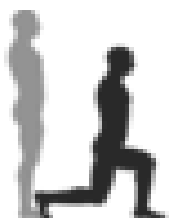
Shoulder Flexion/Extension is calculated by taking the angle created by the humerus (upper arm) relative to the line of the trunk in the sagittal plane (side view).

RESULTS

| PEAK FLEXION | | PEAK EXTENSION | |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| LEFT | RIGHT | LEFT | RIGHT |
|  |  |  |  |
| KEY RESULTS | LEFT | RIGHT | IMBALANCE |
| Shoulder Flexion | 194.4° | 179.9° | +14.5° |
| Shoulder Extension | 32.1° | 46.1° | +14.0° |
| Trunk lateral flexion at Peak Flexion | 0.4° Right ▼ | 2.2° Left ▼ | +1.8° |

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)



Lunge

Lower Body Dynamic Assessment

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

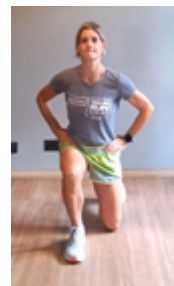
RESULTS

PEAK KNEE FLEXION

LEFT



RIGHT



| KEY METRICS | LEFT LEG | RIGHT LEG | ASYMMETRY |
|--------------------------|----------------|---------------|-----------|
| Peak Hip Flexion | 65.6° | 68.4° | 4.1% |
| Peak Knee Flexion | 89.4° | 86.6° | 3.2% |
| Peak Spine Lateral Tilt | 0.6° Posterior | 0.9° Anterior | N/A |
| Peak Pelvic Lateral Tilt | 0.4° Right | 1.5° Right | N/A |

PRACTITIONER COMMENTS (**LEFT**)

PRACTITIONER COMMENTS (**RIGHT**)



Drop Jump

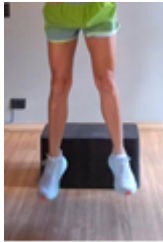
Lower Body Dynamic Assessment

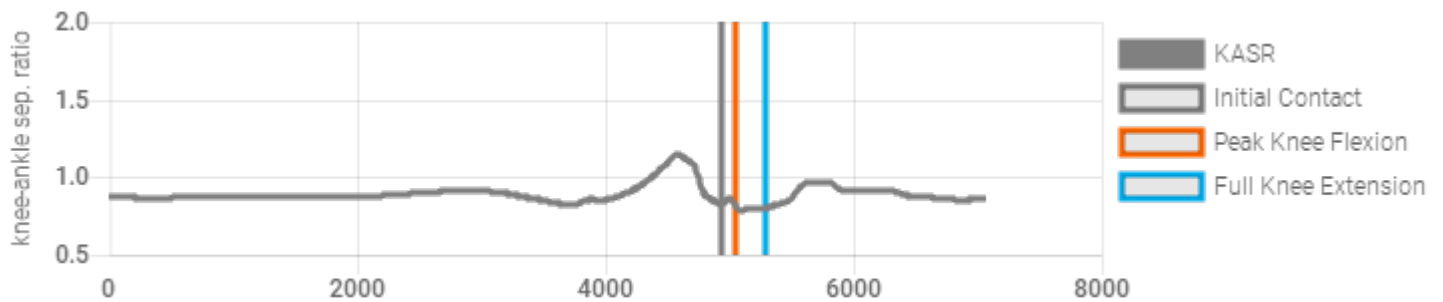
Drop Jump is used to assess coordination, balance, joint stability and power, requiring the patient to drop from a box or platform and transition from landing into an explosive jump .

Height

157.0 cm

RESULTS

| PHASE | Initial Contact | Peak Knee Flexion |
|-----------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| SNAPSHOTS |  |  |
| Result | | |
| Knee-Ankle Separation Ratio | 0.8 | 0.8 |
| Hip Flexion (Left) | 64.4° | 36.2° |
| Hip Flexion (Right) | 65.1° | 34.5° |
| Knee Flexion (Left) | 80.2° | 34.3° |
| Knee Flexion (Right) | 76.0° | 29.7° |



PRACTITIONER COMMENTS


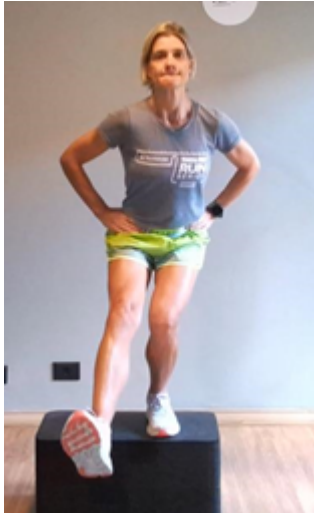
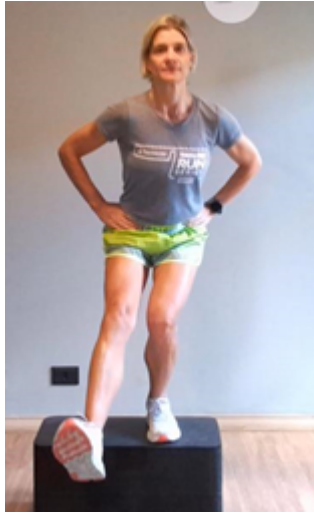
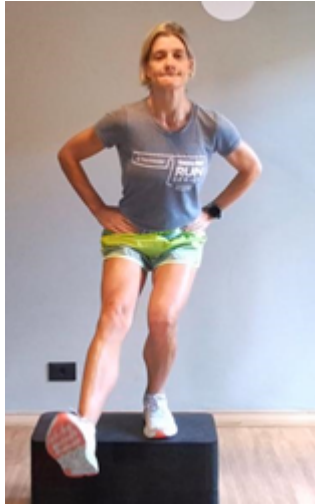


Single Leg Squat

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

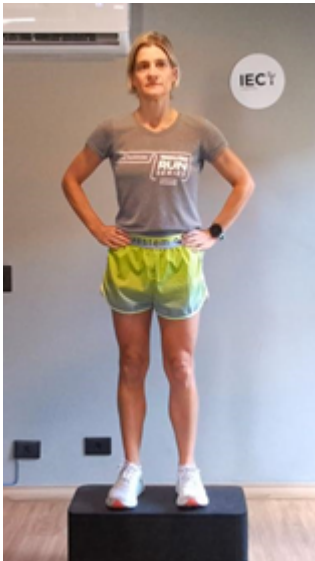

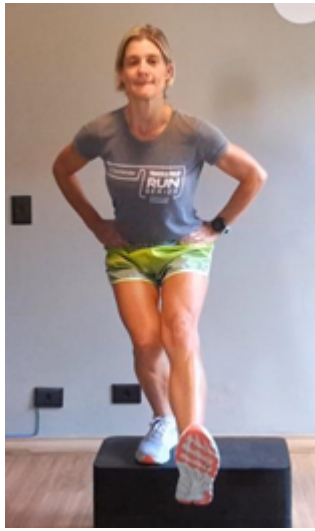

| LEFT LEG | | | |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 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 | 89.5° | 90.9° | 92.1° |
| Knee Displacement (total) | 21.6 cm | 22.6 cm | 16.8 cm |
| Peak Knee Valgus | 16° Valgus | 14.2° Valgus | 9.3° Valgus |
| Peak Knee Varus | 1.7° Varus | 0.8° Varus | 1.3° Varus |
| Trunk lateral flexion at Peak Knee Flexion | 4.3° Left ▼ | 5.7° Left ▼ | 5.0° 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 | 88.1° | 91.6° | 89.7° |
| Knee Displacement (total) | 17.9 cm | 16.9 cm | 15.4 cm |
| Peak Knee Valgus | 5.7° Valgus | 5.6° Valgus | 7.9° Valgus |
| Peak Knee Varus | 4.1° Varus | 2.2° Varus | 4.5° Varus |
| Trunk lateral flexion at Peak Knee Flexion | 4.9° Right ▼ | 4.9° Right ▼ | 3.0° Right ▼ |

PRACTITIONER COMMENTS