Tests (10)

| PROFILE	DATE	TEST TYPE	TEST POSITION	REPS
Gisane Maia 10 Tests				
	30/01/2023 4:34 PM	Hip IR/ER	Prone	ER 2 L / 2 R IR 0 L / 1 R
	30/01/2023 4:31 PM	Hip Extension	Prone	EXT 2 L / 2 R
	30/01/2023 4:27 PM	Hip Flexion	Kicker	FLEX 2 L / 2 R
	30/01/2023 4:24 PM	Hip Flexion	Seated	FLEX 2 L / 3 R
	30/01/2023 4:21 PM	Hip AD/AB	Seated	ADD 2 L / 2 R ABD 2 L / 2 R
	30/01/2023 4:17 PM	Knee extensor	Knee ext	Outer 1 L / 1 R
	30/01/2023 4:12 PM	Knee Flexion	Standing	FLEX 2 L / 2 R
	30/01/2023 4:03 PM	Ankle IN/EV	Supine	INV 1 L / 2 R EV 2 L / 3 R
	30/01/2023 4:01 PM	Panturrilha Sentada	Panturrilha Sentada	Outer 2 L / 2 R
	30/01/2023 3:58 PM	Ankle Dorsiflexion	Seated	DF 2 L / 2 R

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

Range
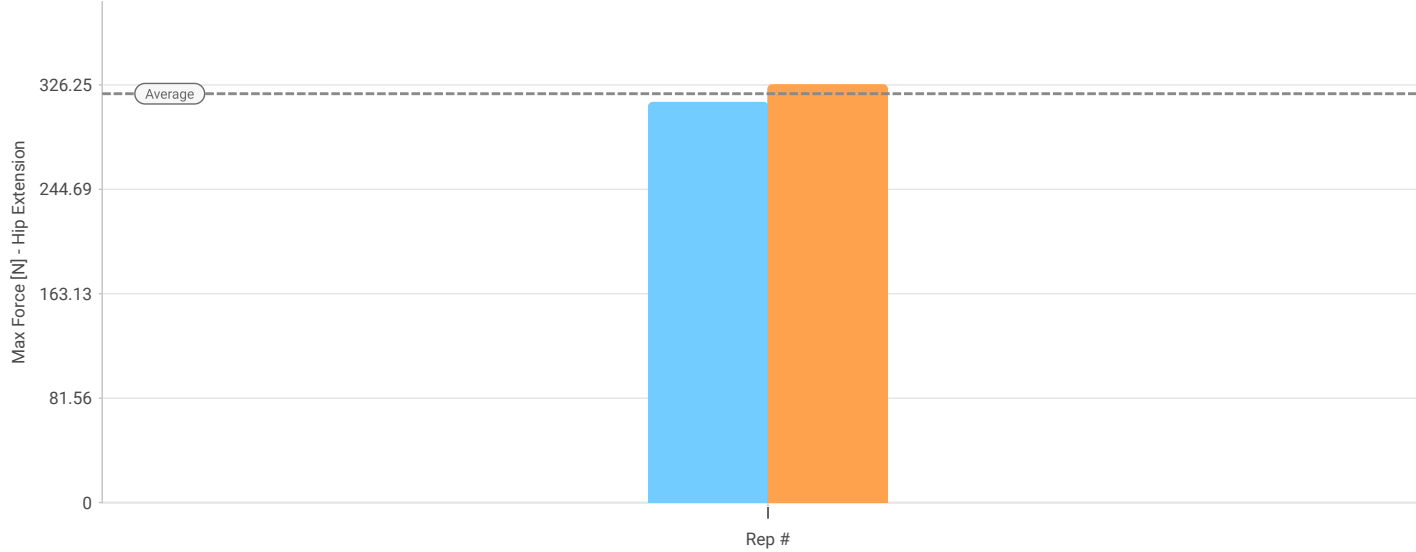**89.75 - 94.25**
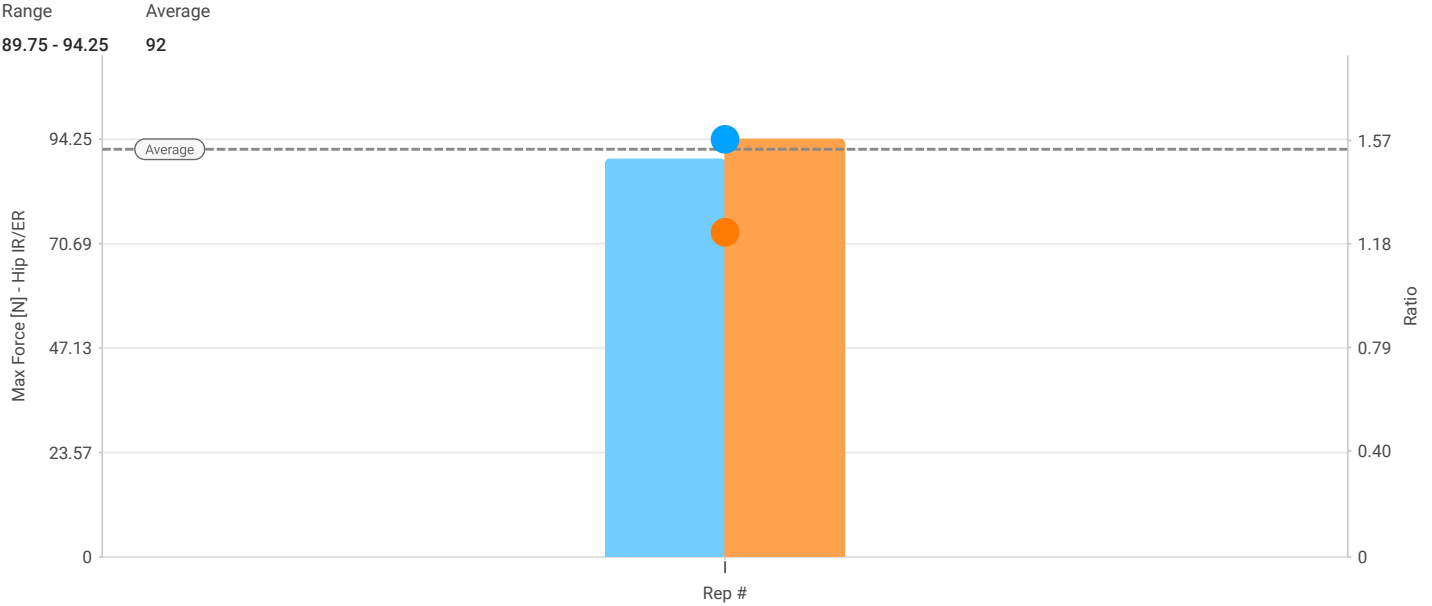
Average
92

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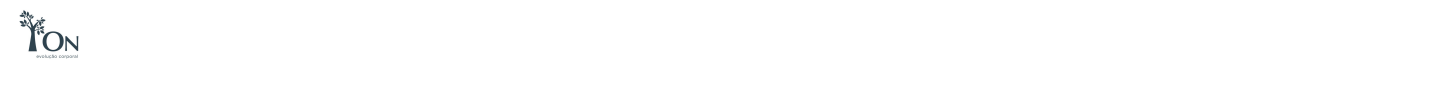
Range   Average

57 - 77   **67**
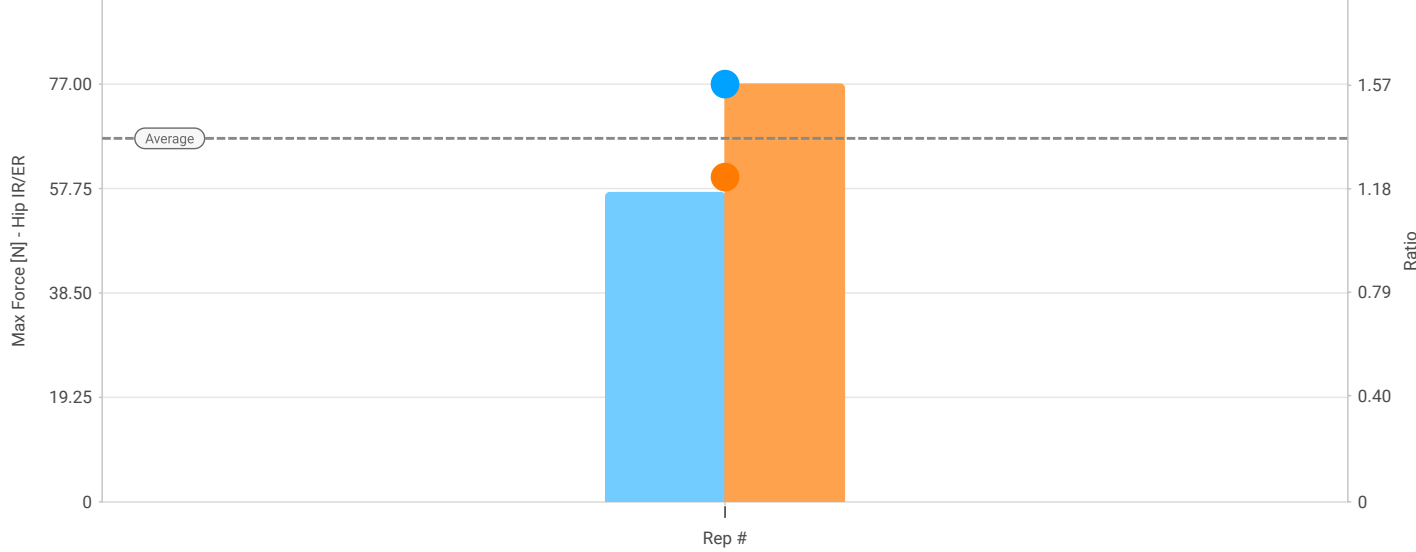
Extension Max Force [N] - Hip Extension

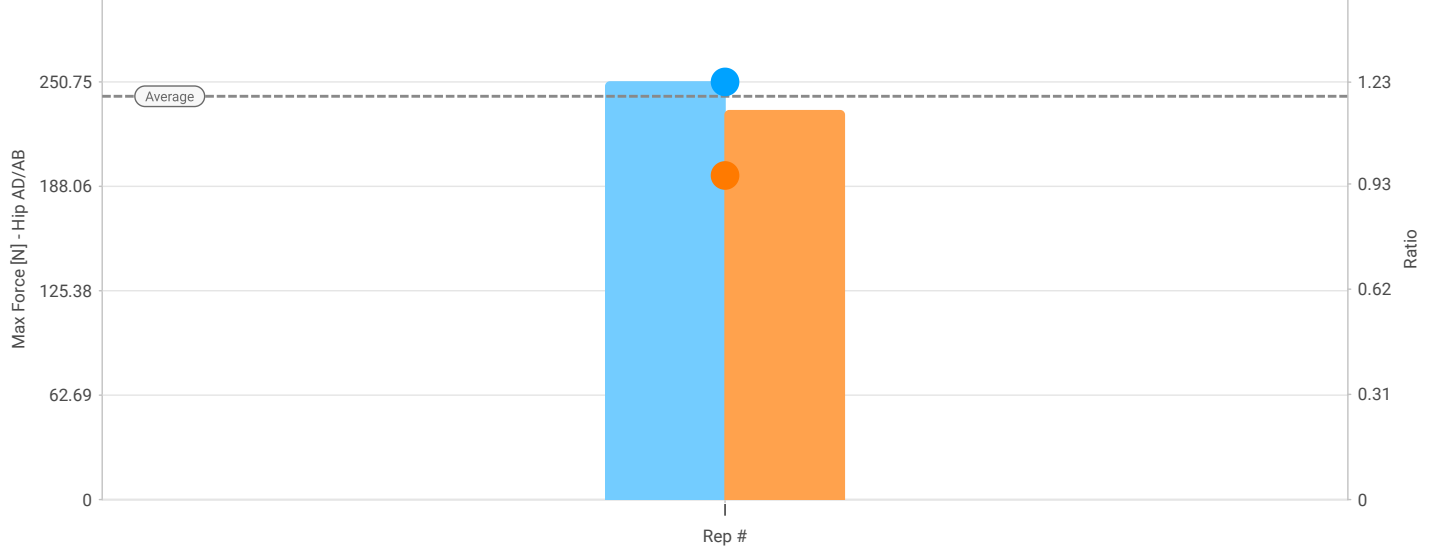Range   Average

312.5 - 326.25   **319.38**

VALD

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Flexion Max Force [N] - Hip Flexion

Range
134 - 195
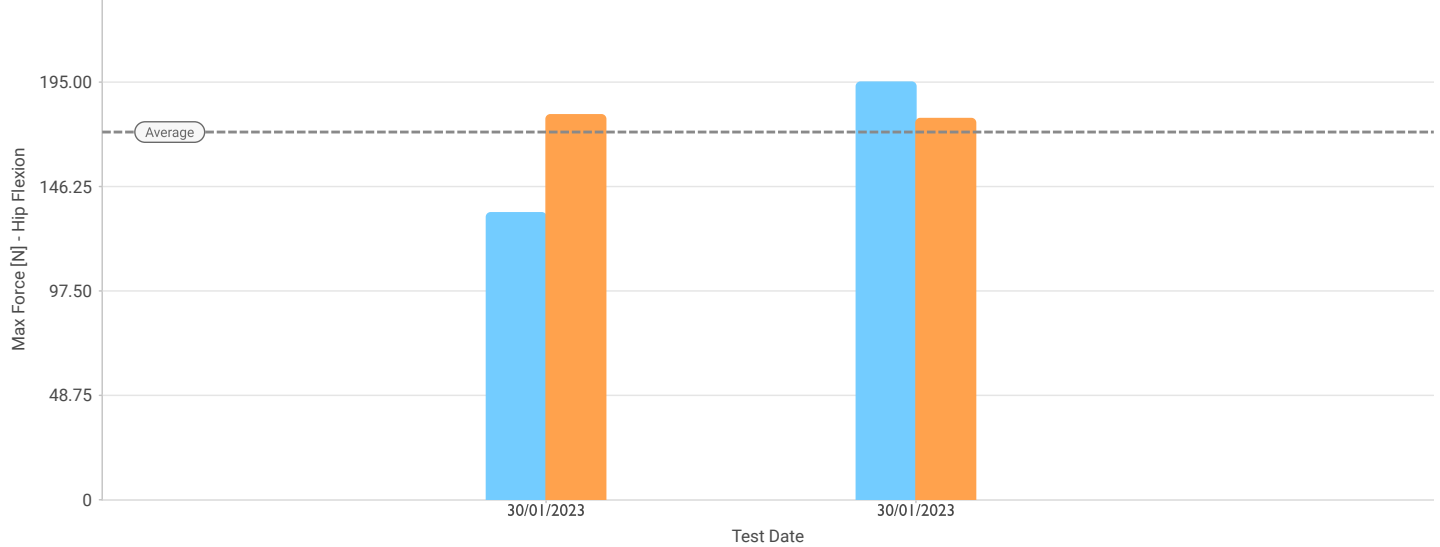
Average
171.69

Adduction Max Force [N] - Hip AD/AB
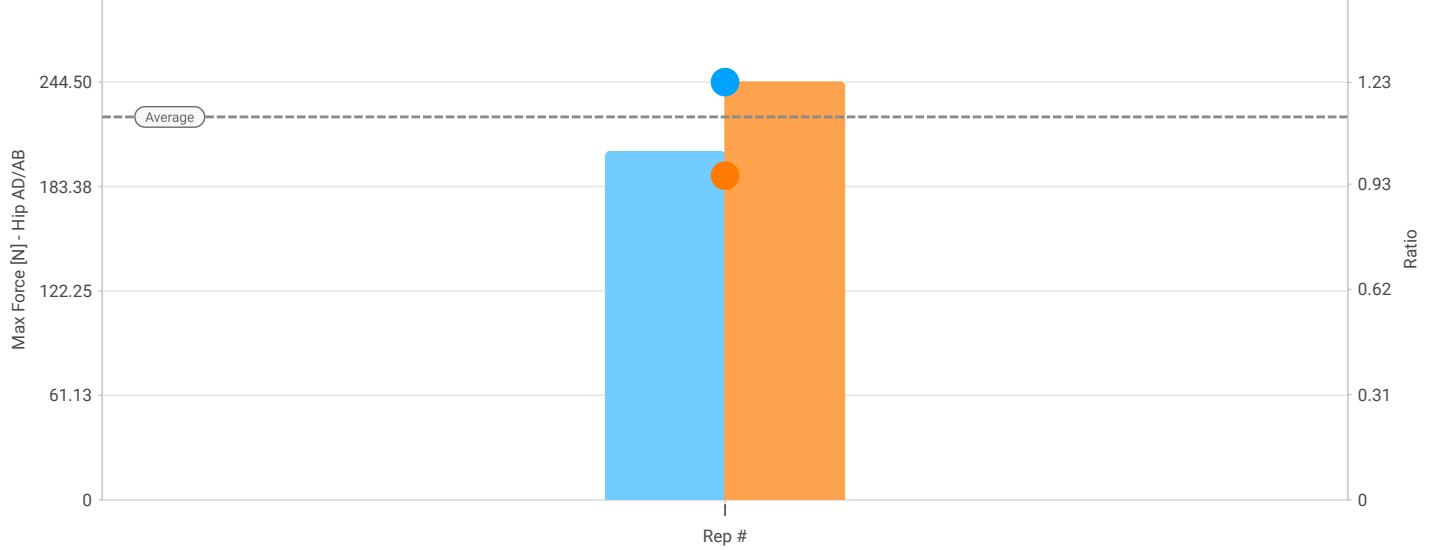
Range
233.5 - 250.75

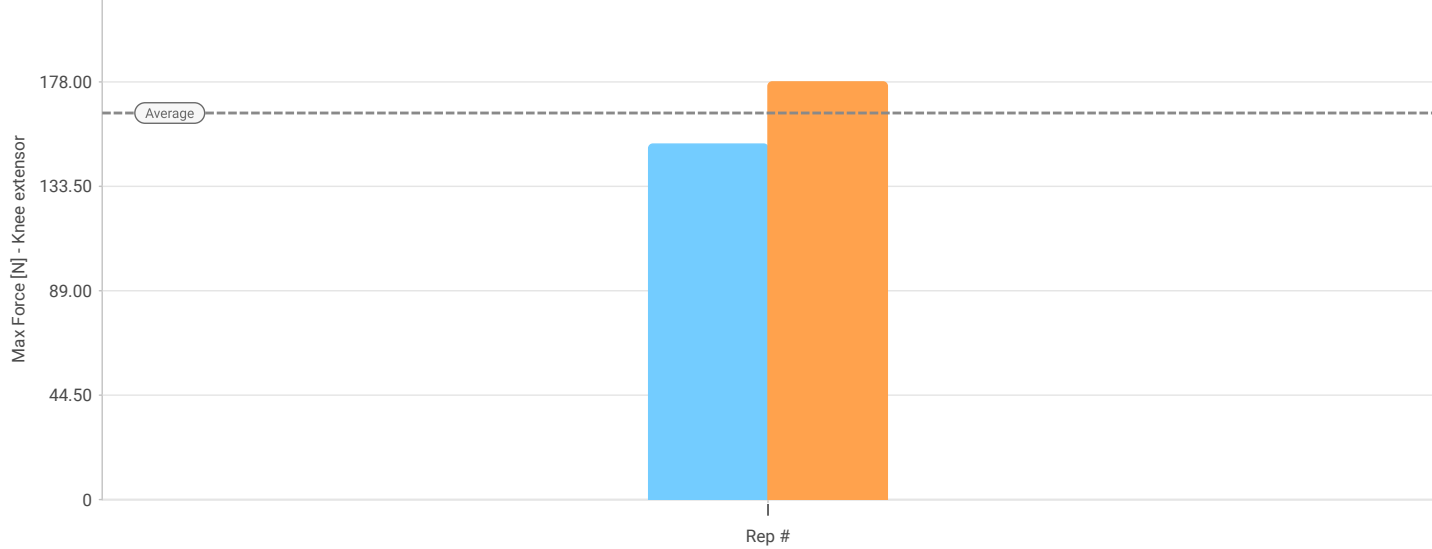Average
242.13

Abduction Max Force [N] - Hip AD/AB

Range　　　　　　Average
203.75 - 244.5　　**224.13**

Max Force [N] - Knee extensor
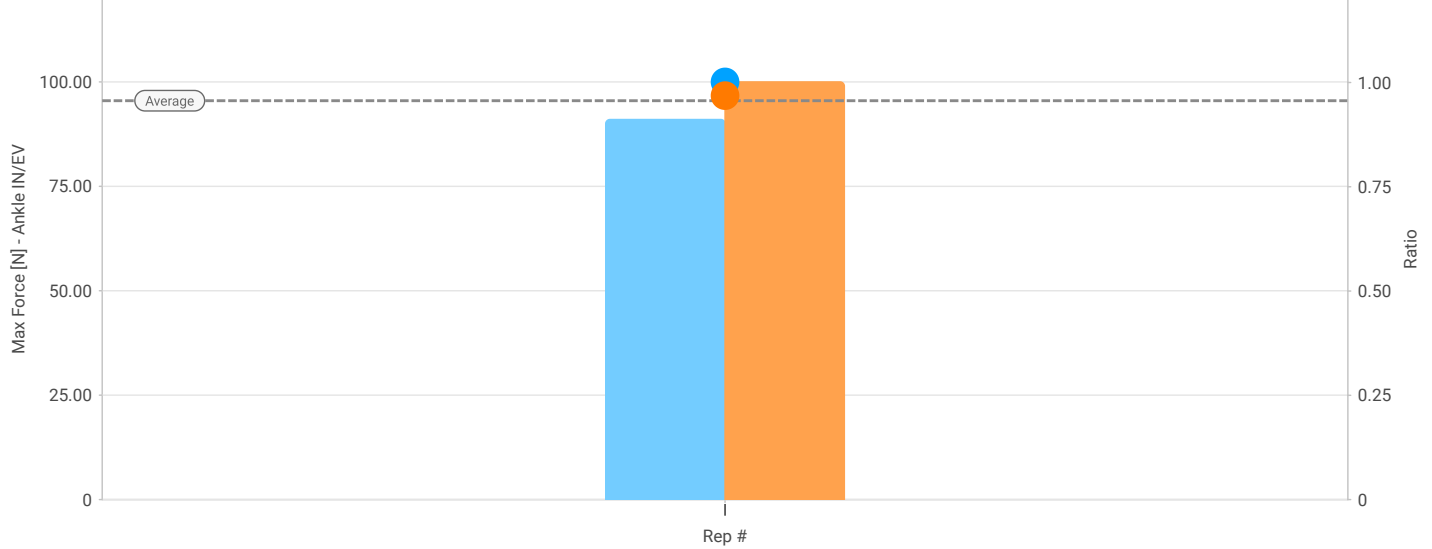
Range　　　　　　Average
151.5 - 178　　**164.75**

Knee Flexion Max Force [N] - Knee Flexion

Range	Average
158.75 - 176	**167.38**
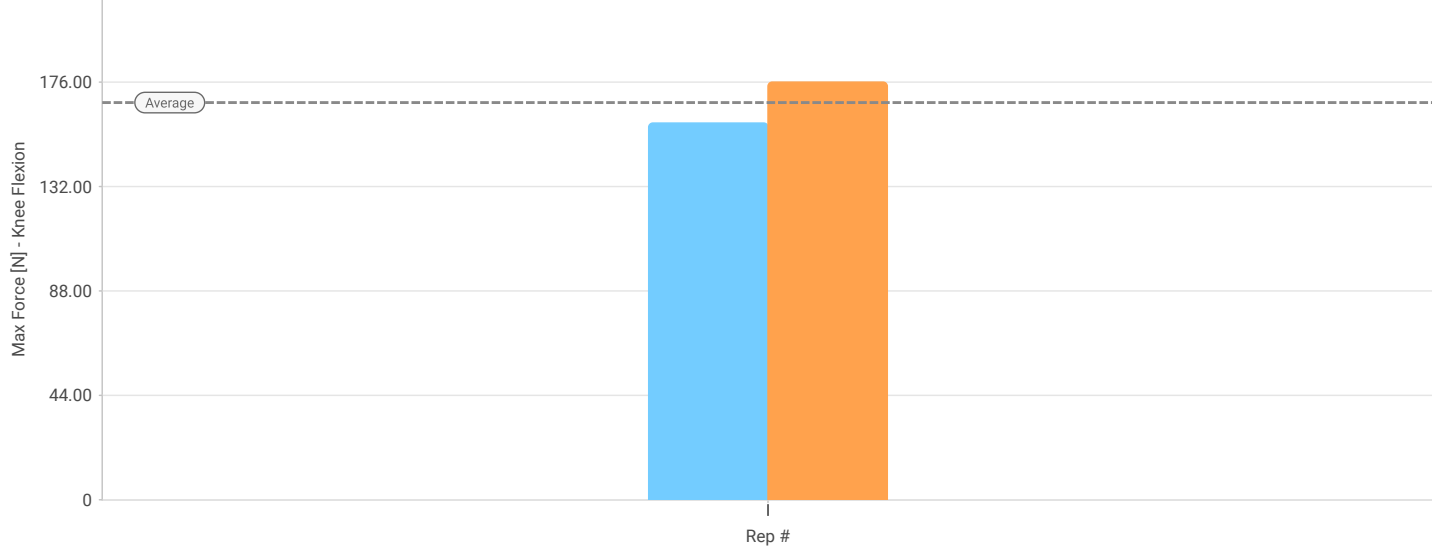
Inversion Max Force [N] - Ankle IN/EV

Range	Average
91 - 100	**95.5**

Eversion Max Force [N] - Ankle IN/EV

Range
90.88 - 103.25
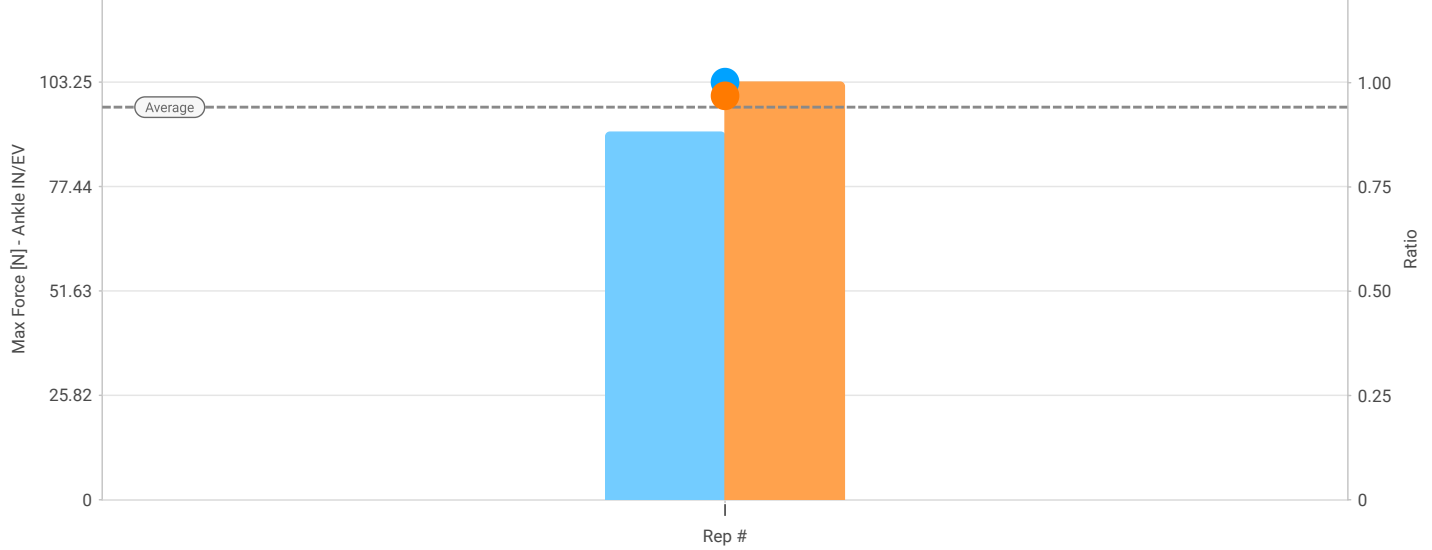
Average
97.06

Max Force [N] - Panturrilha Sentada

Range
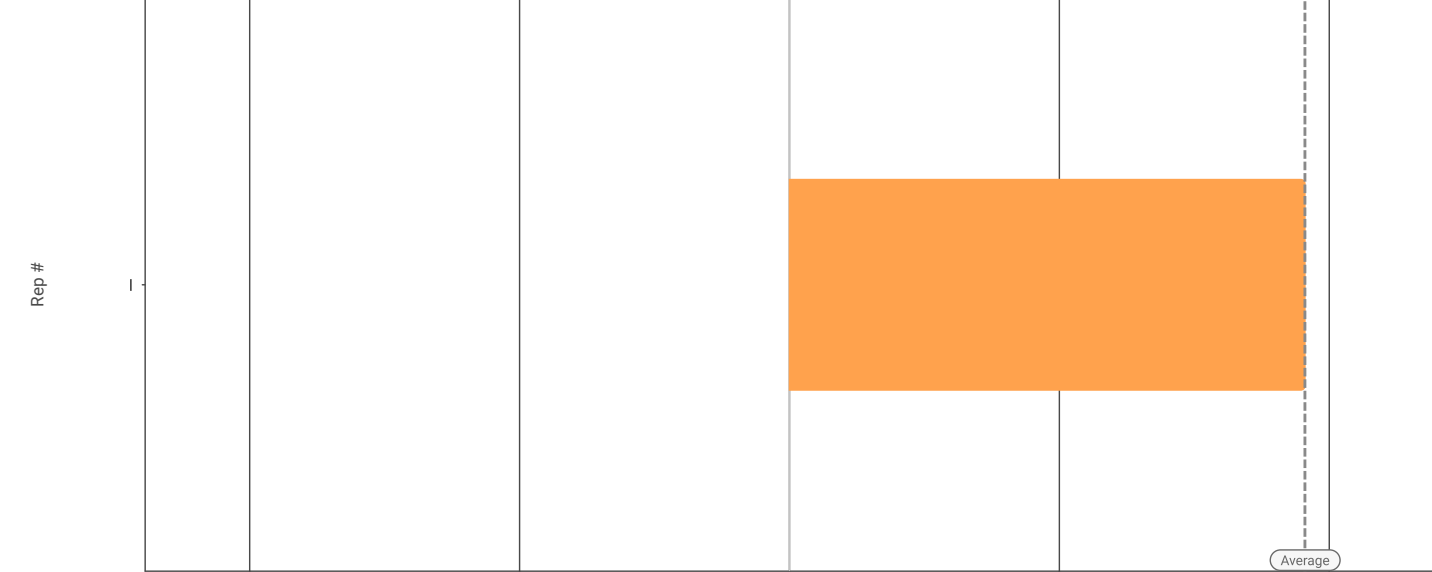**800.25 - 808**
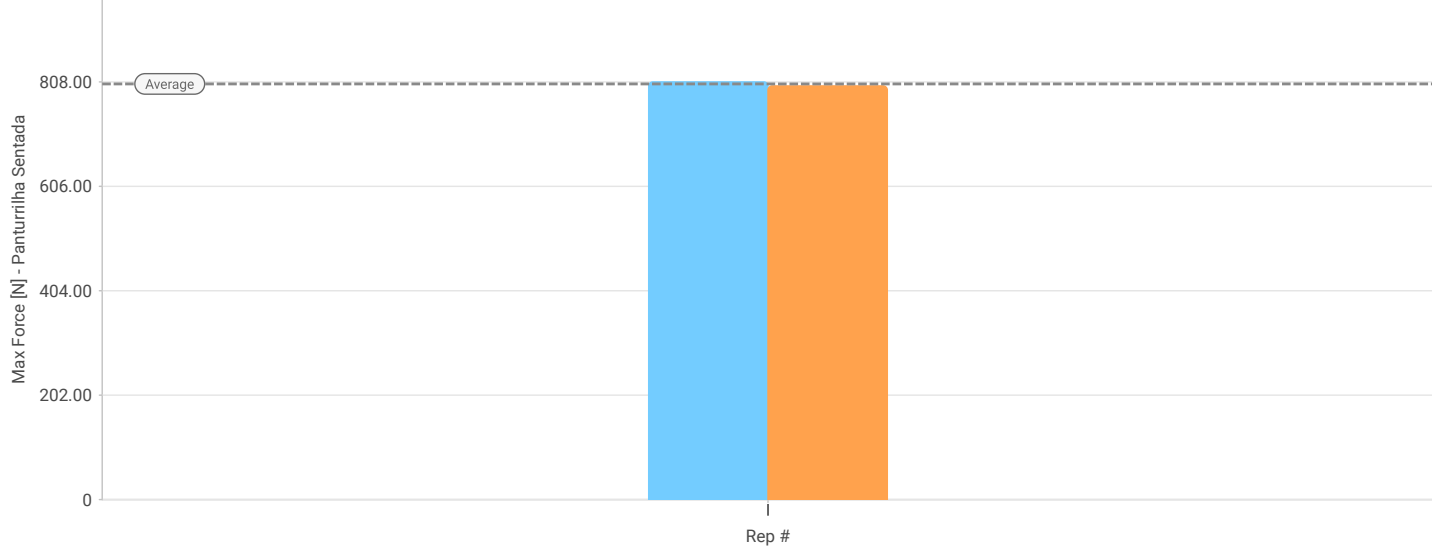
Average
804.13

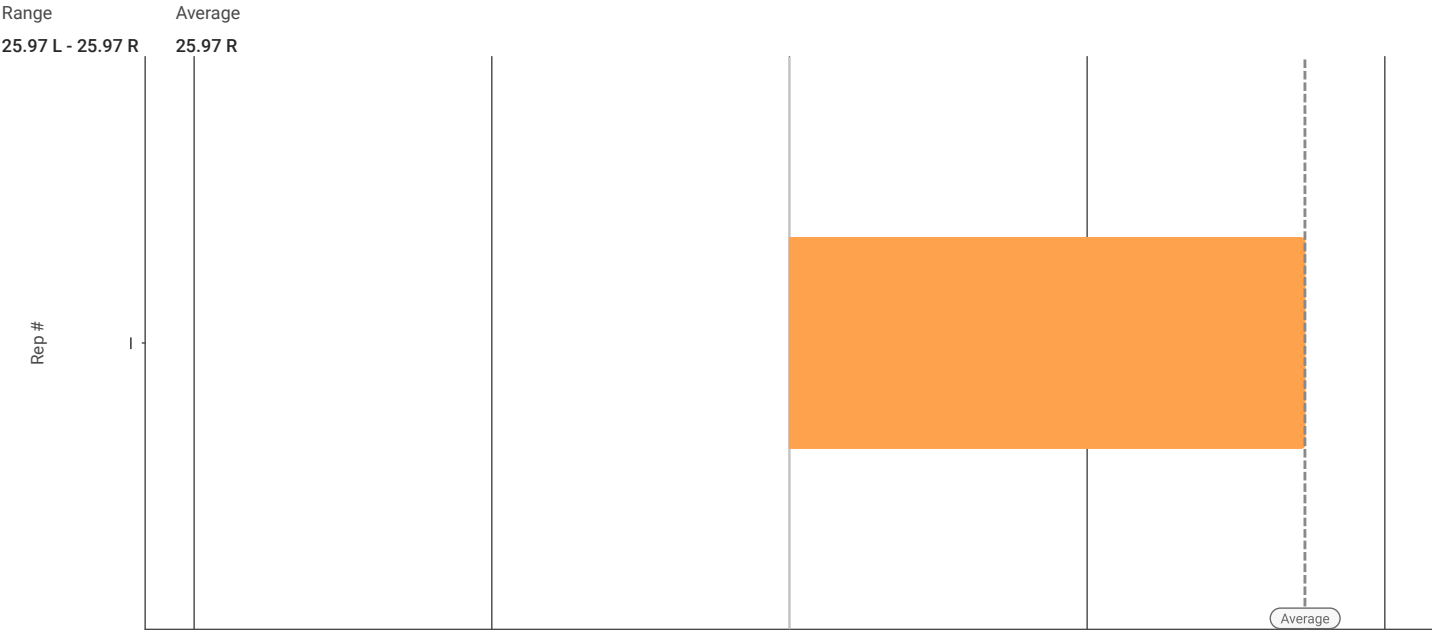## Dorsiflexion Max Force [N] - Ankle Dorsiflexion
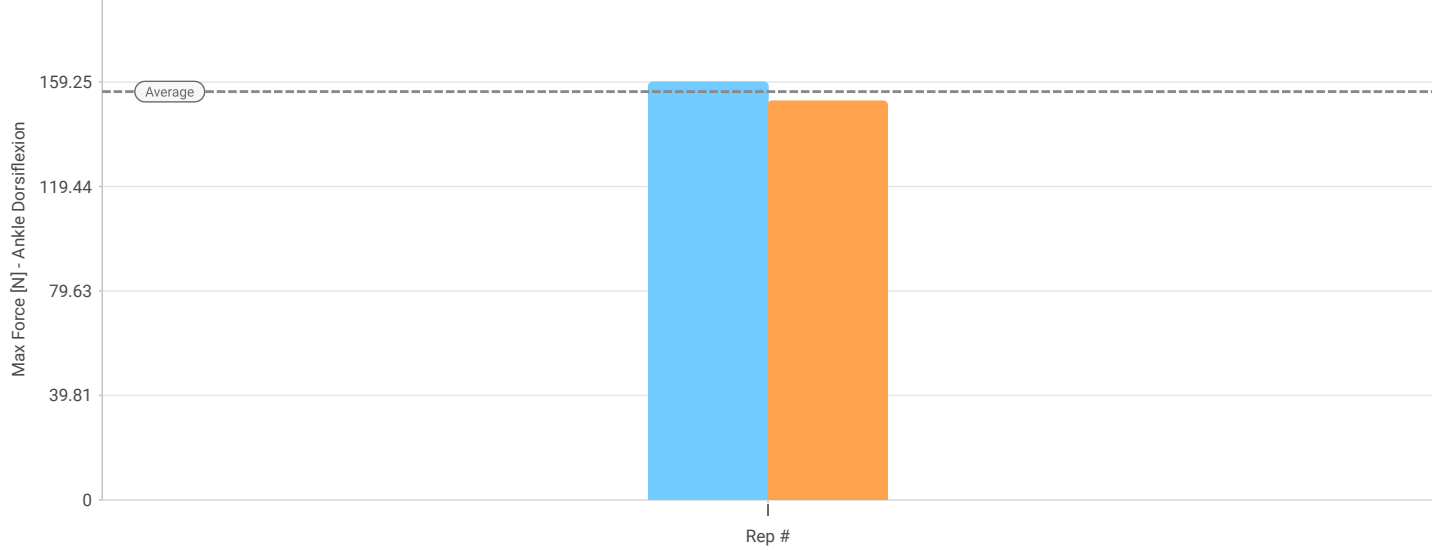
Range
152 - 159.25

Average
155.63

External Rotation Asymmetry [%] - Hip IR/ER

Range
4.77 L - 4.77 R

Average
4.77 R

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Internal Rotation Asymmetry [%] - Hip IR/ER

Range
25.97 L - 25.97 R

Average
25.97 R

Rep #

Average

Extension Asymmetry [%] - Hip Extension

Range
4.21 L - 4.21 R

Average
4.21 R

Rep #

Average

Flexion Asymmetry [%] - Hip Flexion

Range
8.72 L - 25.45 R

Average
8.37 R

Adduction Asymmetry [%] - Hip AD/AB

Range
6.88 L - 6.88 R

Average
6.88 L

VALD
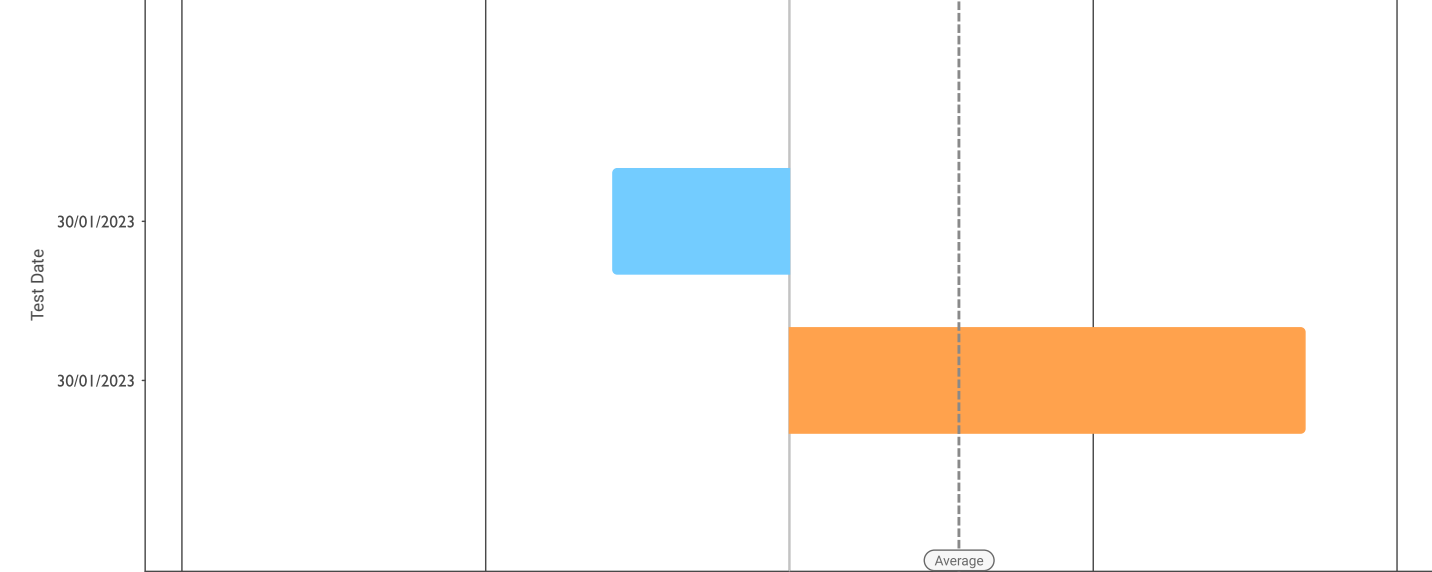
Abduction Asymmetry [%] - Hip AD/AB

Range	Average
16.67 L - 16.67 R	**16.67 R**
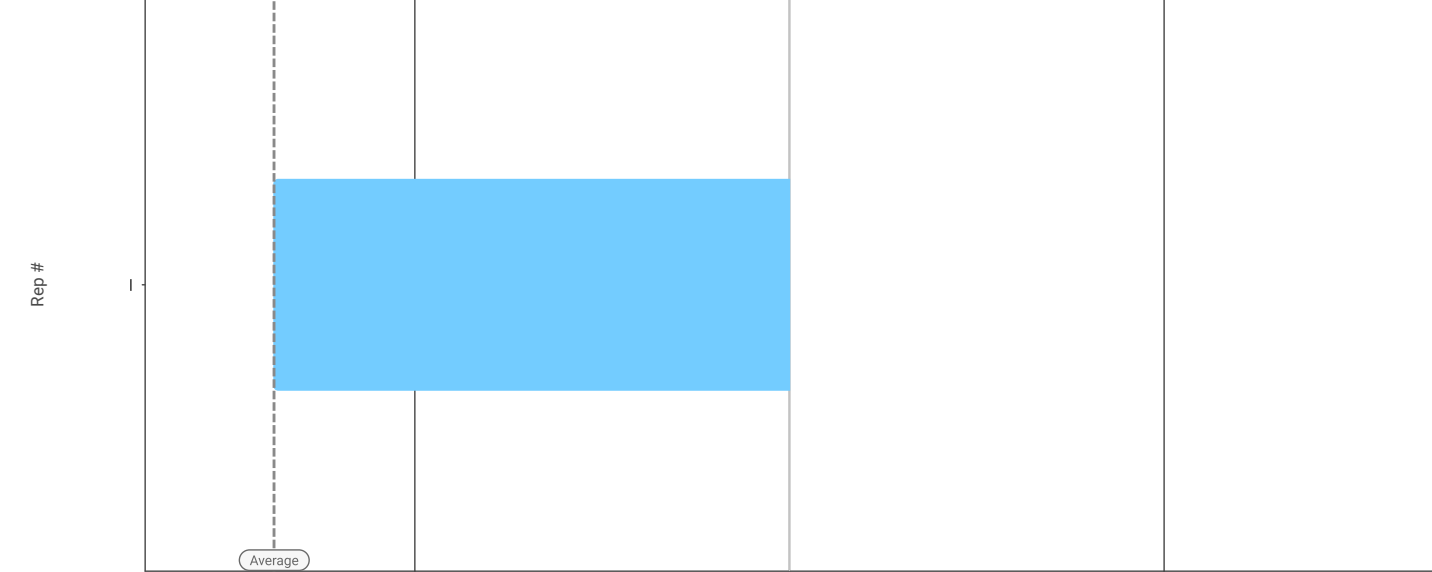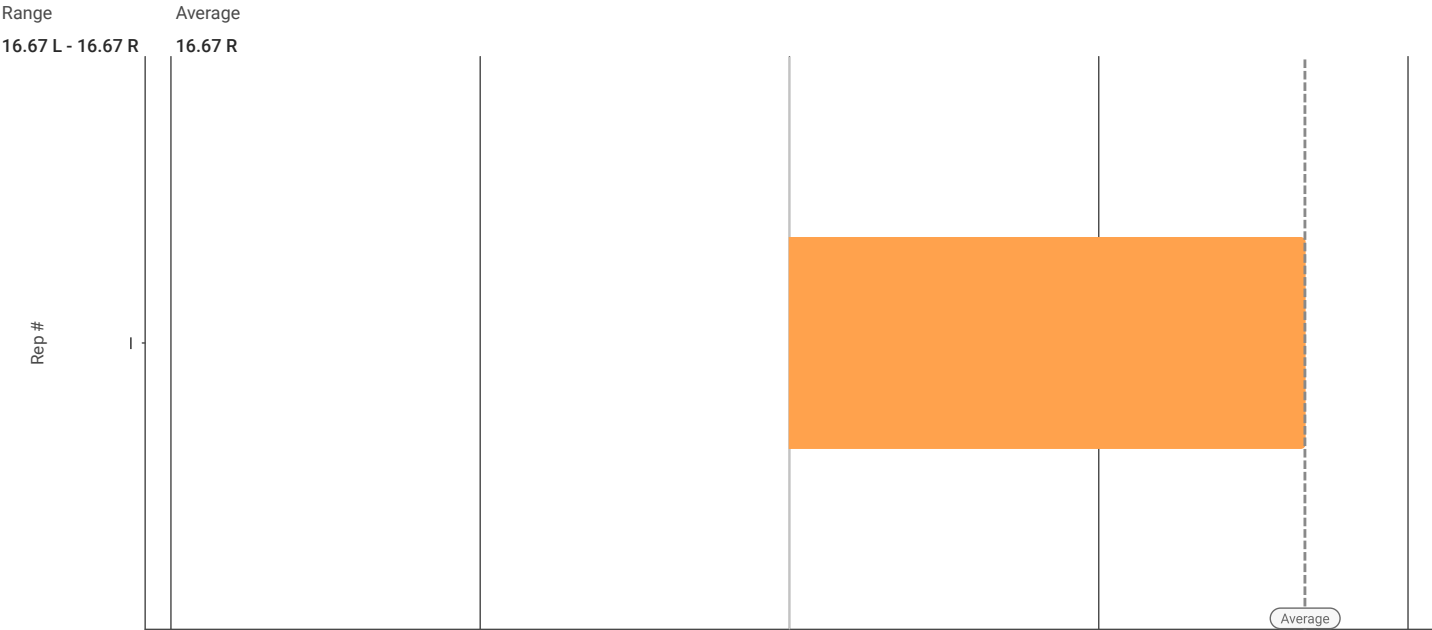
Asymmetry [%] - Knee extensor

Range	Average
14.89 L - 14.89 R	**14.89 R**
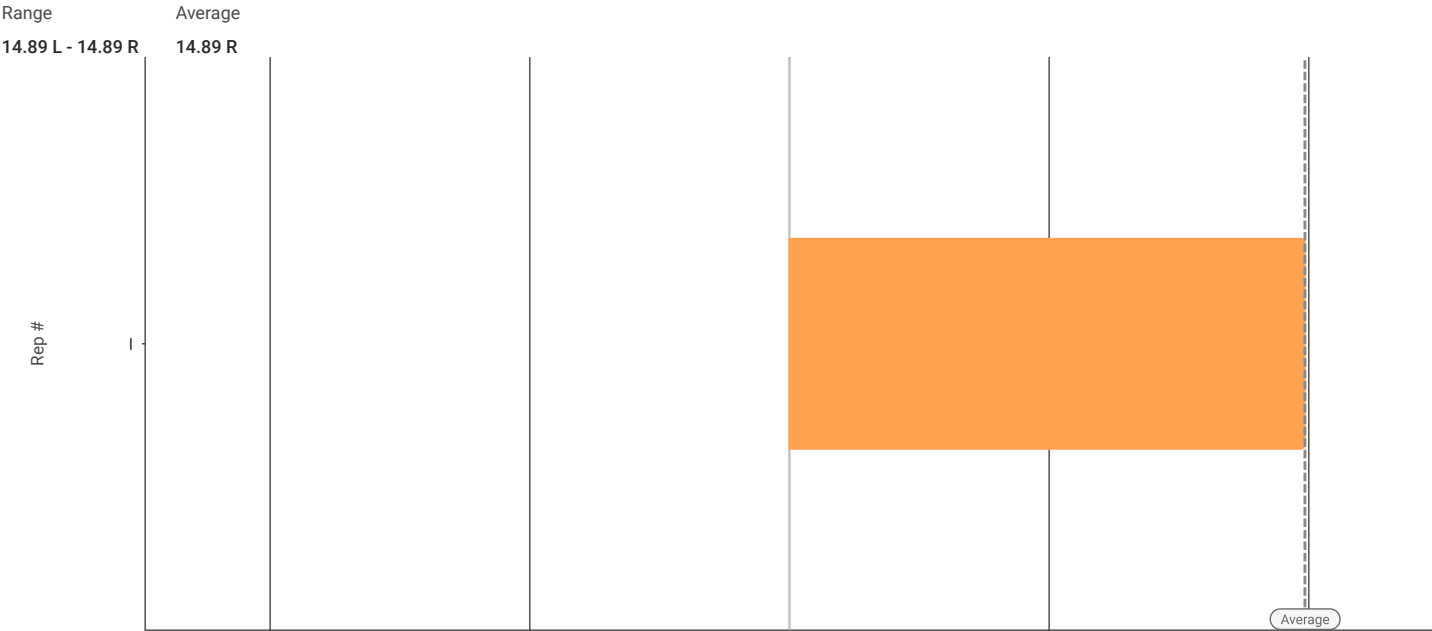
Knee Flexion Asymmetry [%] - Knee Flexion

Range   Average

9.8 L - 9.8 R   **9.8 R**

Inversion Asymmetry [%] - Ankle IN/EV

Range   Average

9 L - 9 R   **9 R**
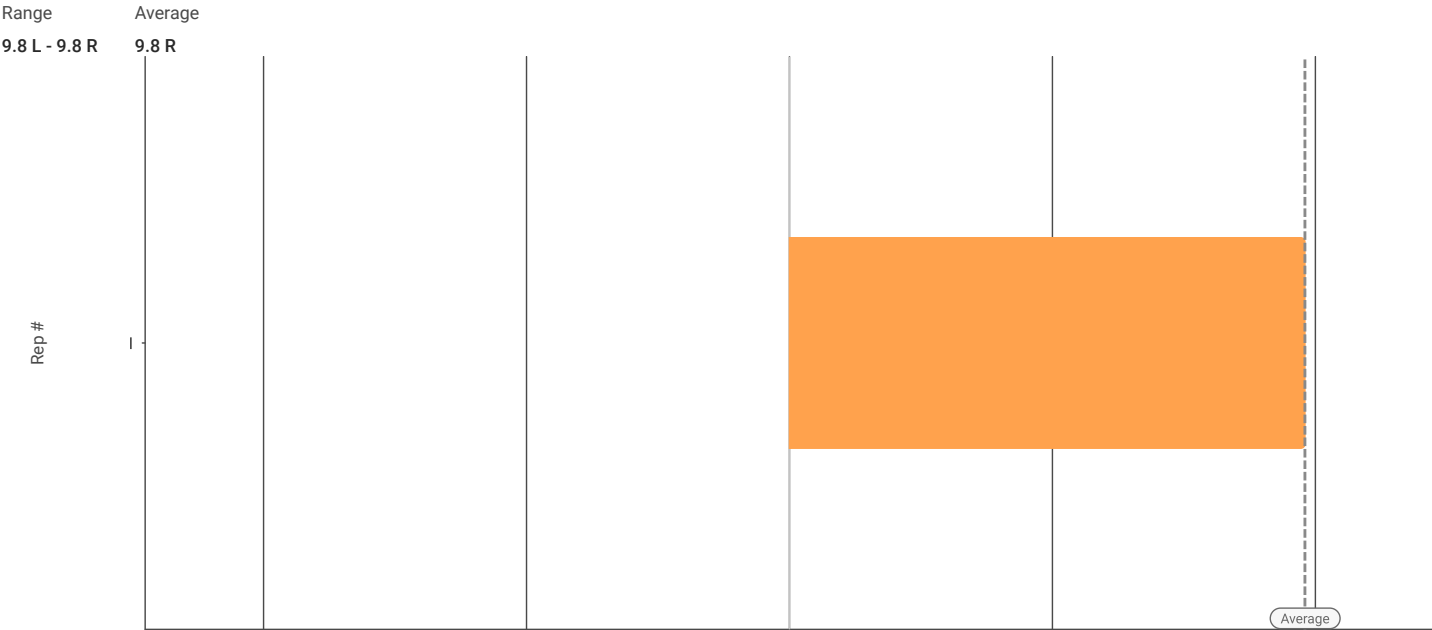
Eversion Asymmetry [%] - Ankle IN/EV
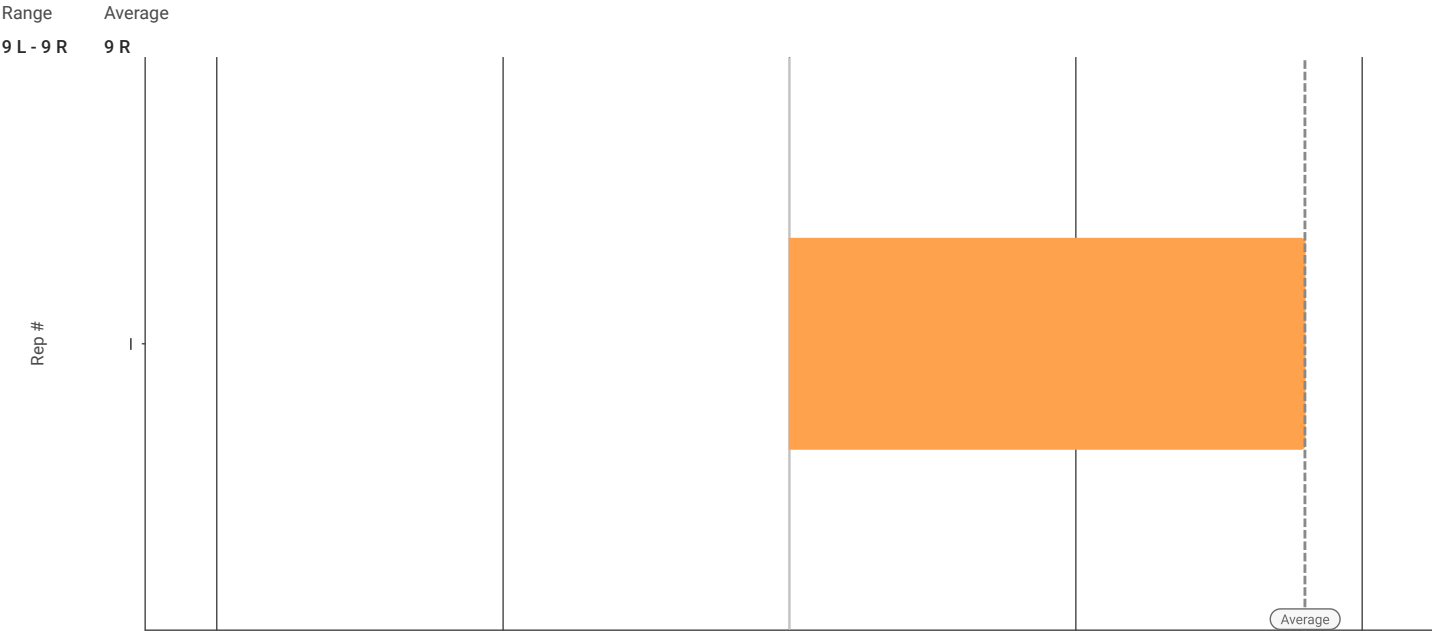
Range	Average
11.99 L - 11.99 R	**11.99 R**
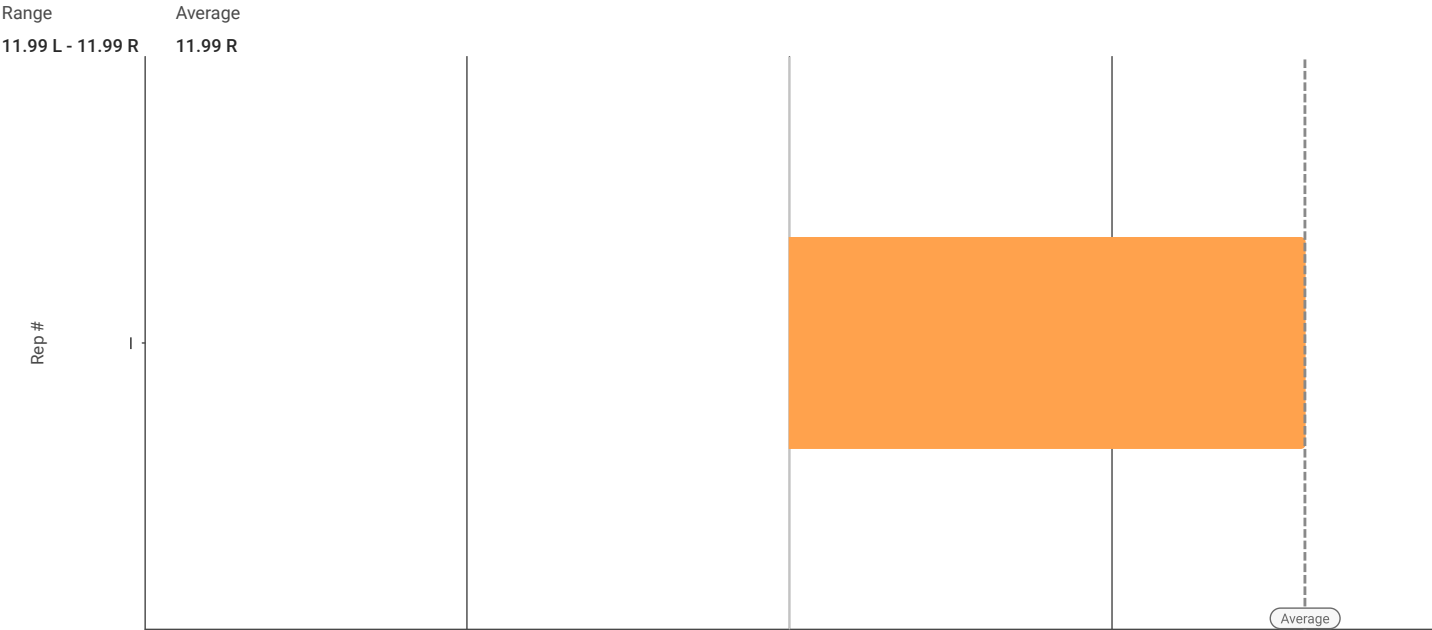
Asymmetry [%] - Panturrilha Sentada

Range	Average
0.96 L - 0.96 R	**0.96 L**
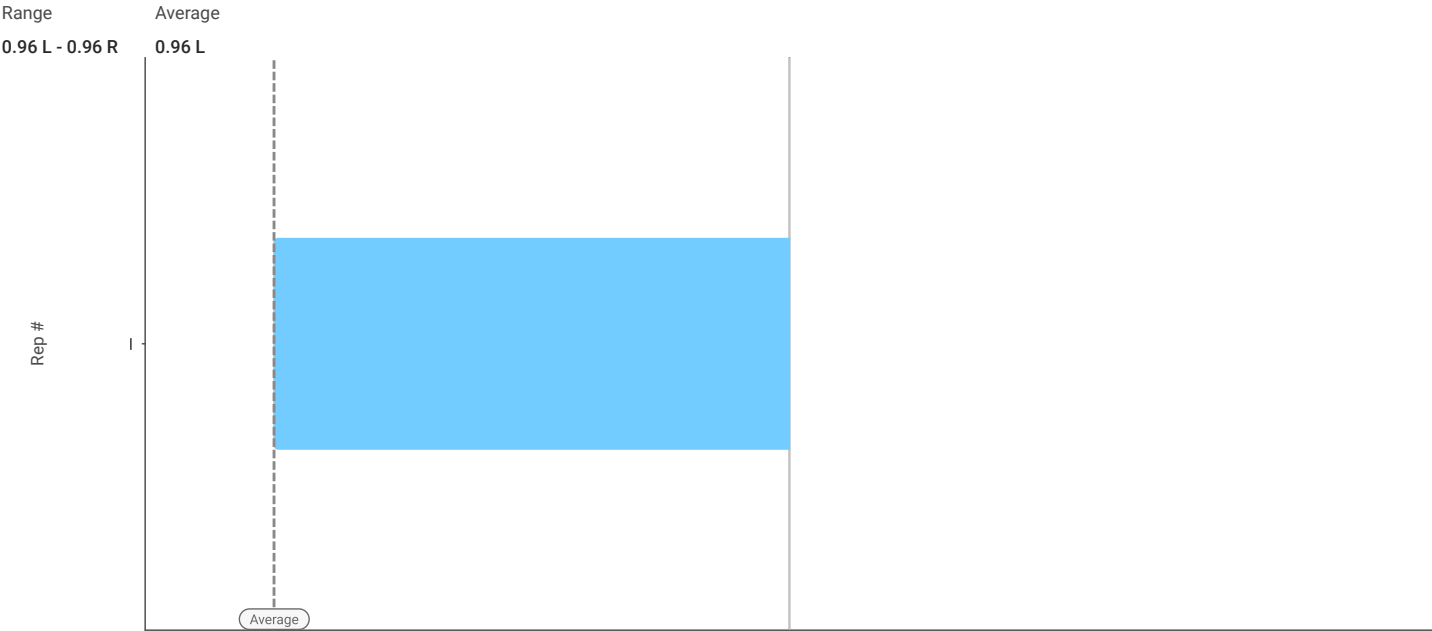
Dorsiflexion Asymmetry [%] - Ankle Dorsiflexion

Range   Average

4.55 L - 4.55 R   **4.55 L**

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

Range   Average

582.81 - 632.02   **607.41**
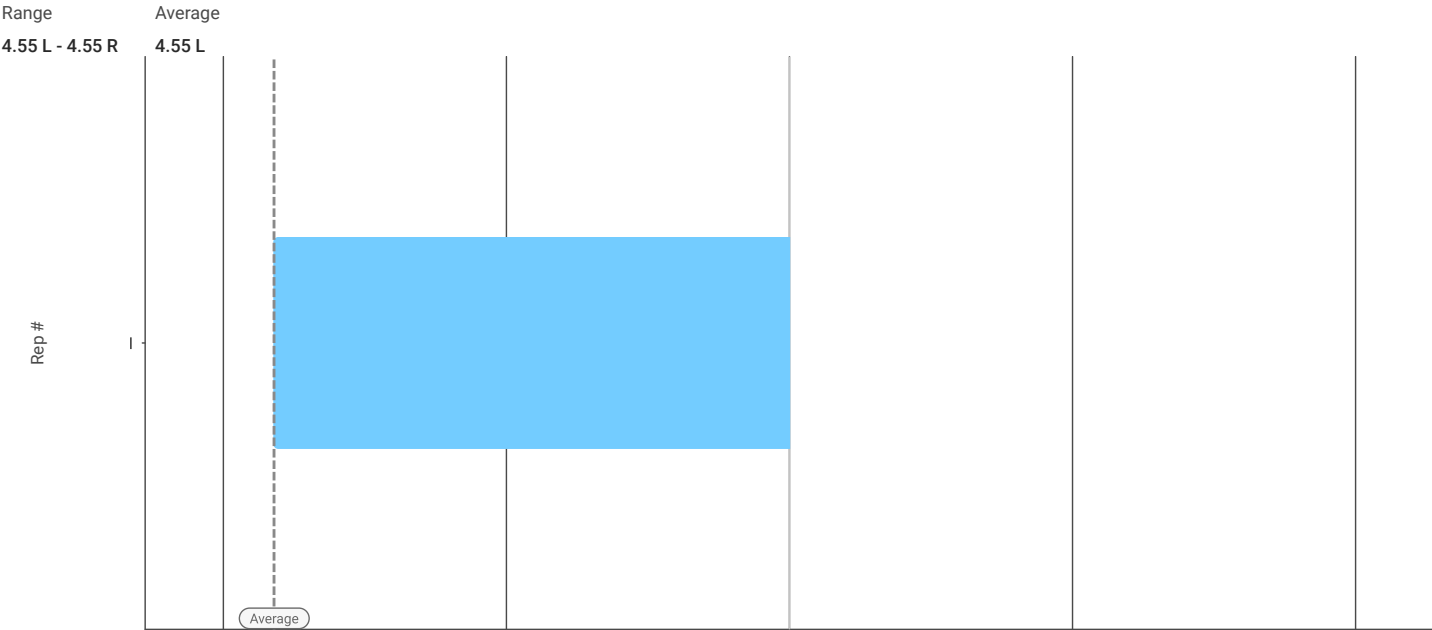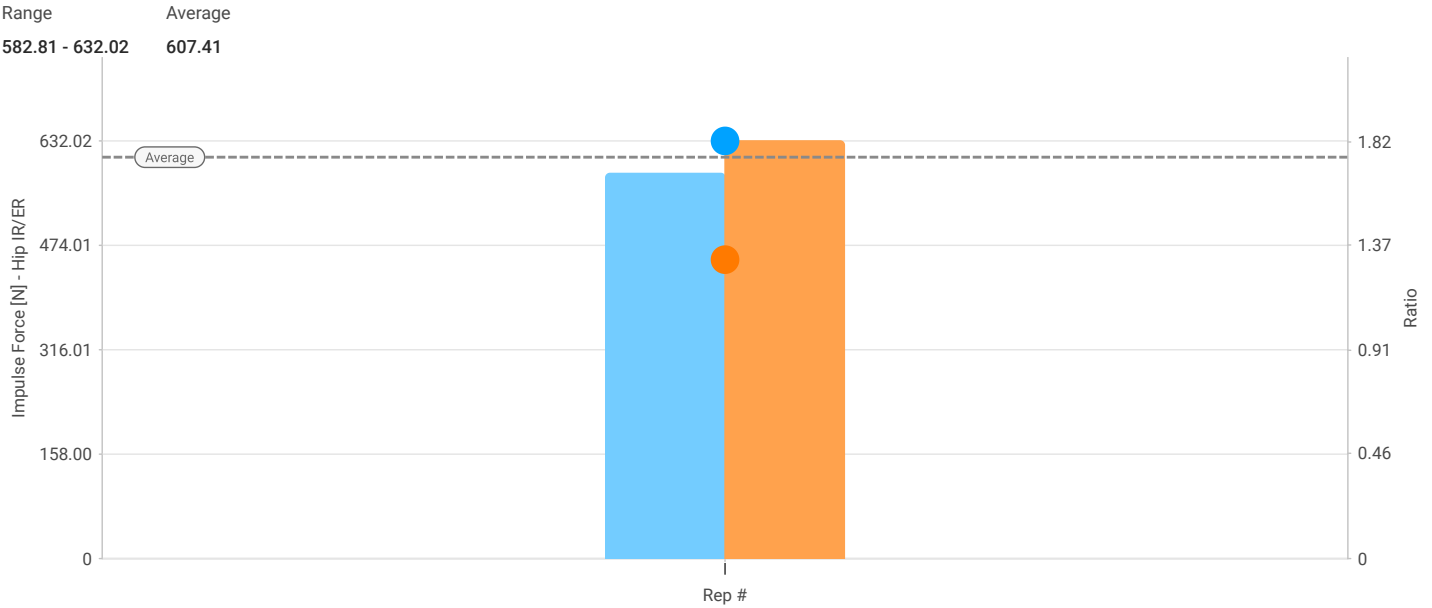
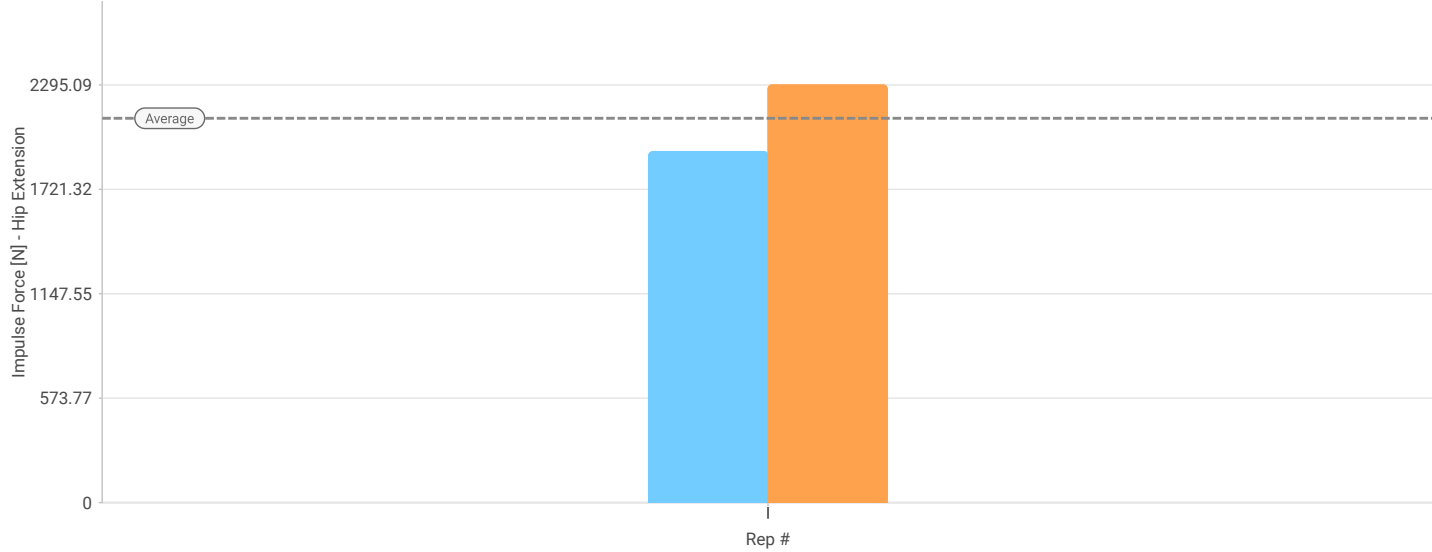## Internal Rotation Impulse Force [N] - Hip IR/ER

Range   Average

319.41 - 483.96   **401.68**
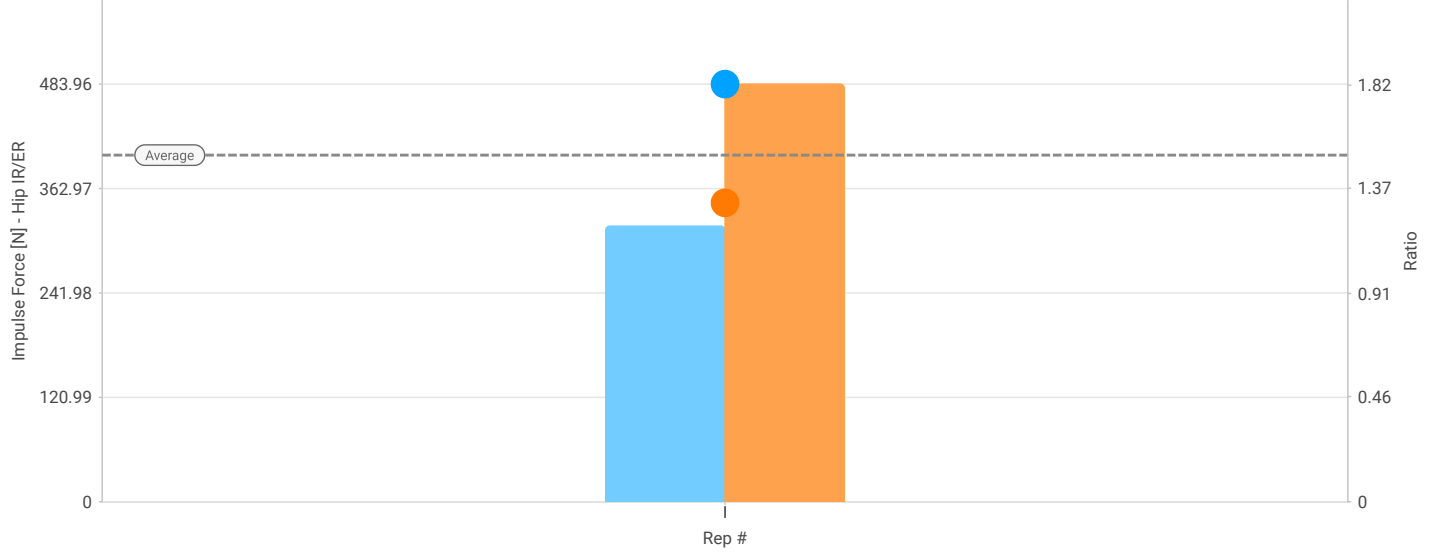
Extension Impulse Force [N] - Hip Extension
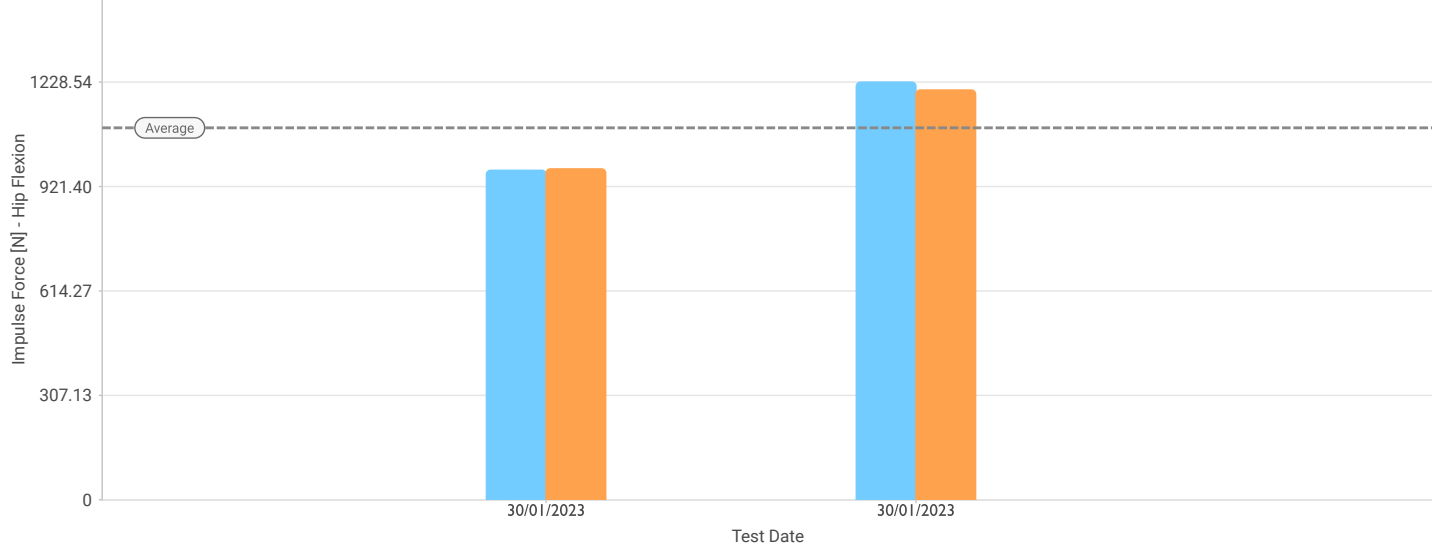
Range   Average

1928.46 - 2295.09   **2111.77**

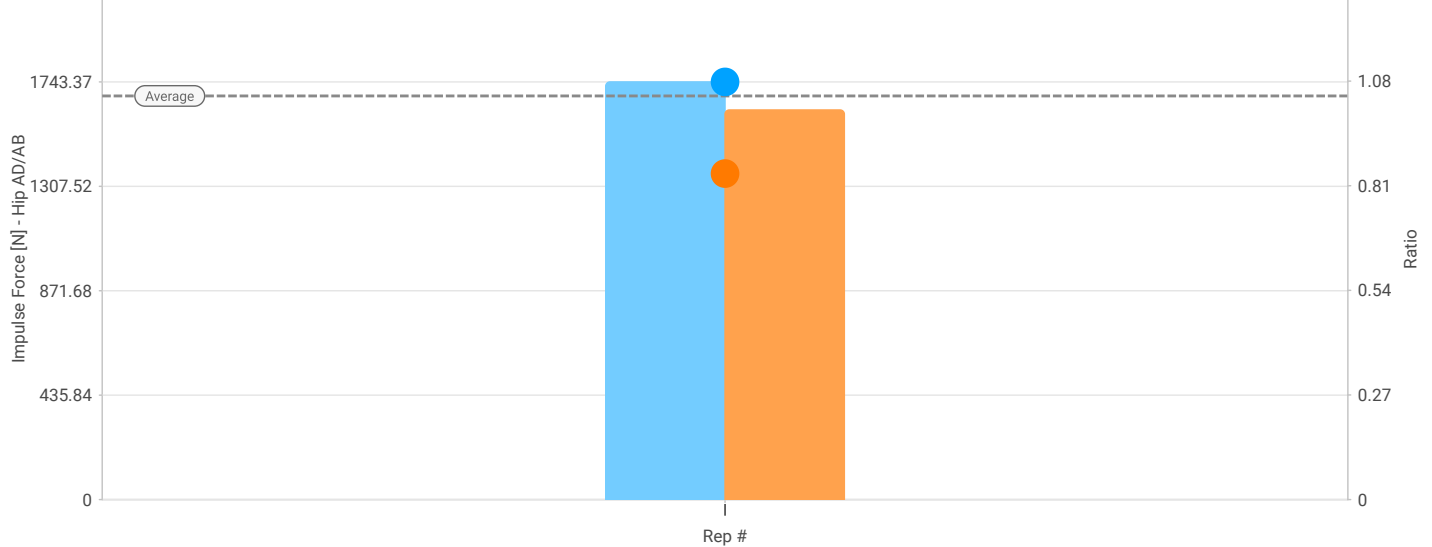## Flexion Impulse Force [N] - Hip Flexion

Range   Average
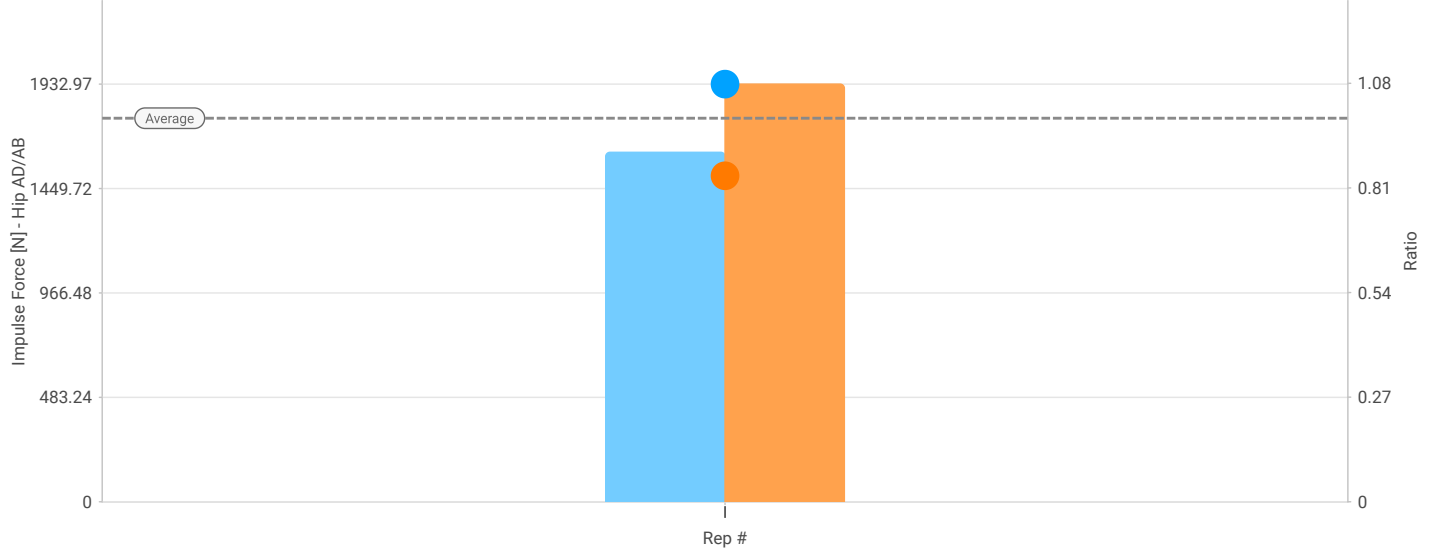**969.19 - 1228.54**   **1094.07**

Adduction Impulse Force [N] - Hip AD/AB
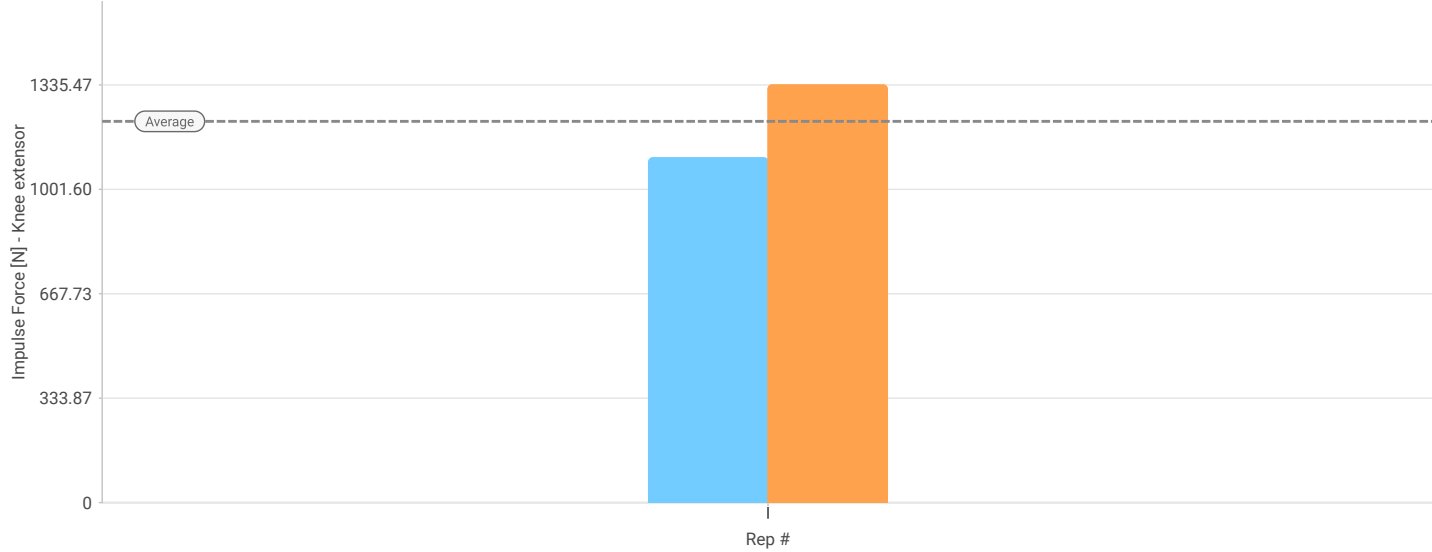
Range   Average
1626.31 - 1743.37   **1684.84**

Abduction Impulse Force [N] - Hip AD/AB

Range | Average
1617.36 - 1932.97 | **1775.16**

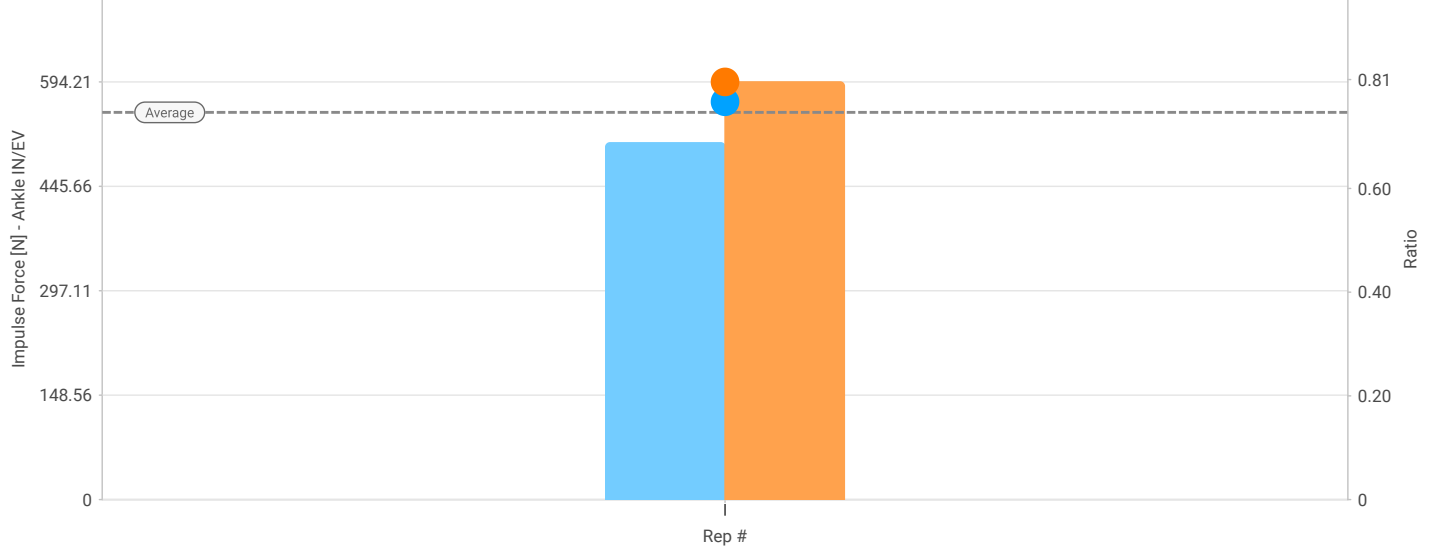## Impulse Force [N] - Knee extensor

Range | Average
1102.47 - 1335.47 | **1218.97**

Knee Flexion Impulse Force [N] - Knee Flexion

Range
1018.89 - 1074.01
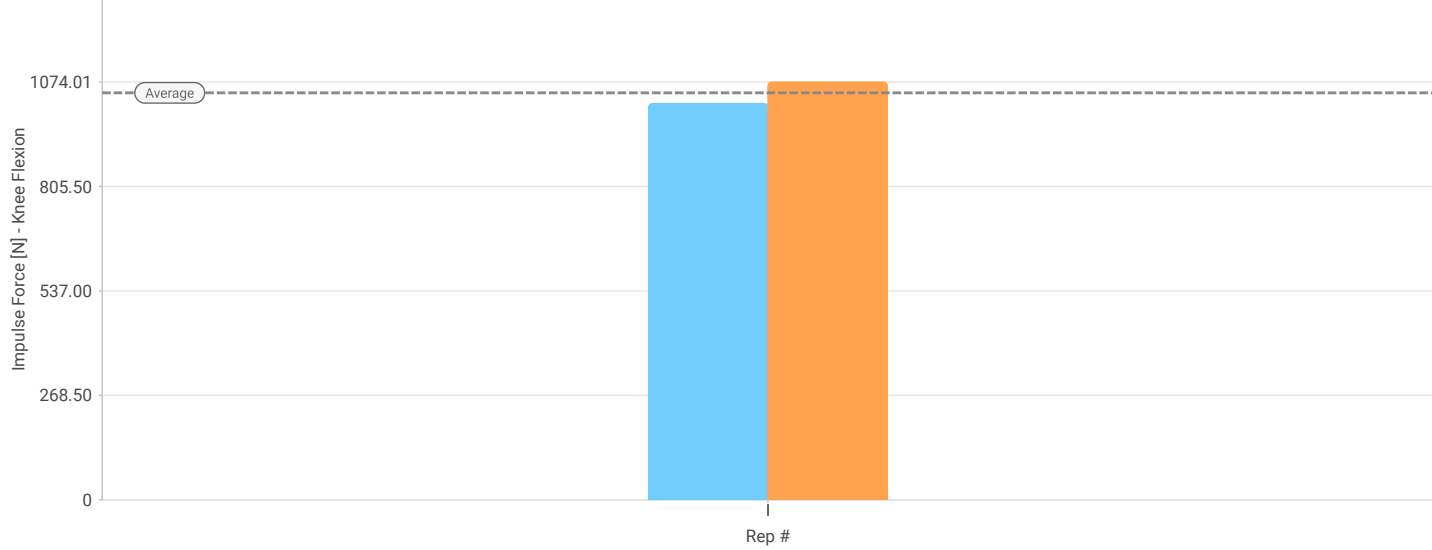
Average
1046.45

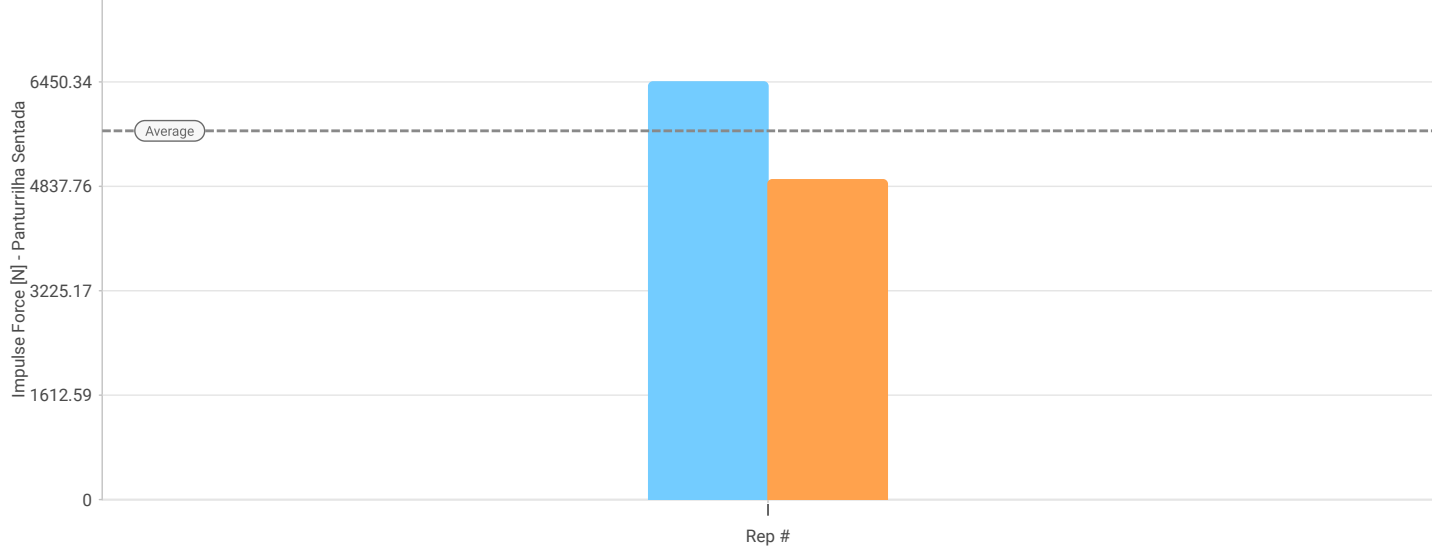## Inversion Impulse Force [N] - Ankle IN/EV

Range
507.57 - 594.21

Average
550.89

Eversion Impulse Force [N] - Ankle IN/EV

Range
661.65 - 737.76
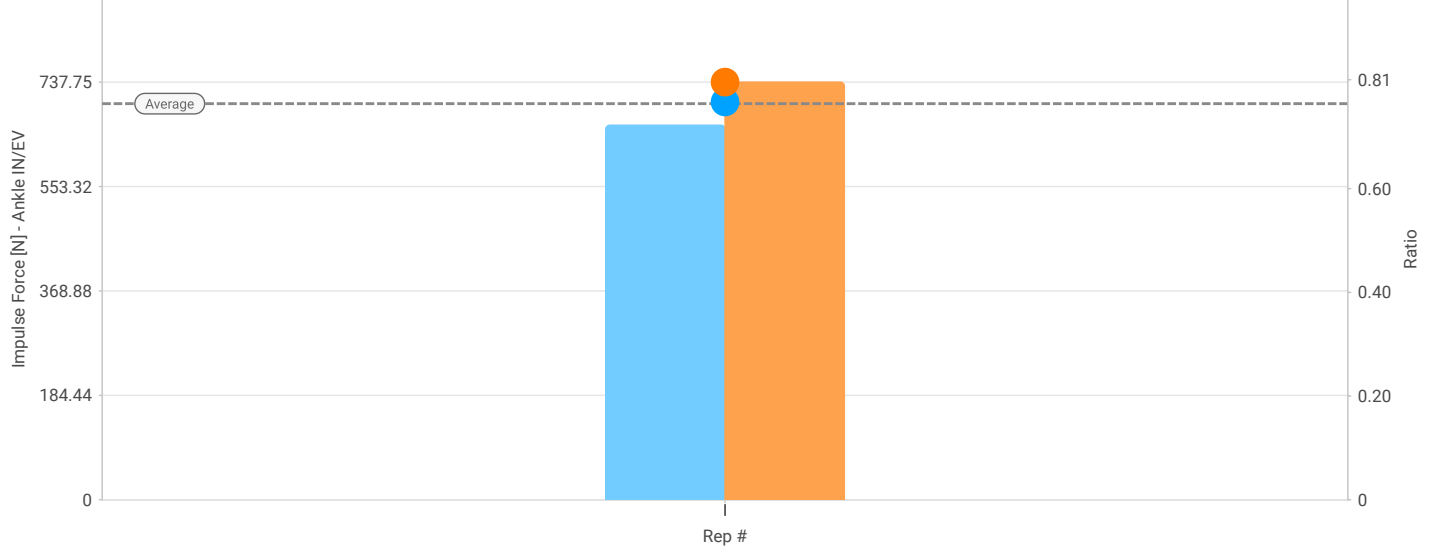
Average
699.7

Impulse Force [N] - Panturrilha Sentada

Range
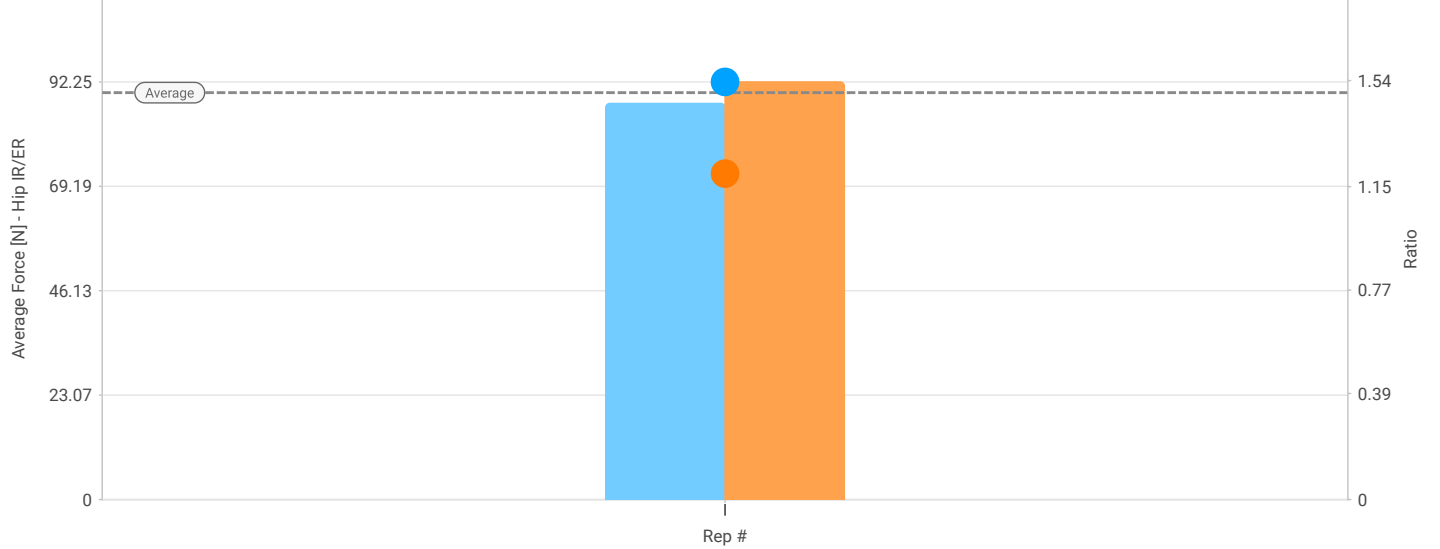**4939.51 - 6450.34**

Average
5694.92

Dorsiflexion Impulse Force [N] - Ankle Dorsiflexion

Range
936.52 - 1133.67
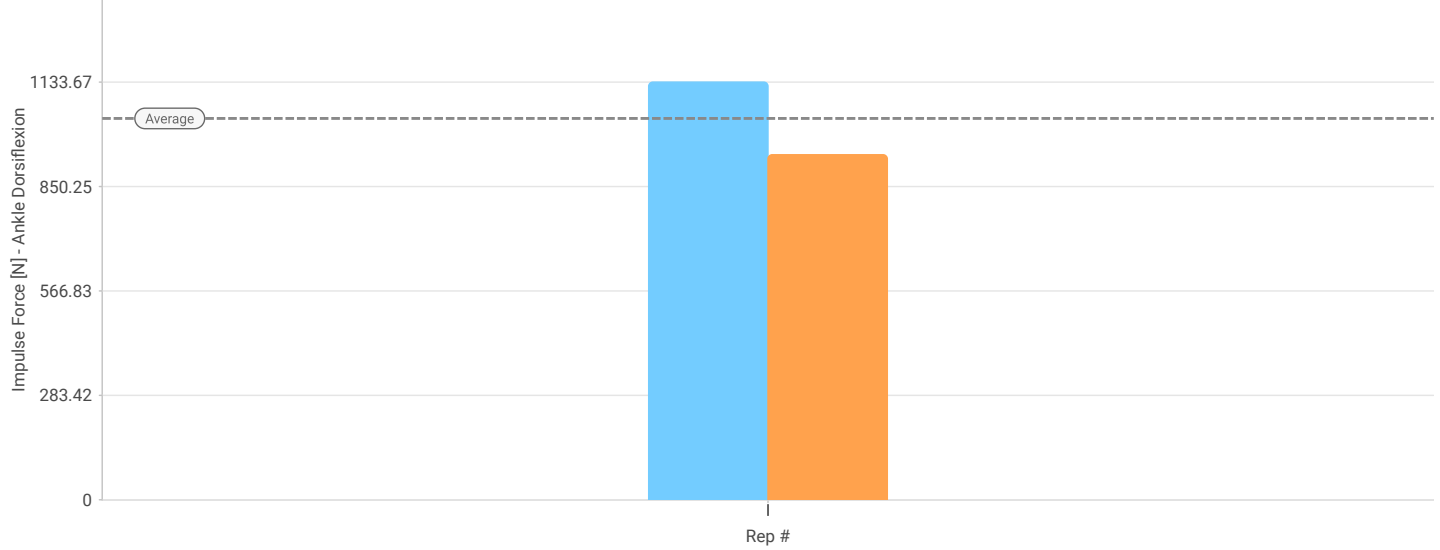
Average
1035.09

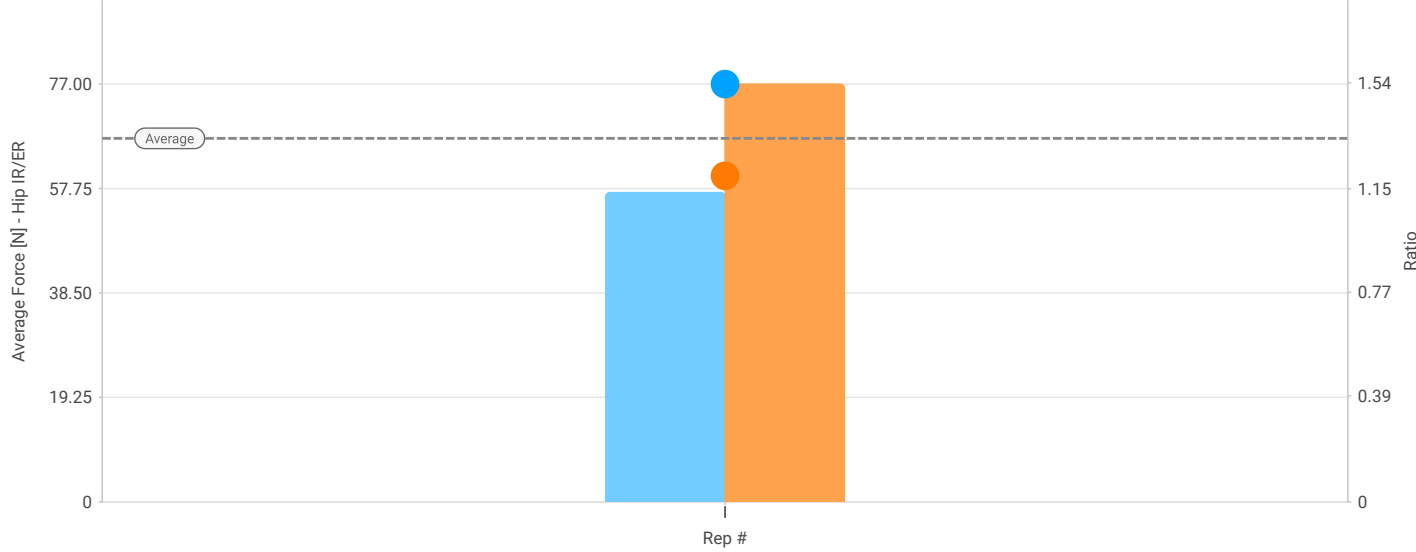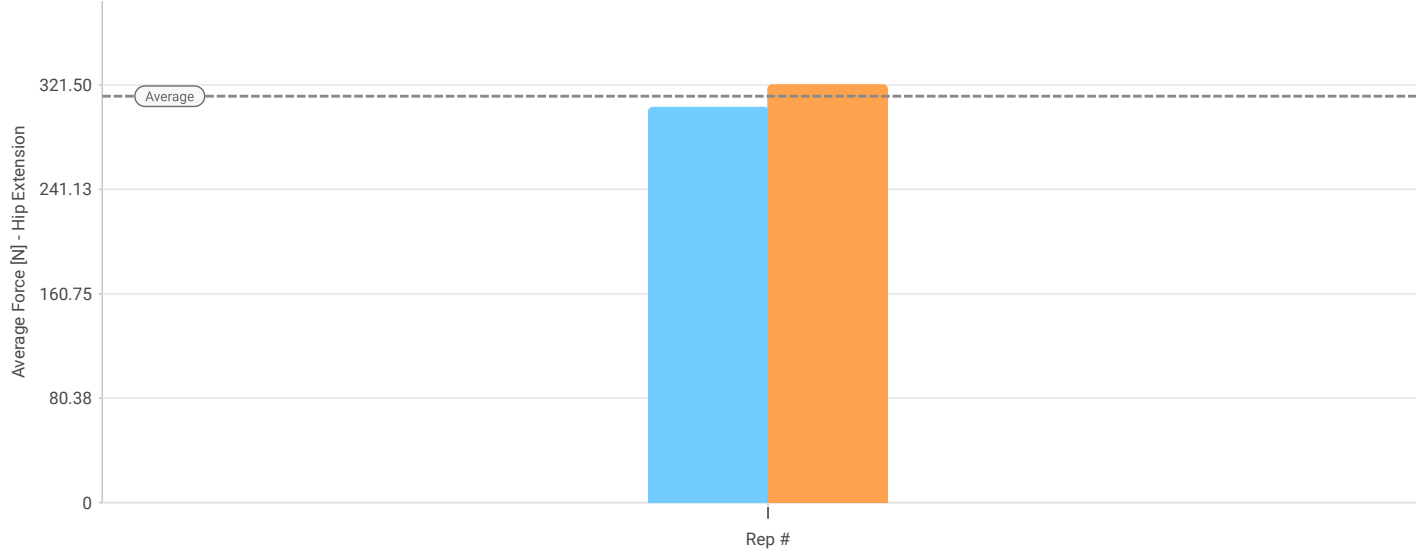## External Rotation Average Force [N] - Hip IR/ER

Range
87.5 - 92.25

Average
89.88

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

Range	Average
57 - 77	**67**

Rep #

Extension Average Force [N] - Hip Extension

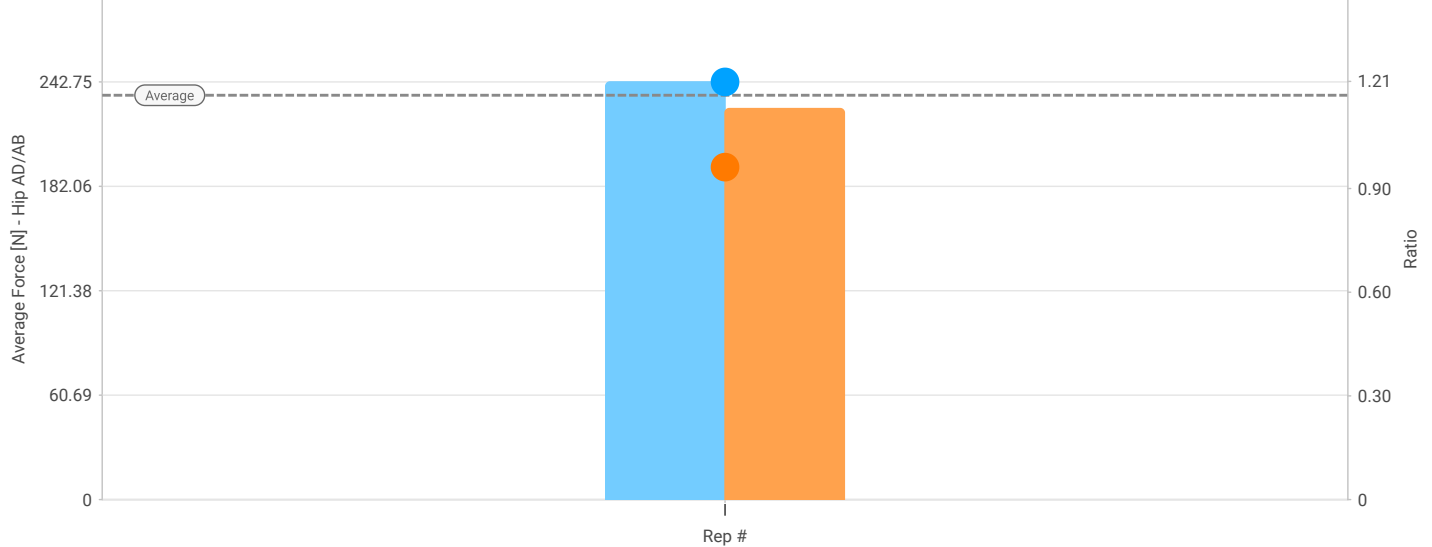| Range	Average
304.13 - 321.5	**312.81**

Rep #

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Flexion Average Force [N] - Hip Flexion

Range

132 - 185.63

Average

158.01
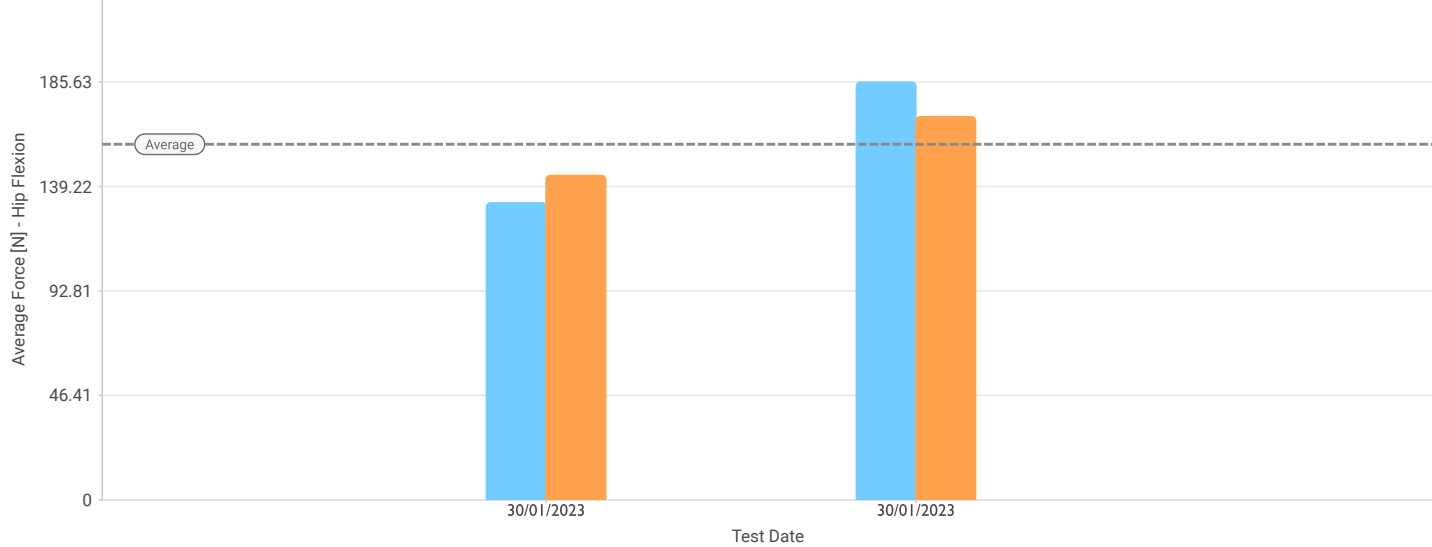
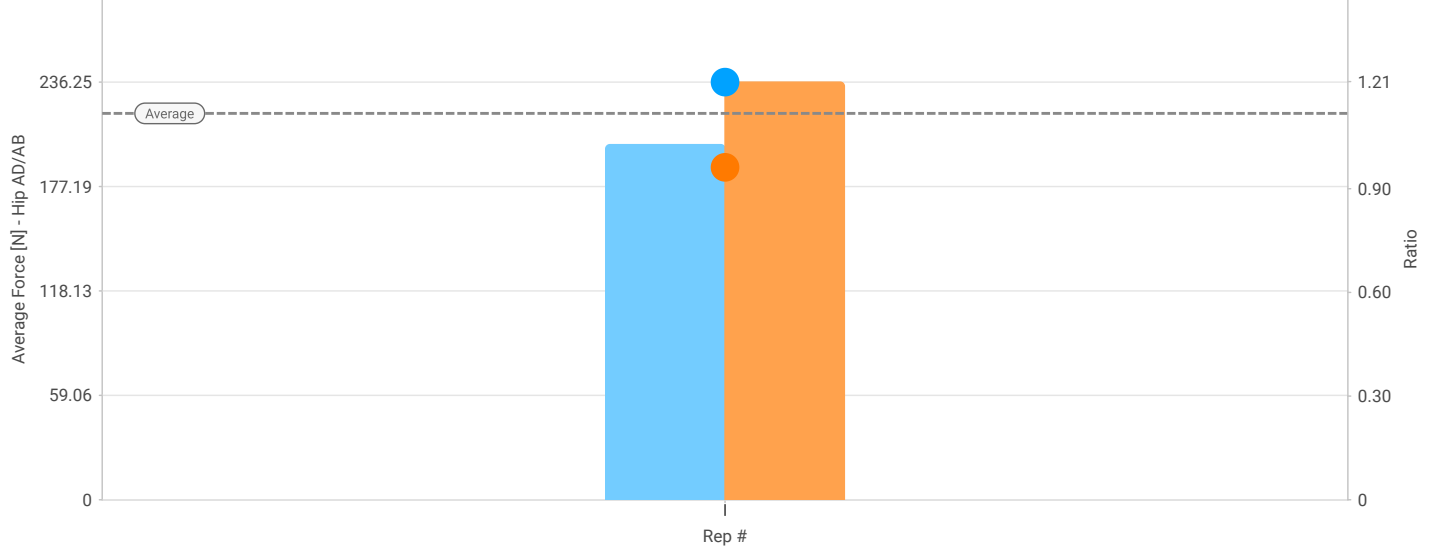## Adduction Average Force [N] - Hip AD/AB

Range

227.25 - 242.75

Average

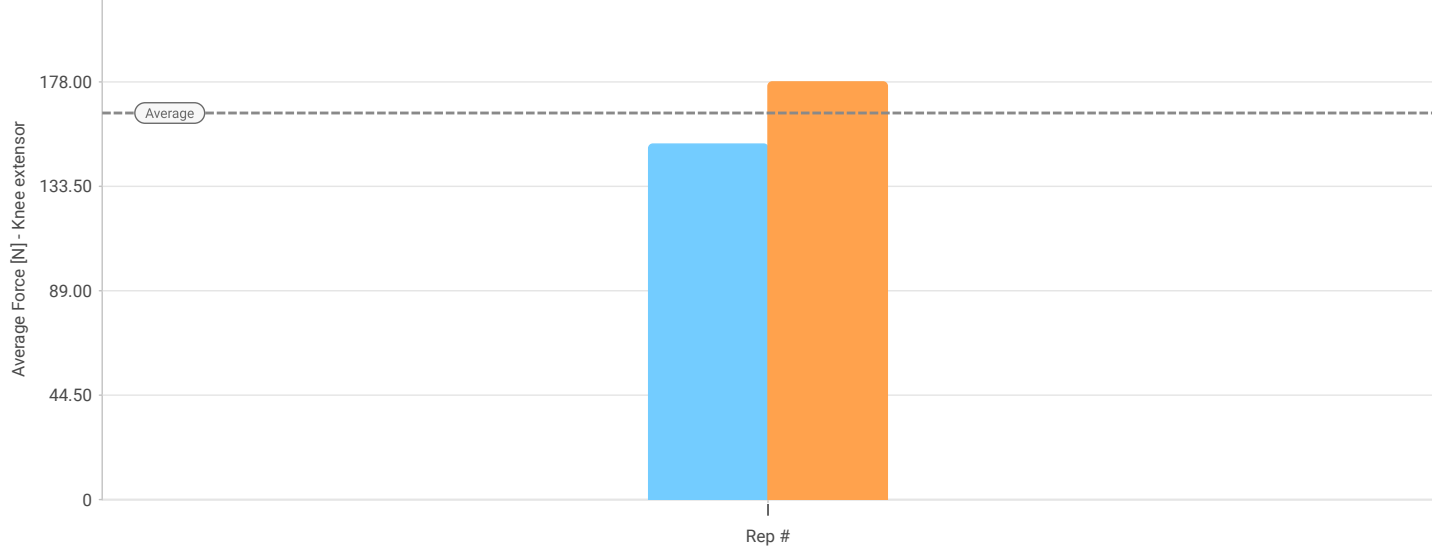**235**

Abduction Average Force [N] - Hip AD/AB

Range　　　　　　　Average
200.88 - 236.25　　218.56

Average Force [N] - Knee extensor
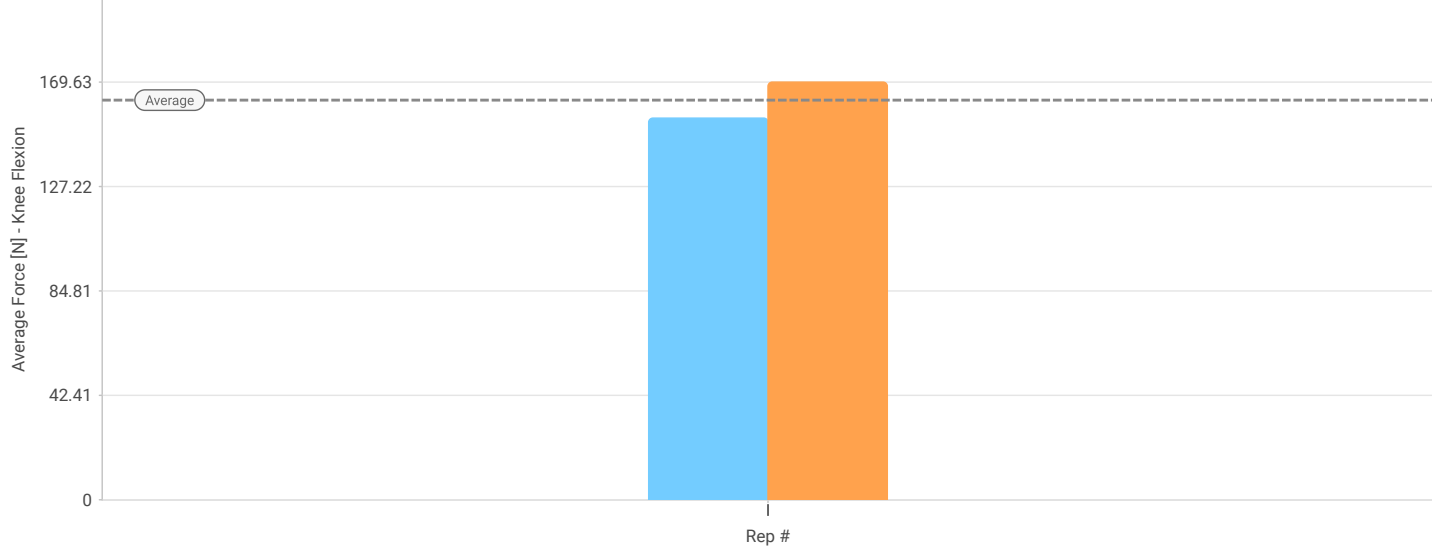
Range　　　　　　　Average
151.5 - 178　　　164.75
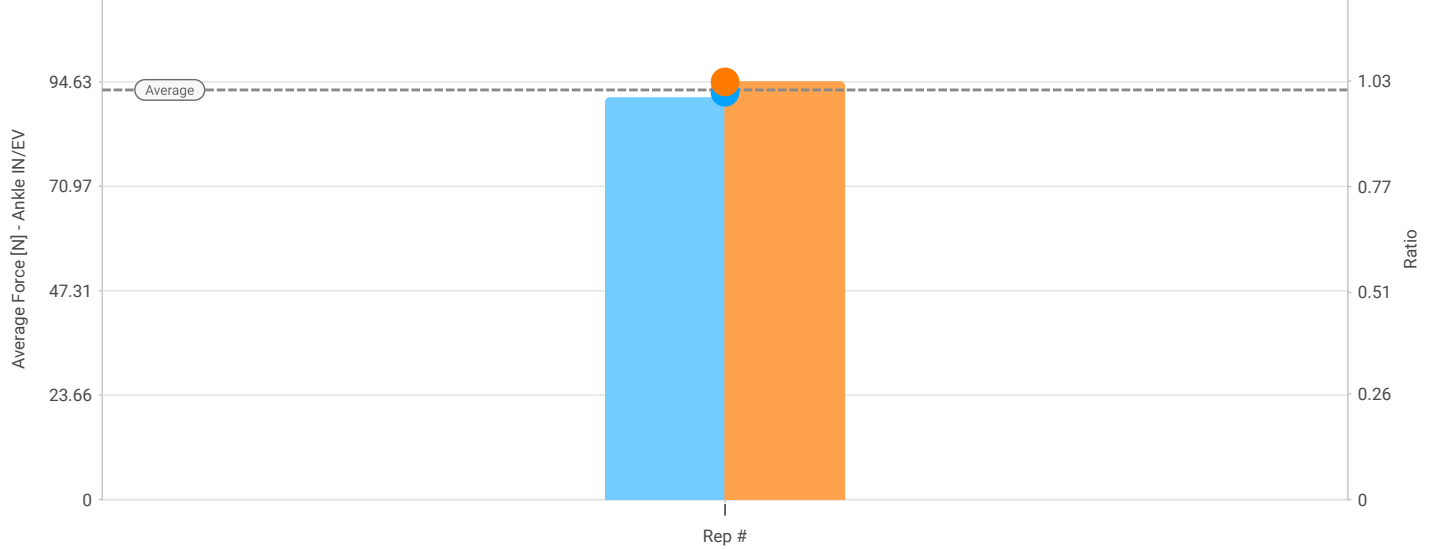
Knee Flexion Average Force [N] - Knee Flexion

Range   Average

155 - 169.63   162.31

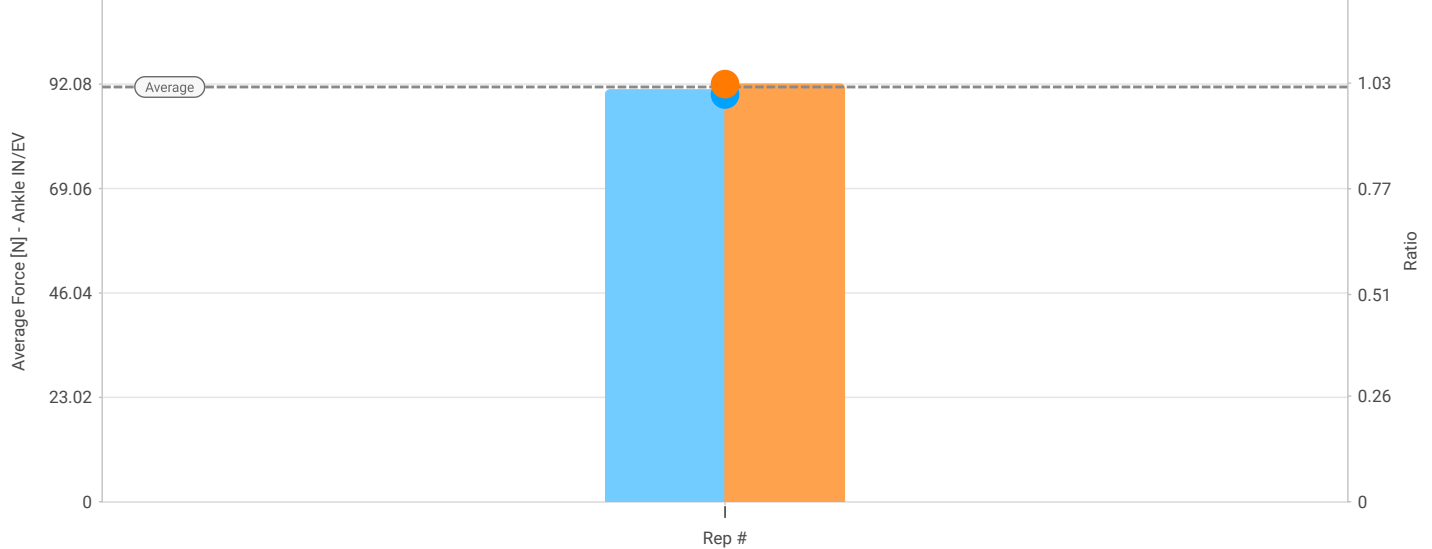
Inversion Average Force [N] - Ankle IN/EV
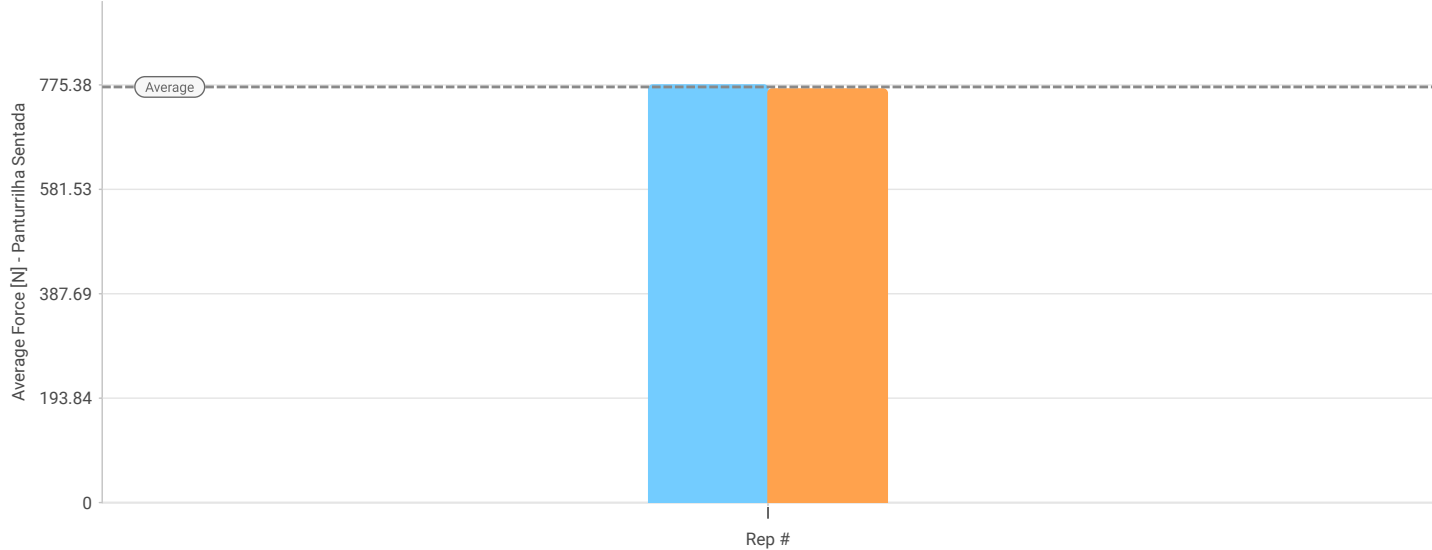
Range   Average

91 - 94.63   92.81

Eversion Average Force [N] - Ankle IN/EV

Range	Average
90.81 - 92.08	**91.45**

Average Force [N] - Panturrilha Sentada

Range	Average
767.88 - 775.38	**771.63**

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Dorsiflexion Average Force [N] - Ankle Dorsiflexion

Range   Average
142.25 - 149.38   **145.81**