

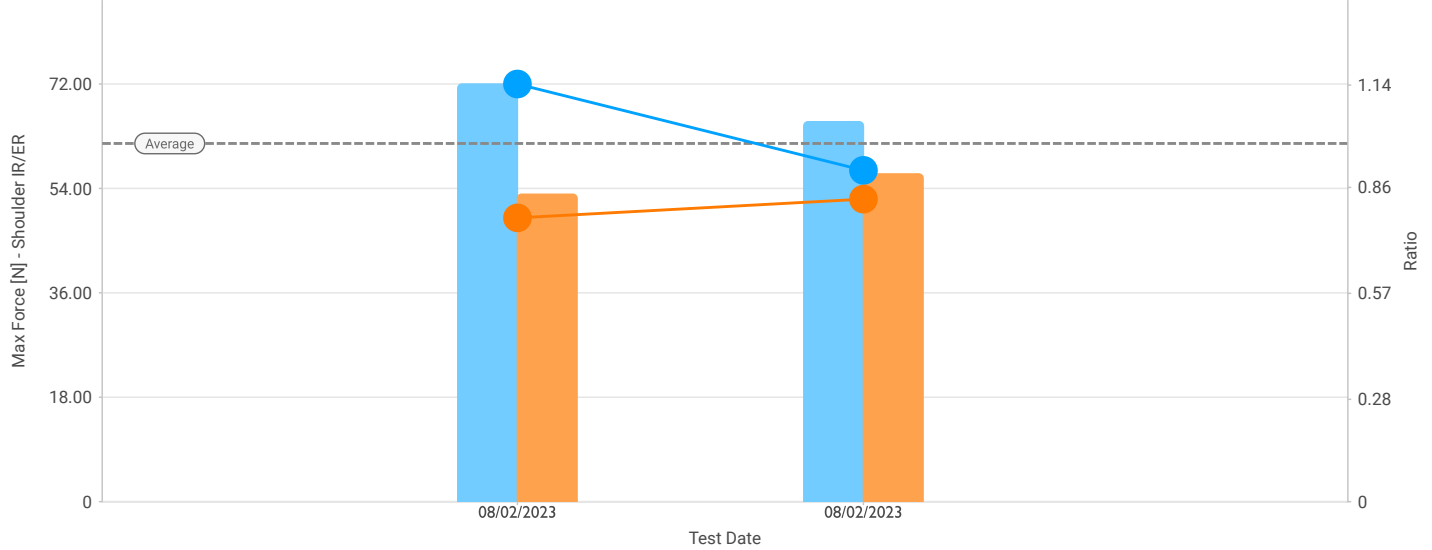


Tests (8)

PROFILE	DATE	TEST TYPE	TEST POSITION	REPS
Laura Rosso				
8 Tests				
	08/02/2023 9:41 AM	Shoulder IR/ER	Supine (90 Degrees AB)	IR 0 L / 0 R ER 0 L / 0 R
	08/02/2023 9:38 AM	Shoulder IR/ER	Supine (Neutral)	IR 0 L / 0 R ER 0 L / 0 R
	08/02/2023 9:32 AM	Shoulder Flexion	Prone	FLEX 0 L / 0 R
	08/02/2023 9:30 AM	Shoulder Extension	Prone	EXT 0 L / 0 R
	08/02/2023 9:27 AM	Shoulder Abduction	Side lying	AB 0 L / 0 R
	08/02/2023 9:25 AM	Shoulder Adduction	Side lying	AD 2 L / 1 R
	08/02/2023 9:23 AM	Elbow Extension	Seated	EXT 2 L / 2 R
	08/02/2023 9:21 AM	Elbow Flexion	Seated	FLEX 2 L / 2 R

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

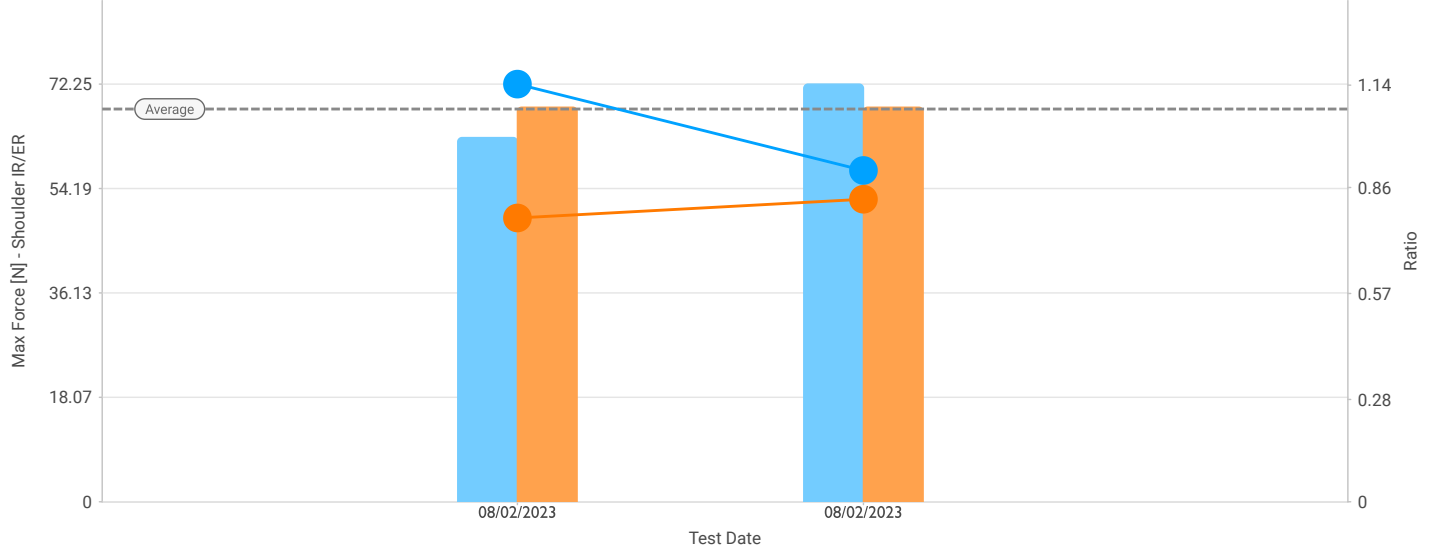
Range    Average  
53 - 72    61.75





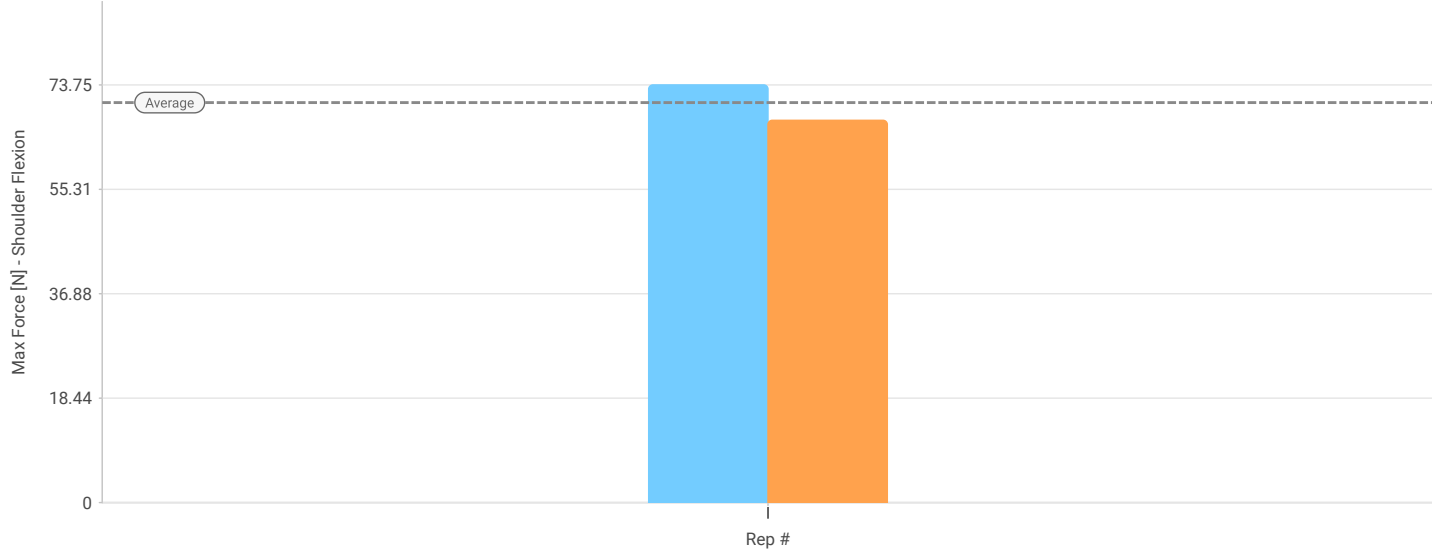
External Rotation Max Force [N] - Shoulder IR/ER

Range      Average  
63 - 72.25      67.94



Flexion Max Force [N] - Shoulder Flexion

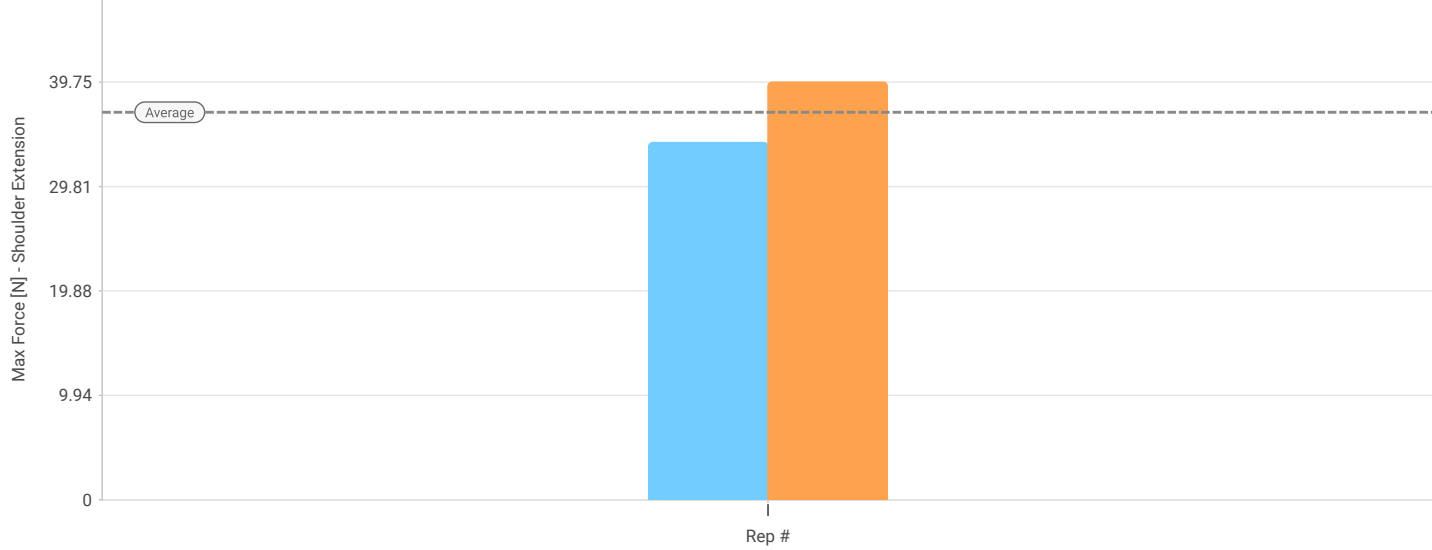
Range      Average  
67.5 - 73.75      70.63





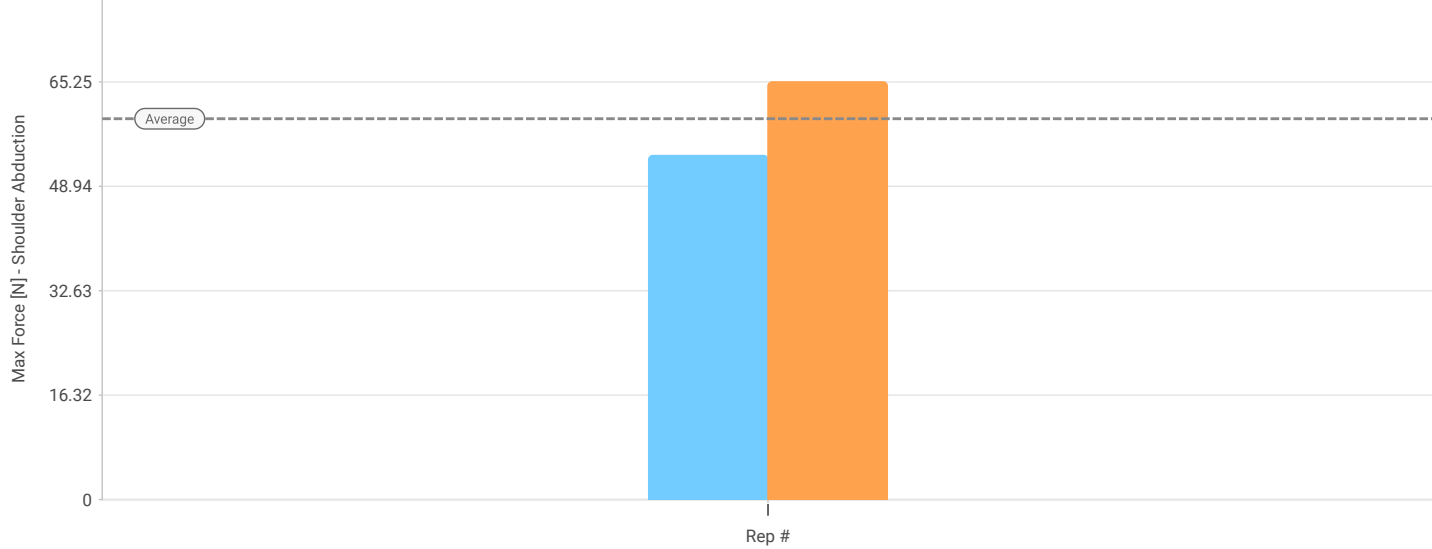
Extension Max Force [N] - Shoulder Extension

Range      Average  
34 - 39.75    36.88



Abduction Max Force [N] - Shoulder Abduction

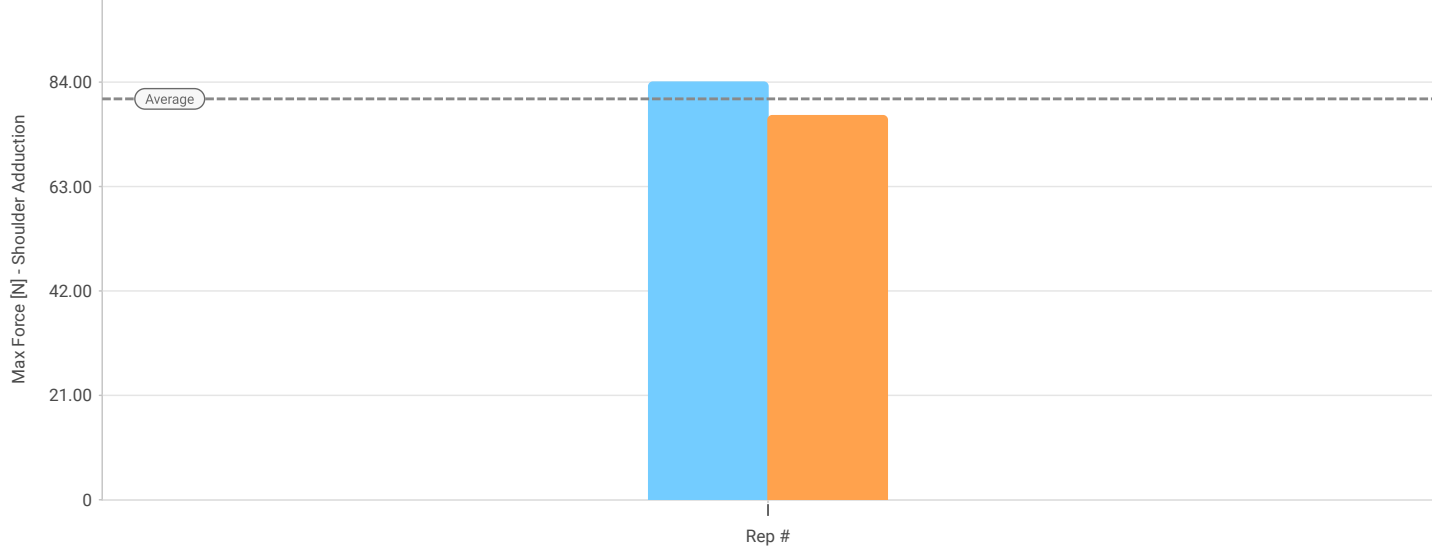
Range      Average  
53.75 - 65.25    59.5





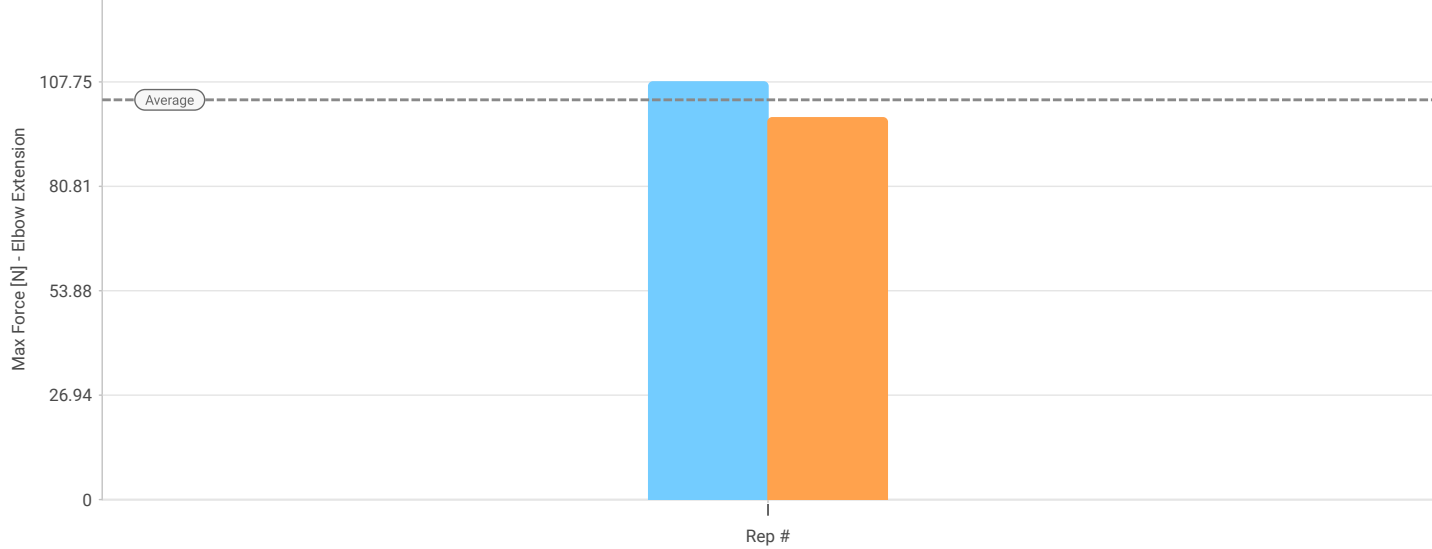
Adduction Max Force [N] - Shoulder Adduction

Range      Average  
77.25 - 84      80.63



Extension Max Force [N] - Elbow Extension

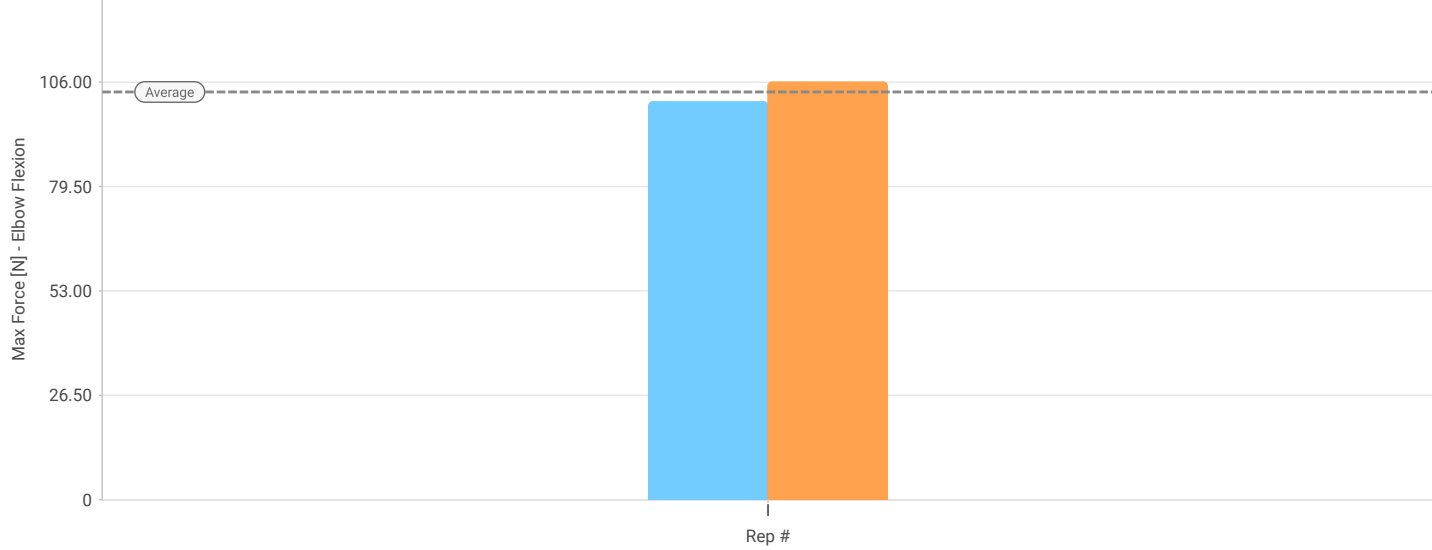
Range      Average  
98.5 - 107.75      103.13





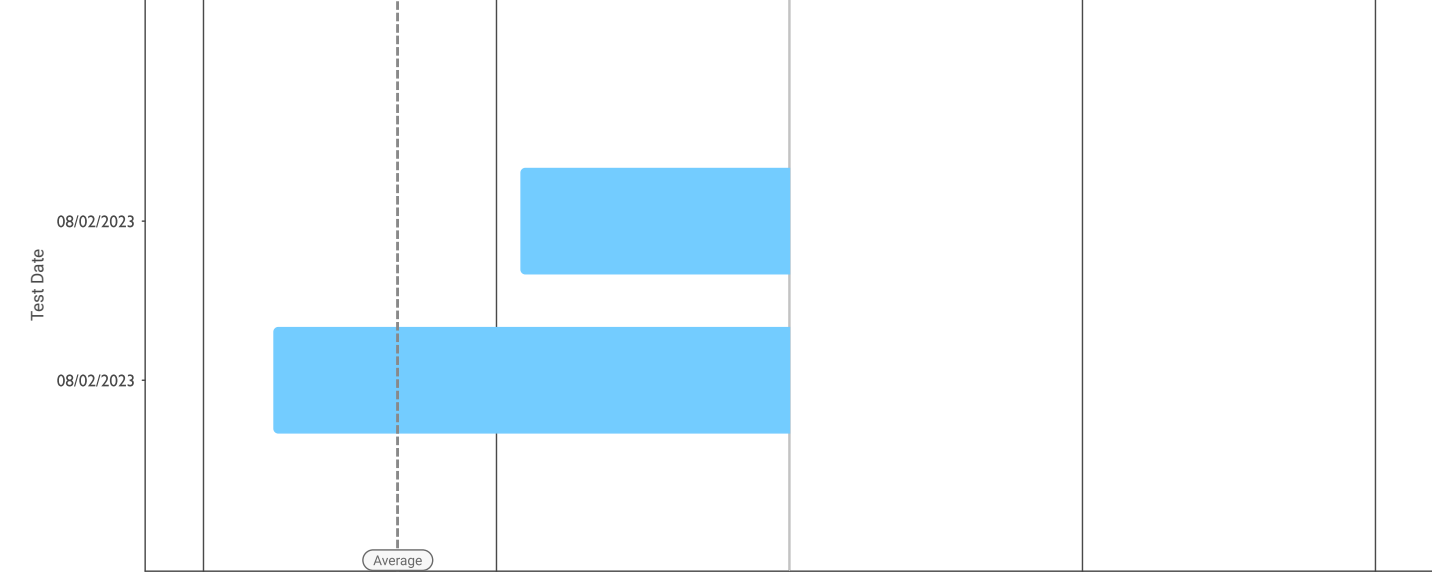
Max Force [N] - Elbow Flexion

Range      Average  
101 - 106      103.5



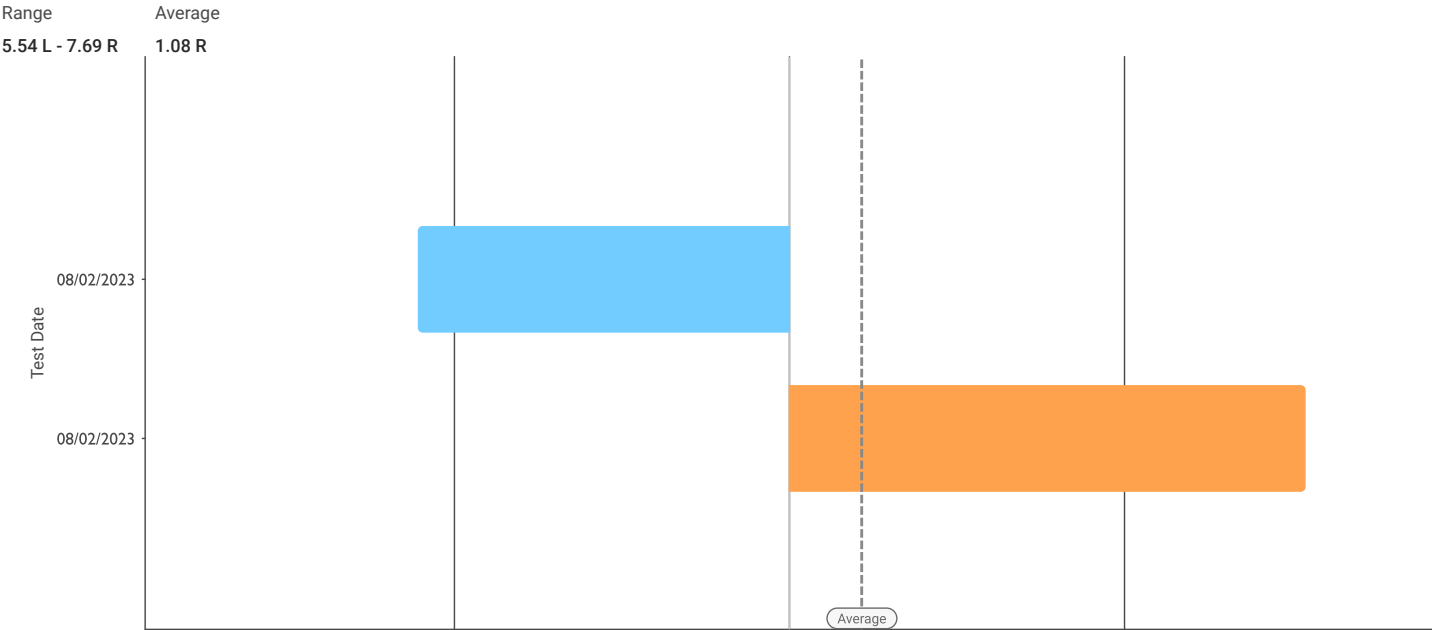
Internal Rotation Asymmetry [%] - Shoulder IR/ER

Range      Average  
26.39 L - 13.74 R      20.06 L

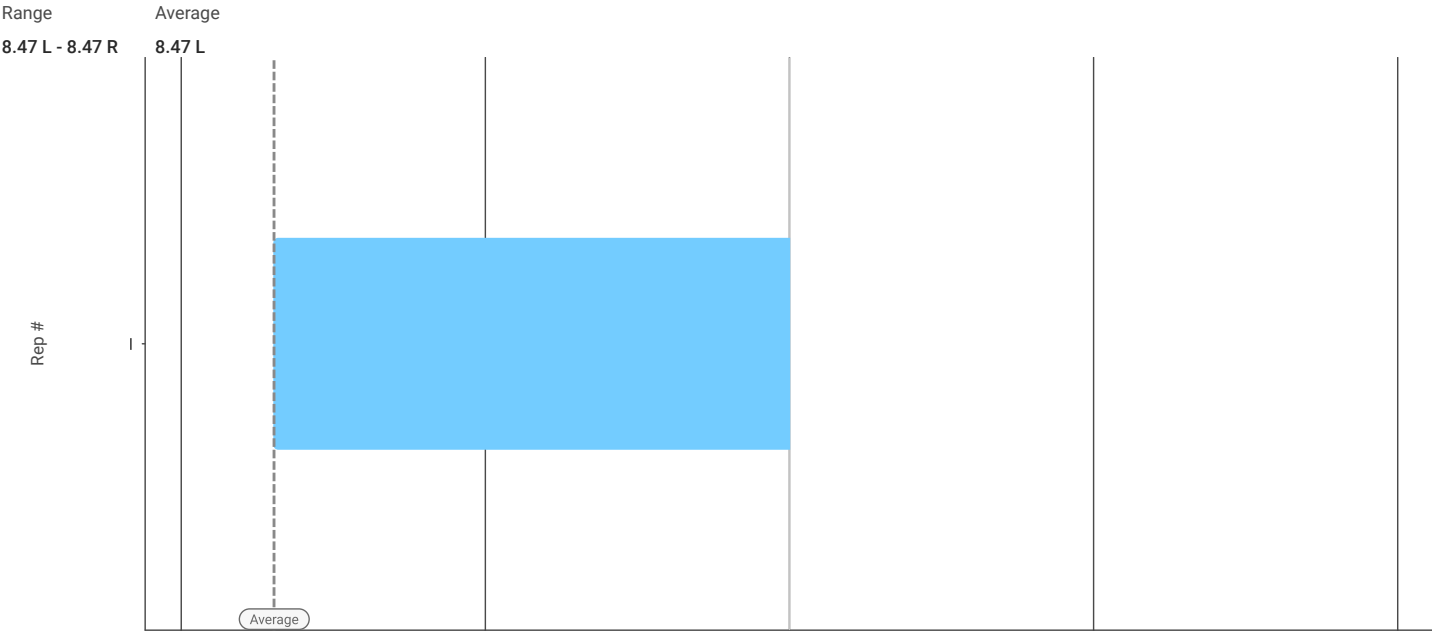




External Rotation Asymmetry [%] - Shoulder IR/ER

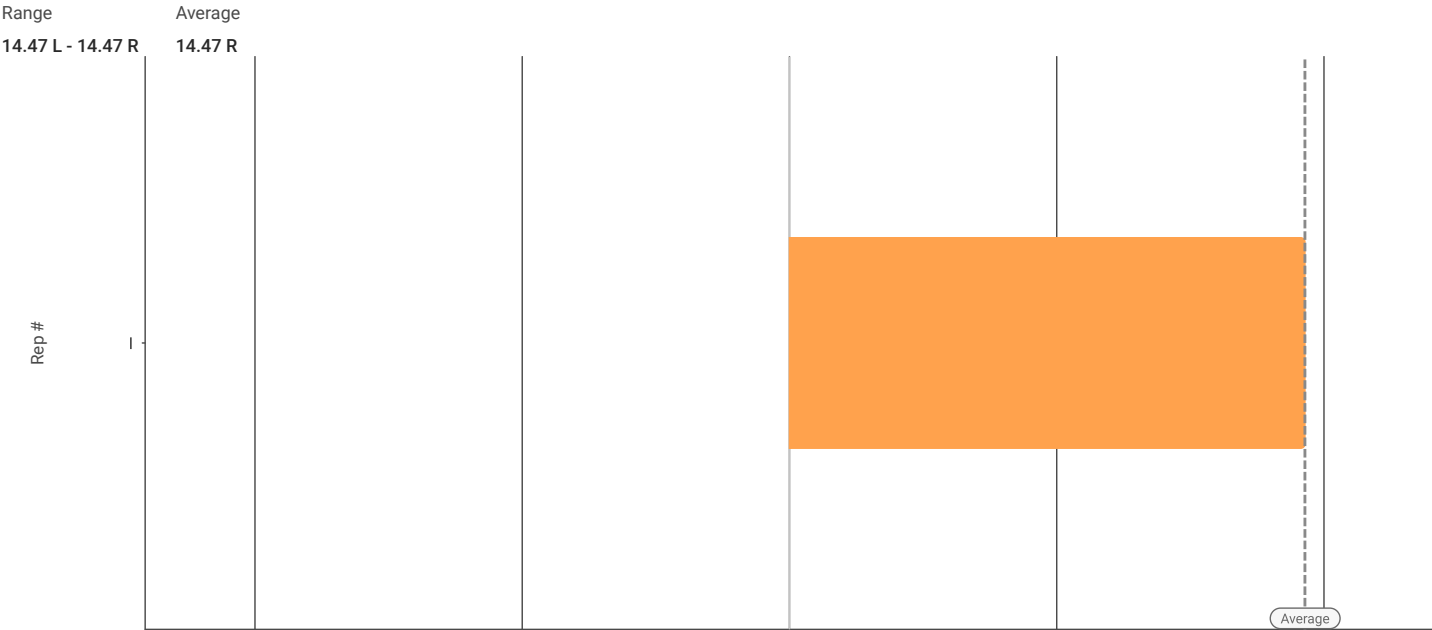


Flexion Asymmetry [%] - Shoulder Flexion

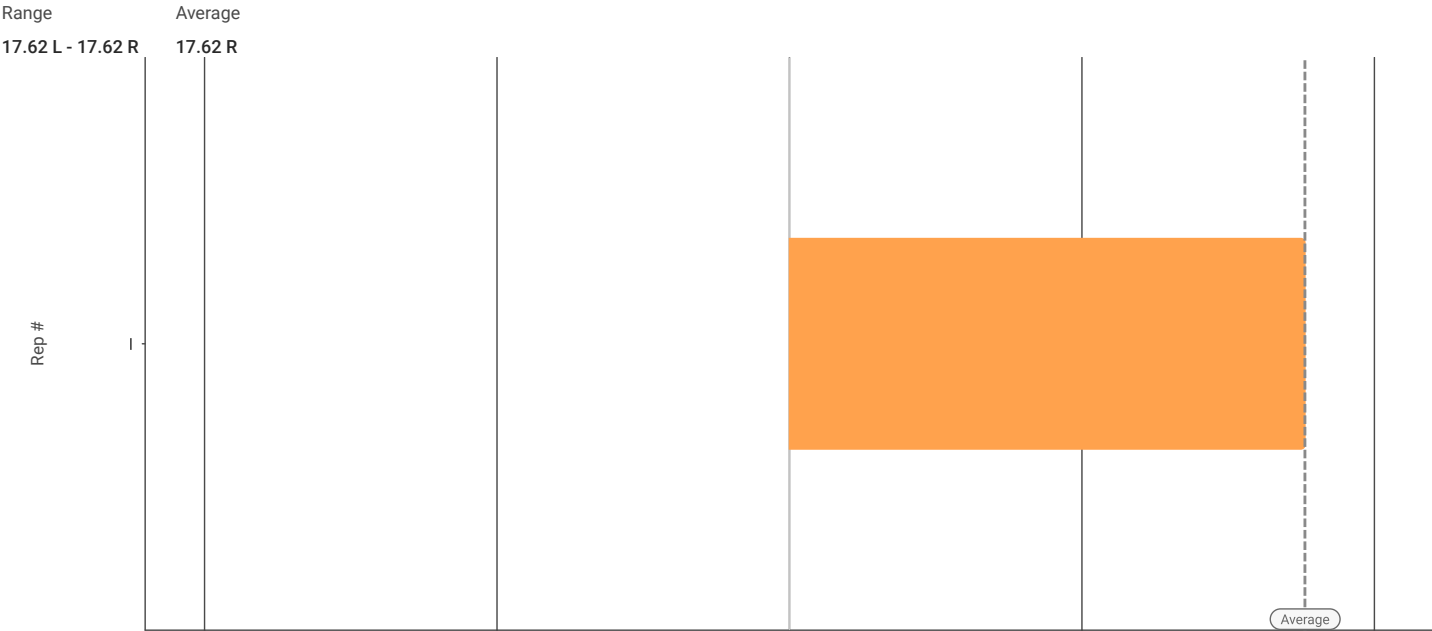




Extension Asymmetry [%] - Shoulder Extension

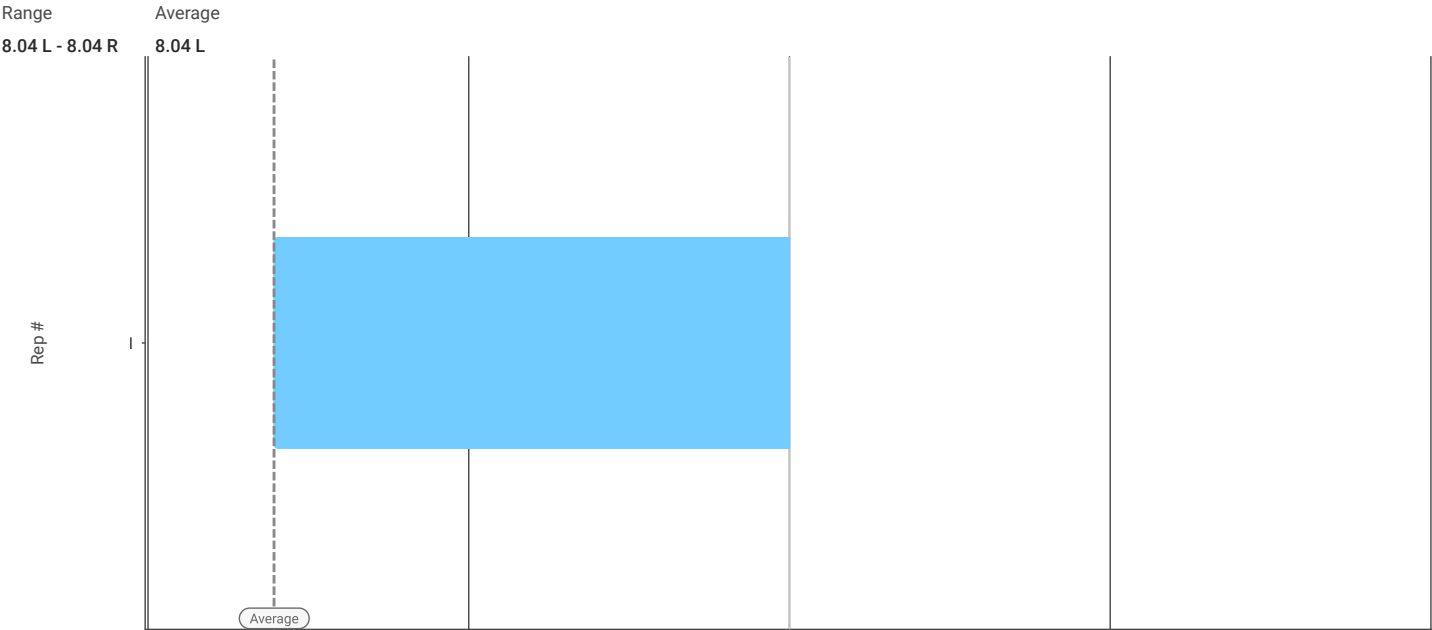


Abduction Asymmetry [%] - Shoulder Abduction

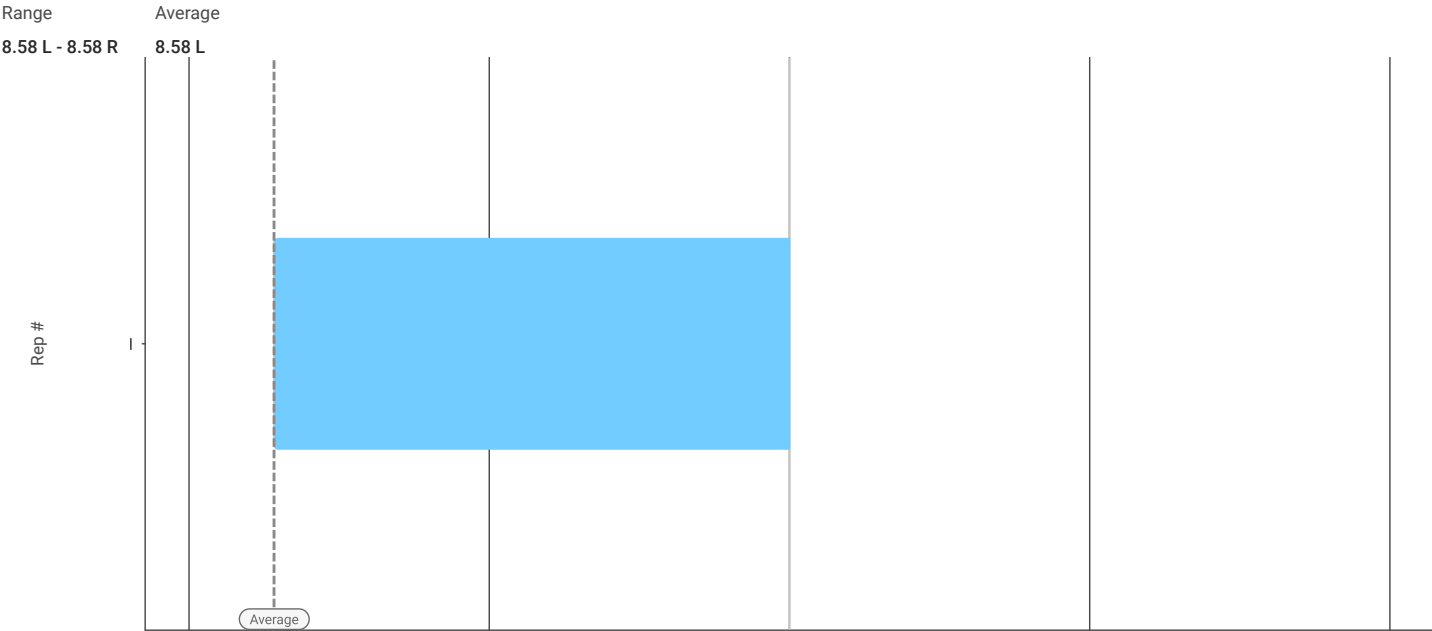




Adduction Asymmetry [%] - Shoulder Adduction



Extension Asymmetry [%] - Elbow Extension

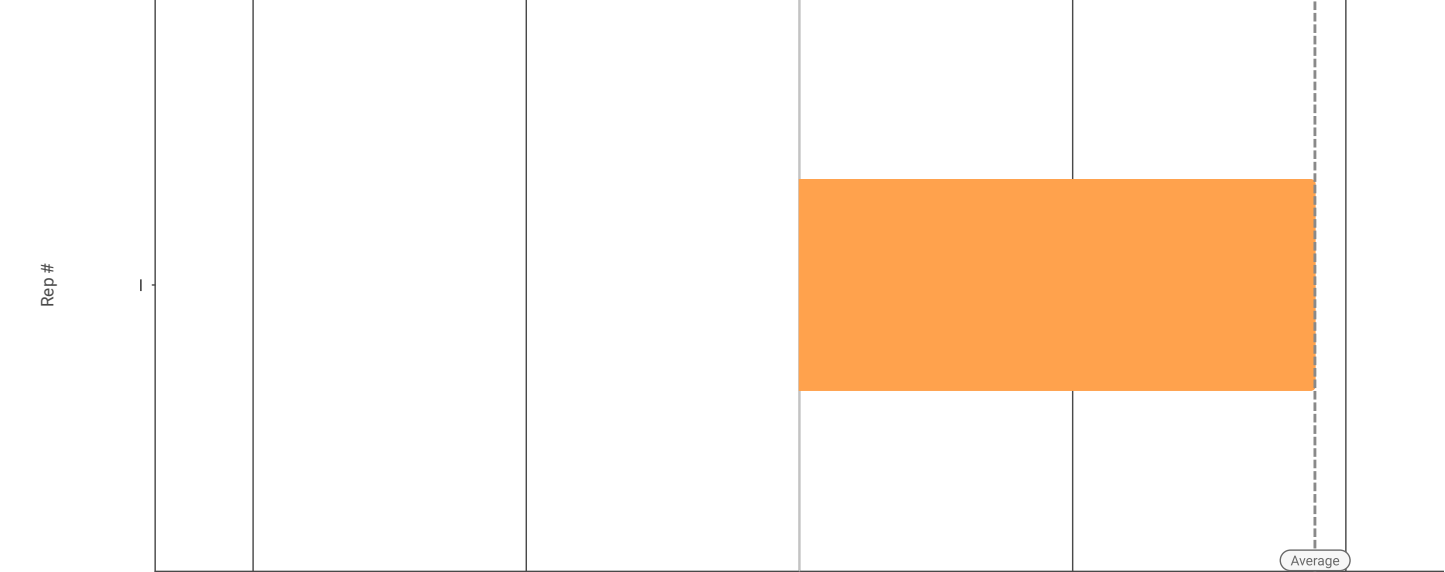






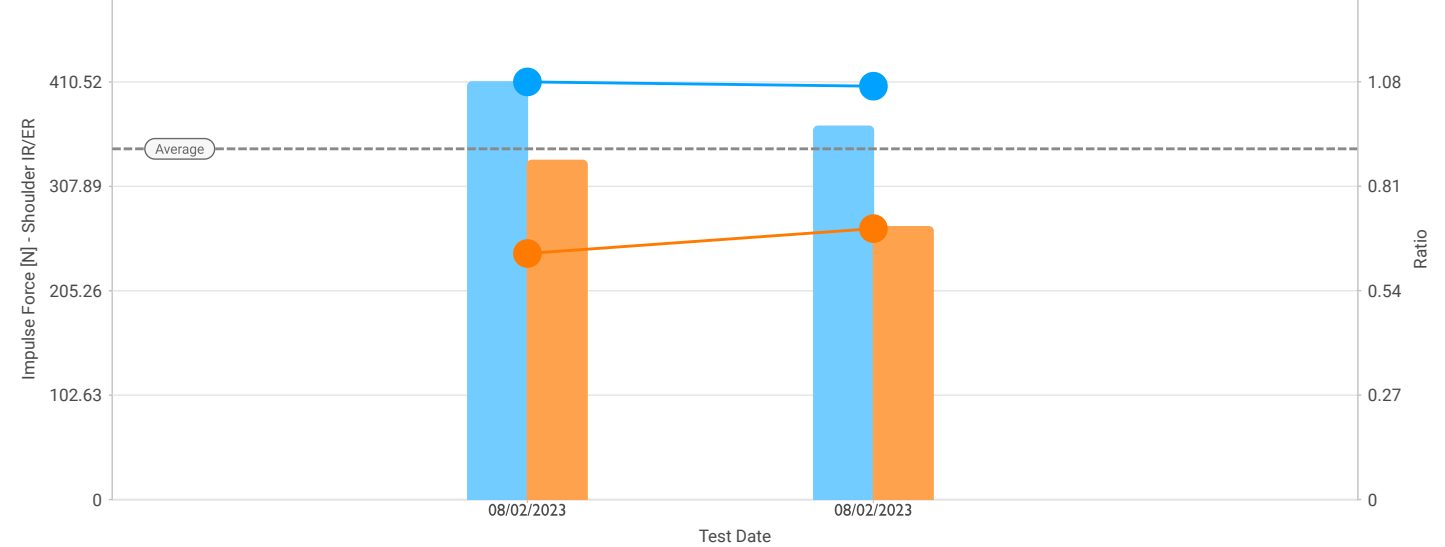
Asymmetry [%] - Elbow Flexion

Range      Average  
4.72 L - 4.72 R      4.72 R



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

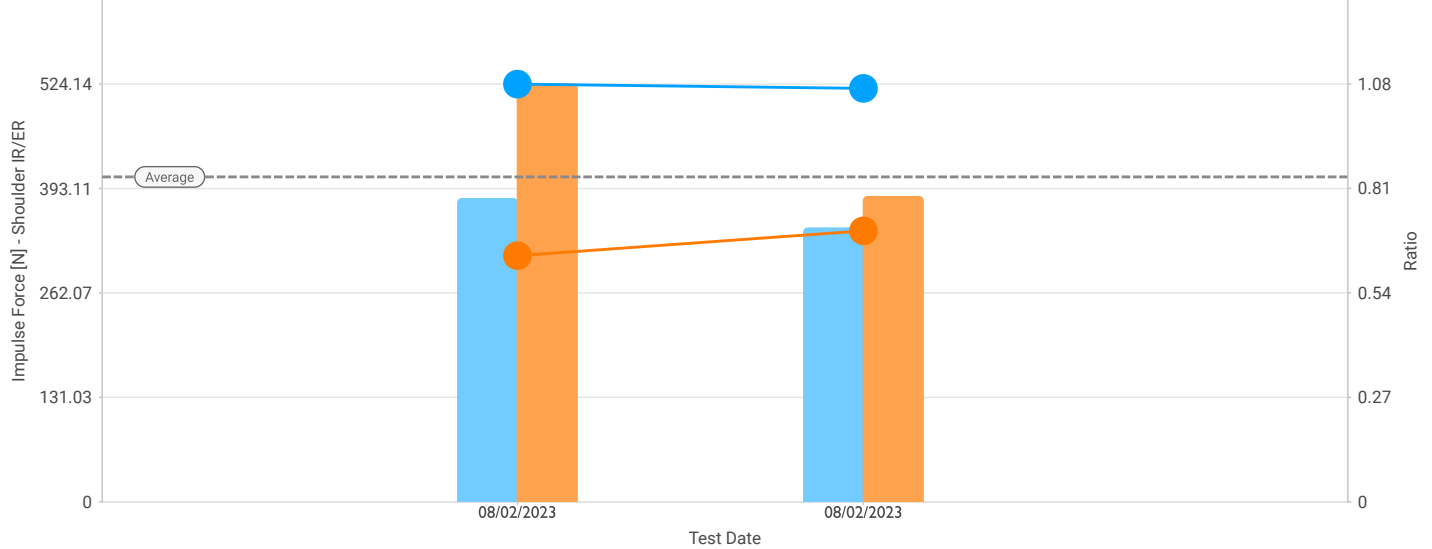
Range      Average  
268.17 - 410.52      344.76





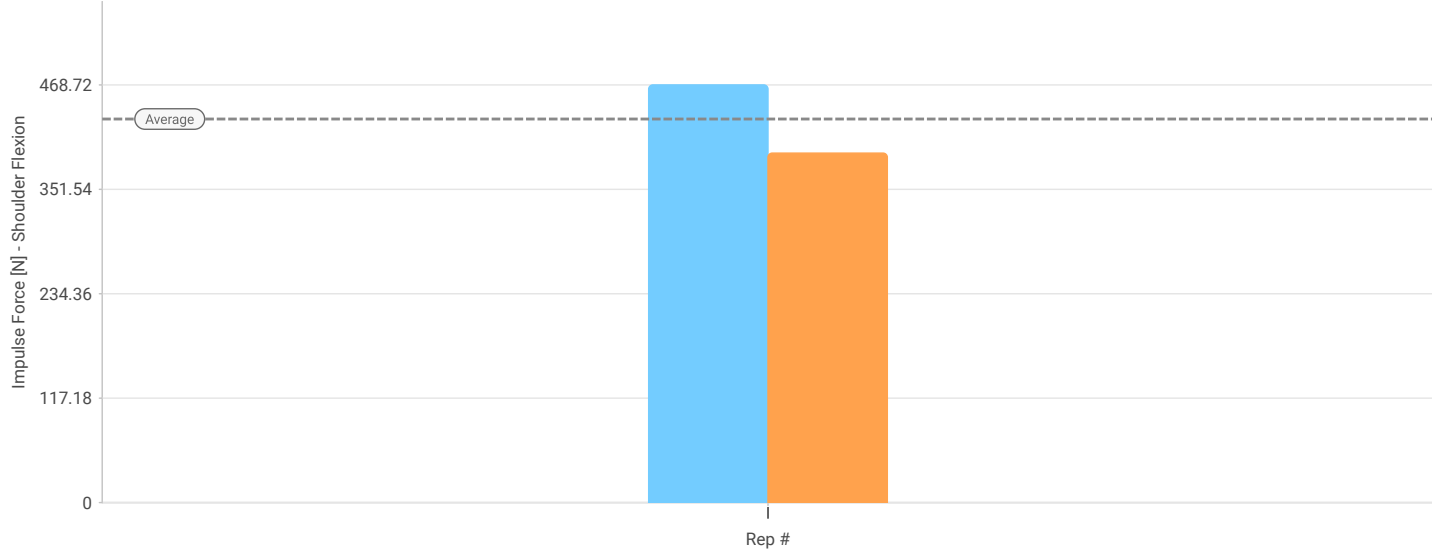
External Rotation Impulse Force [N] - Shoulder IR/ER

Range      Average  
343.44 - 524.14      407.7



Flexion Impulse Force [N] - Shoulder Flexion

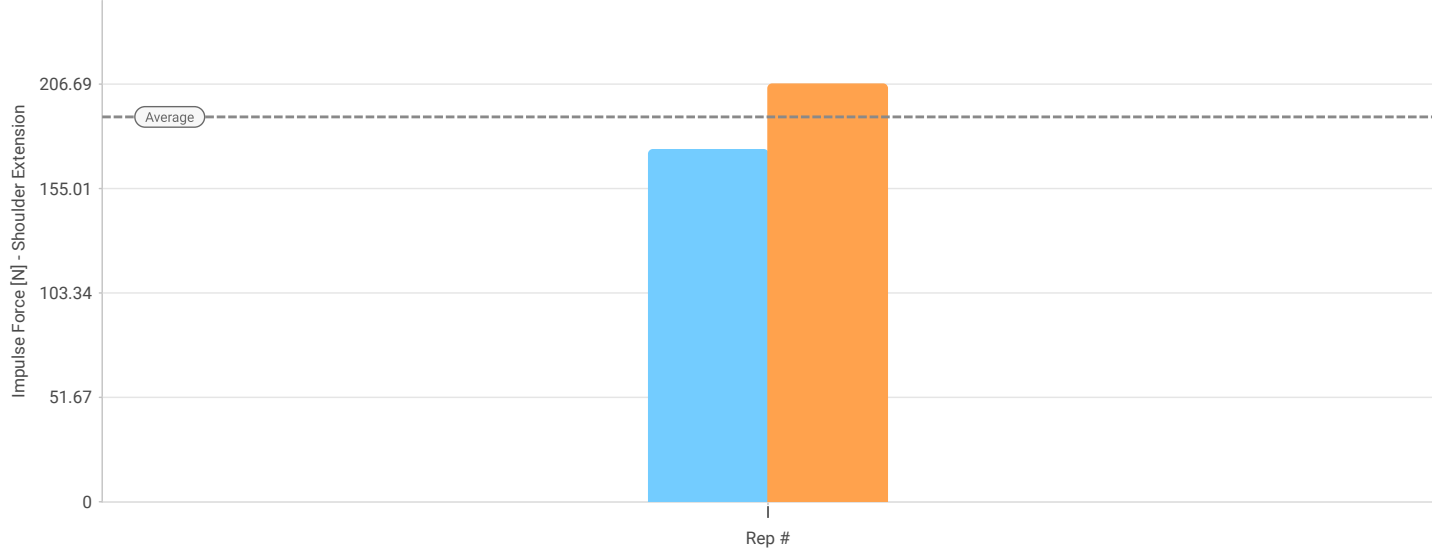
Range      Average  
392.18 - 468.72      430.45





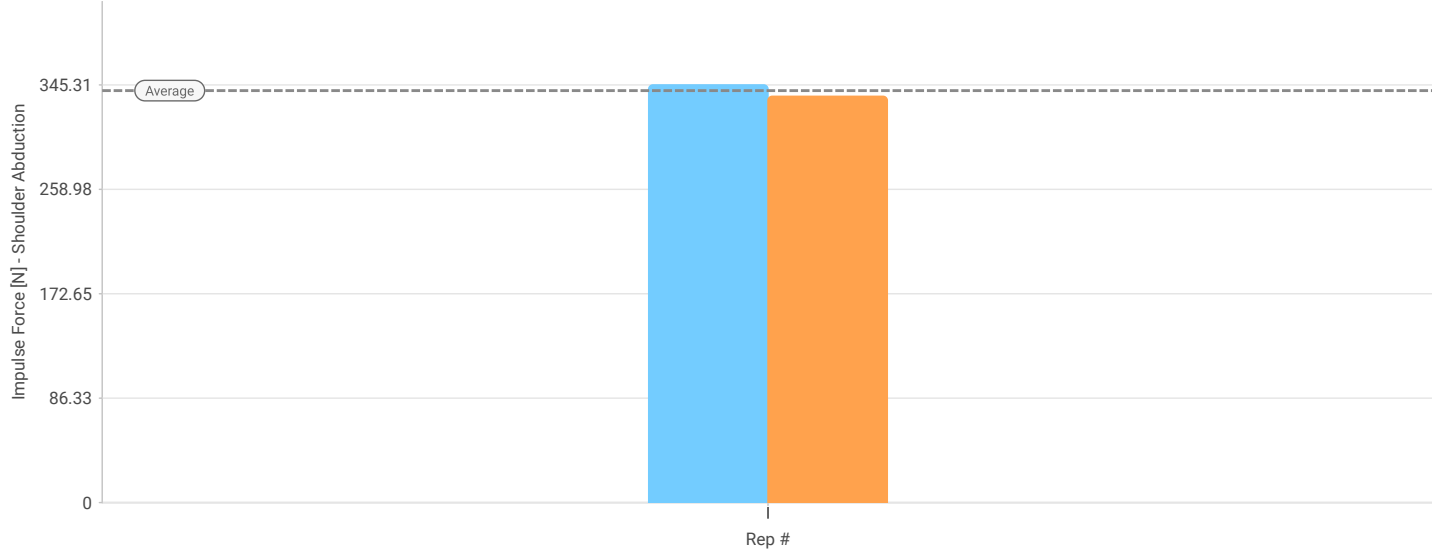
Extension Impulse Force [N] - Shoulder Extension

Range      Average  
174.22 - 206.69      190.46



Abduction Impulse Force [N] - Shoulder Abduction

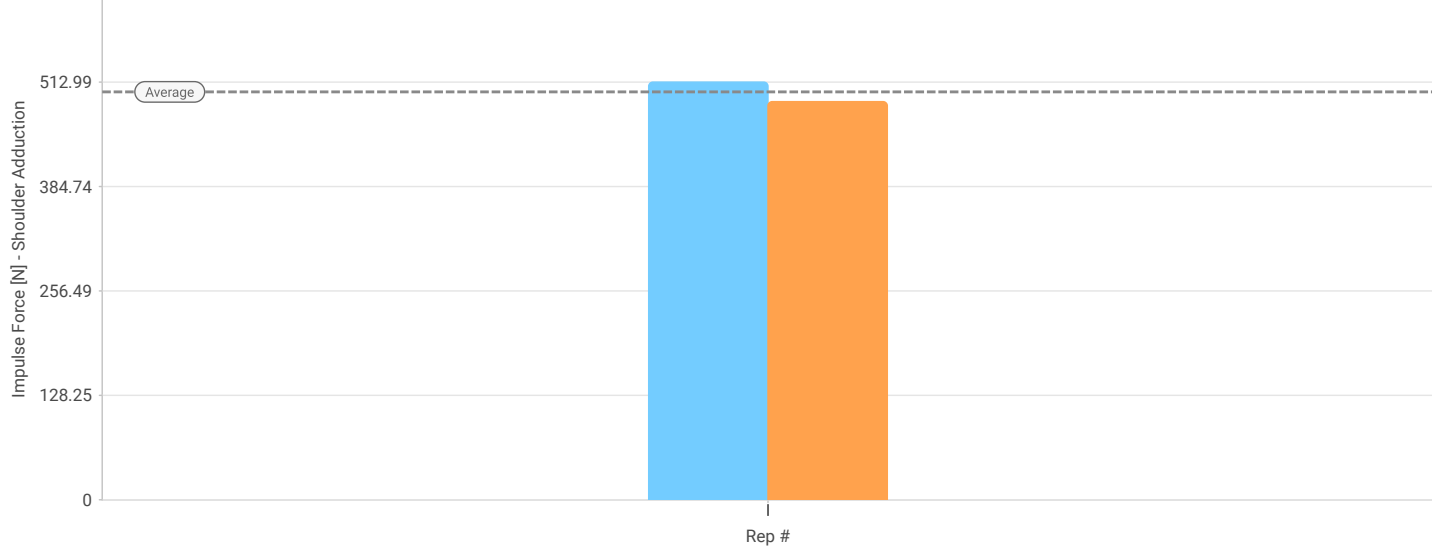
Range      Average  
335.89 - 345.31      340.6





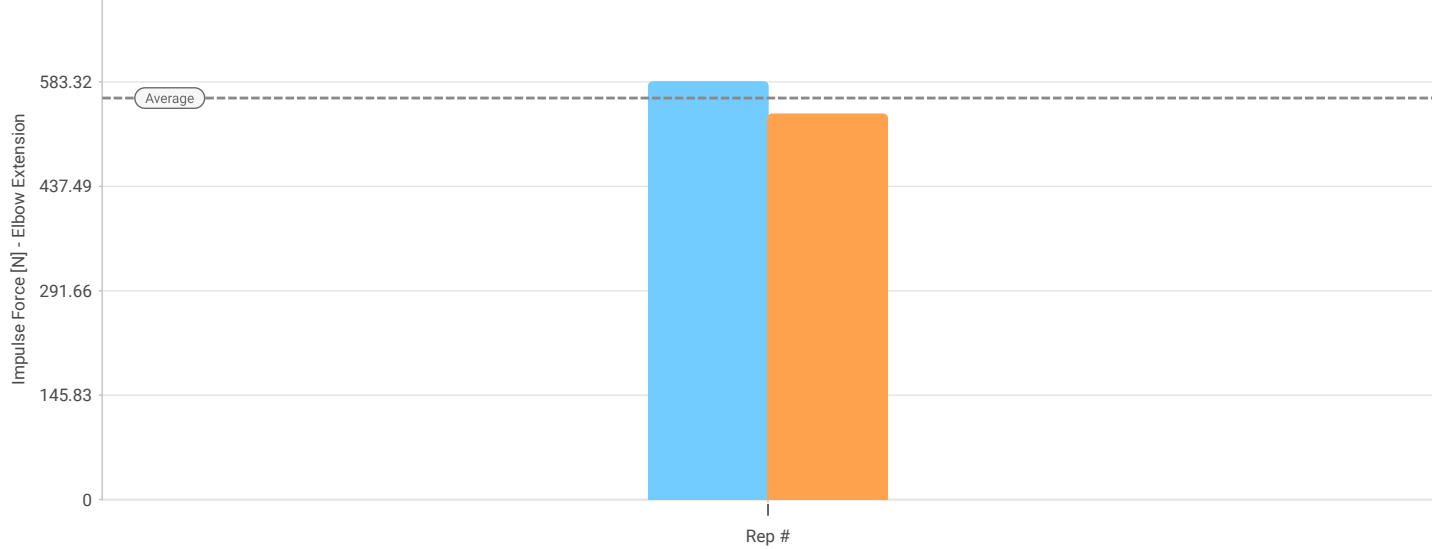
Adduction Impulse Force [N] - Shoulder Adduction

Range      Average  
489 - 512.99      500.99



Extension Impulse Force [N] - Elbow Extension

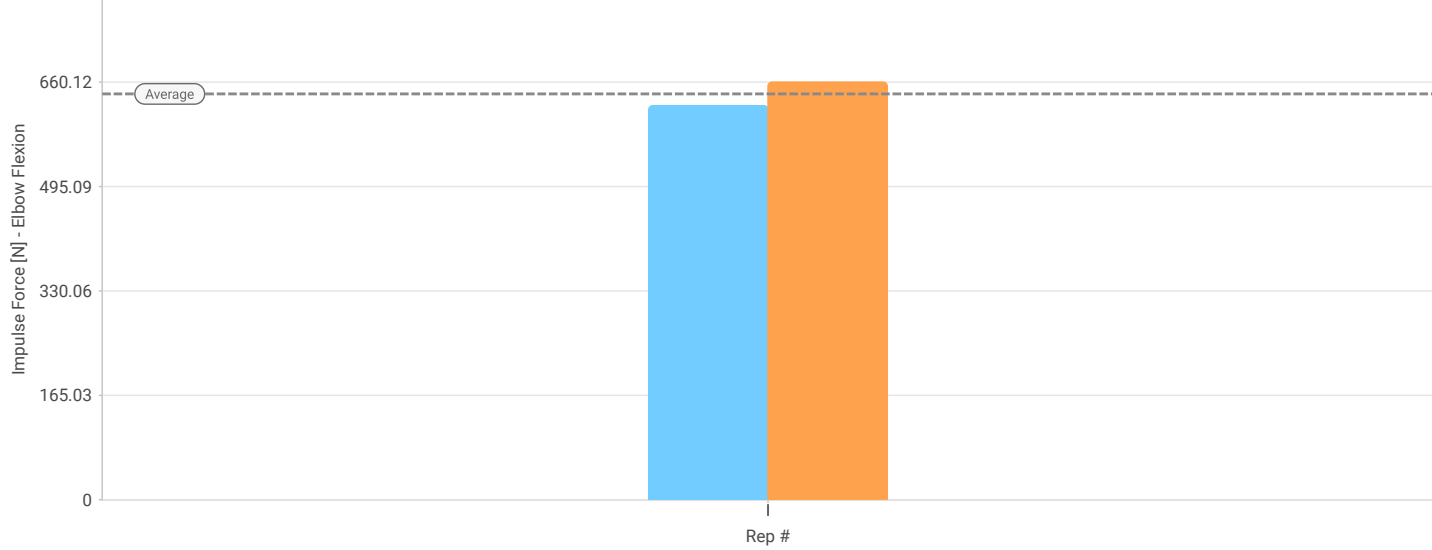
Range      Average  
538.28 - 583.32      560.8





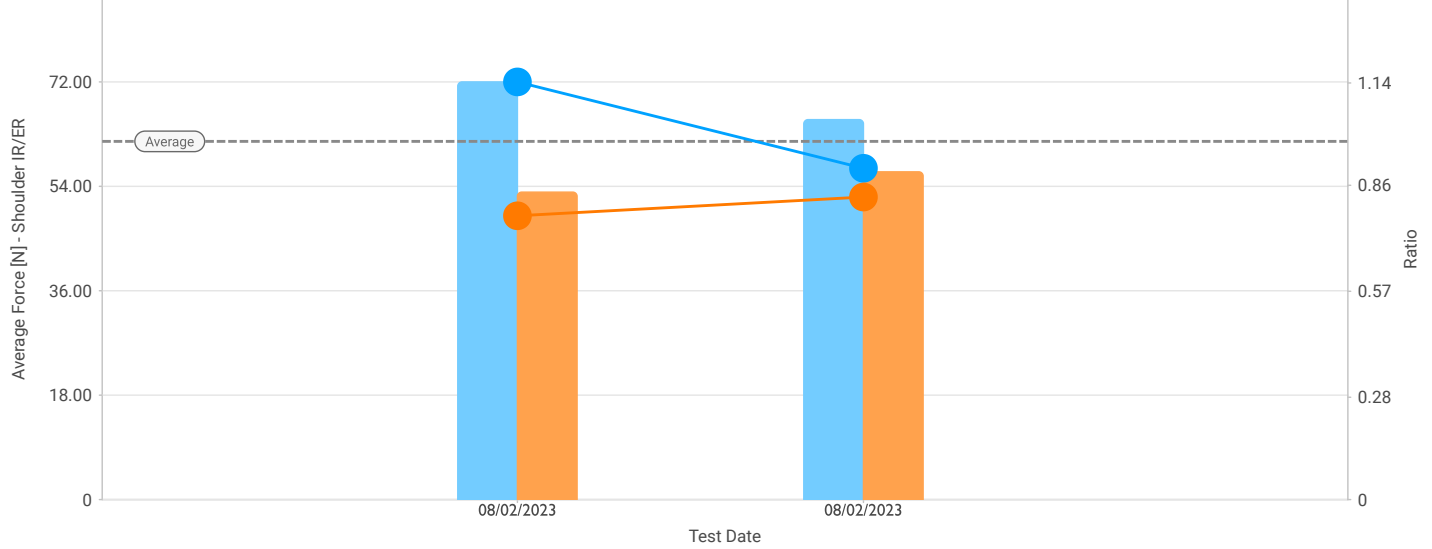
Impulse Force [N] - Elbow Flexion

Range      Average  
622.86 - 660.12      641.49



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

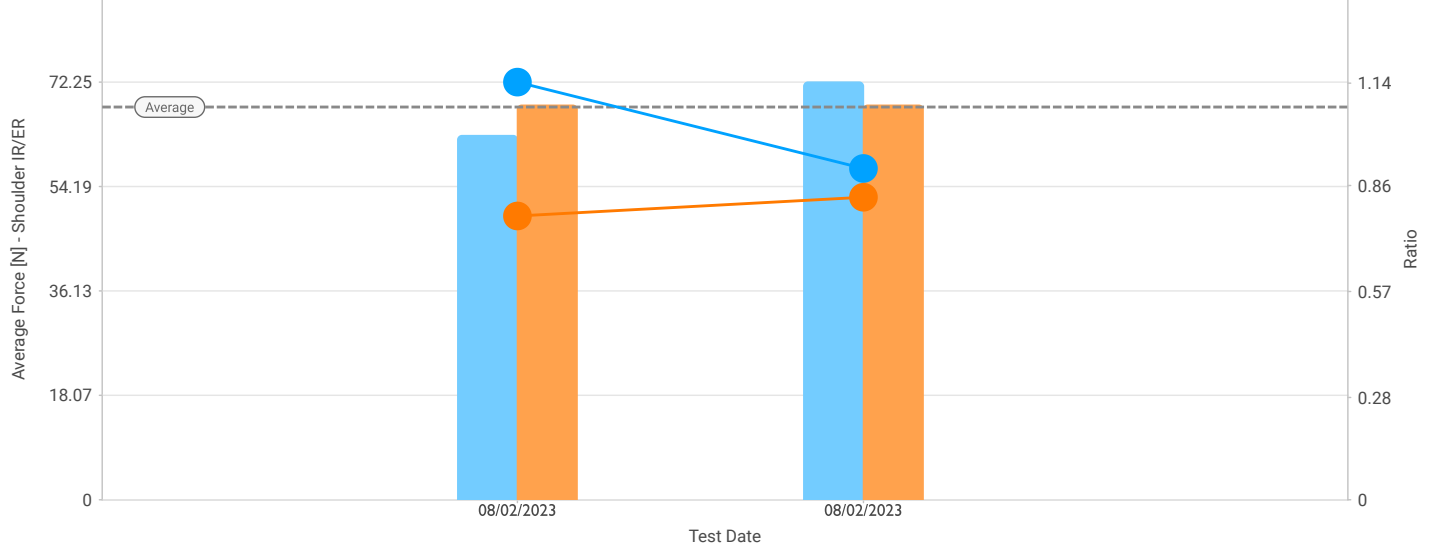
Range      Average  
53 - 72      61.75





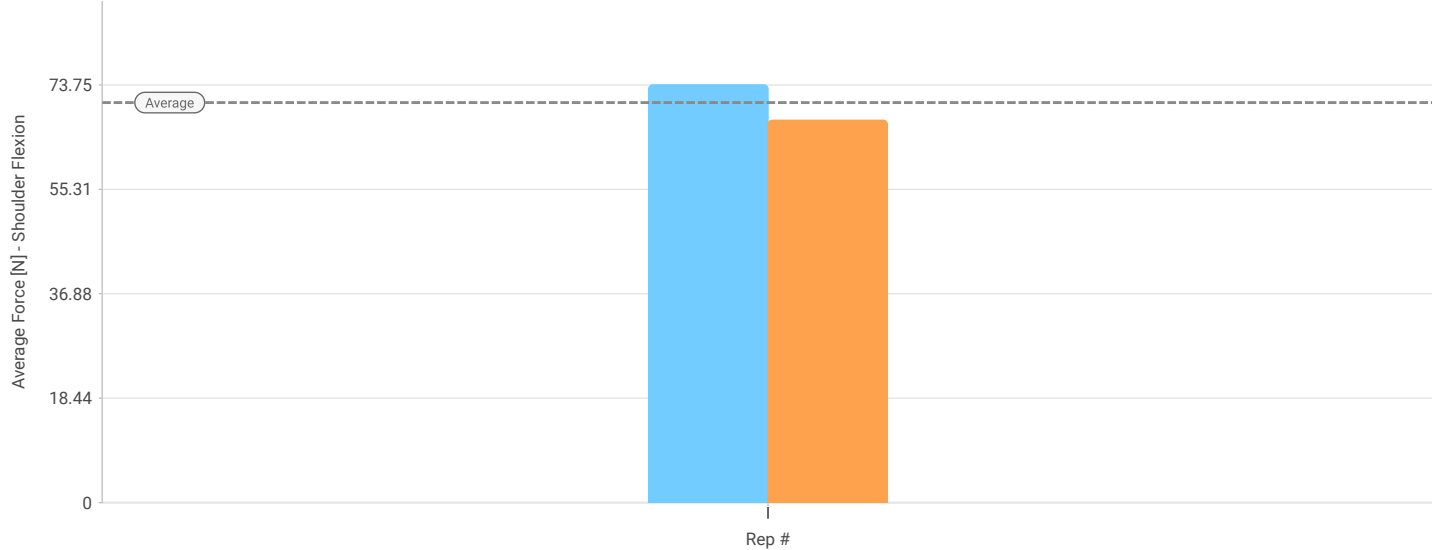
External Rotation Average Force [N] - Shoulder IR/ER

Range      Average  
63 - 72.25      67.94



Flexion Average Force [N] - Shoulder Flexion

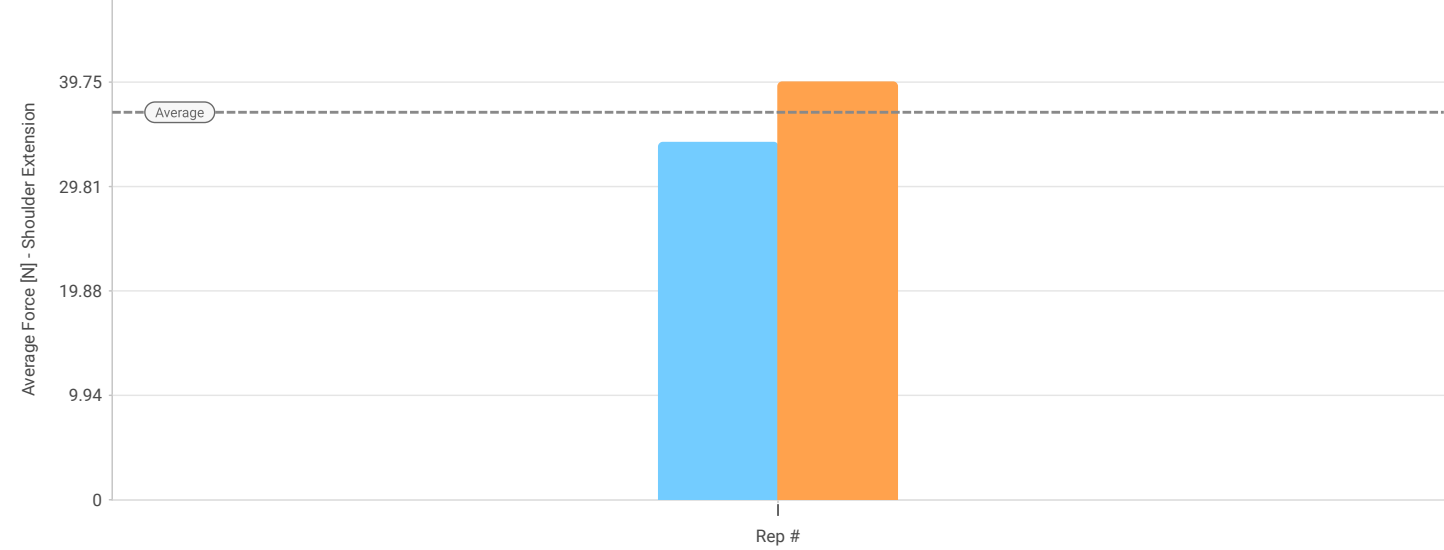
Range      Average  
67.5 - 73.75      70.63





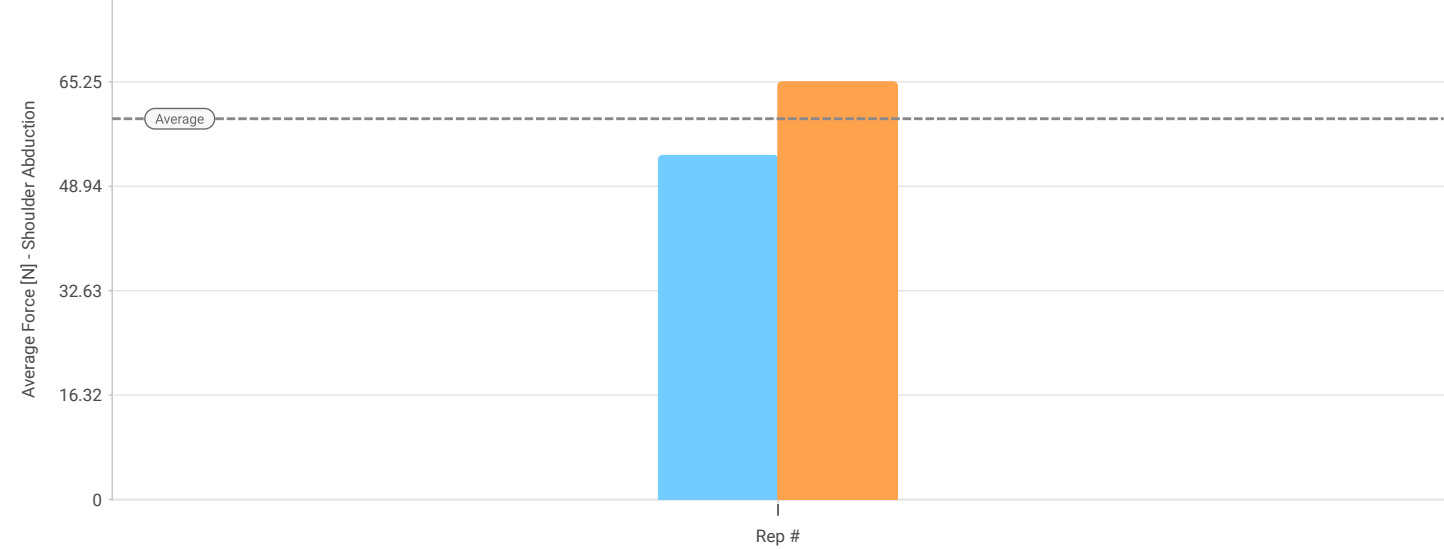
### Extension Average Force [N] - Shoulder Extension

Range      Average  
34 - 39.75    36.88



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

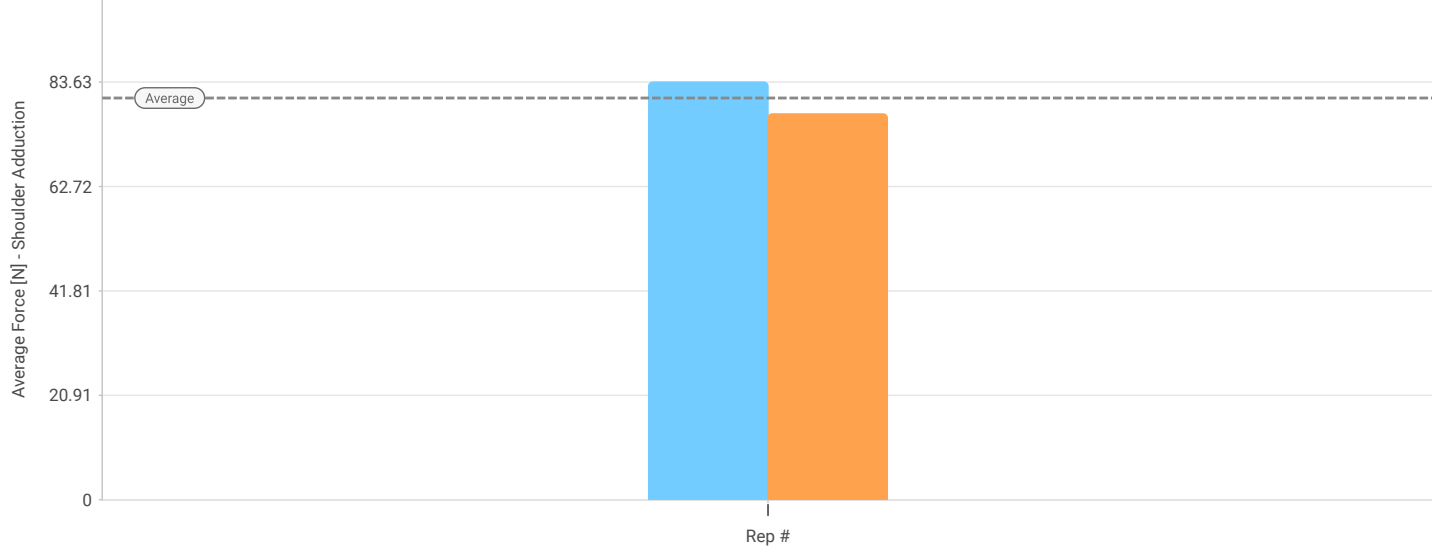
Range      Average  
53.75 - 65.25    59.5





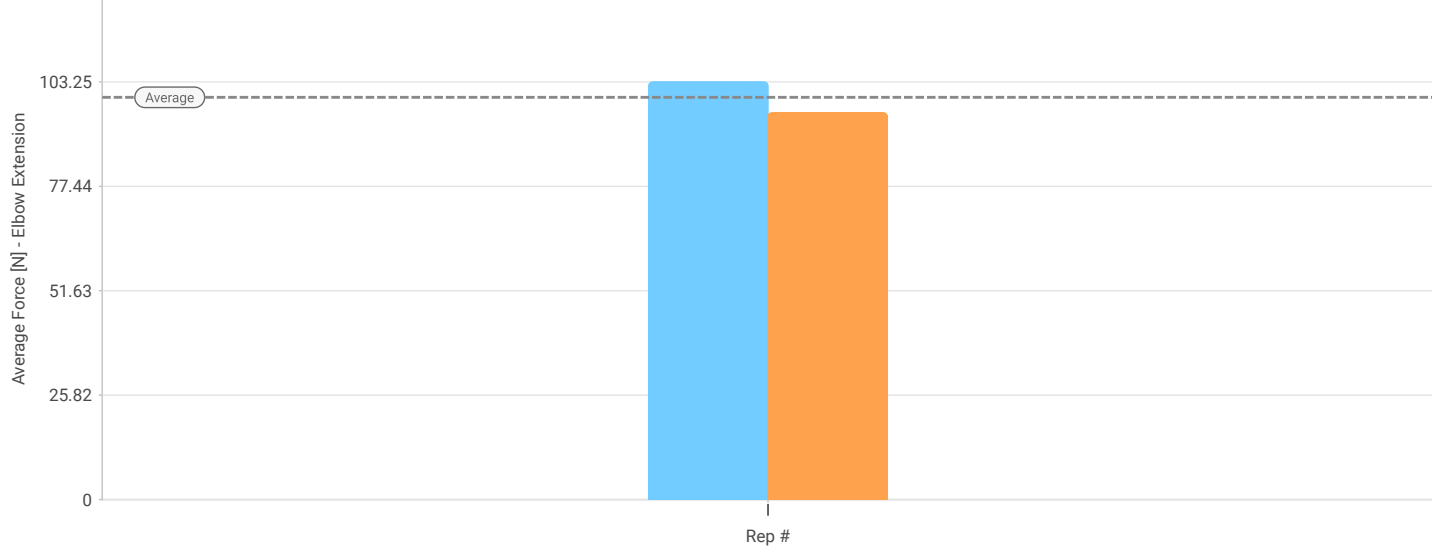
Adduction Average Force [N] - Shoulder Adduction

Range      Average  
77.25 - 83.63      80.44

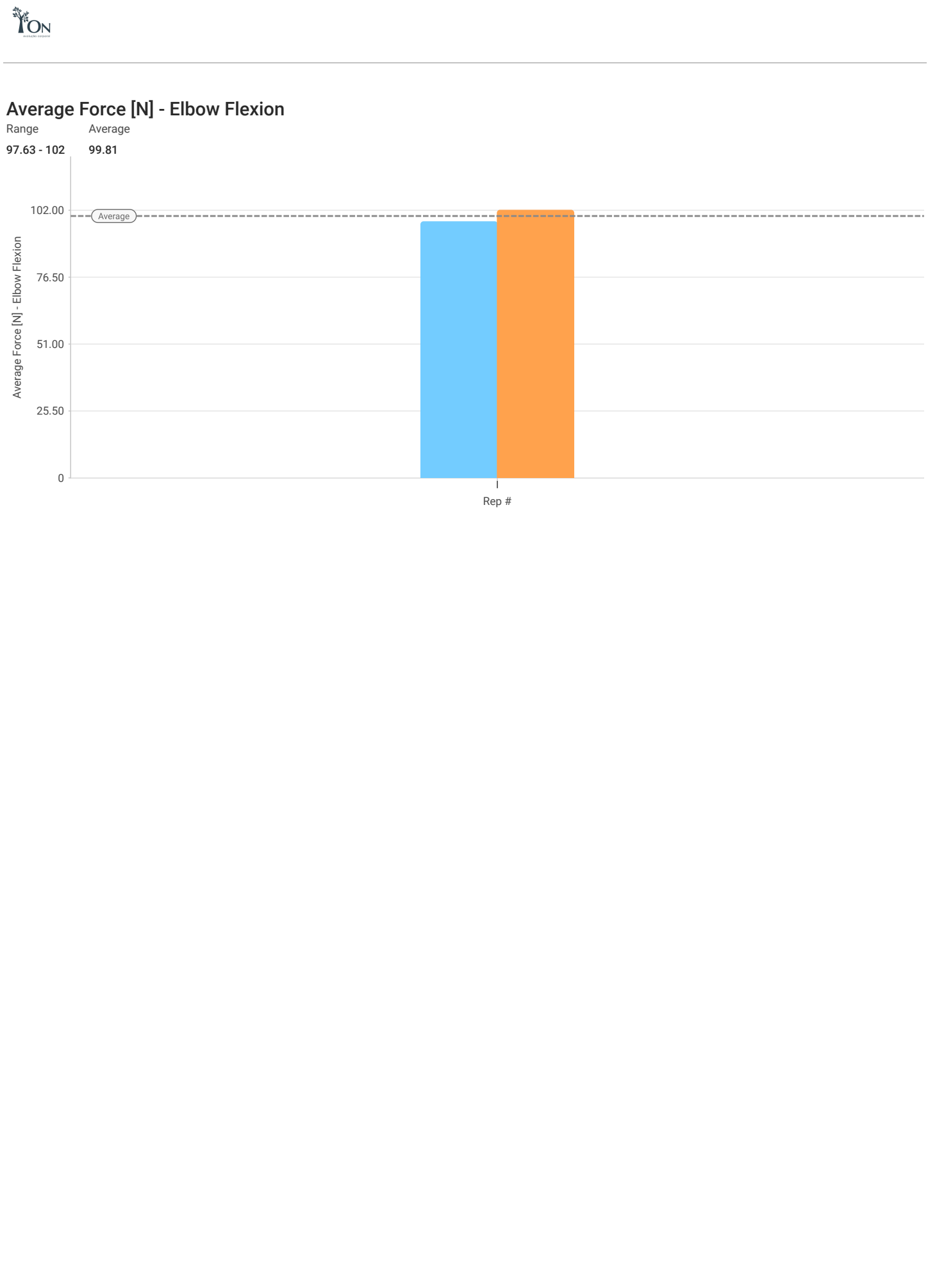


Extension Average Force [N] - Elbow Extension

Range      Average  
95.63 - 103.25      99.44







VALD

 > [Profile](#) > [ForceFrame](#)

<https://hub.valdperformance.com/app/profiles/ab317507-237f-40fb-aba1-443c3c551185/results>

17/17