

PROFILE ASSESSMENT

Andre Sadao

10th November, 2021

PROFILE INFORMATION

NAME	Andre Sadao
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	22 nd February, 1989
GENDER	Male
HEIGHT	170cm / 66in
WEIGHT	72kg / 158lb
AGE	32



Single Leg Stand

Balance Assessment

Standing balance over time is assessed while standing on one leg.

Eyes	Open
Surface	Stable
Time	10.0 s

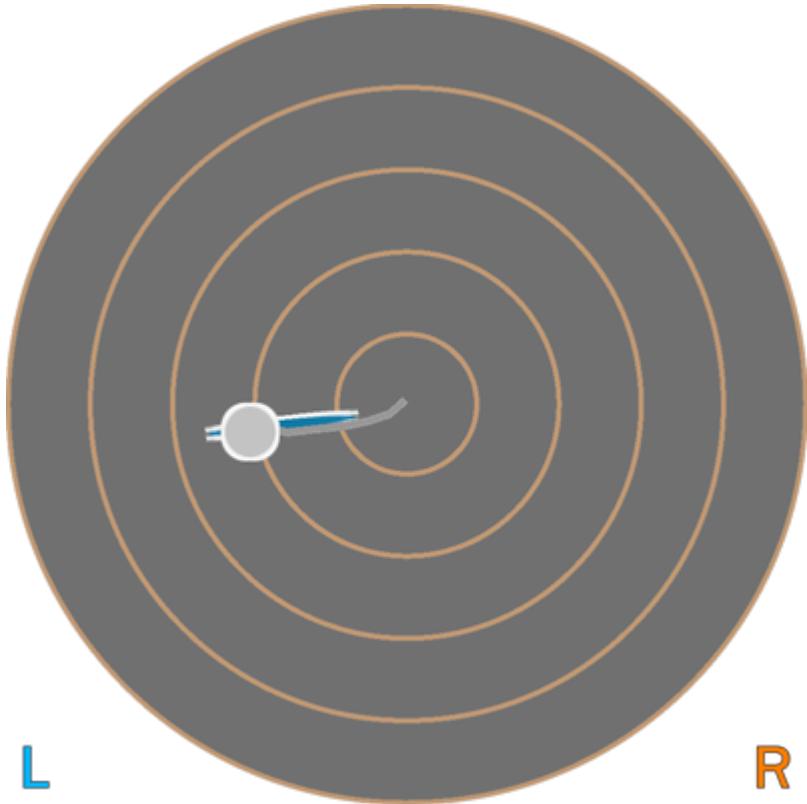
RESULTS

BALANCE RESULTS (LEFT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

RESULTS

Ellipse Area

3.34 cm⁻²

COM Path Length

24.00 cm

Range – ML

13.01 cm

Range – AP

2.42 cm

Pelvis Lateral Tilt

6.6° Left ▼

Trunk lateral flexion

5.2° 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

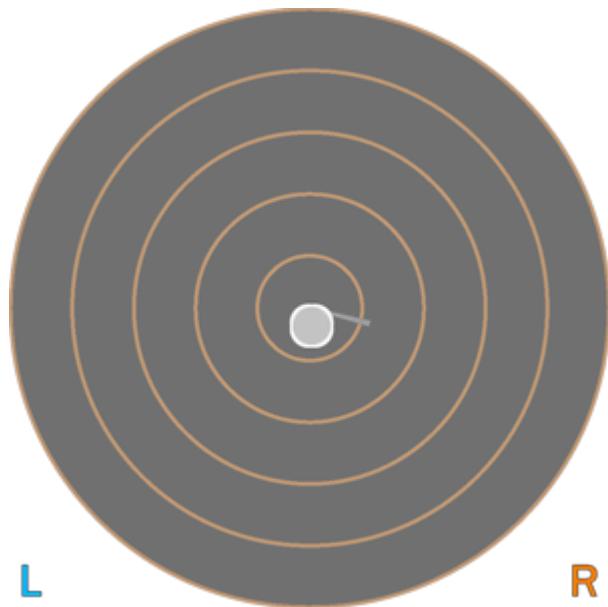
RESULTS

BALANCE RESULTS (RIGHT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

RESULTS

Ellipse Area

0.14 cm⁻²

COM Path Length

13.46 cm

Range – ML

0.98 cm

Range – AP

2.25 cm

Pelvis Lateral Tilt

9.1° Right ▼

Trunk lateral flexion

6.0° Right ▼

PRACTITIONER COMMENTS



Tandem Stand

Balance Assessment

Standing balance over time is assessed with one foot directly in front of the other.

Eyes	Open
Surface	Stable
Time	10.0 s

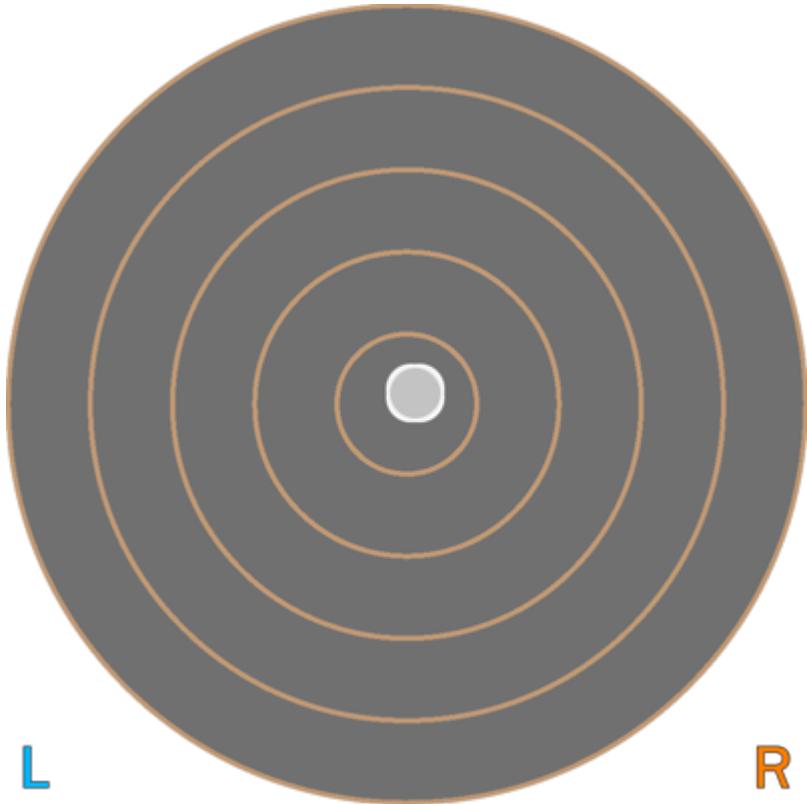
RESULTS

BALANCE RESULTS (LEFT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

RESULTS

Ellipse Area

0.15 cm⁻²

COM Path Length

10.31 cm

Range – ML

1.21 cm

Range – AP

1.19 cm

Pelvis Lateral Tilt

0.5° Left ▼

Trunk lateral flexion

0.4° Left ▼

PRACTITIONER COMMENTS



Tandem Stand

Balance Assessment

Standing balance over time is assessed with one foot directly in front of the other.

Eyes	Open
Surface	Stable
Time	10.0 s

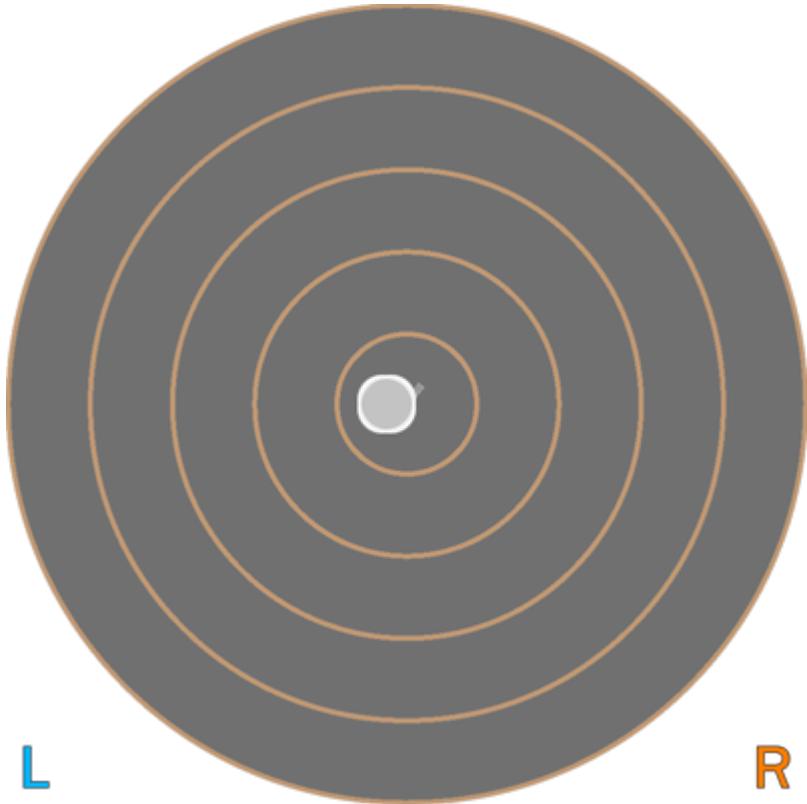
RESULTS

BALANCE RESULTS (RIGHT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

RESULTS

Ellipse Area

0.24 cm⁻²

COM Path Length

11.15 cm

Range – ML

1.92 cm

Range – AP

1.27 cm

Pelvis Lateral Tilt

1.0° Left ▼

Trunk lateral flexion

1.0° Left ▼

PRACTITIONER COMMENTS



Semi-Tandem Stand

Balance Assessment

Standing balance over time is assessed with the feet together, and one slightly in front of the other.

Eyes	Open
Surface	Stable
Time	10.0 s

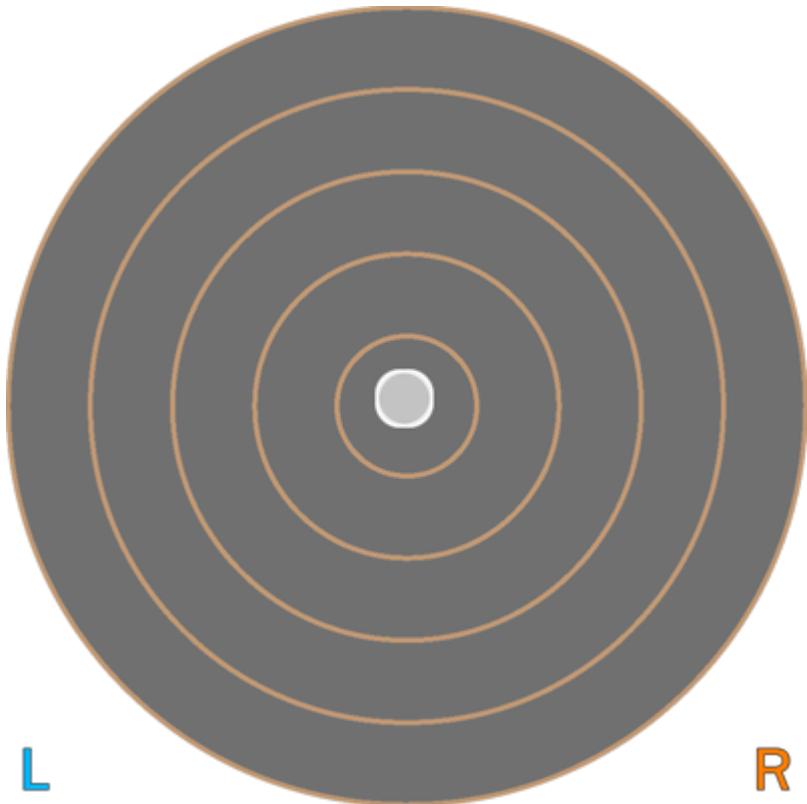
RESULTS

BALANCE RESULTS (LEFT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

RESULTS

Ellipse Area

0.19 cm⁻²

COM Path Length

11.97 cm

Range – ML

1.05 cm

Range – AP

1.12 cm

Pelvis Lateral Tilt

0.3° Right ▼

Trunk lateral flexion

0.1° Right ▼

PRACTITIONER COMMENTS



Semi-Tandem Stand

Balance Assessment

Standing balance over time is assessed with the feet together, and one slightly in front of the other.

Eyes	Open
Surface	Stable
Time	10.0 s

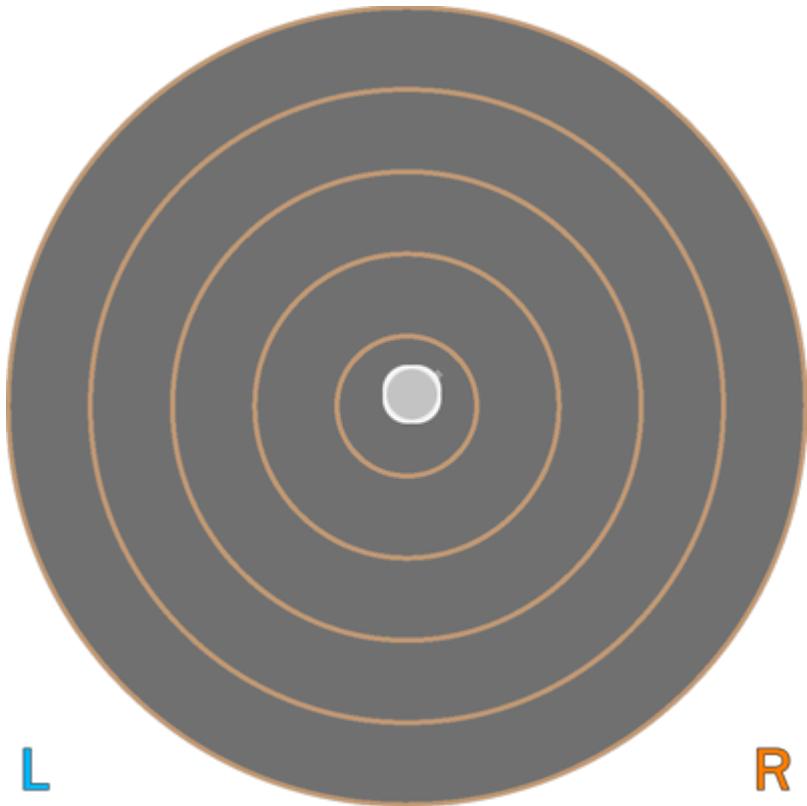
RESULTS

BALANCE RESULTS (RIGHT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

RESULTS

Ellipse Area

0.32 cm⁻²

COM Path Length

12.75 cm

Range – ML

1.94 cm

Range – AP

1.40 cm

Pelvis Lateral Tilt

1.0° Left ▼

Trunk lateral flexion

0.6° Left ▼

PRACTITIONER COMMENTS



Single Leg Stand

Posture and Stability Assessment

Single Leg Stand is a postural assessment that can provide insight into an individual's structural balance, alignment, postural strategy and imbalance.

RESULTS

SNAPSHOTS

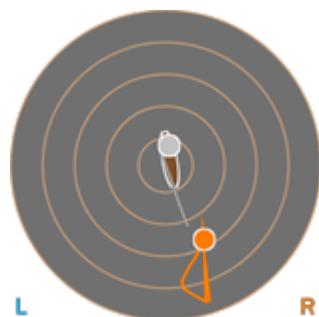
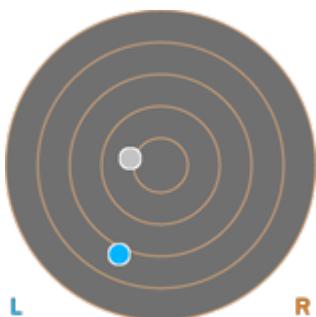
LEFT LEG



RIGHT LEG



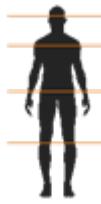
SWAYTRAK MOVEMENT PATHS (KNEES AND CENTRE OF MASS)



KEY RESULTS	LEFT LEG	RIGHT LEG	IMBALANCE
Neck lateral flexion	4.5° Left ▼	3.0° Left ▼	+1.5°
Trunk lateral flexion	5.1° Left ▼	1.3° Left ▼	+3.8°
Pelvis Lateral Tilt	4.6° Left ▼	0.9° Left ▼	+3.8°
Trunk Flexion	4.5° Anterior	3.0° Anterior	N/A

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)



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

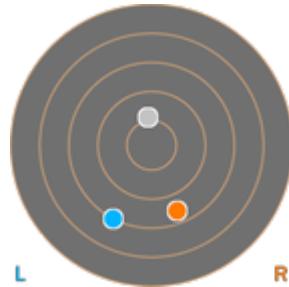
SWAYTRAK MOVEMENT PATHS (KNEES AND CENTRE OF MASS)

Neck lateral flexion 3.0° Left ▼

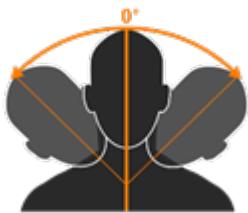
Trunk lateral flexion 1.4° Left ▼

Pelvis Lateral Tilt 1.3° Left ▼

Trunk Flexion 3.0° Anterior



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	26.5°	30.2°	+3.7°
Trunk Flexion	6.6° Posterior	5.7° Posterior	N/A
Trunk lateral flexion at Peak Flexion	9.4° Left ▼	10.9° Right ▼	+1.5°

PRACTITIONER COMMENTS



Cervical Spine Flexion/Extension

Range of Motion Assessment

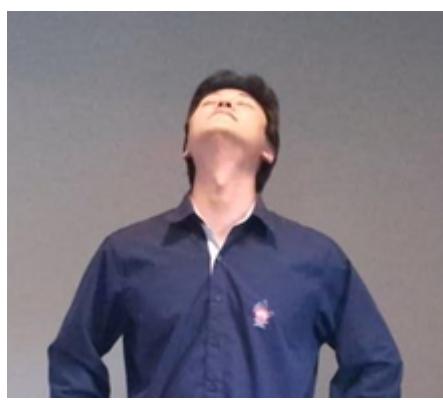
Cervical Spine Flexion (forward) / Extension (backwards) calculated by taking the inclination of the head relative to the line of the trunk in the sagittal plane (side view).

RESULTS

PEAK FLEXION SNAPSHOT

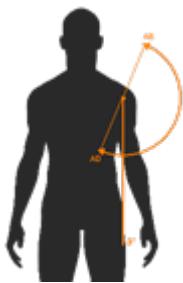


PEAK EXTENSION SNAPSHOT



KEY RESULTS	STARTING POSITION	PEAK FLEXION	PEAK EXTENSION	TOTAL RANGE
Flexion/Extension	0.0°	23.1°	19.2°	42.3°
Trunk Flexion	1.6° Posterior	0.1° Anterior	7.6° Posterior	N/A
Trunk lateral flexion	1.4°	1.5° Left ▼	1.5° Left ▼	N/A

PRACTITIONER COMMENTS

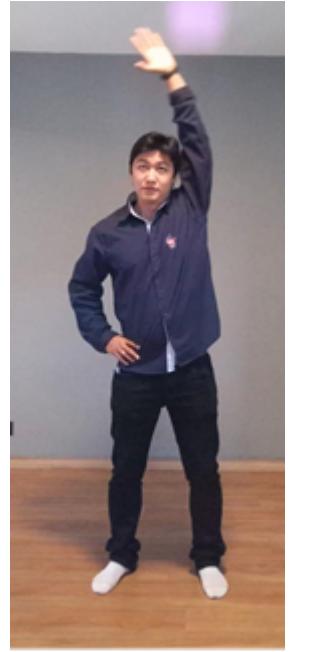
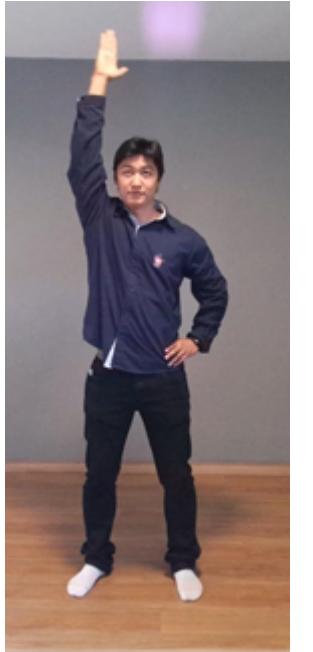


Shoulder Adduction/Abduction

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	55.7°	86.0°	+30.4°
Shoulder Abduction	185.5°	162.5°	+22.9°
Trunk lateral flexion at Peak Abduction	5.2° Right ▼	0.8° Left ▼	+4.4°

PRACTITIONER COMMENTS ([LEFT](#))

PRACTITIONER COMMENTS ([RIGHT](#))

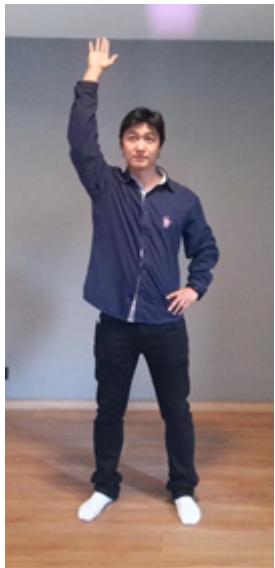


Shoulder Flexion/Extension

Range of Motion Assessment

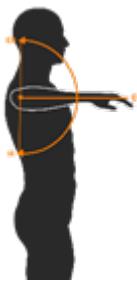
Shoulder Flexion/Extension is calculated by taking the angle created by the humerus (upper arm) relative to the line of the trunk in the sagittal plane (side view).

RESULTS

PEAK FLEXION		PEAK EXTENSION	
LEFT	RIGHT	LEFT	RIGHT
			
KEY RESULTS	LEFT	RIGHT	IMBALANCE
Shoulder Flexion	179.9°	179.4°	+0.5°
Shoulder Extension	56.1°	47.8°	+8.3°
Trunk lateral flexion at Peak Flexion	1.4° Right ▼	0.6° Left ▼	+0.8°

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	76.1°	79.8°	+3.7°
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Shoulder External Rotation	58.8°	61.6°	+2.8°
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Total ROM	134.9°	141.4°	+6.4°
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Trunk lateral flexion at Peak Internal Rotation	2.4° Right ▼	2.9° Left ▼	+0.5°
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PRACTITIONER COMMENTS ([LEFT](#))

PRACTITIONER COMMENTS ([RIGHT](#))



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.

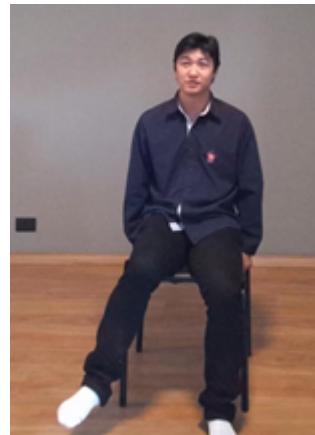
RESULTS

PEAK INTERNAL ROTATION

LEFT



RIGHT

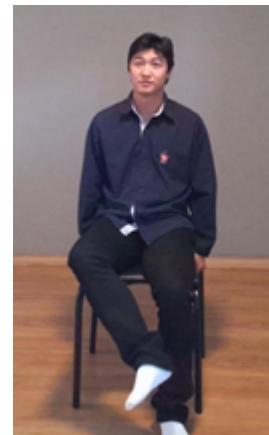


PEAK EXTERNAL ROTATION

LEFT



RIGHT



KEY RESULTS	LEFT	RIGHT	IMBALANCE
Peak Internal Rotation	21.2°	18.7°	+2.5°
Peak External Rotation	48.4°	47.4°	+1.0°
Total ROM	69.5°	66.0°	+3.5°

PRACTITIONER COMMENTS ([LEFT](#))

PRACTITIONER COMMENTS ([RIGHT](#))



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	97.2°	103.6°	107.2°
Knee Displacement (total)	16.2 cm	18.0 cm	15.6 cm
Peak Knee Valgus	0.9° Valgus	2.3° Valgus	1.7° Valgus
Peak Knee Varus	56.6° Varus	15° Varus	16.9° Varus
Trunk lateral flexion at Peak Knee Flexion	3.6° Right ▼	1.1° Right ▼	1.6° Right ▼

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	115.3°	112.6°	118.8°
Knee Displacement (total)	22.0 cm	22.3 cm	20.5 cm
Peak Knee Valgus	0.0°	0.0°	0.0°
Peak Knee Varus	121.5° Varus	106.5° Varus	126.2° Varus
Trunk lateral flexion at Peak Knee Flexion	8.3° Left ▼	8.1° Left ▼	7.3° Left ▼

PRACTITIONER COMMENTS



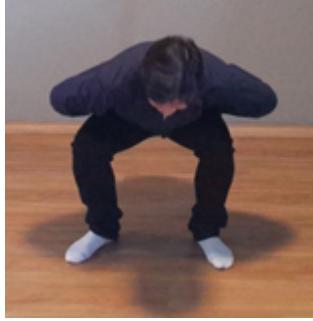
Squat

Lower Body Dynamic Assessment

Squat is a dynamic movement assessment providing insight into an individual's balance, stability, flexibility, and strength.

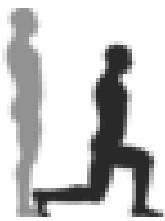
RESULTS

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)	83.3°	129.0°	114.7°
Peak Knee Flexion (Right)	86.4°	129.6°	117.0°
Spine Tilt at Peak Knee Flexion	45.4° Anterior	49.5° Anterior	64.6° Anterior
Trunk lateral flexion at Peak Knee Flexion	0.4° Right ▼	1.1° Right ▼	8.4° Left ▼

PRACTITIONER COMMENTS



Lunge

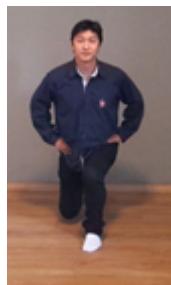
Lower Body Dynamic Assessment

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	83.1°	96.4°	13.8%
Peak Knee Flexion	100.1°	104.0°	3.7%
Peak Spine Lateral Tilt	1.6° Posterior	1.6° Posterior	N/A
Peak Pelvic Lateral Tilt	2.4° Right	3.4° Left	N/A

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	34.05 cm
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Peak Spine Tilt after landing	53.7° Anterior
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Peak Lateral Spine Tilt after landing	2.7° Left
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Peak Lateral Pelvic Tilt after landing	2° Right
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KEY METRICS (LEGS)	LEFT LEG	RIGHT LEG	ASYMMETRY
Peak Hip Flexion after landing	100.3°	99.7°	0.5%
Peak Knee Flexion after landing	79.2°	79.5°	0.4%
Peak Knee Valgus/Varus after landing	24.5° Varus	30.2° Varus	18.8%

PRACTITIONER COMMENTS



Sit To Stand

Lower Body Dynamic Assessment

Sit to Stand is a pathway assessment to the Repeated Sit to Stand Test. This test provides information on functional leg power and strength.

RESULTS

KEY RESULTS	OVERALL
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Peak Knee Extension L 7.1° R 6.4°

Knee Displacement L 8.0 cm R 11.7 cm

Peak Lateral Trunk Flexion 2.6° **Left** ▼

PHASE	INITIAL	MID-POINT	FINAL
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SNAPSHOTS



KEY METRICS	BEGINNING POSITION	PEAK TRUNK FLEXION	END POSITION
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Knee-Ankle Separation Ratio 1.1 1.2 1.2

Lateral Trunk Flexion 0.4° **Left** ▼ 2.6° **Left** ▼ 0.3° **Left** ▼

Knee Flexion L 72.8° R 73.1° L 69.1° R 72.5° L 80.4° R 85.2°

Hip Flexion L 58.3° R 58.8° L 73.7° R 74.7° L 61.9° R 62.7°

Trunk Flexion 3.2° Posterior 21.9° Anterior 0.6° Anterior

PRACTITIONER COMMENTS



Stand to Sit

Lower Body Dynamic Assessment

Stand to Sit is an assessment on how well an individual can sit down without external support. This test provides information on lower limb stability, balance and strength.

RESULTS

KEY RESULTS	OVERALL		
Knee Displacement	L 9.7 cm R 10.5 cm		
Peak Lateral Trunk Flexion	2.2° Left ▼		
PHASE	INITIAL	MID-POINT	FINAL
SNAPSHOTS			
  			
KEY METRICS	BEGINNING POSITION	PEAK TRUNK FLEXION	END POSITION
Knee-Ankle Separation Ratio	1.1	1.5	1.6
Lateral Trunk Flexion	1.5° Left ▼	0.5° Left ▼	0.1° Right ▼
Knee Flexion	L 7.8° R 8.8°	L 56.6° R 56.7°	L 91.0° R 91.1°
Hip Flexion	L 0.6° R 0.1°	L 77.8° R 77.0°	L 67.5° R 68.2°
Trunk Flexion	4.3° Posterior	36.0° Anterior	8.3° Posterior

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)	115.5°	111.1°	105.5°
Peak Knee Flexion (Right)	115.7°	109.6°	104.7°
Trunk Flexion at Peak Knee Flexion	31.9° Anterior	35.1° Anterior	37.0° Anterior
Trunk lateral flexion at Peak Knee Flexion	3.9° Left ▼	2.6° Left ▼	3.2° Left ▼

PRACTITIONER COMMENTS



Drop Jump

Lower Body Dynamic Assessment

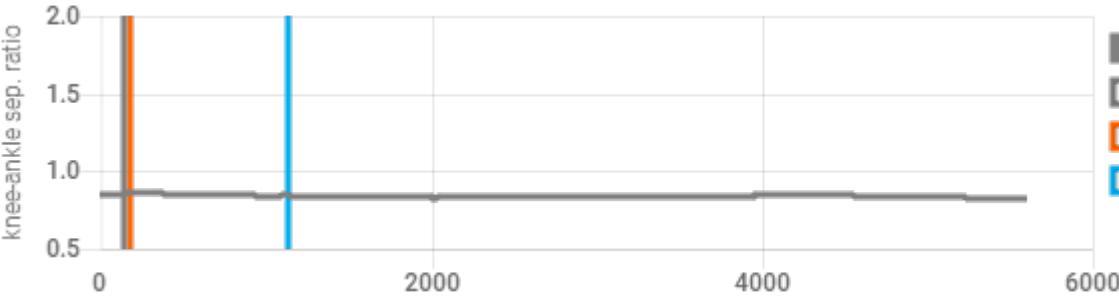
Drop Jump is used to assess coordination, balance, joint stability and power, requiring the patient to drop from a box or platform and transition from landing into an explosive jump .

Height unspecified

RESULTS

PHASE	Initial Contact	Peak Knee Flexion
SNAPSHOTS		
Result		
Knee-Ankle Separation Ratio	0.9	0.9
Hip Flexion (Left)	53.5°	53.4°
Hip Flexion (Right)	51.4°	51.2°
Knee Flexion (Left)	53.7°	53.8°
Knee Flexion (Right)	51.2°	51.4°

A line graph showing the knee-ankle separation ratio over time. The Y-axis is labeled "knee-ankle sep. ratio" and ranges from 0.5 to 2.0. The X-axis is labeled "Time" and ranges from 0 to 6000. A horizontal grey line represents the KASR (Knee-Ankle Separation Ratio) baseline at approximately 0.8. Two vertical lines indicate specific events: an orange line at approximately 100 labeled "Peak Knee Flexion" and a blue line at approximately 1500 labeled "Full Knee Extension".



PRACTITIONER COMMENTS



30 Second Sit To Stand

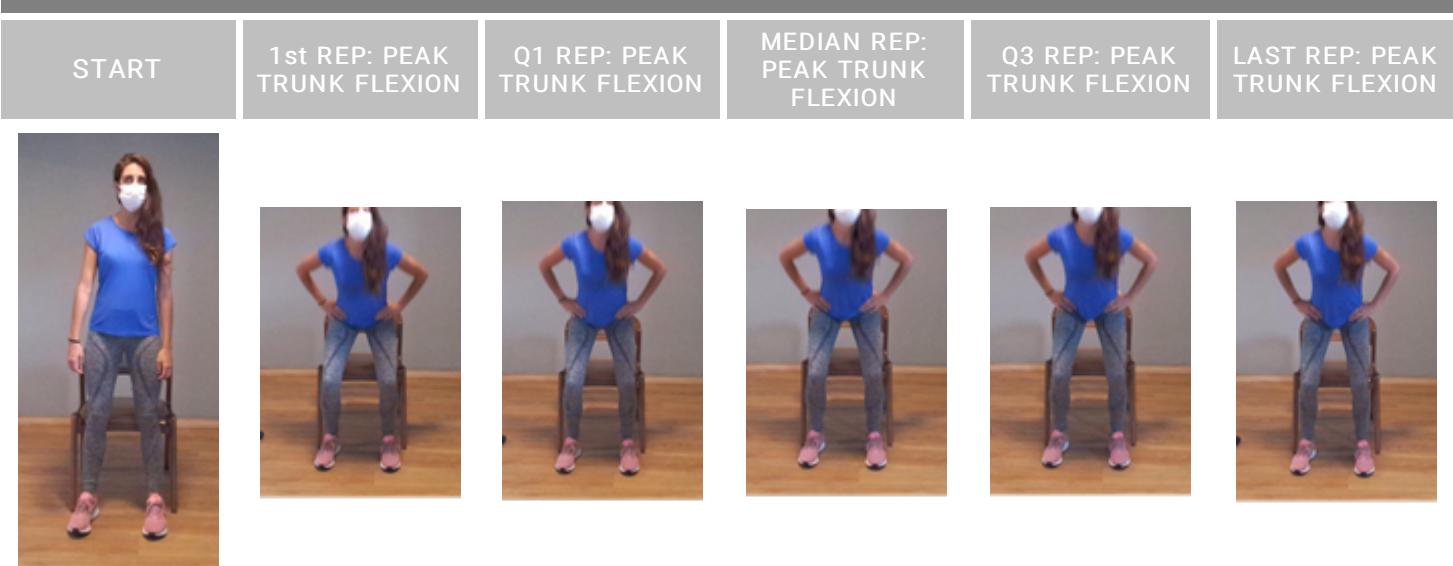
Lower Body Dynamic Assessment

30 Second Sit To Stand is an assessment that provides information on function leg power and strength of participants.

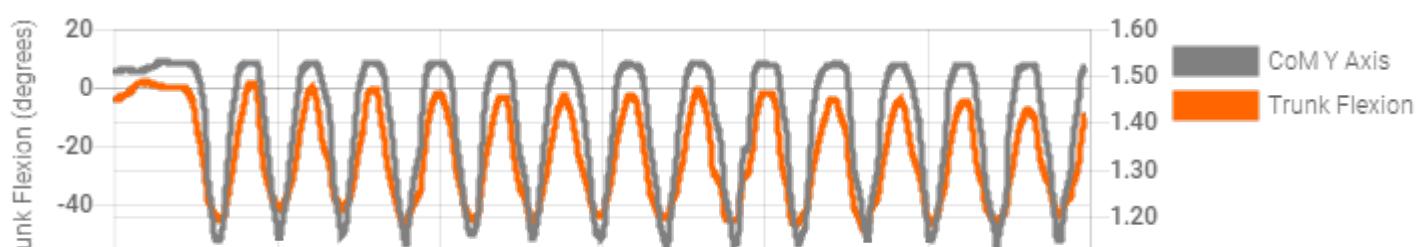
RESULTS

KEY RESULTS	OVERALL
Successful Repetitions	14
Peak Knee Extension	L 4.5° R 4.2°
Knee Displacement	L 5.7 cm R 6.8 cm
Peak Lateral Trunk Flexion	5.3° Left ▼

SNAPSHOTS



KEY METRICS	1st REP	Q1 REP	MEDIAN REP	Q3 REP	LAST REP
Knee-Ankle Separation Ratio	1.1	1.1	1.0	1.1	1.0
Lateral Trunk Flexion	0.8° Left ▼	1.9° Left ▼	3.3° Left ▼	1.6° Left ▼	1.8° Left ▼
Knee Flexion	L 71.9° R 72.0°	L 79.7° R 80.6°	L 70.6° R 71.6°	L 68.9° R 69.1°	L 68.0° R 68.7°
Hip Flexion	L 76.9° R 77.0°	L 85.3° R 86.6°	L 74.4° R 75.2°	L 76.5° R 76.7°	L 75.8° R 75.5°
Trunk Flexion	0.8° Anterior	1.9° Anterior	3.3° Anterior	1.6° Anterior	1.8° Anterior





5 Repetition Sit to Stand

Lower Body Dynamic Assessment

5 Repetition Sit to Stand is an assessment that provides information on function leg power and strength of participants.

RESULTS

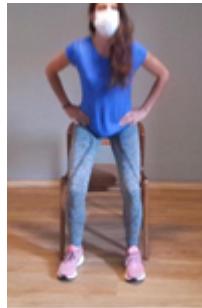
KEY RESULTS	OVERALL
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Peak Knee Extension 4.2°

Knee Displacement L 5.6 cm R 6.3 cm

Peak Lateral Trunk Flexion 3.7° **Left ▼**

SNAPSHOTS

START	REP 1: PEAK TRUNK FLEXION	REP 2: PEAK TRUNK FLEXION	REP 3: PEAK TRUNK FLEXION	REP 4: PEAK TRUNK FLEXION	REP 5: PEAK TRUNK FLEXION
					

KEY METRICS	REP 1	REP 2	REP 3	REP 4	REP 5
Knee-Ankle Separation Ratio	1.0	1.0	1.0	1.0	1.0
Lateral Trunk Flexion	3.1° Left ▼	2.1° Left ▼	1.9° Left ▼	1.9° Left ▼	1.9° Left ▼
Knee Flexion	L 71.5° R 72.1°	L 68.9° R 70.3°	L 72.4° R 74.5°	L 74.6° R 75.5°	L 73.5° R 74.2°
Hip Flexion	L 77.7° R 77.4°	L 76.3° R 76.1°	L 78.7° R 79.3°	L 80.1° R 80.6°	L 79.2° R 79.6°
Trunk Flexion	33.1° Anterior	31.6° Anterior	31.8° Anterior	33.5° Anterior	33.2° Anterior

PRACTITIONER COMMENTS