

Tests (19)

PROFILE

DATE

TEST TYPE

TEST POSITION

REPS

Marilena Pinto Mariz

19 Tests

2/12/2021
3:35 PM

knee extensor

knee extensor

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

2/12/2021
3:30 PM

Hip Flexion

Seated

FLEX 0 L / 0 R

2/12/2021
3:24 PM

Hip AD/AB

Seated

ADD 0 L / 0 R
ABD 0 L / 2 R

2/12/2021
3:17 PM

Hip Extension

Standing

EXT 0 L / 0 R

2/12/2021
3:14 PM

Hip Flexion

Kicker

FLEX 0 L / 0 R

2/12/2021
3:10 PM

Hip AD/AB

Standing (Knee)

ADD 0 L / 0 R
ABD 2 L / 2 R

2/12/2021
3:04 PM

Knee Flexion

Prone

FLEX 0 L / 0 R

2/12/2021
2:56 PM

Wrist flexion

Wrist flexion

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

2/12/2021
2:54 PM

Wrist extensor

Wrist extensor

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

2/12/2021
2:42 PM

Shoulder IR/ER

Supine (90 Degrees AB)

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

2/12/2021
2:40 PM

Shoulder IR/ER

Supine (90 Degrees AB)

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

2/12/2021
2:35 PM

Shoulder IR/ER

Supine (Neutral)

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

2/12/2021
2:30 PM

Shoulder Flexion

Prone

FLEX 0 L / 0 R

2/12/2021
2:29 PM

Shoulder Extension

Prone

EXT 0 L / 0 R

2/12/2021
2:24 PM

Shoulder Adduction

Side lying

AD 2 L / 2 R

2/12/2021
2:21 PM

Shoulder Abduction

Side lying

AB 0 L / 0 R

2/12/2021
2:19 PM

Shoulder Abduction

Side lying

AB 0 L / 0 R

2/12/2021
2:14 PM

Elbow Extension

Seated

EXT 0 L / 0 R

2/12/2021
2:13 PM

Elbow Flexion

Seated

FLEX 0 L / 0 R

VALD

Profile

ForceFrame

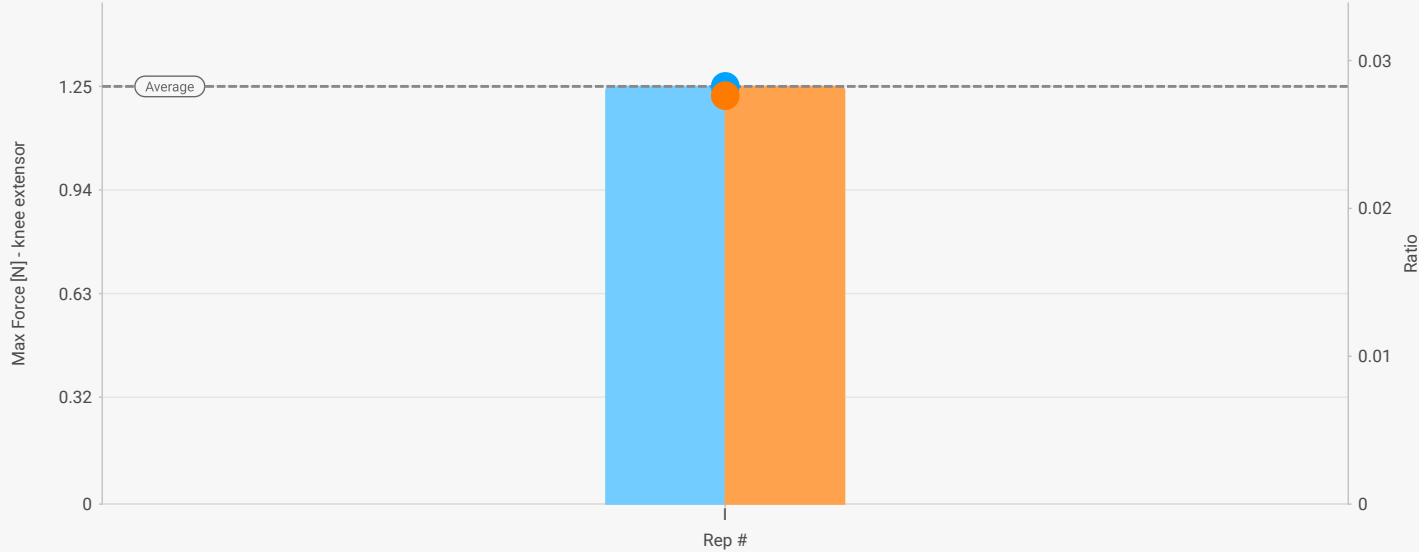
https://hub.valdperformance.com/app/profiles/b028e715-36d5-4a36-8d2e-c15c6d9d3416

1/39



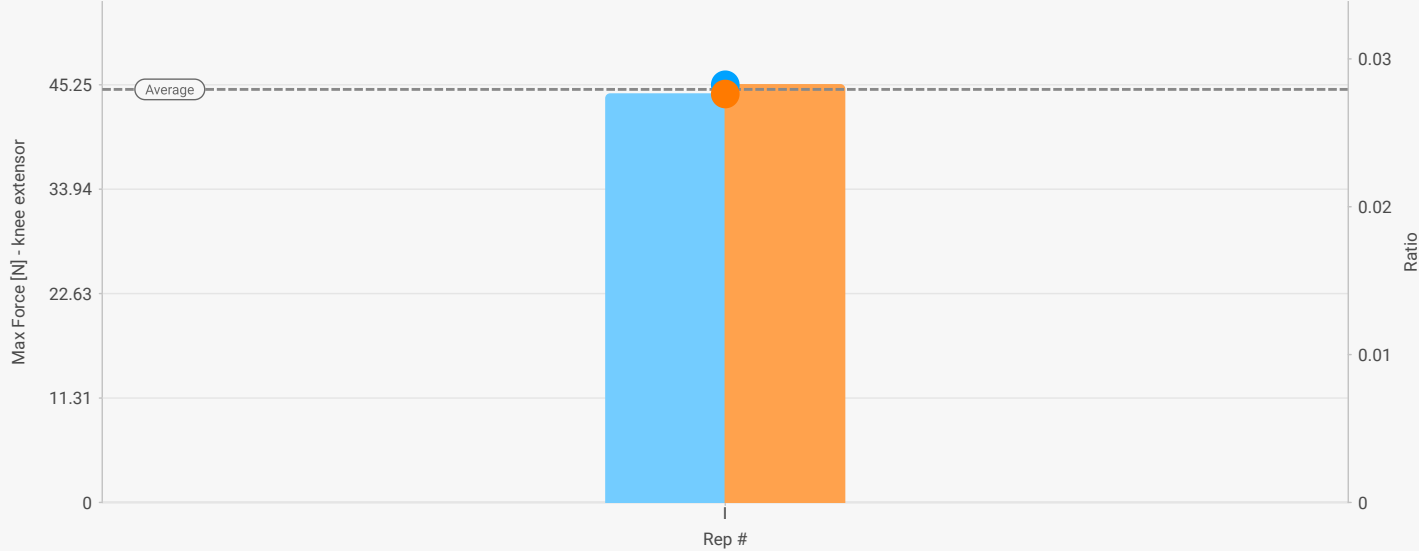
Max Force [N] - knee extensor

Range Average
1.25 - 1.25 1.25



Max Force [N] - knee extensor

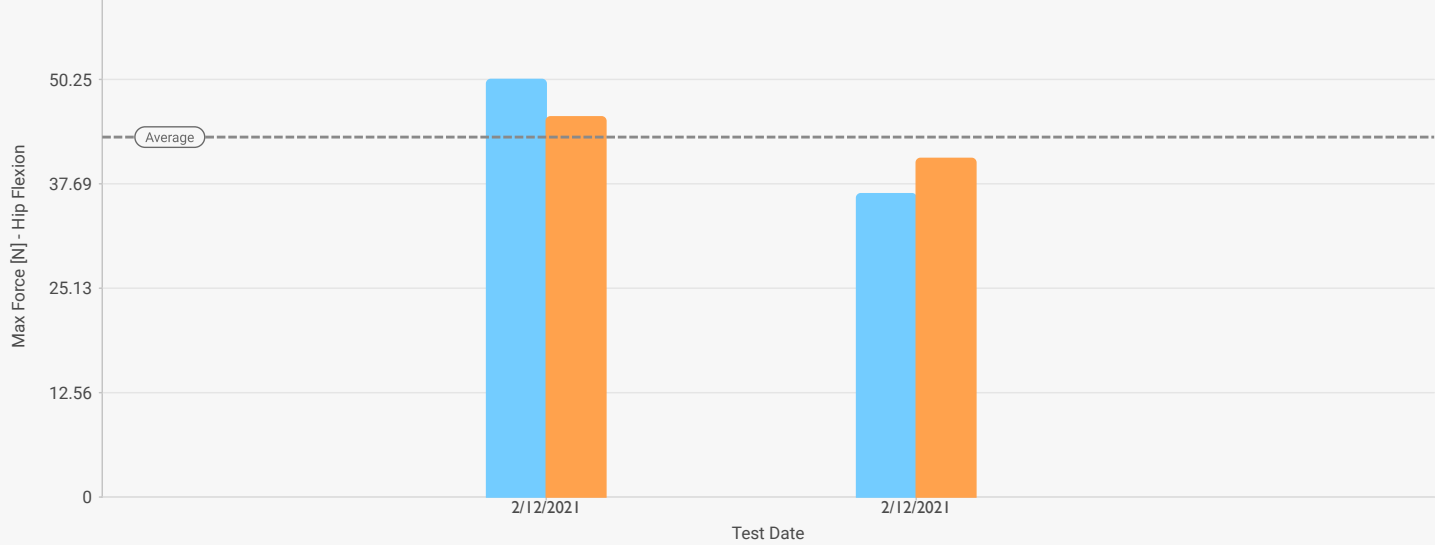
Range Average
44.25 - 45.25 44.75





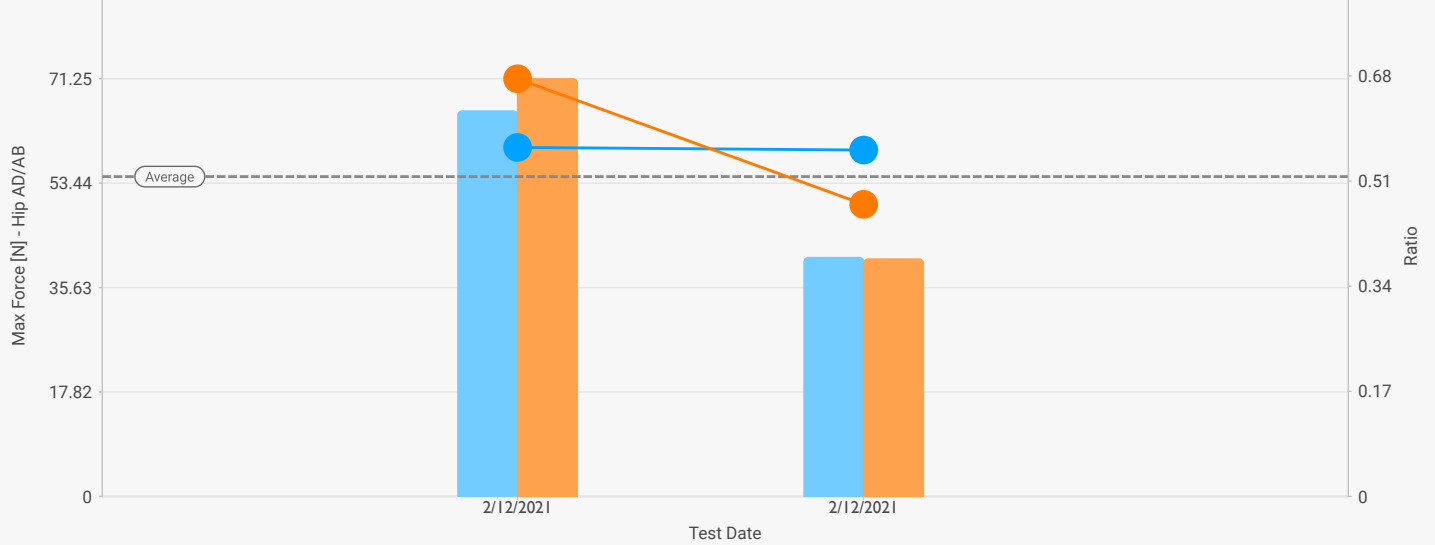
Flexion Max Force [N] - Hip Flexion

Range Average
36.5 - 50.25 43.31



Adduction Max Force [N] - Hip AD/AB

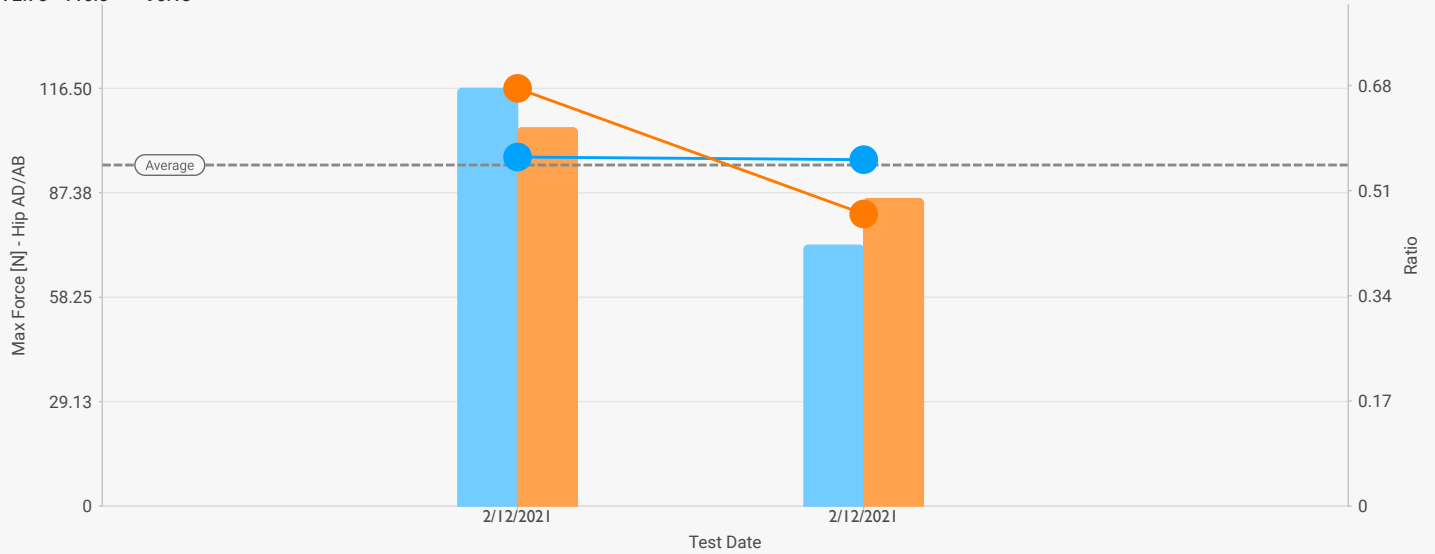
Range Average
40.5 - 71.25 54.56





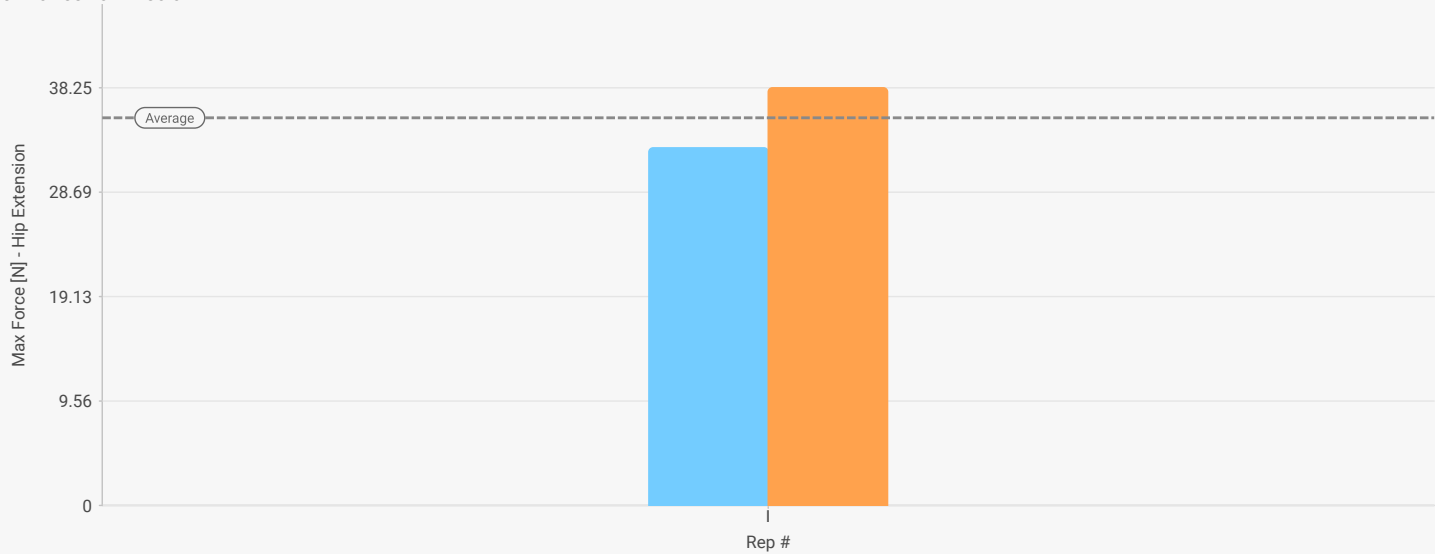
Abduction Max Force [N] - Hip AD/AB

Range Average
72.75 - 116.5 95.13



Extension Max Force [N] - Hip Extension

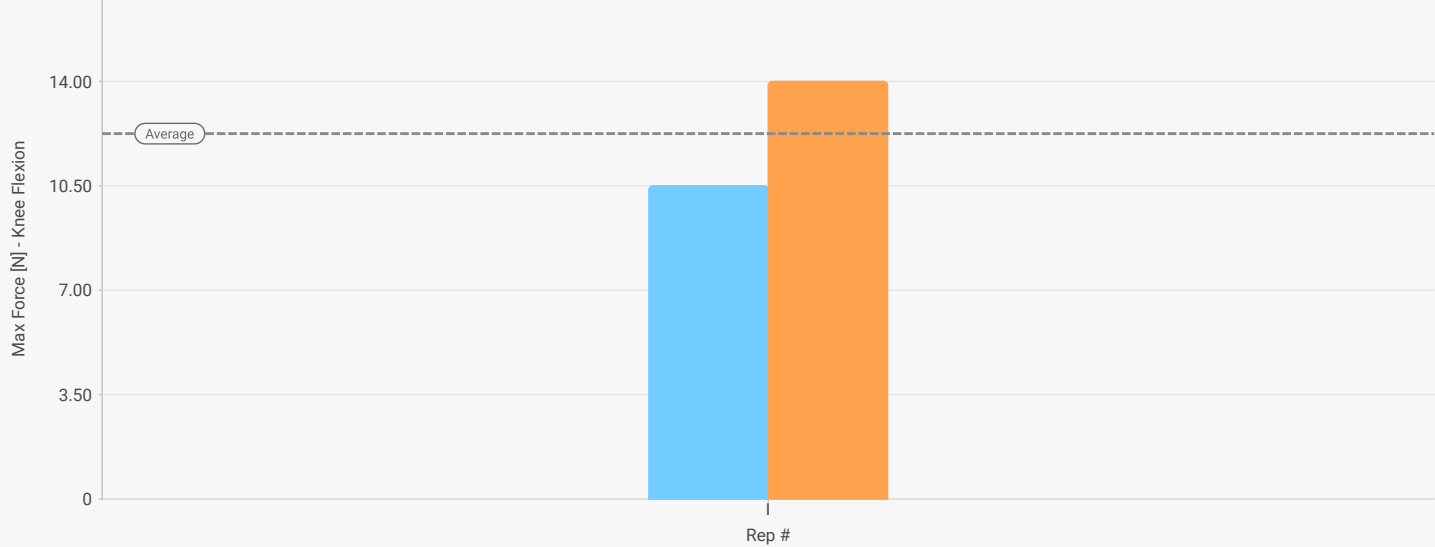
Range Average
32.75 - 38.25 35.5





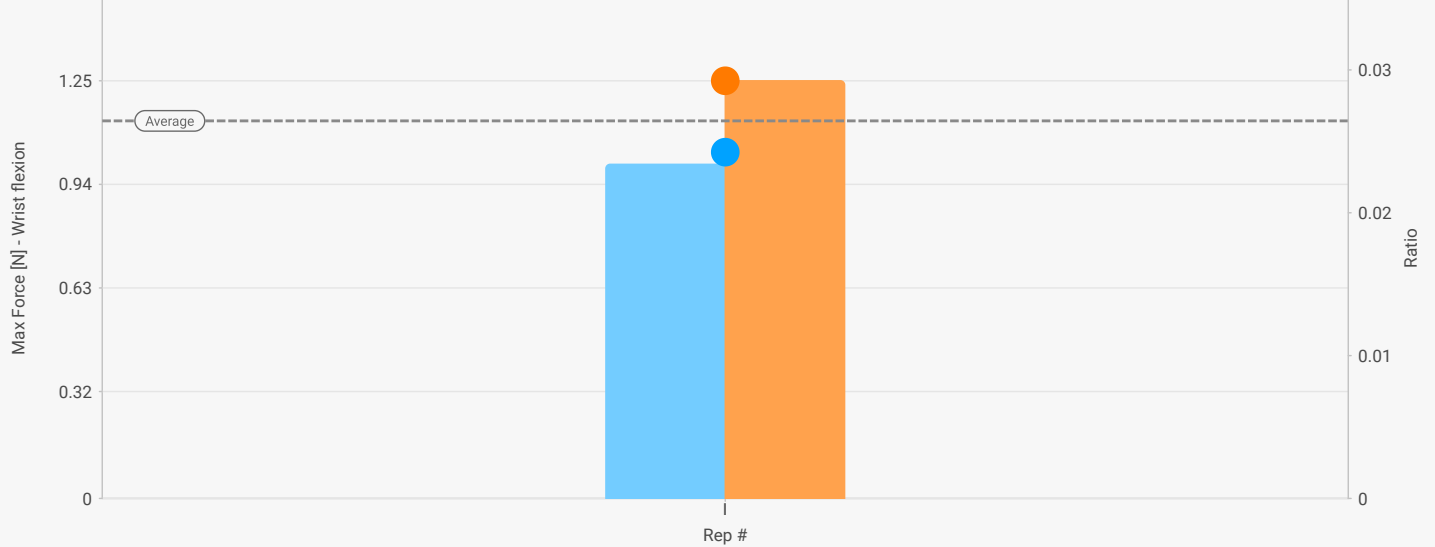
Knee Flexion Max Force [N] - Knee Flexion

Range Average
10.5 - 14 12.25



Max Force [N] - Wrist flexion

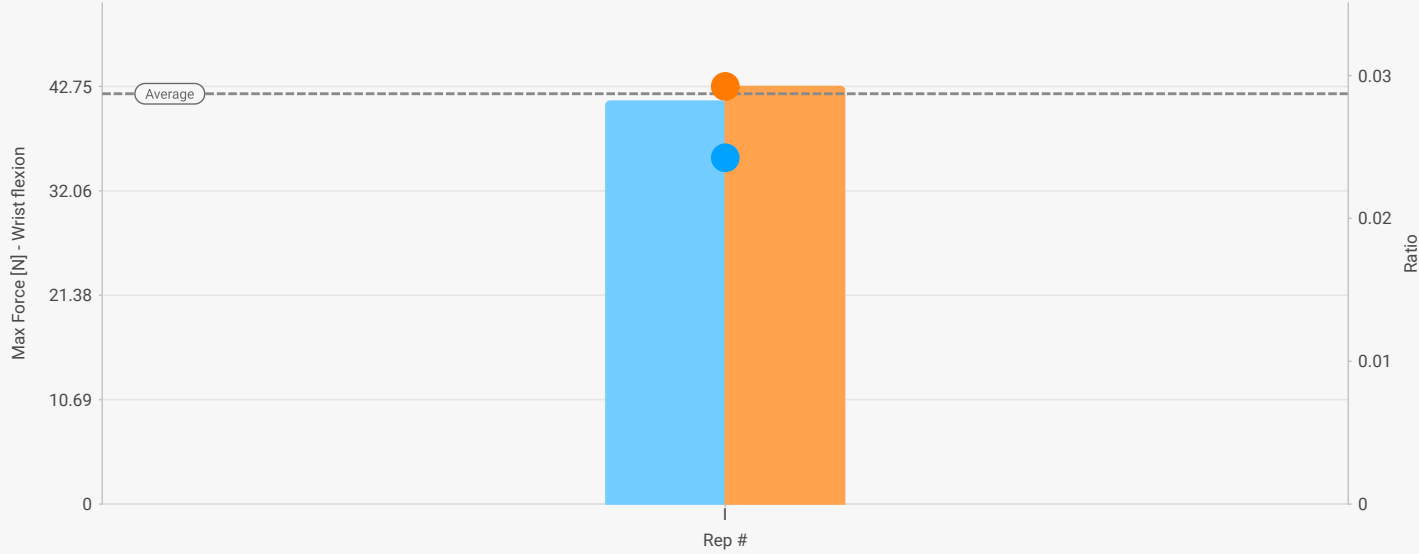
Range Average
1 - 1.25 1.13





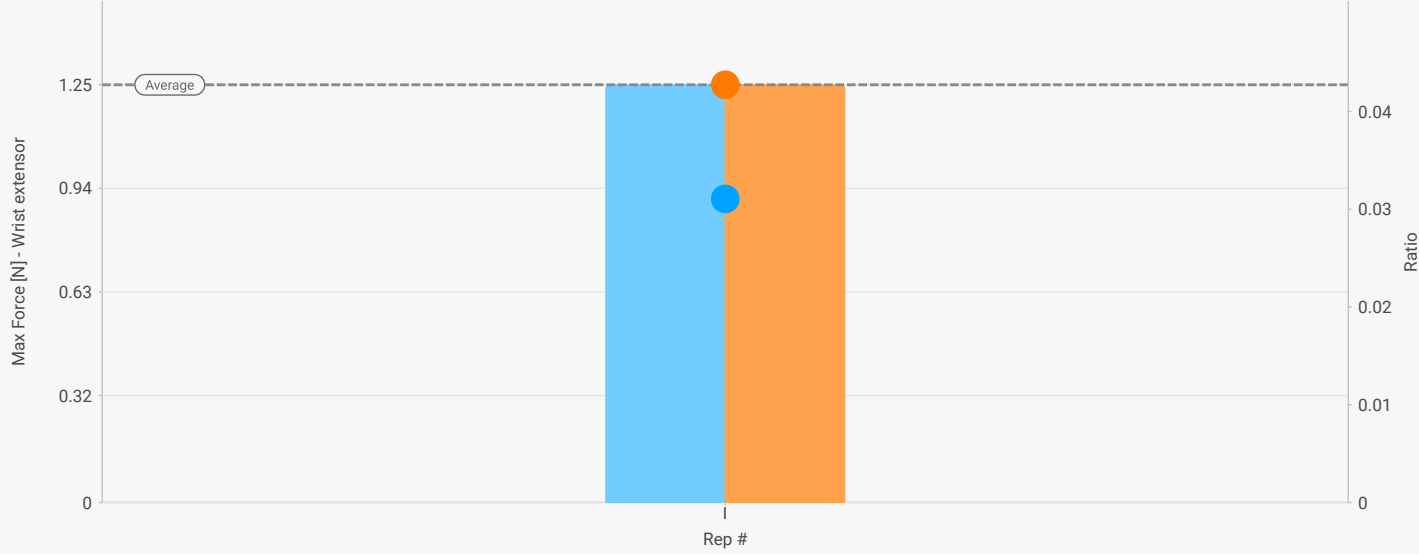
Max Force [N] - Wrist flexion

Range Average
41.25 - 42.75 42



Max Force [N] - Wrist extensor

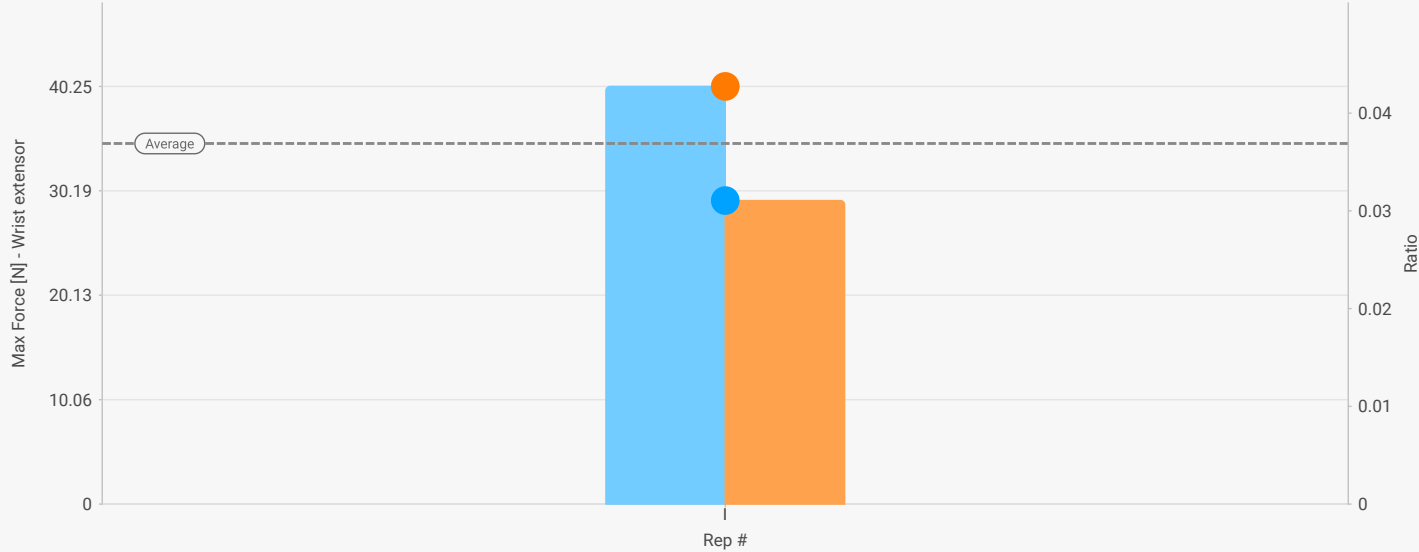
Range Average
1.25 - 1.25 1.25





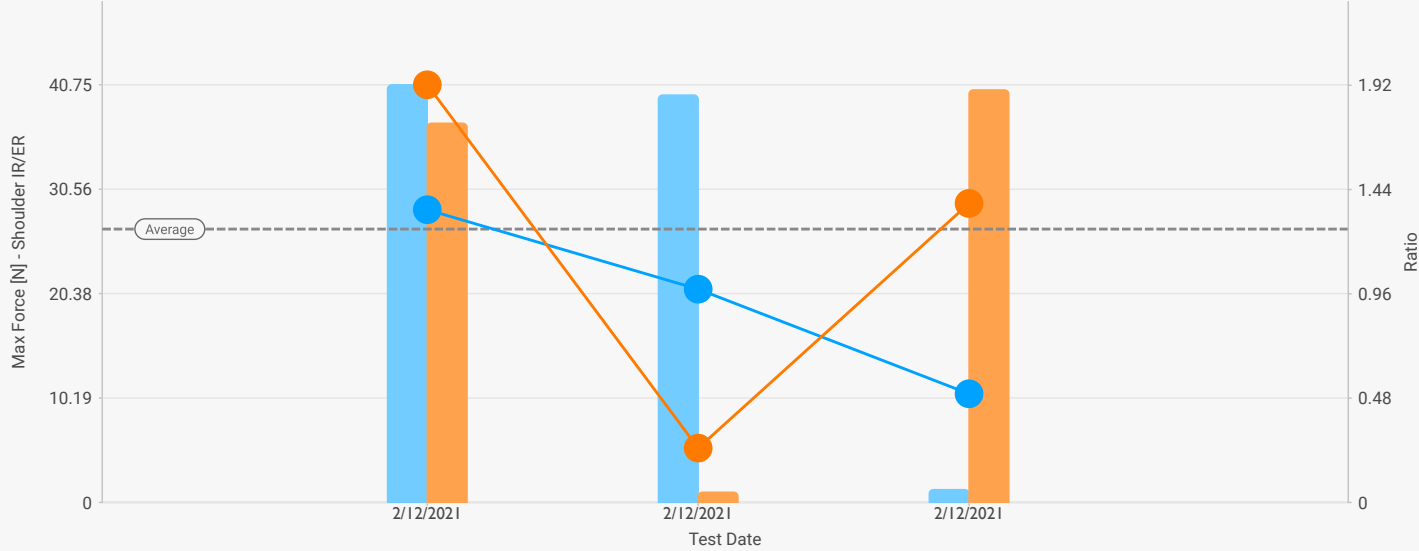
Max Force [N] - Wrist extensor

Range Average
29.25 - 40.25 34.75



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

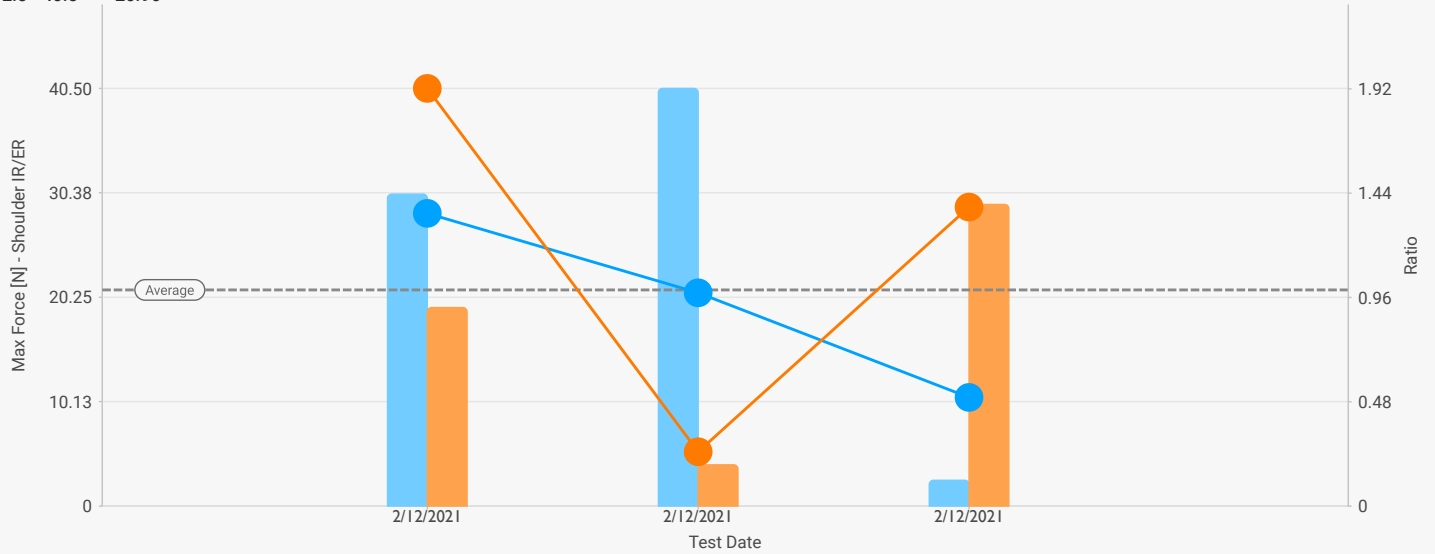
Range Average
1 - 40.75 26.67





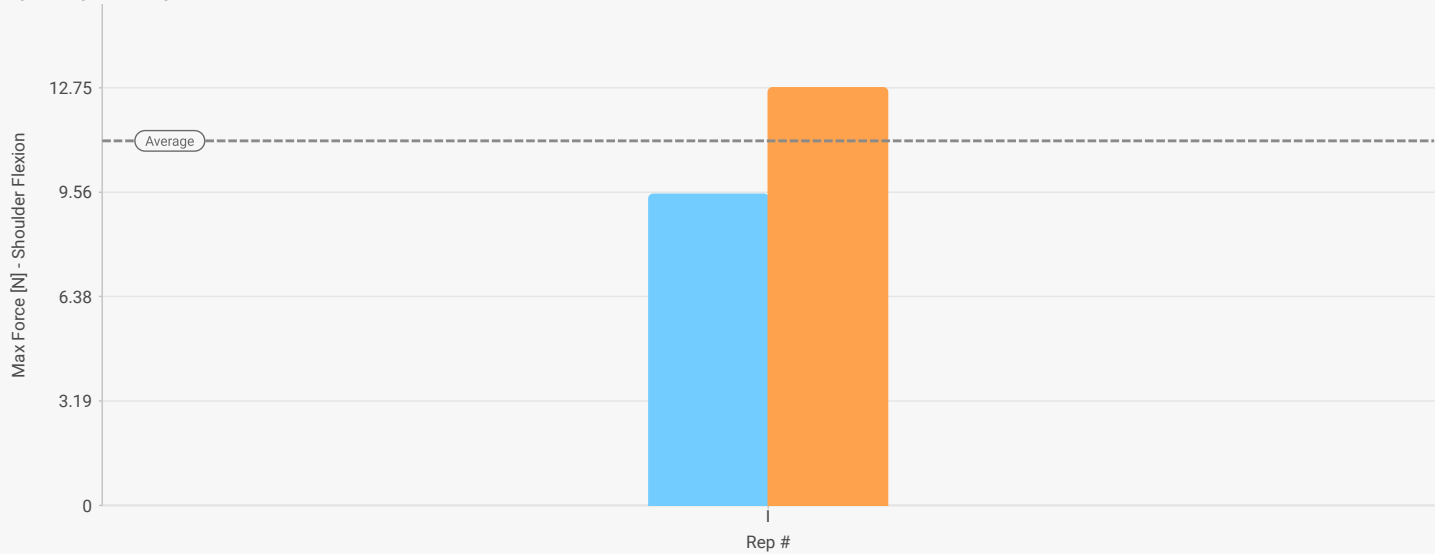
External Rotation Max Force [N] - Shoulder IR/ER

Range Average
2.5 - 40.5 20.96



Flexion Max Force [N] - Shoulder Flexion

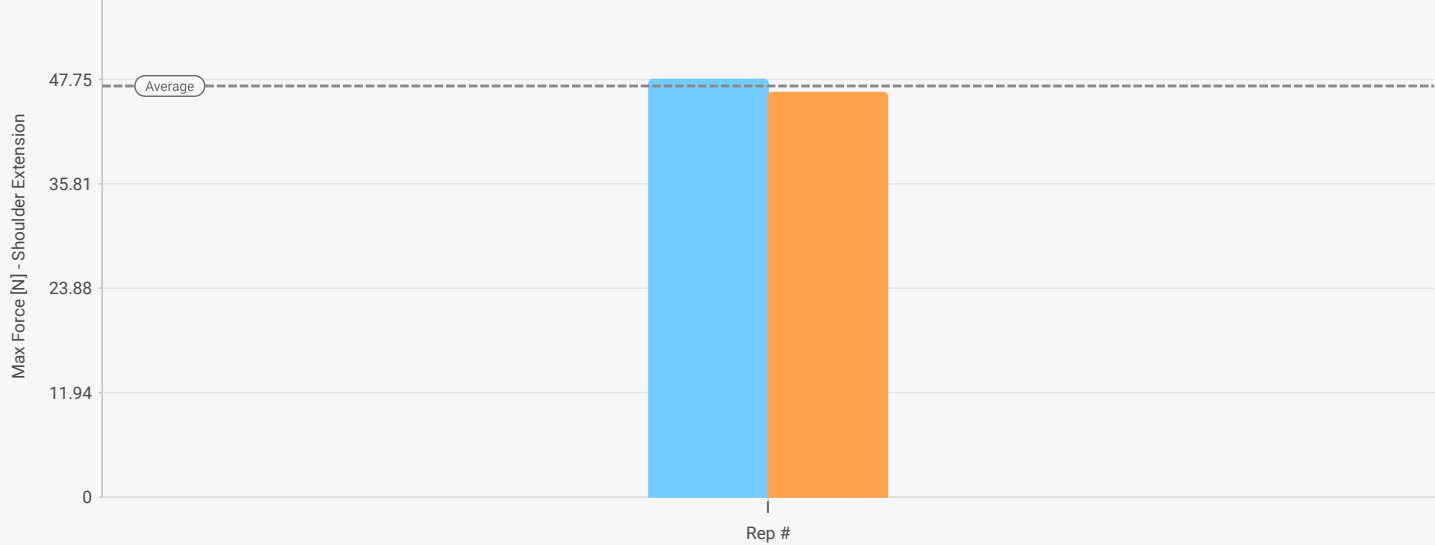
Range Average
9.5 - 12.75 11.13





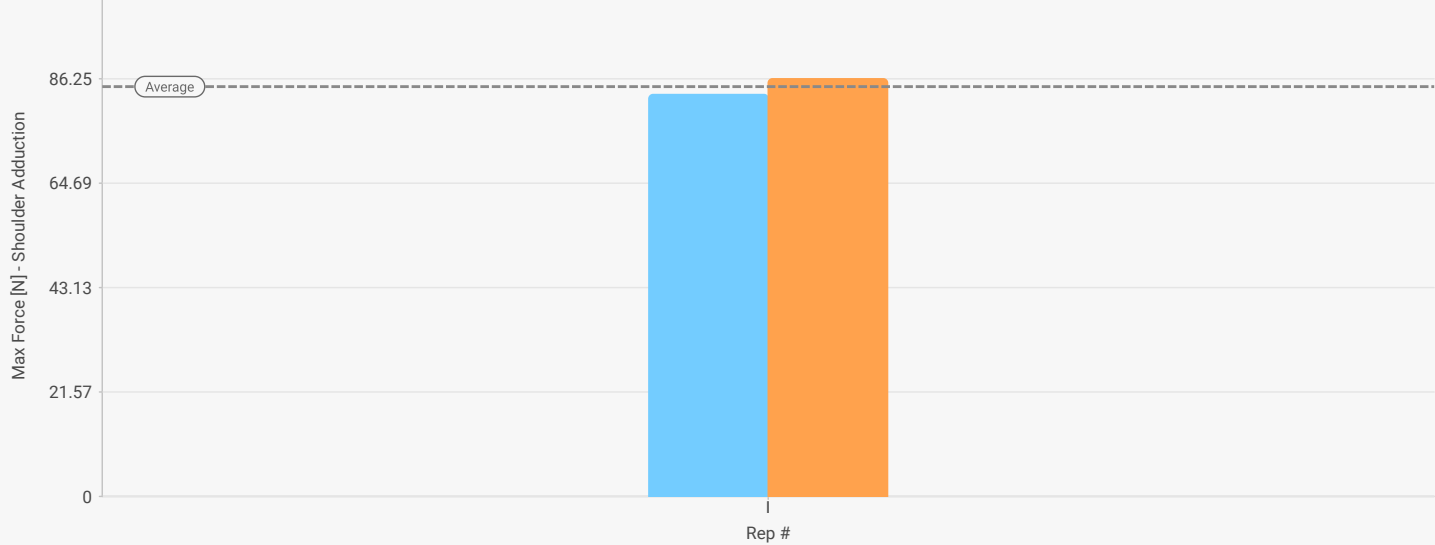
Extension Max Force [N] - Shoulder Extension

Range Average
46.25 - 47.75 47



Adduction Max Force [N] - Shoulder Adduction

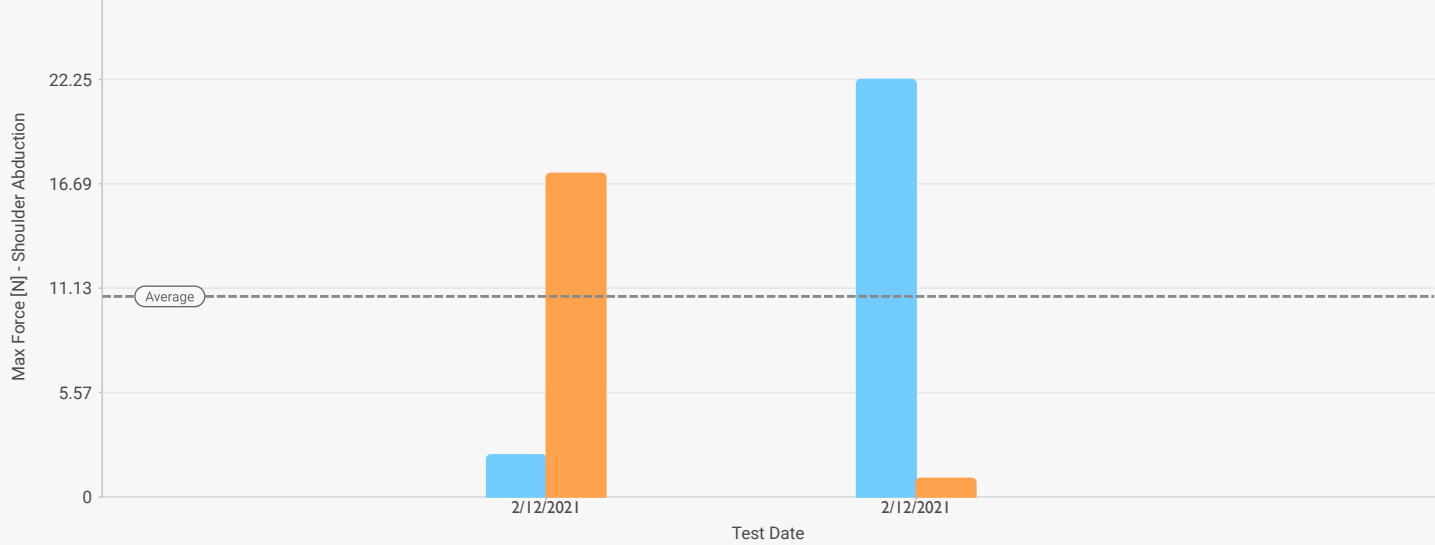
Range Average
83 - 86.25 84.63





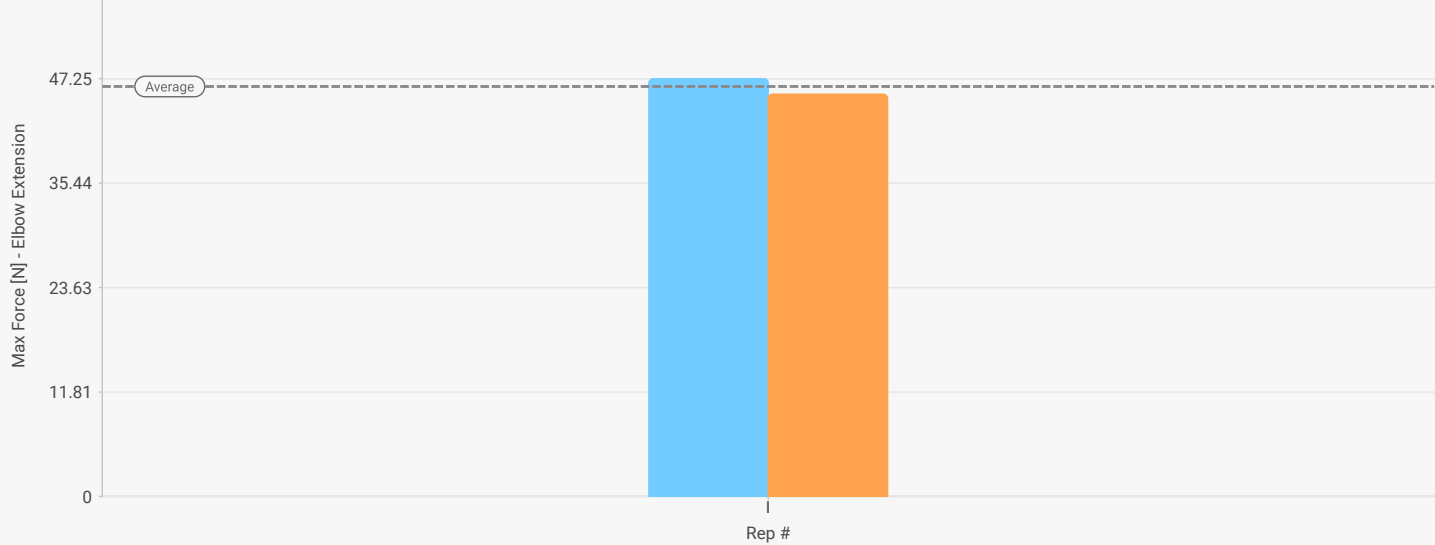
Abduction Max Force [N] - Shoulder Abduction

Range Average
1 - 22.25 10.69



Extension Max Force [N] - Elbow Extension

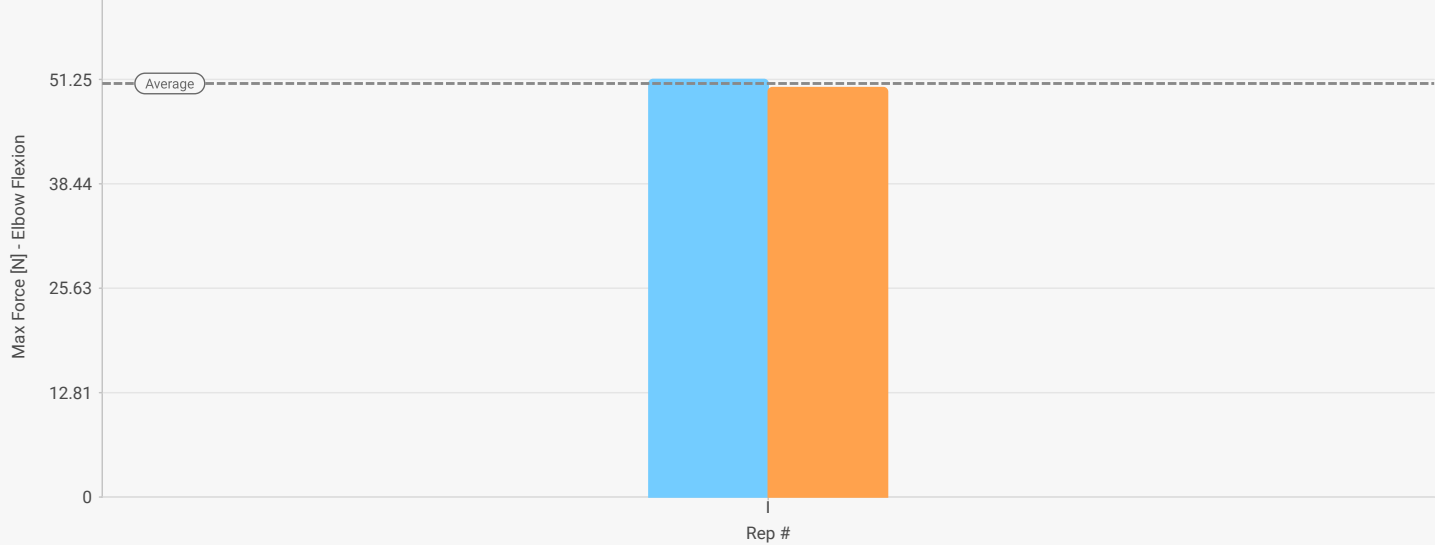
Range Average
45.5 - 47.25 46.38





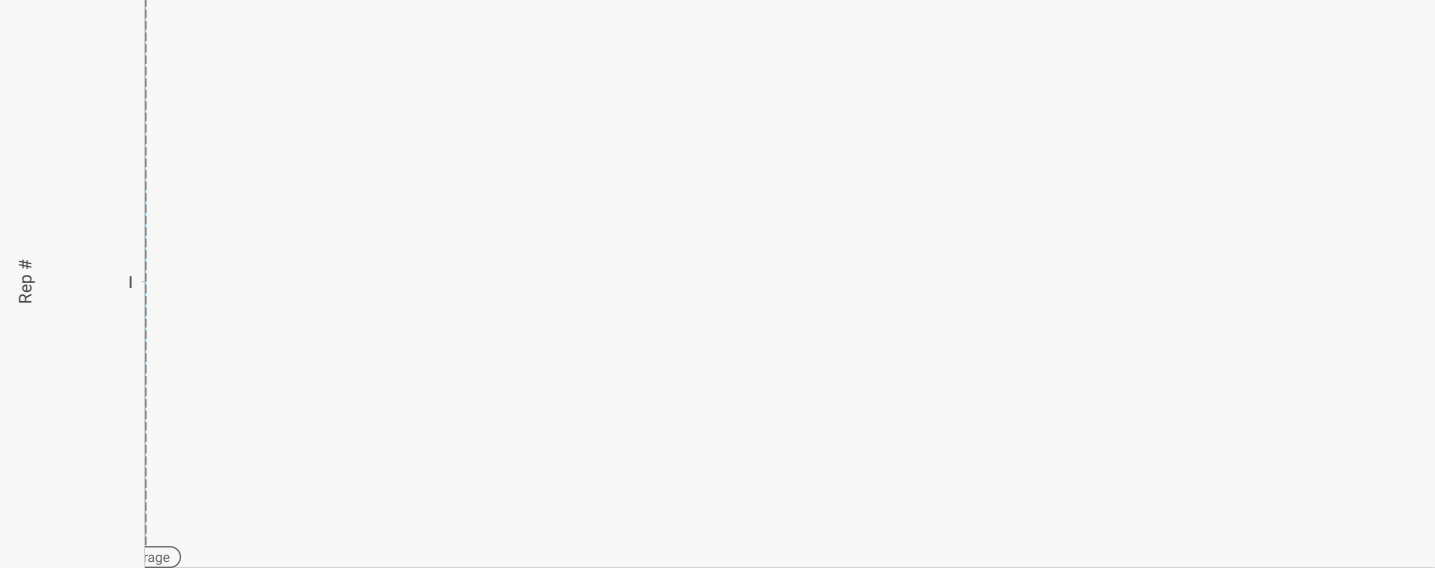
Flexion Max Force [N] - Elbow Flexion

Range Average
50.25 - 51.25 50.75



Asymmetry [%] - knee extensor

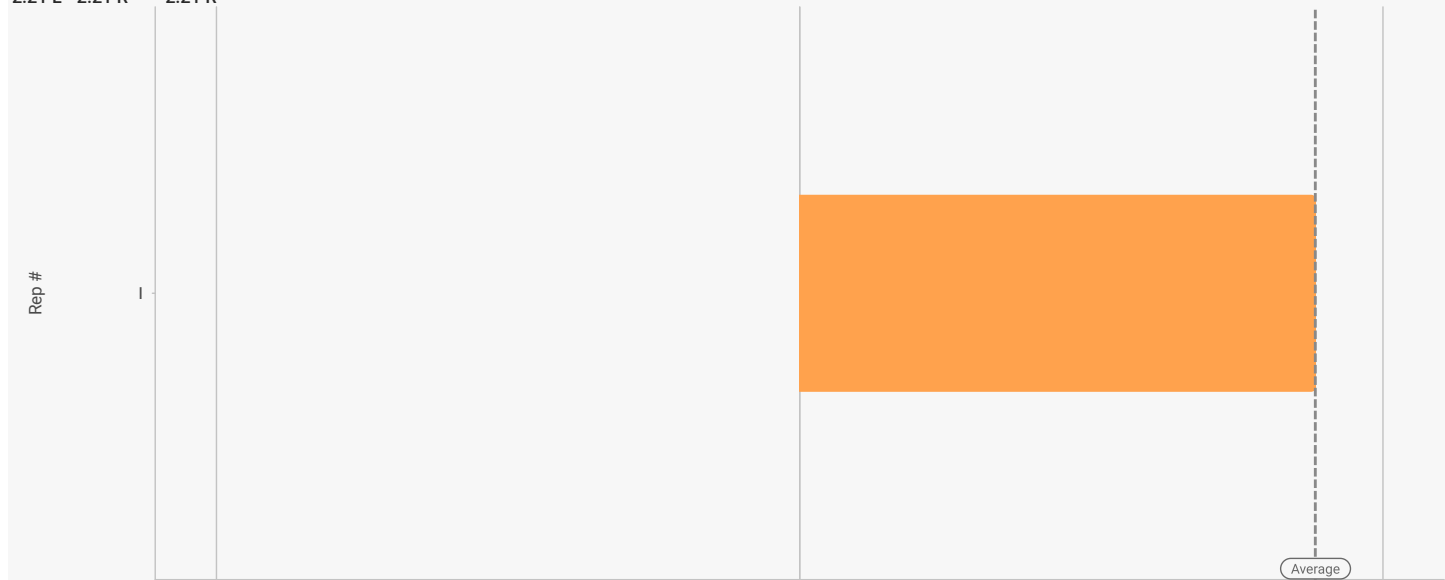
Range Average
0 L - 0 R 0 R





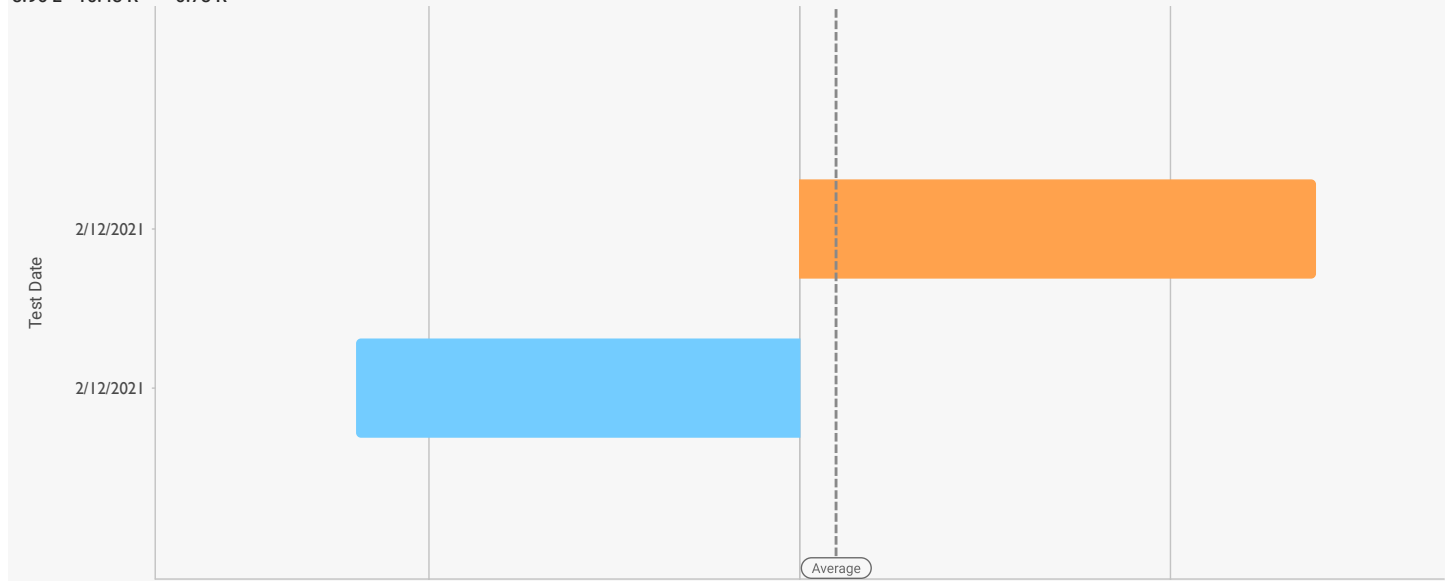
Asymmetry [%] - knee extensor

Range Average
2.21 L - 2.21 R 2.21 R



Flexion Asymmetry [%] - Hip Flexion

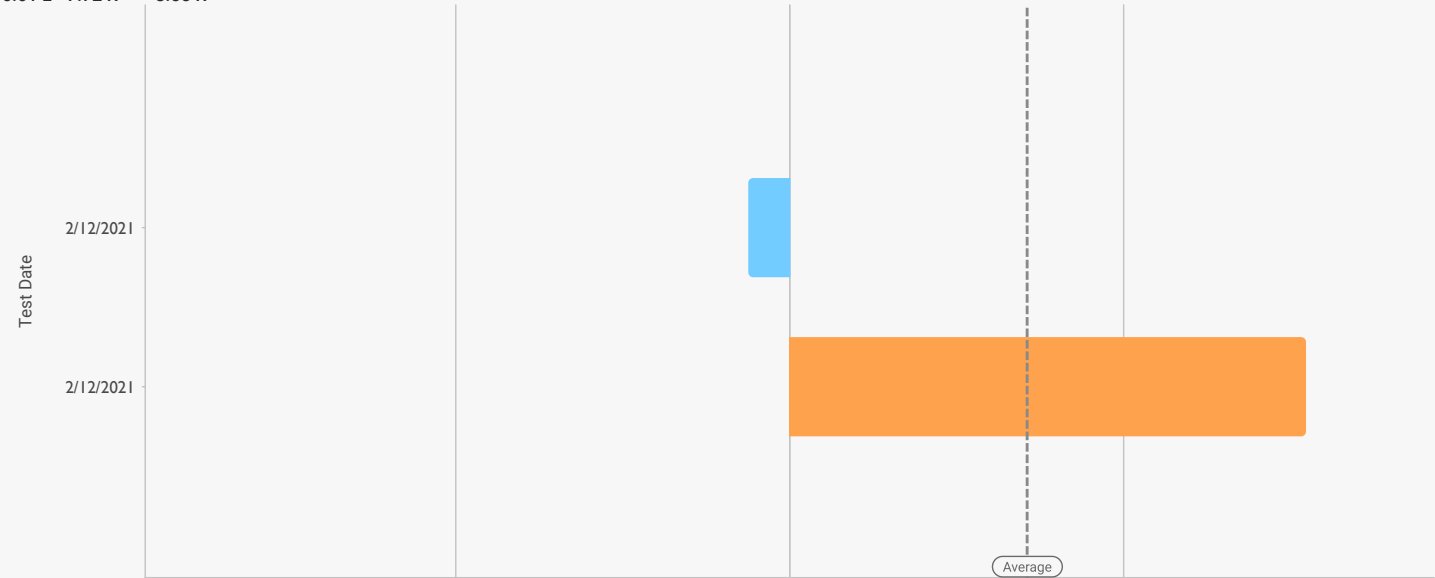
Range Average
8.96 L - 10.43 R 0.73 R





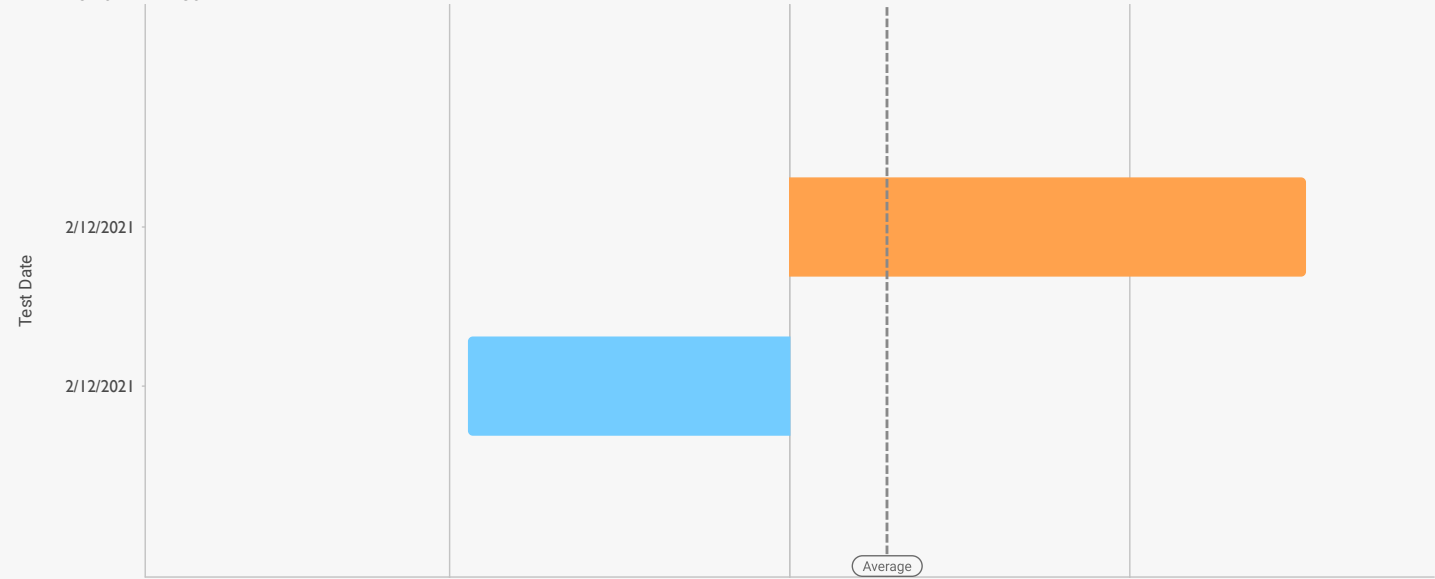
Adduction Asymmetry [%] - Hip AD/AB

Range Average
0.61 L - 7.72 R 3.55 R



Abduction Asymmetry [%] - Hip AD/AB

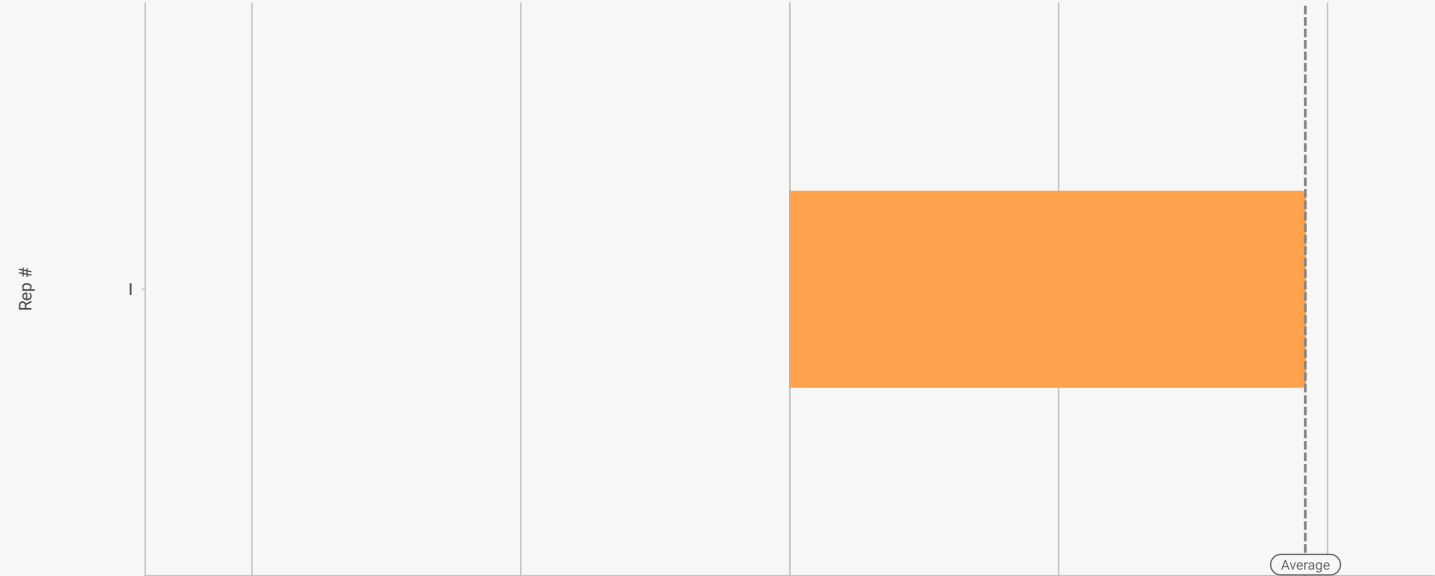
Range Average
9.44 L - 15.16 R 2.86 R





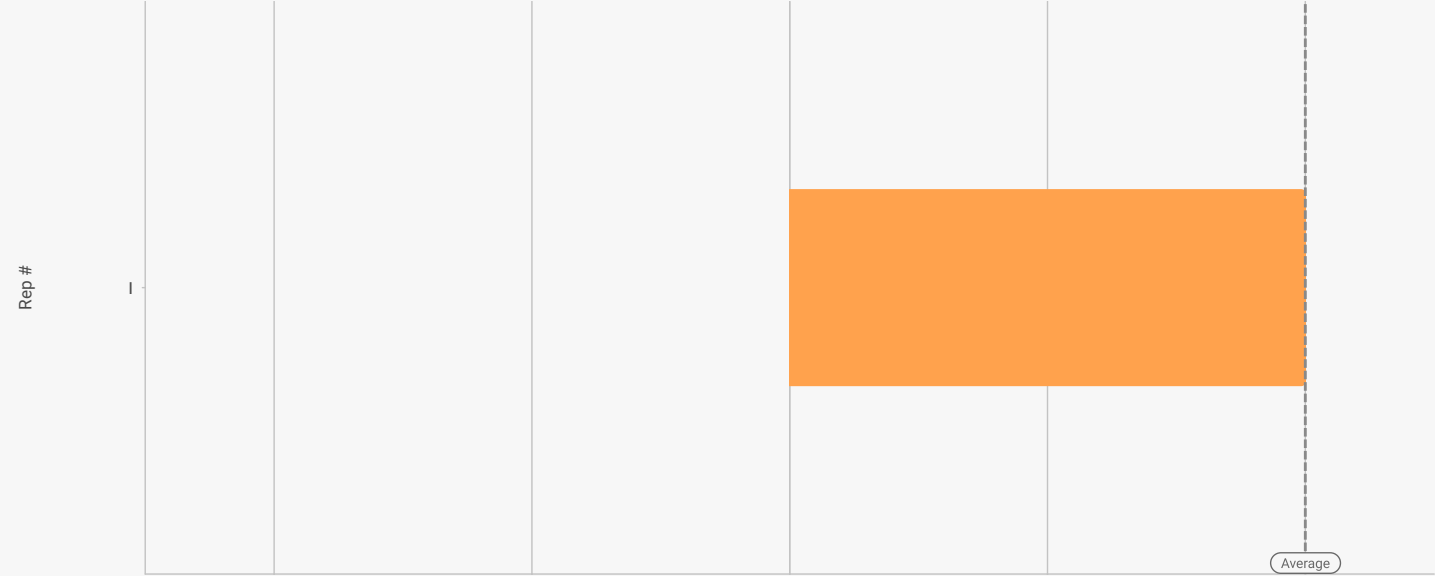
Extension Asymmetry [%] - Hip Extension

Range Average
14.38 L - 14.38 R 14.38 R



Knee Flexion Asymmetry [%] - Knee Flexion

Range Average
25 L - 25 R 25 R



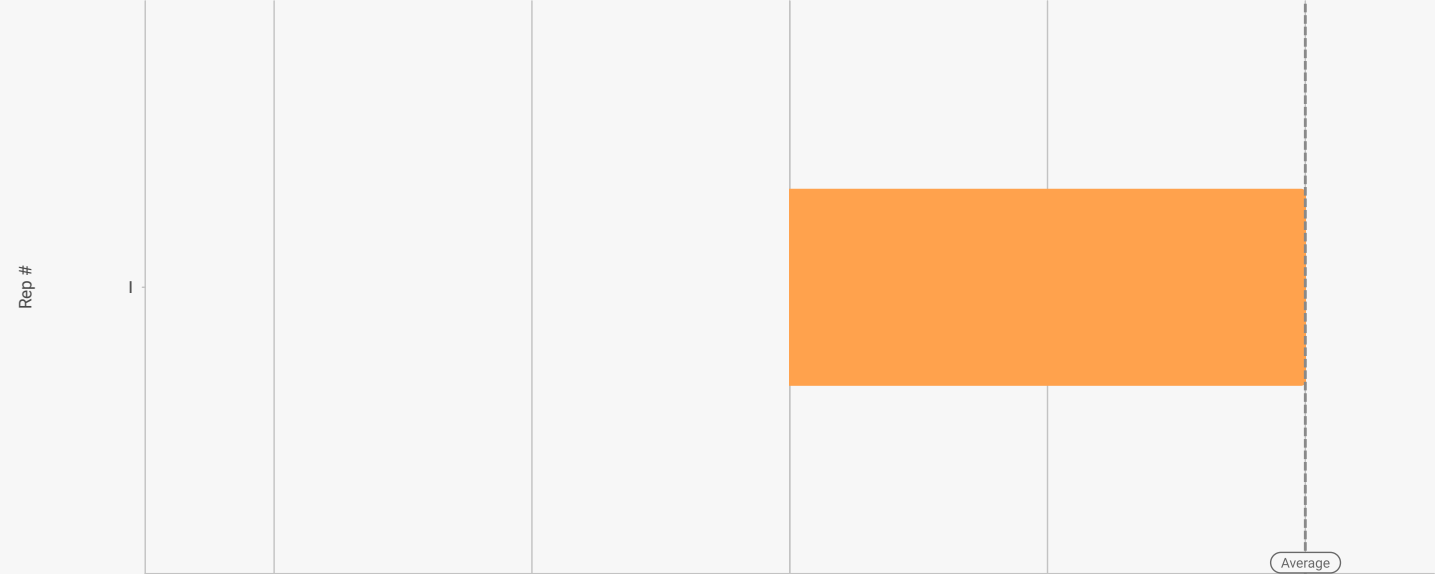


Asymmetry [%] - Wrist flexion

Range Average

20 L - 20 R

20 R

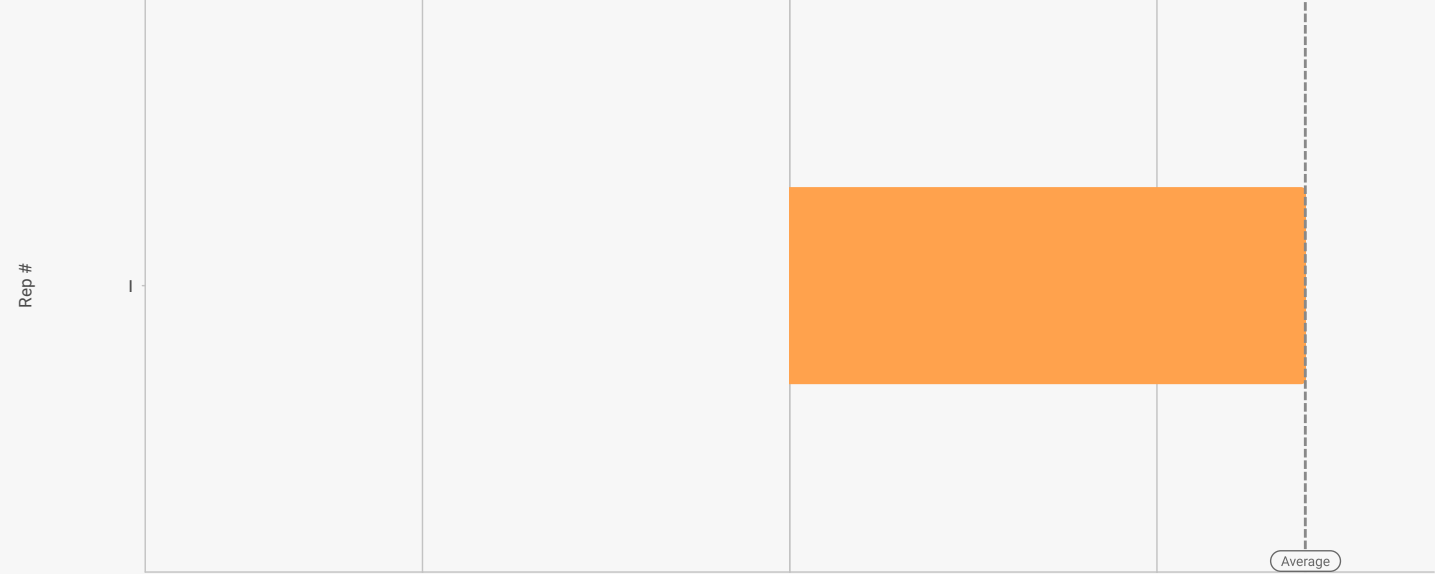


Asymmetry [%] - Wrist flexion

Range Average

3.51 L - 3.51 R

3.51 R





Asymmetry [%] - Wrist extensor

Range Average

0 L - 0 R 0 R



Asymmetry [%] - Wrist extensor

Range Average

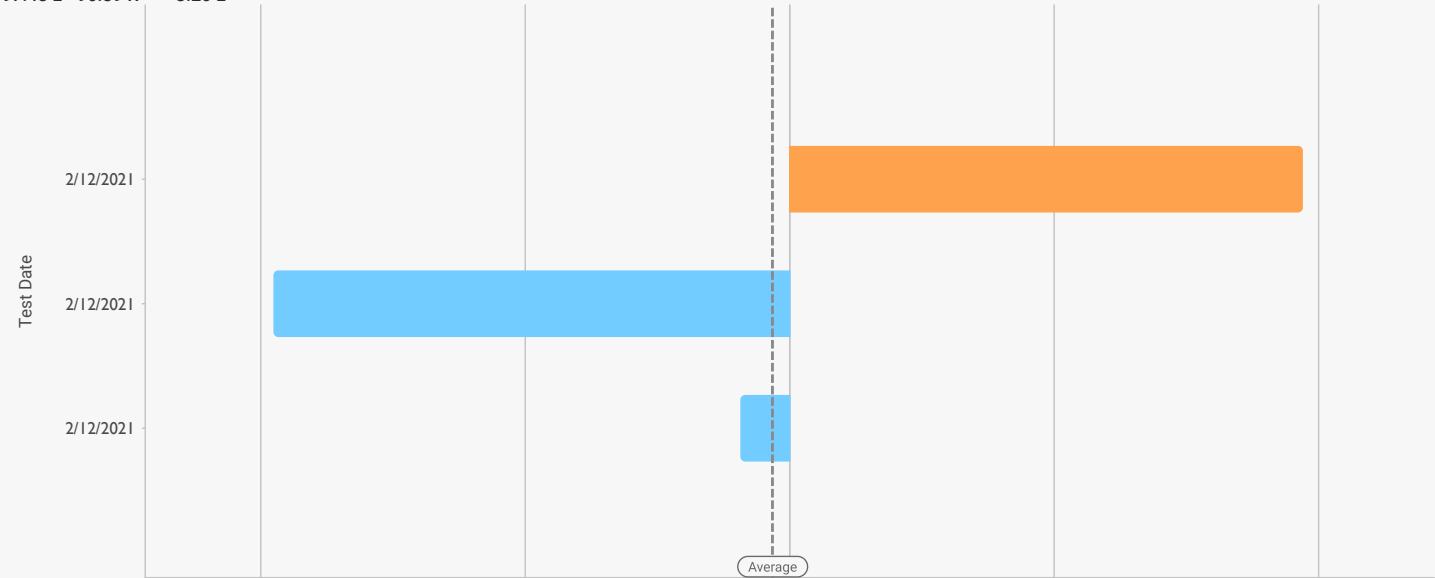
27.33 L - 27.33 R 27.33 L





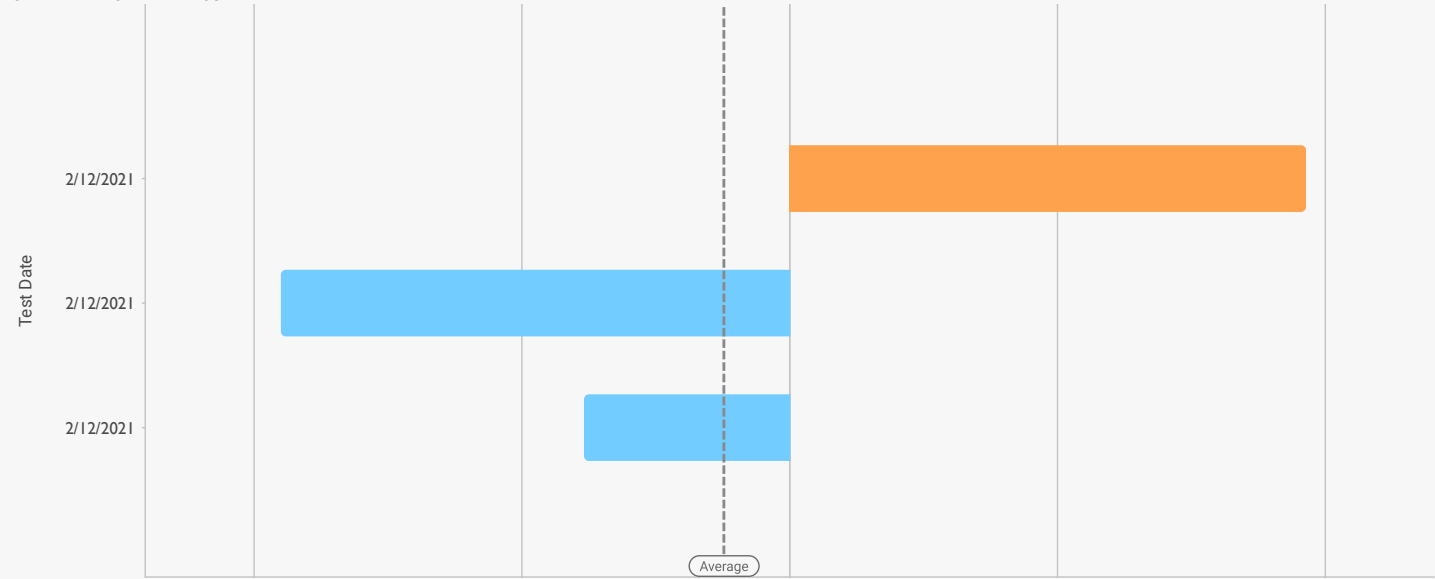
Internal Rotation Asymmetry [%] - Shoulder IR/ER

Range Average
97.48 L - 96.89 R 3.26 L



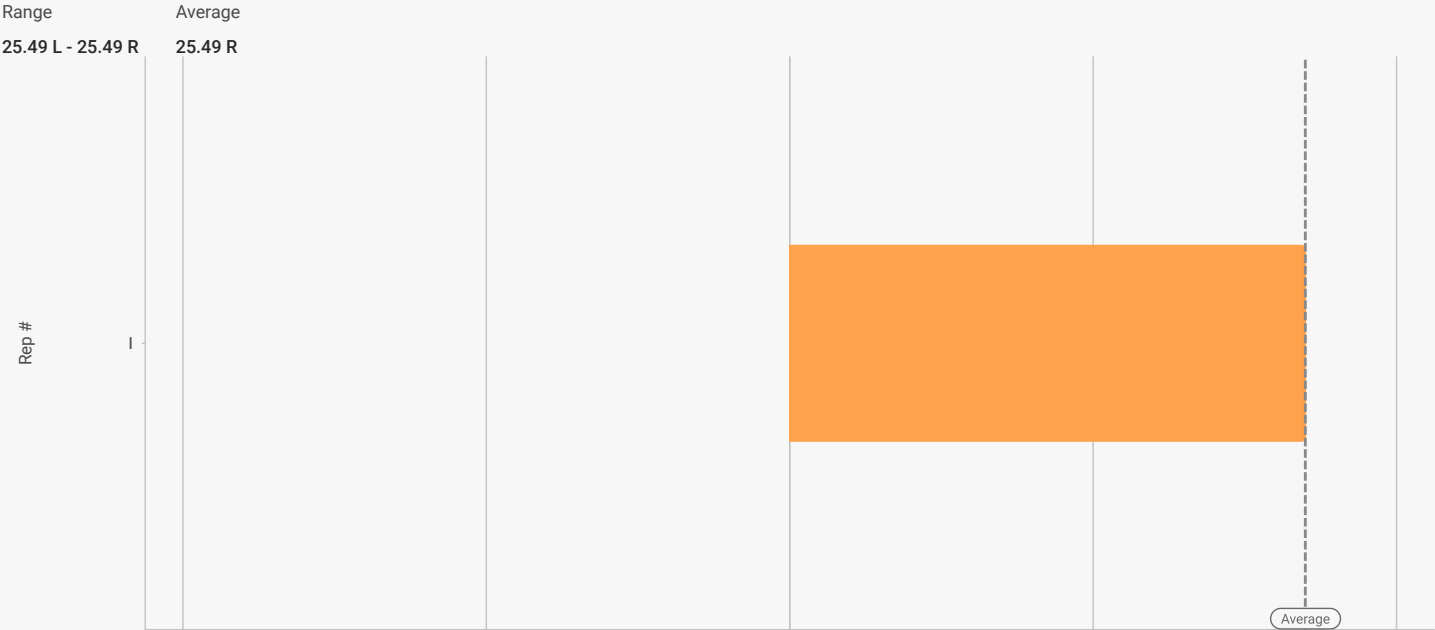
External Rotation Asymmetry [%] - Shoulder IR/ER

Range Average
90.12 L - 91.45 R 11.68 L

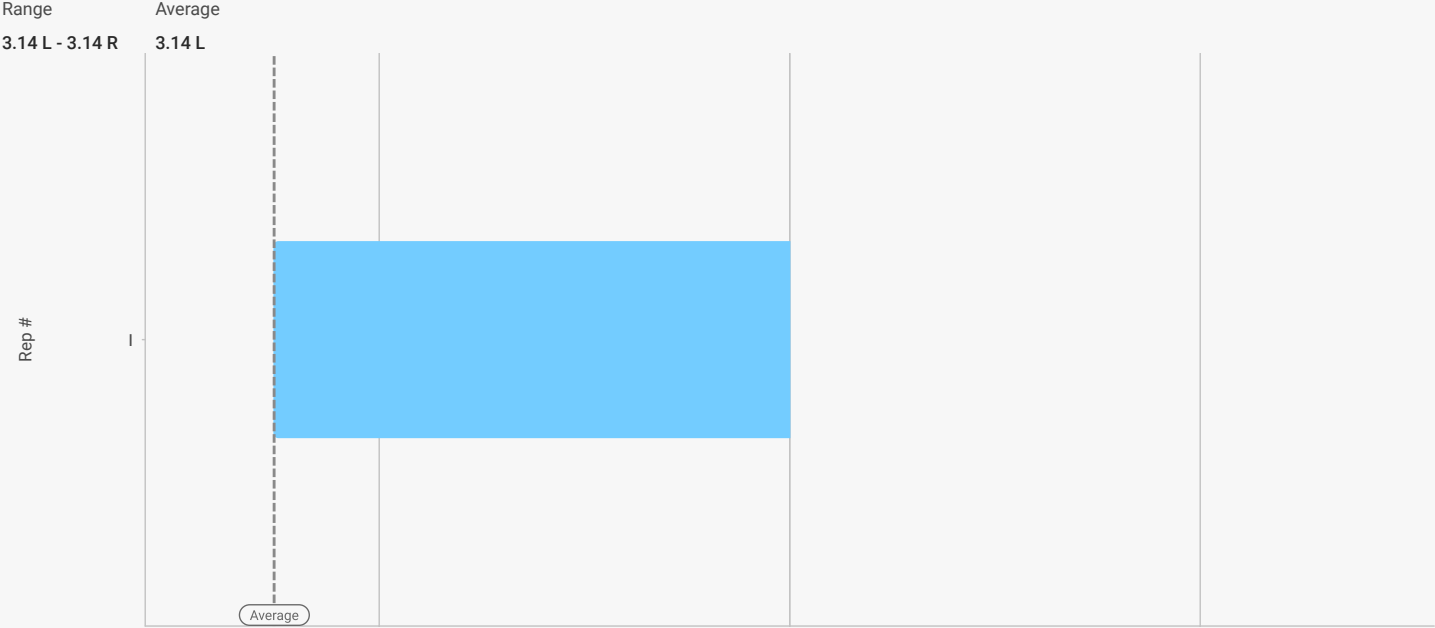




Flexion Asymmetry [%] - Shoulder Flexion



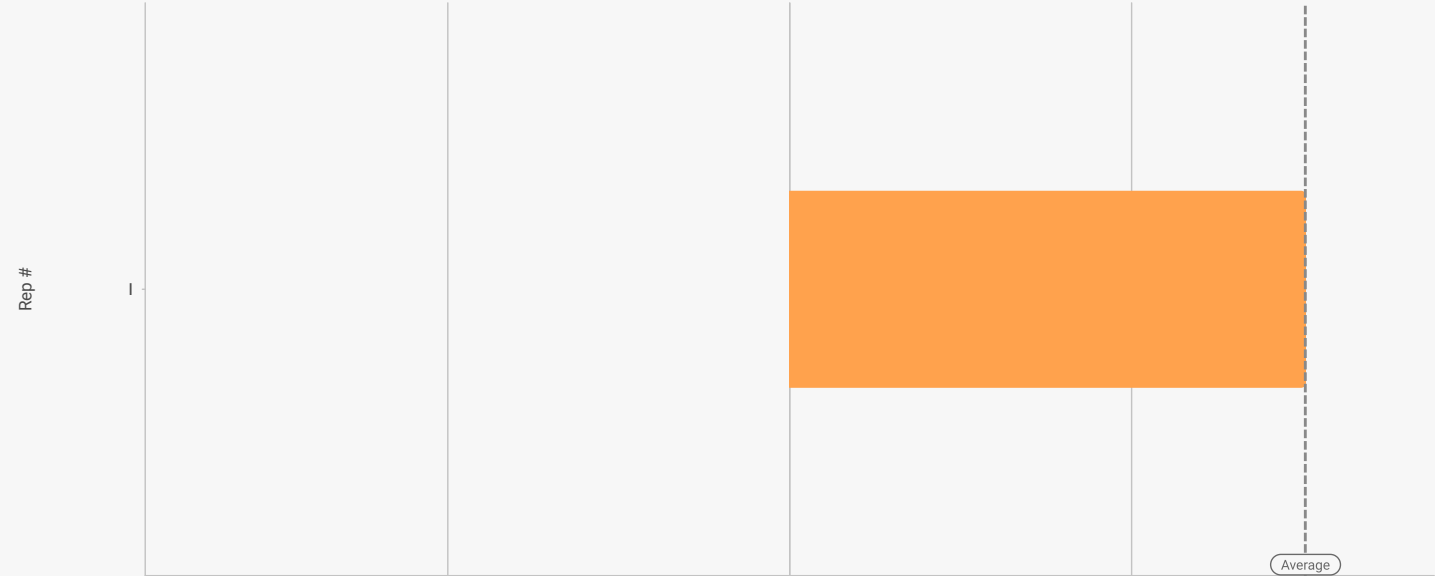
Extension Asymmetry [%] - Shoulder Extension





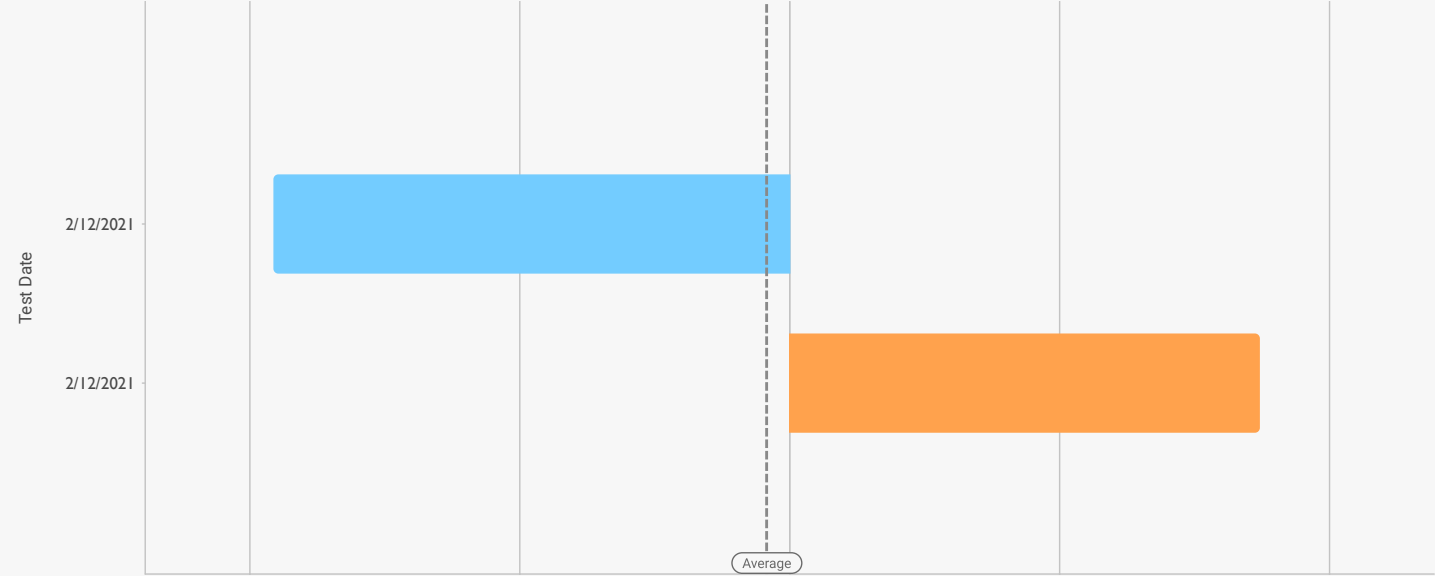
Adduction Asymmetry [%] - Shoulder Adduction

Range Average
3.77 L - 3.77 R 3.77 R



Abduction Asymmetry [%] - Shoulder Abduction

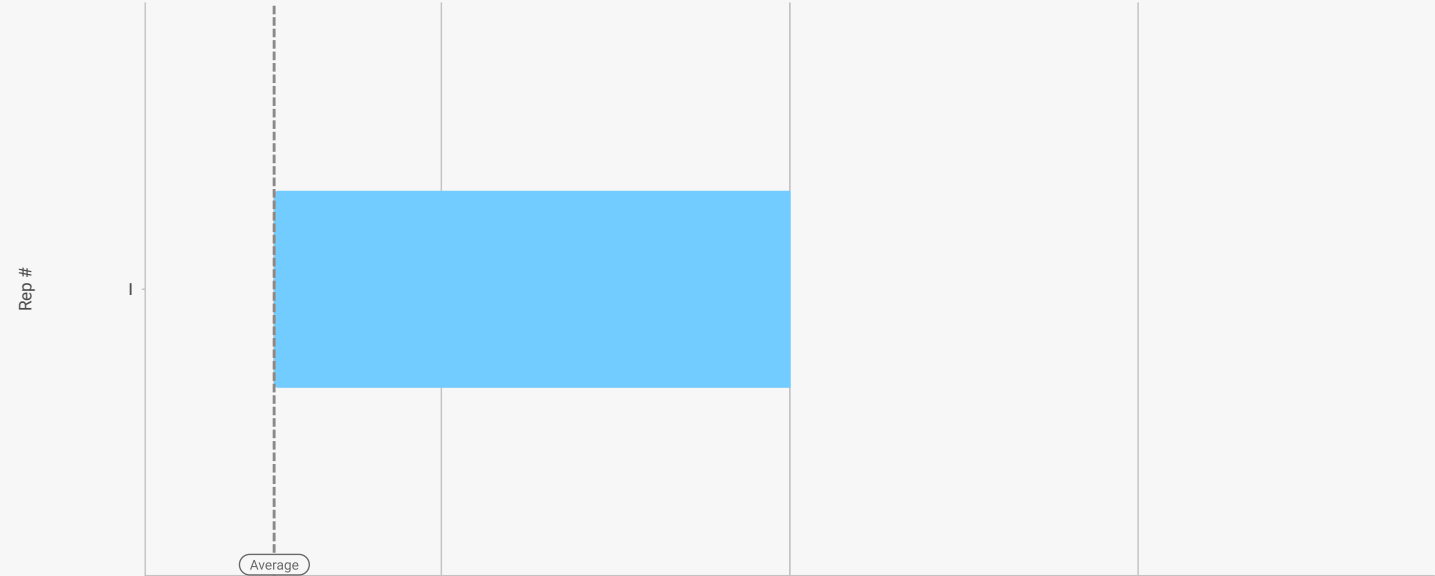
Range Average
95.51 L - 86.96 R 4.28 L





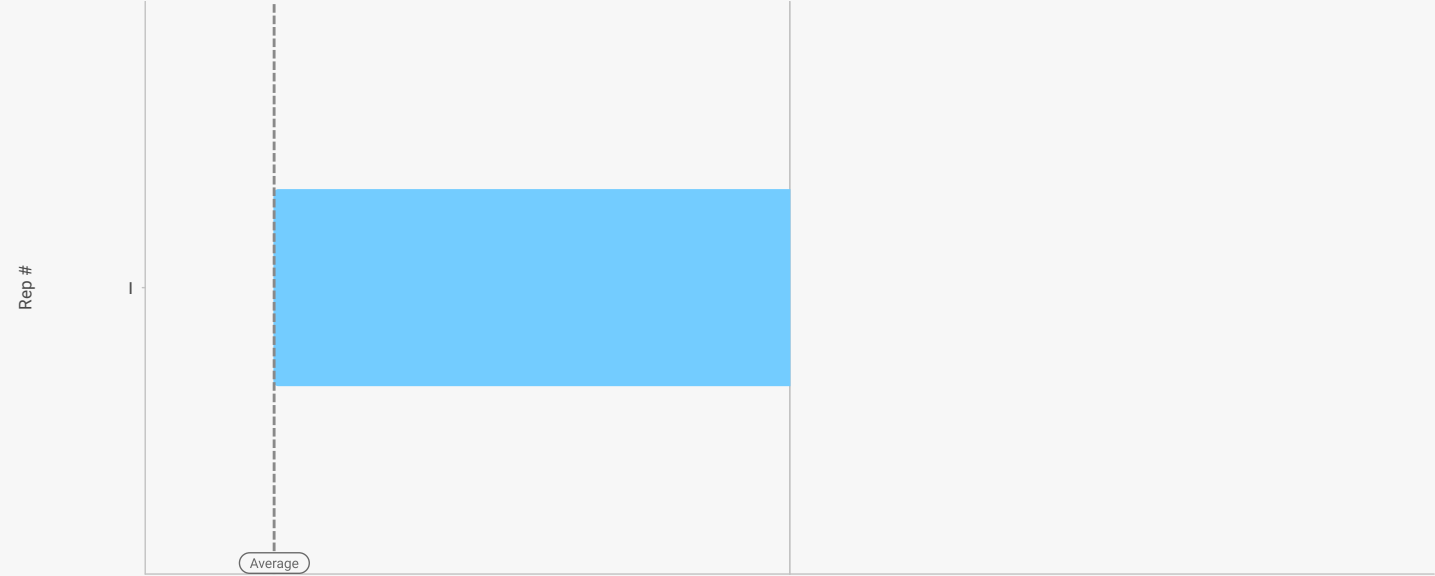
Extension Asymmetry [%] - Elbow Extension

Range Average
3.7 L - 3.7 R 3.7 L



Flexion Asymmetry [%] - Elbow Flexion

Range Average
1.95 L - 1.95 R 1.95 L

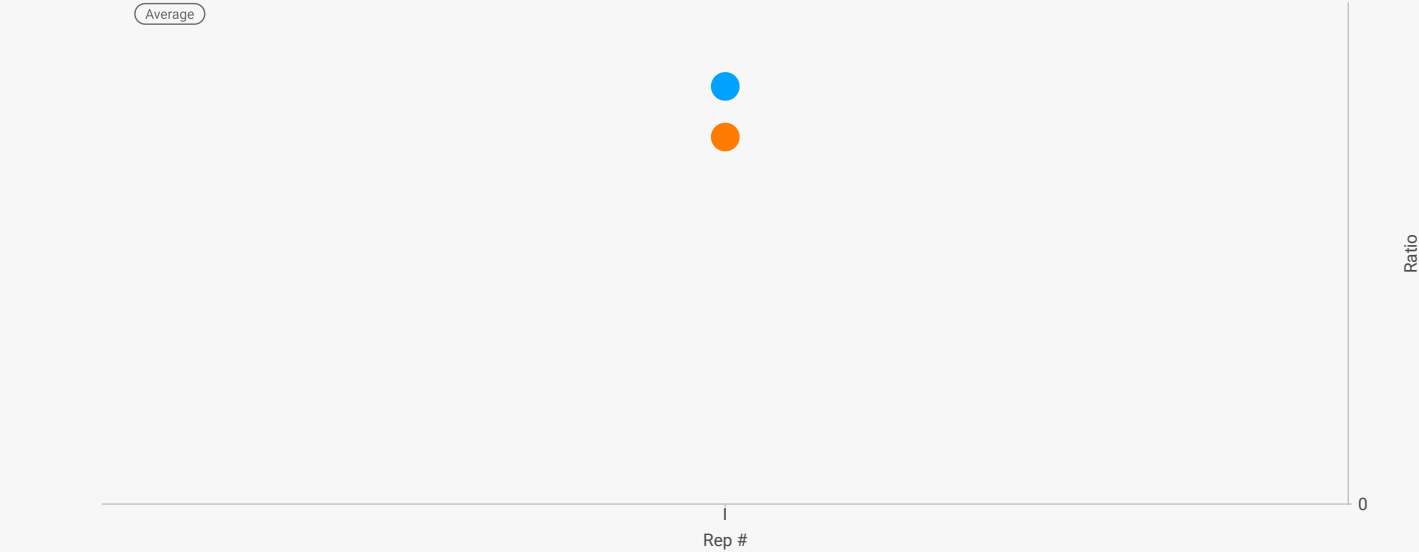




Impulse Force [N] - knee extensor

Range Average

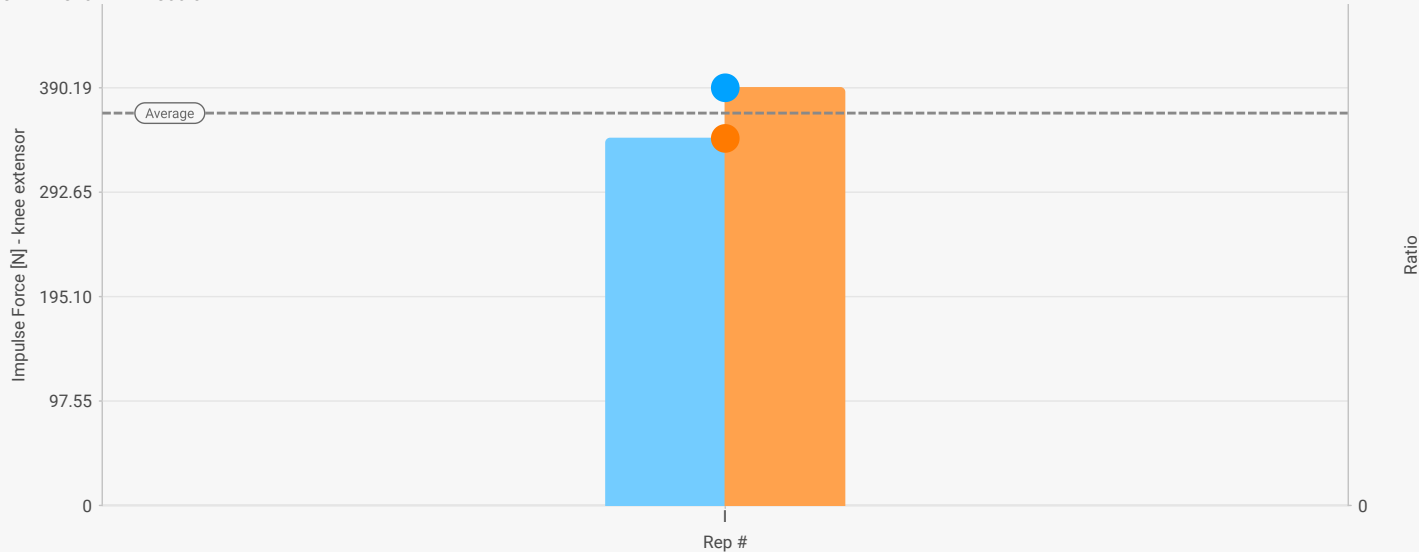
0 - 0 0 Average



Impulse Force [N] - knee extensor

Range Average

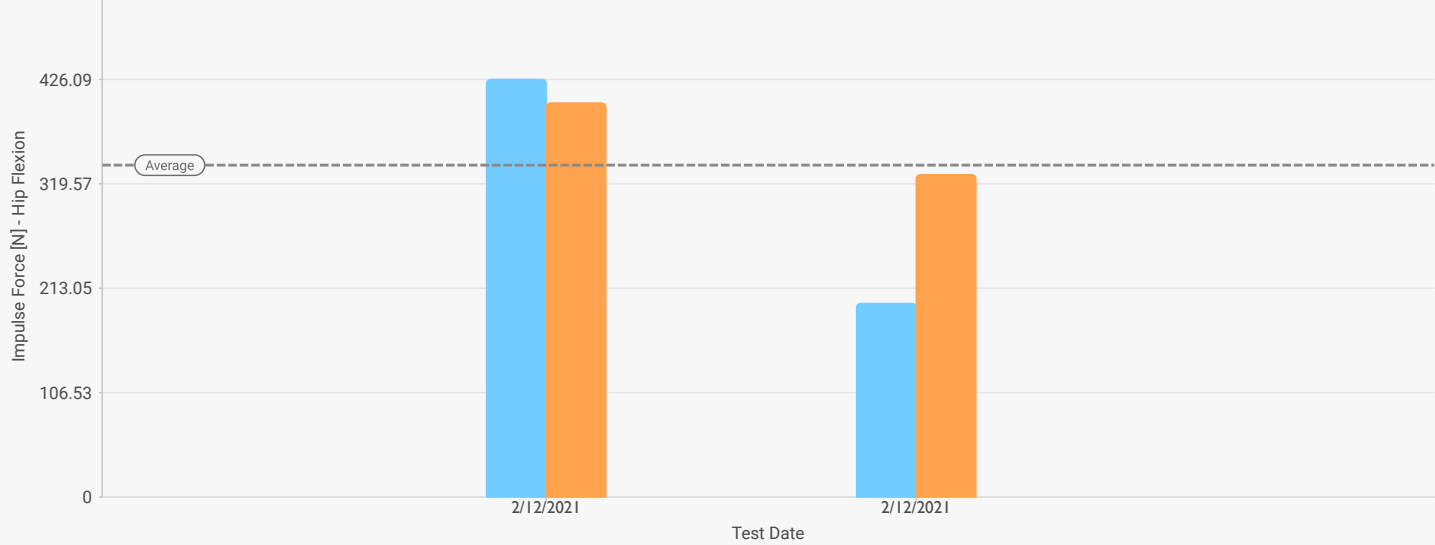
342.9 - 390.19 366.54





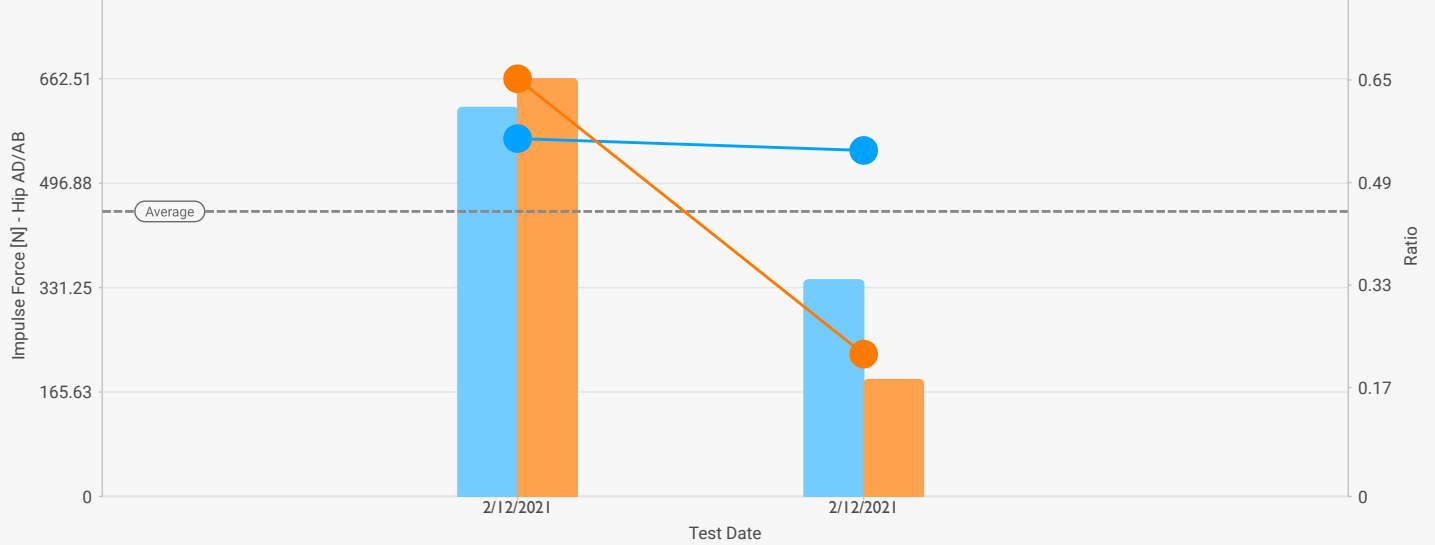
Flexion Impulse Force [N] - Hip Flexion

Range Average
197.49 - 426.09 338.63



Adduction Impulse Force [N] - Hip AD/AB

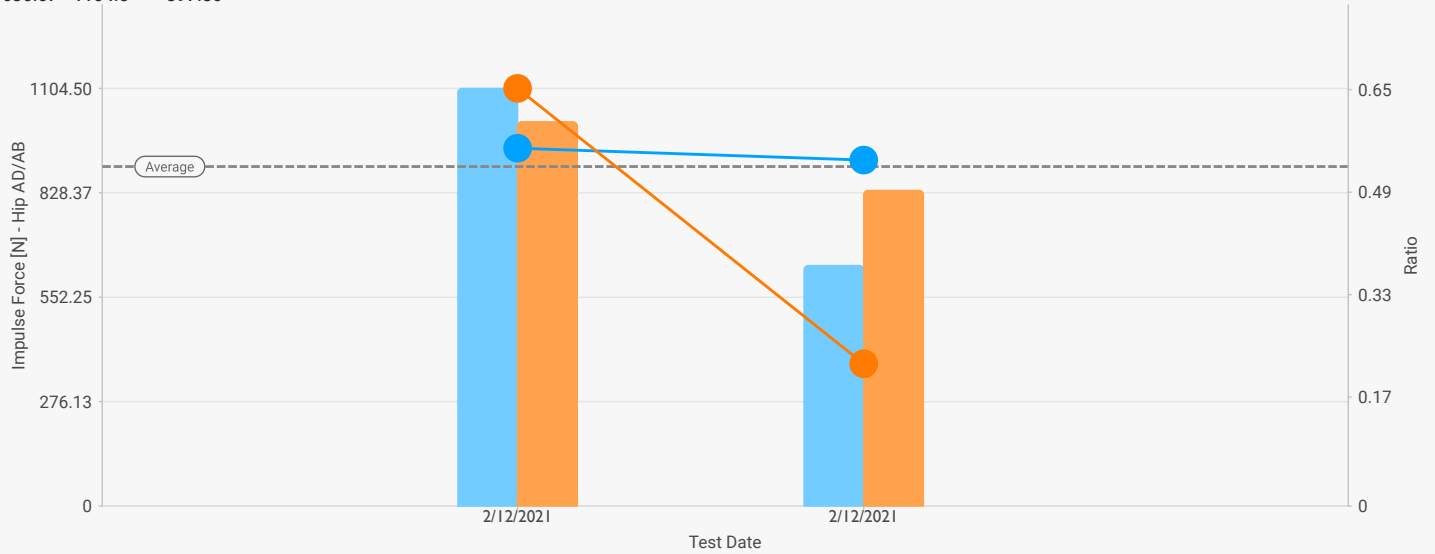
Range Average
185.4 - 662.51 452.09





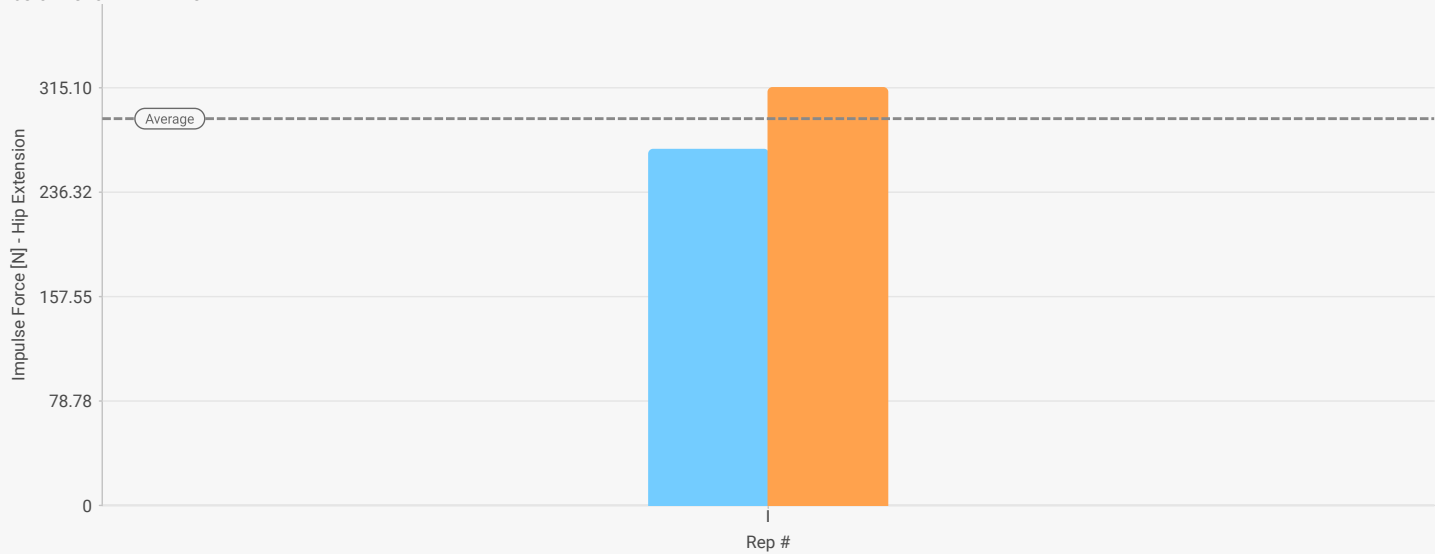
Abduction Impulse Force [N] - Hip AD/AB

Range Average
636.07 - 1104.5 897.86



Extension Impulse Force [N] - Hip Extension

Range Average
268.52 - 315.1 291.81





Knee Flexion Impulse Force [N] - Knee Flexion

Range Average

0 - 0 0 Average

Rep #

Impulse Force [N] - Wrist flexion

Range Average

0 - 0 0 Average



Ratio

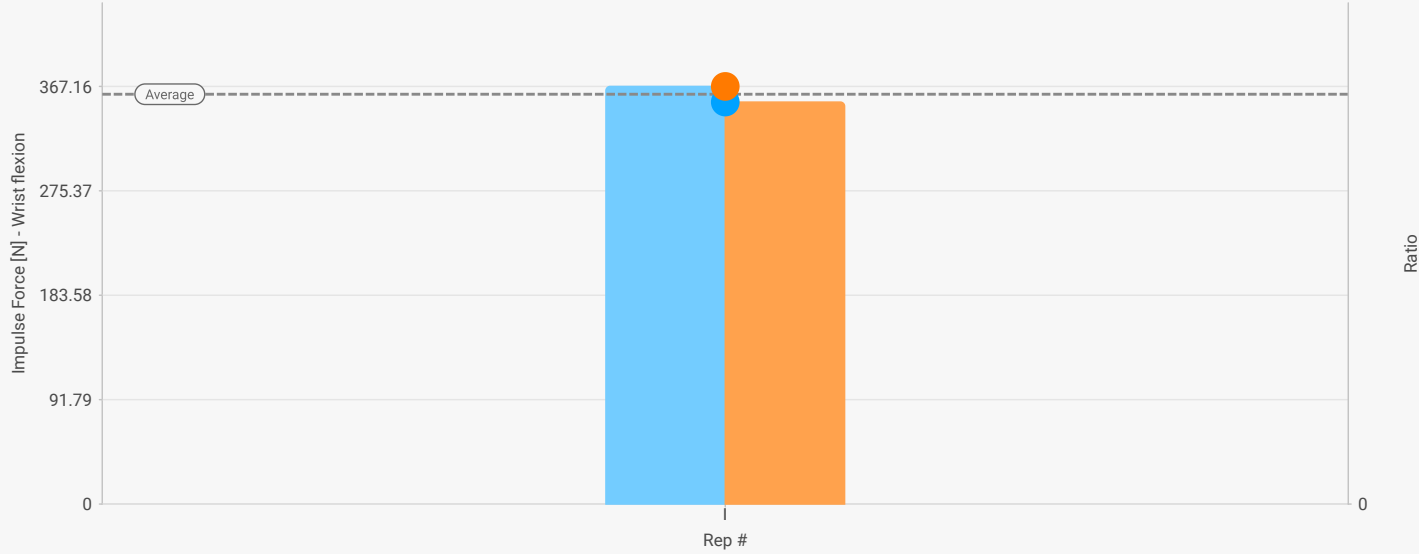
0

Rep #



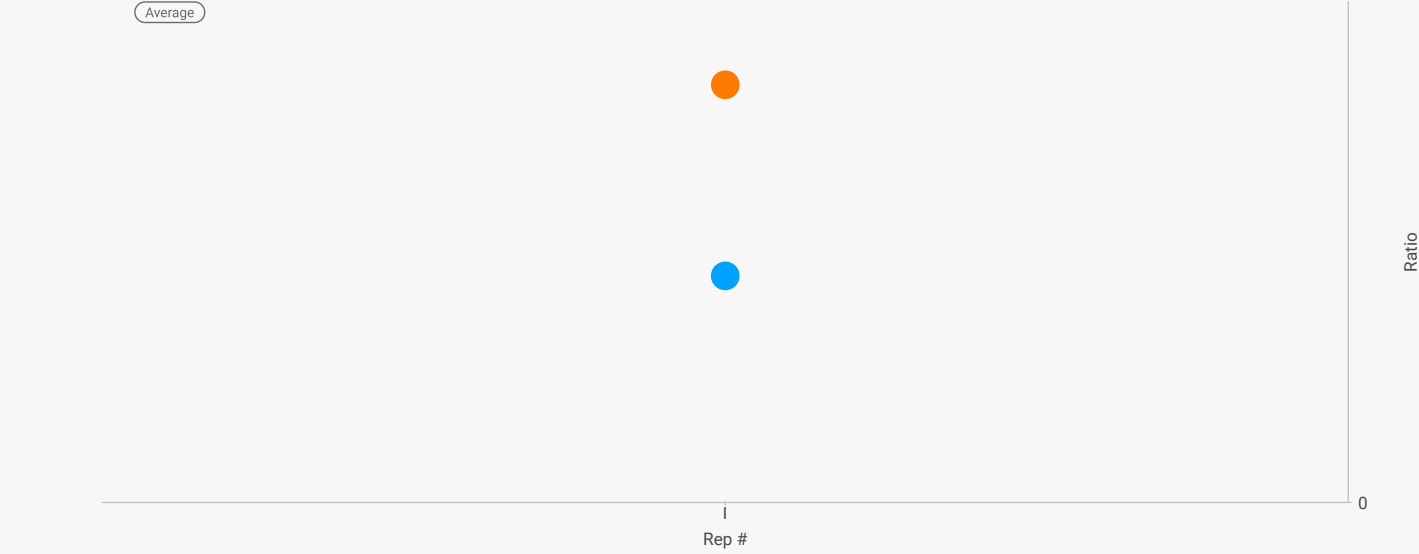
Impulse Force [N] - Wrist flexion

Range Average
353.39 - 367.16 360.28



Impulse Force [N] - Wrist extensor

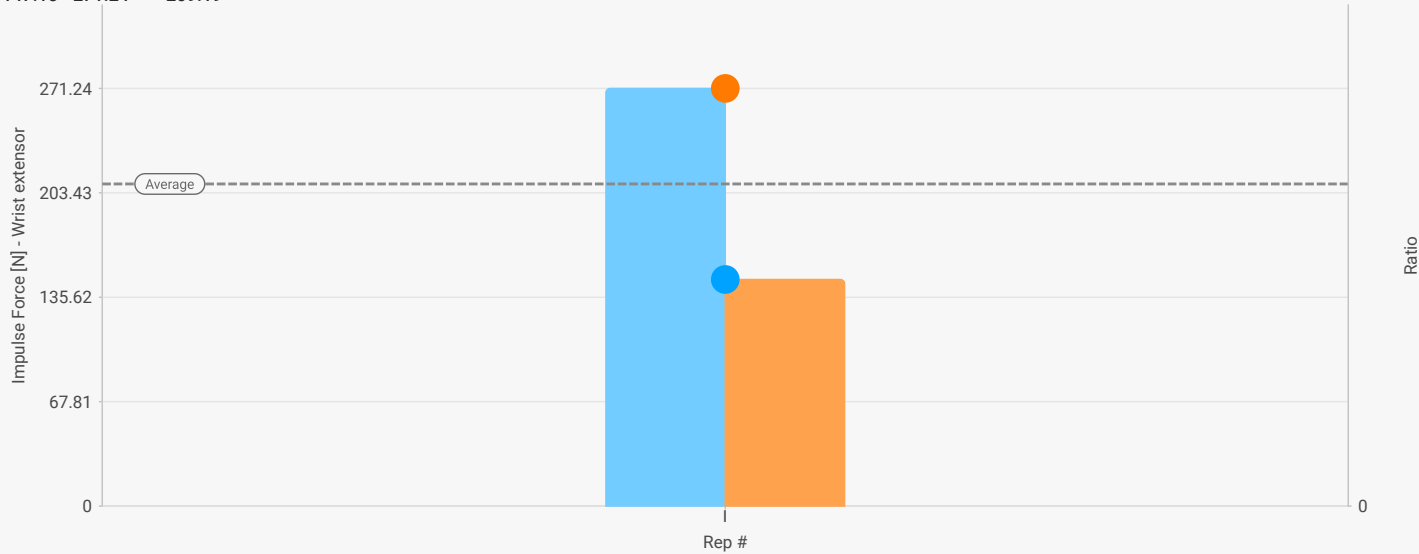
Range Average
0 - 0 0





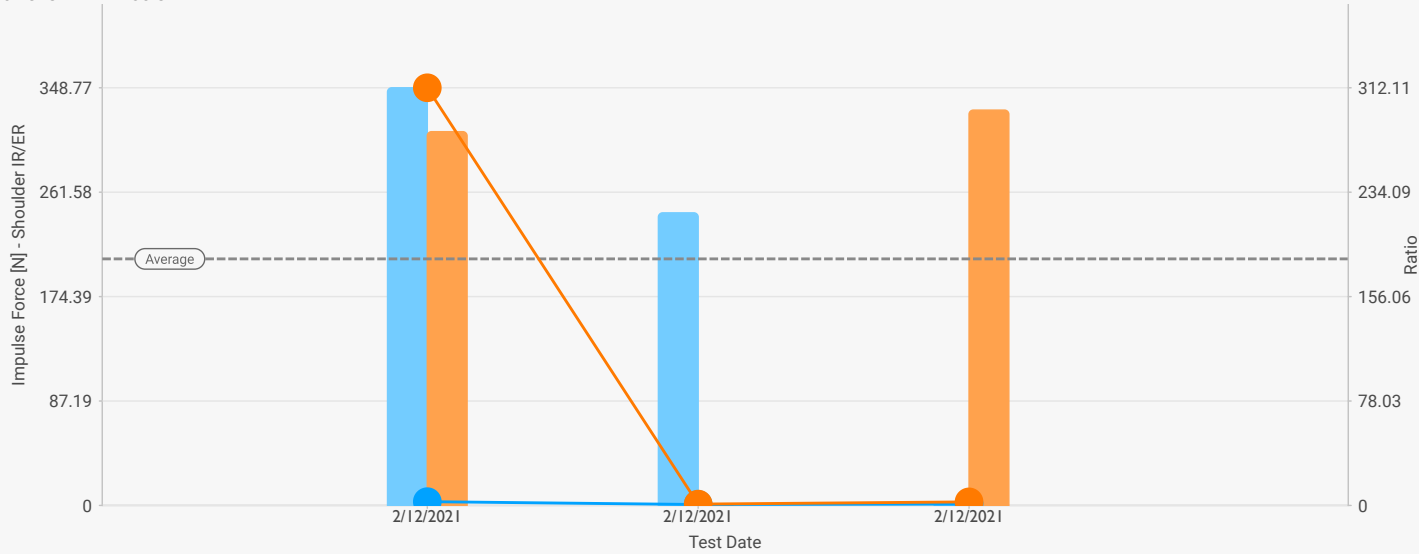
Impulse Force [N] - Wrist extensor

Range Average
147.15 - 271.24 209.19



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

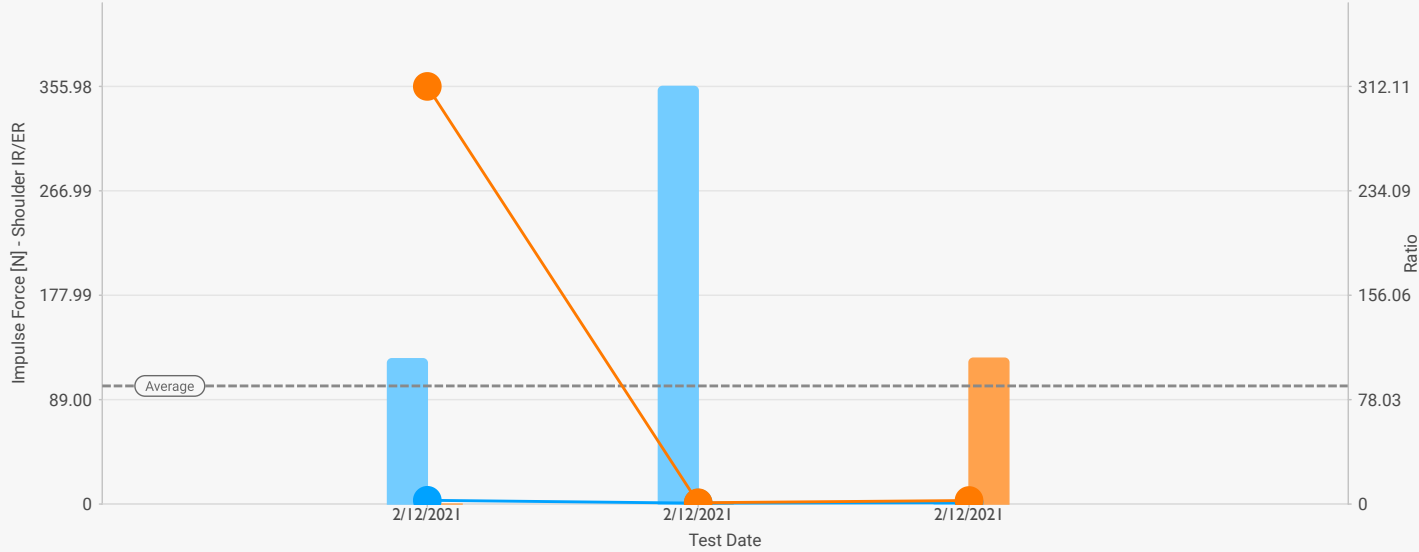
Range Average
0 - 348.77 205.89





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

Range Average
0 - 355.98 100.69



Flexion Impulse Force [N] - Shoulder Flexion

Range Average
0 - 0 0

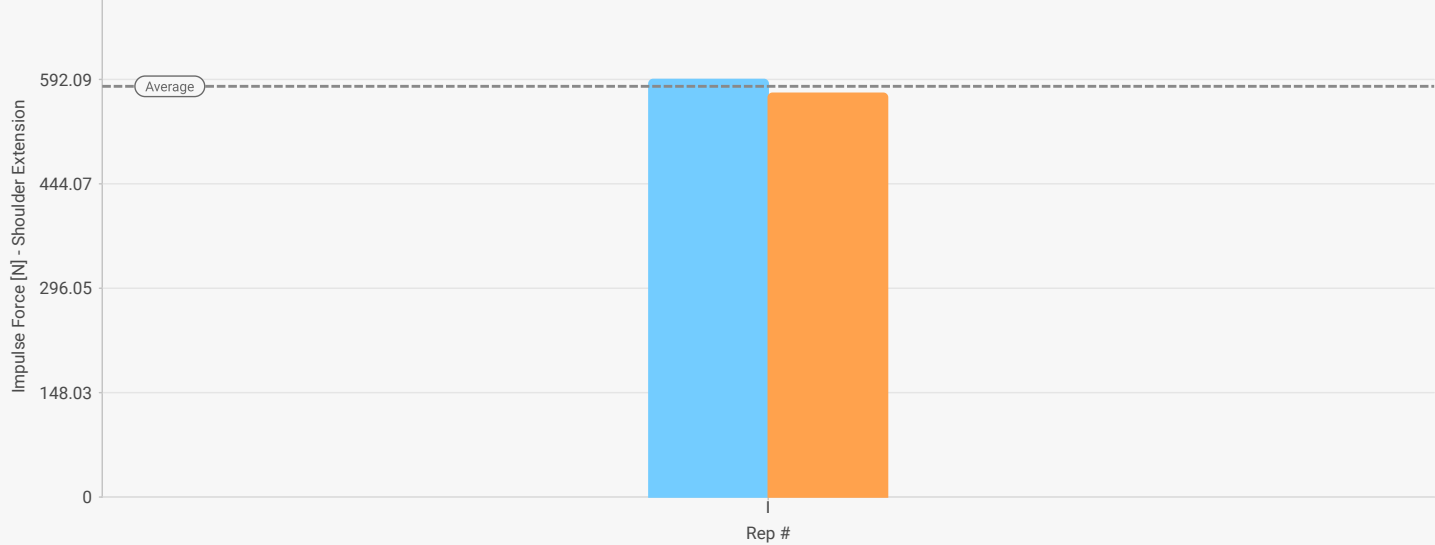
Average

Rep #



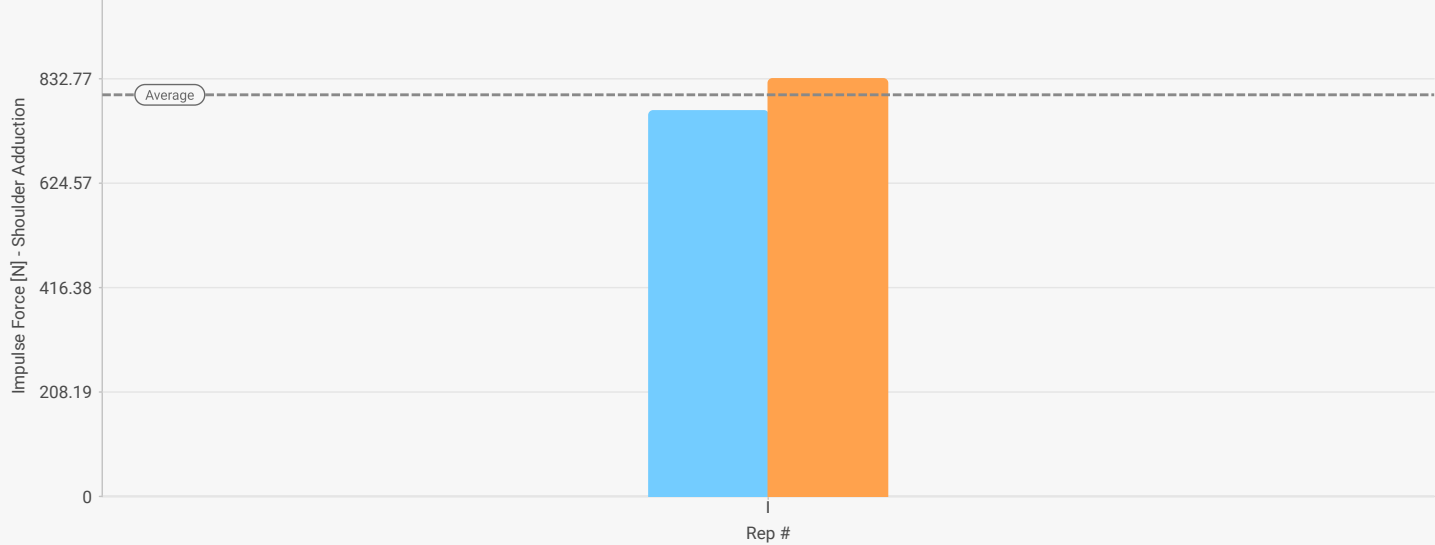
Extension Impulse Force [N] - Shoulder Extension

Range Average
572.5 - 592.09 582.3



Adduction Impulse Force [N] - Shoulder Adduction

Range Average
768.88 - 832.77 800.82





Abduction Impulse Force [N] - Shoulder Abduction

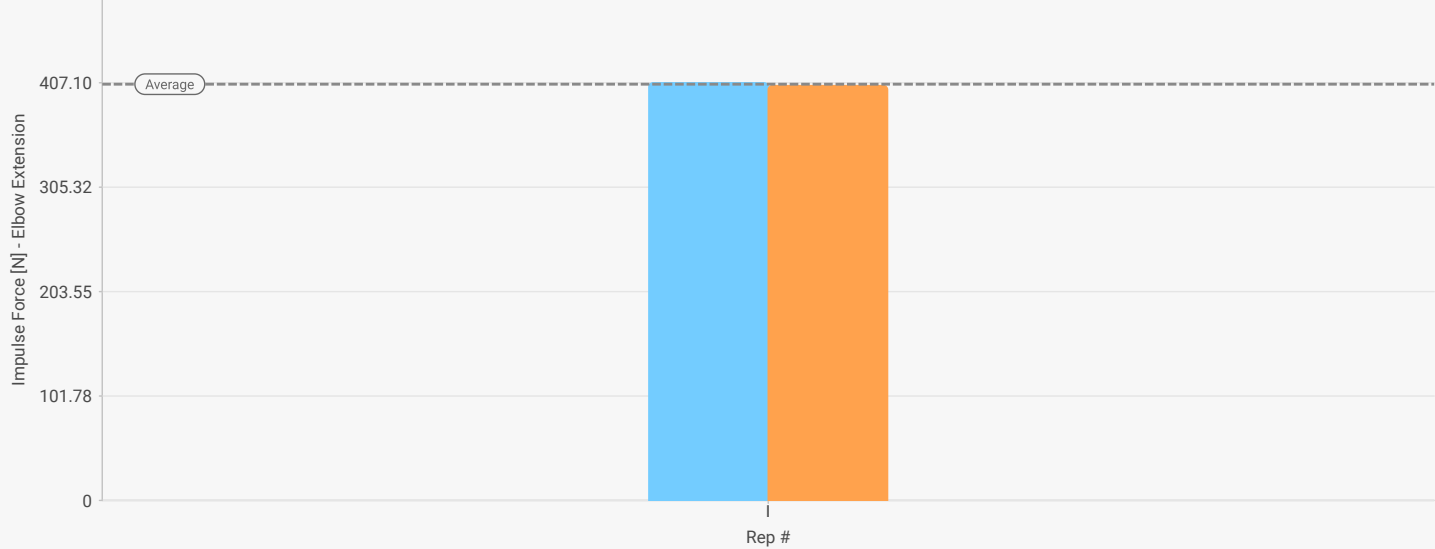
Range Average
0 - 0 0

Average

2/12/2021 2/12/2021
Test Date

Extension Impulse Force [N] - Elbow Extension

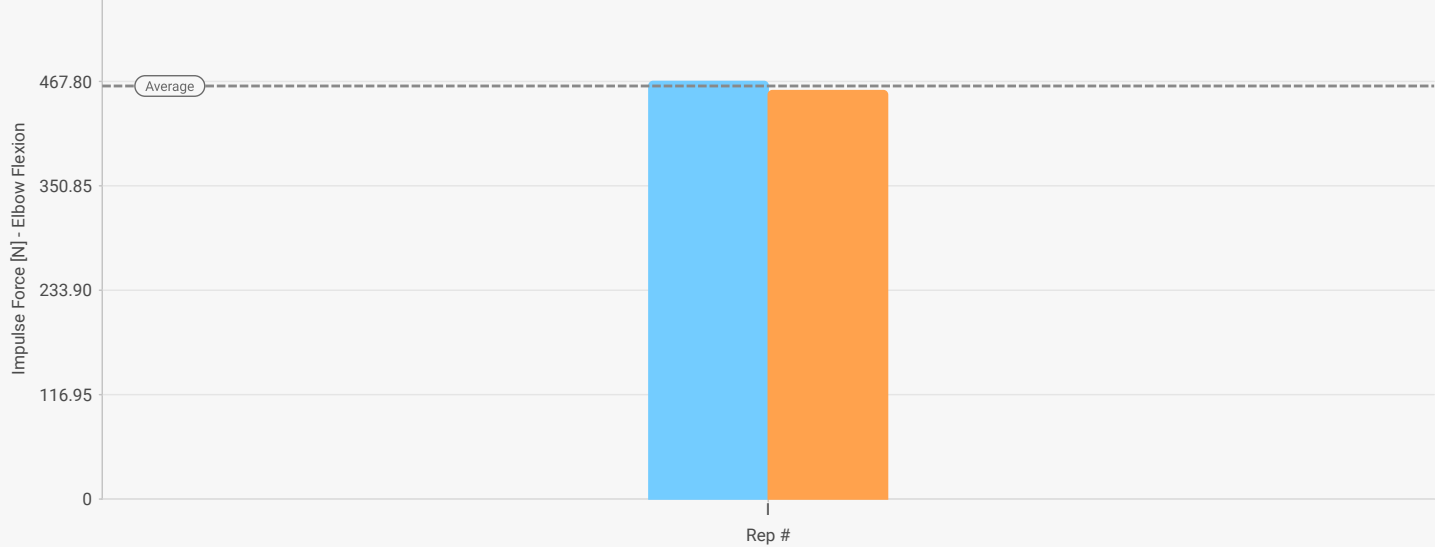
Range Average
404.35 - 407.1 405.72





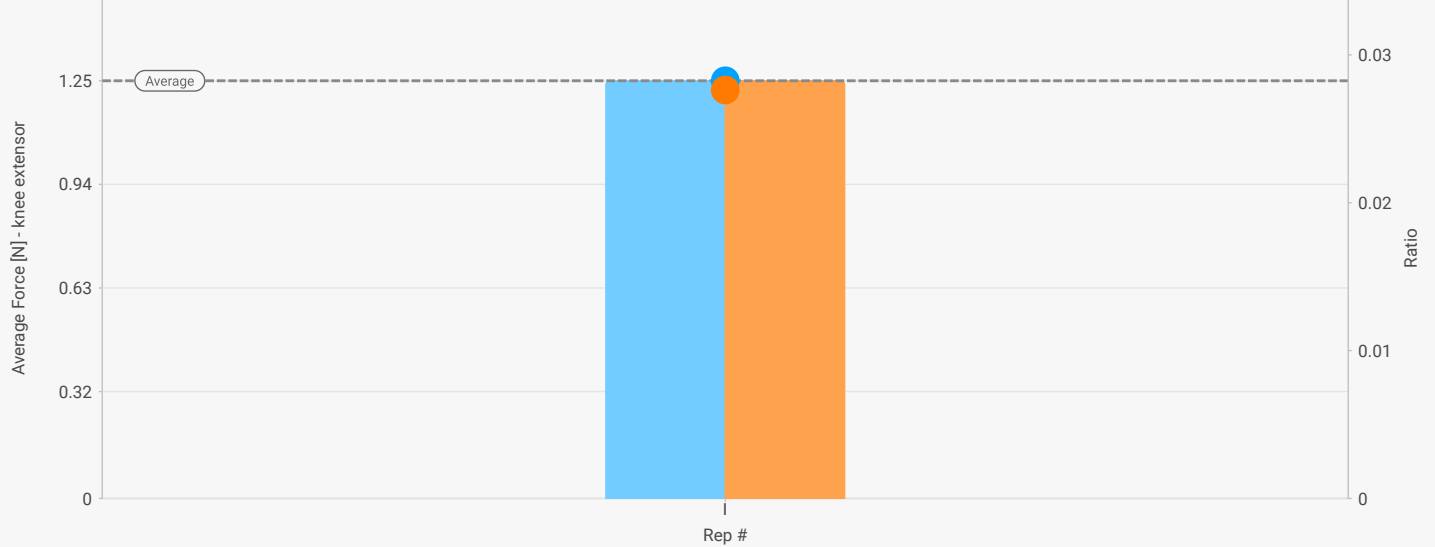
Flexion Impulse Force [N] - Elbow Flexion

Range Average
457.54 - 467.8 462.67



Average Force [N] - knee extensor

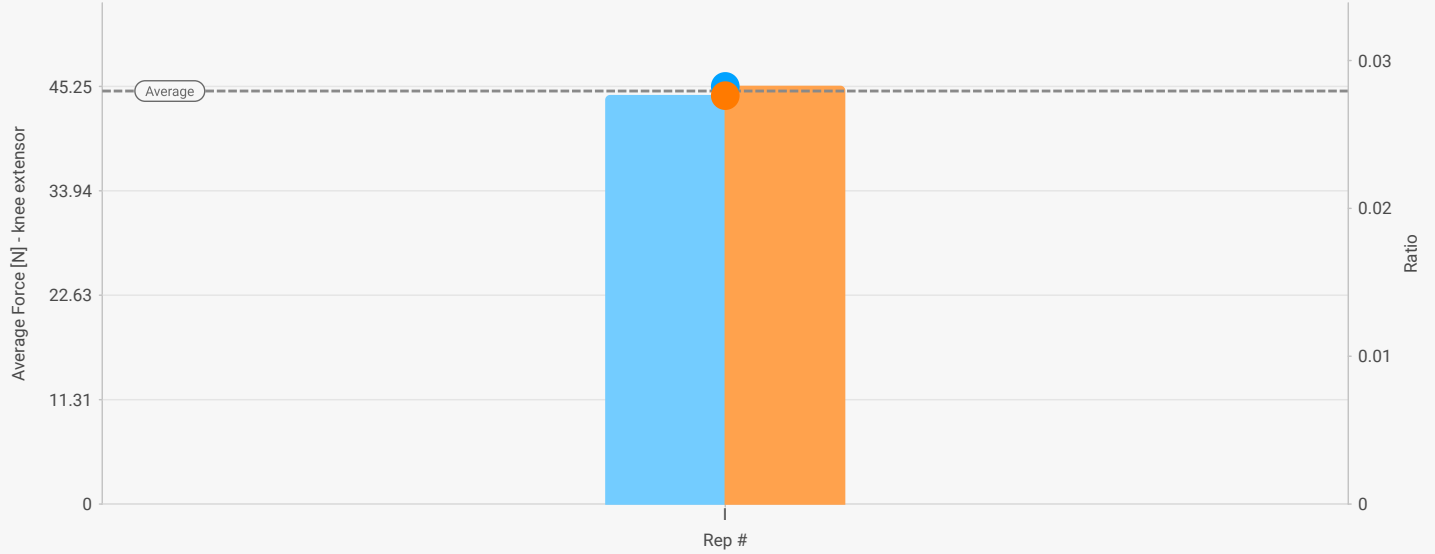
Range Average
1.25 - 1.25 1.25





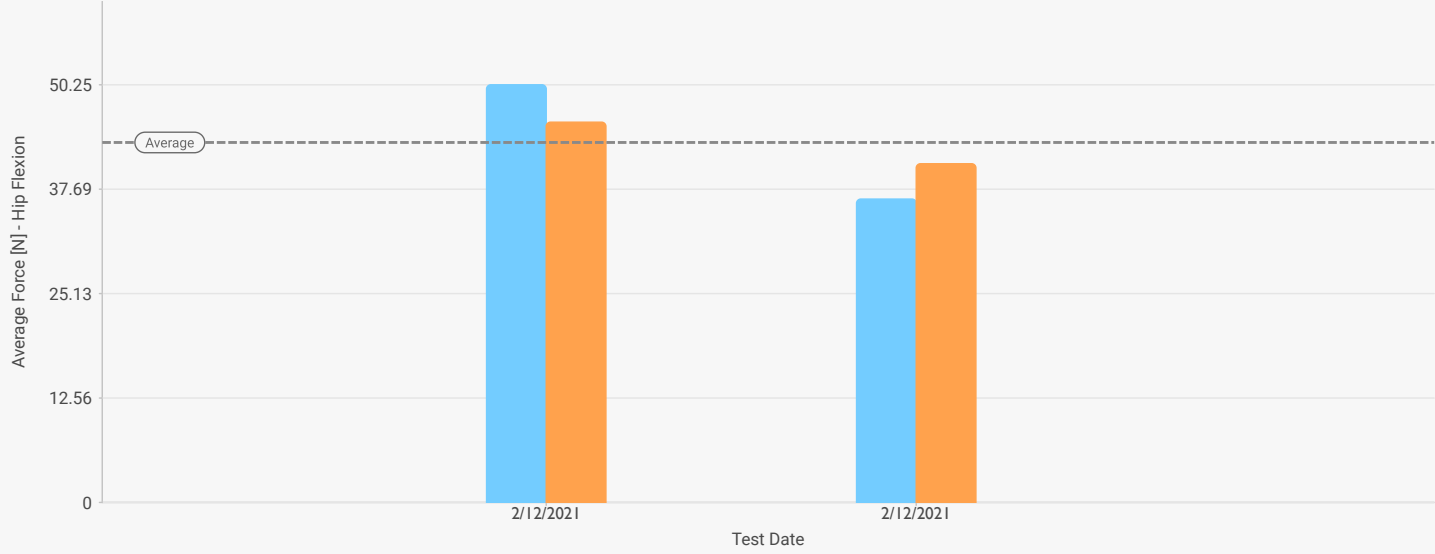
Average Force [N] - knee extensor

Range Average
44.25 - 45.25 44.75



Flexion Average Force [N] - Hip Flexion

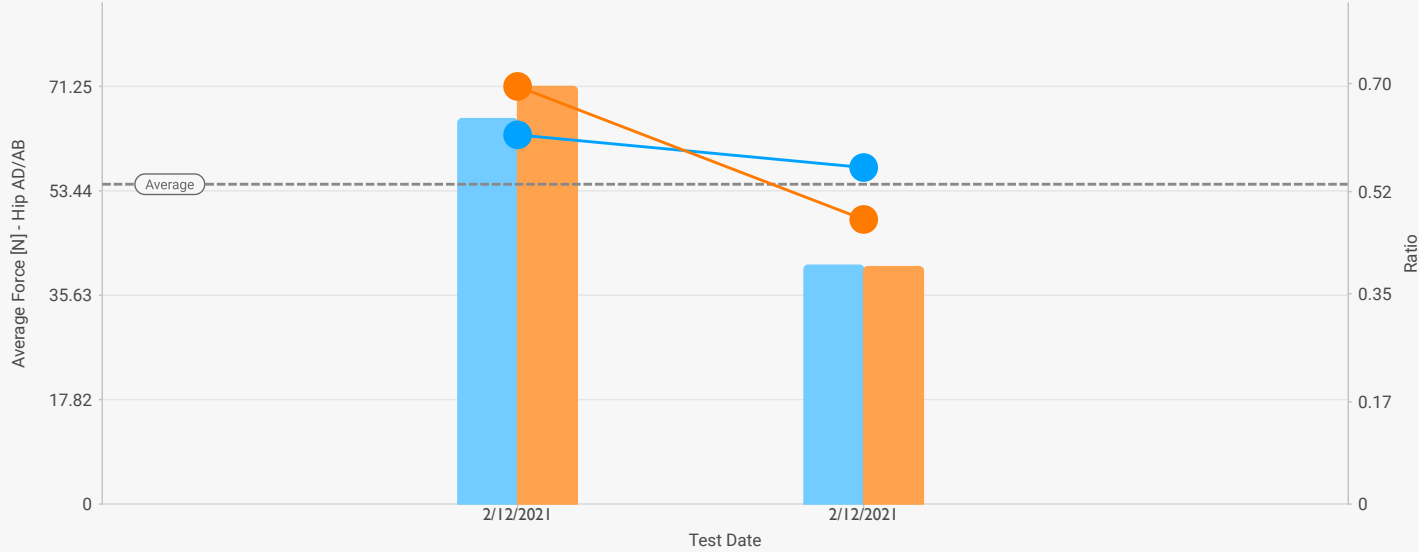
Range Average
36.5 - 50.25 43.31





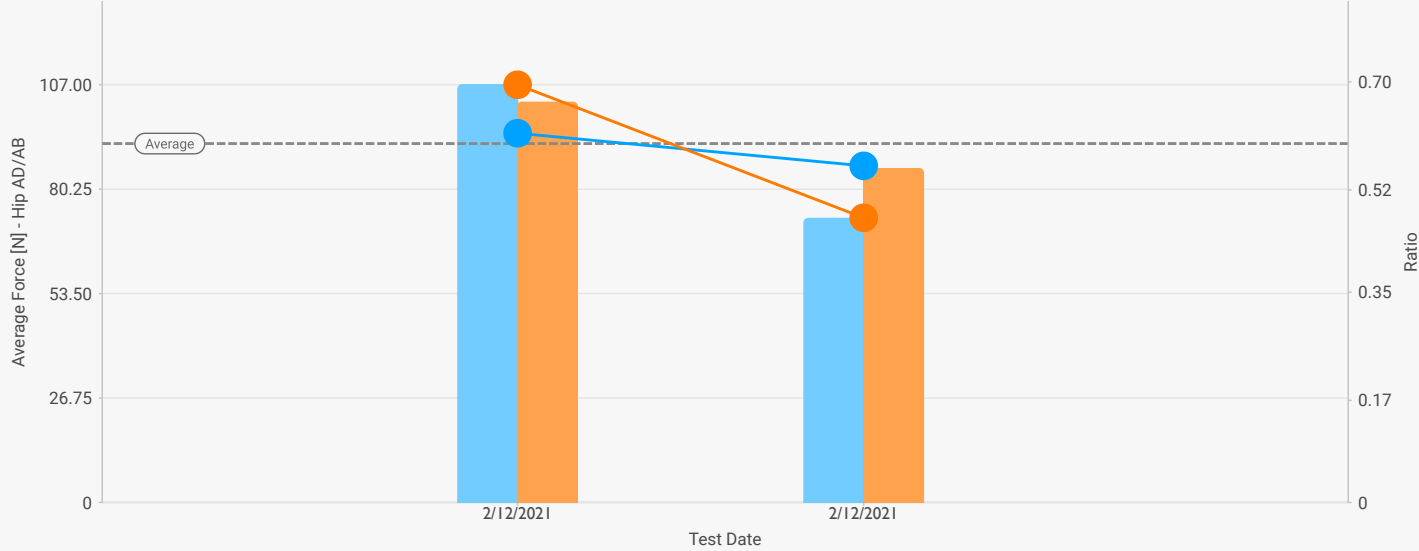
Adduction Average Force [N] - Hip AD/AB

Range Average
40.5 - 71.25 54.56



Abduction Average Force [N] - Hip AD/AB

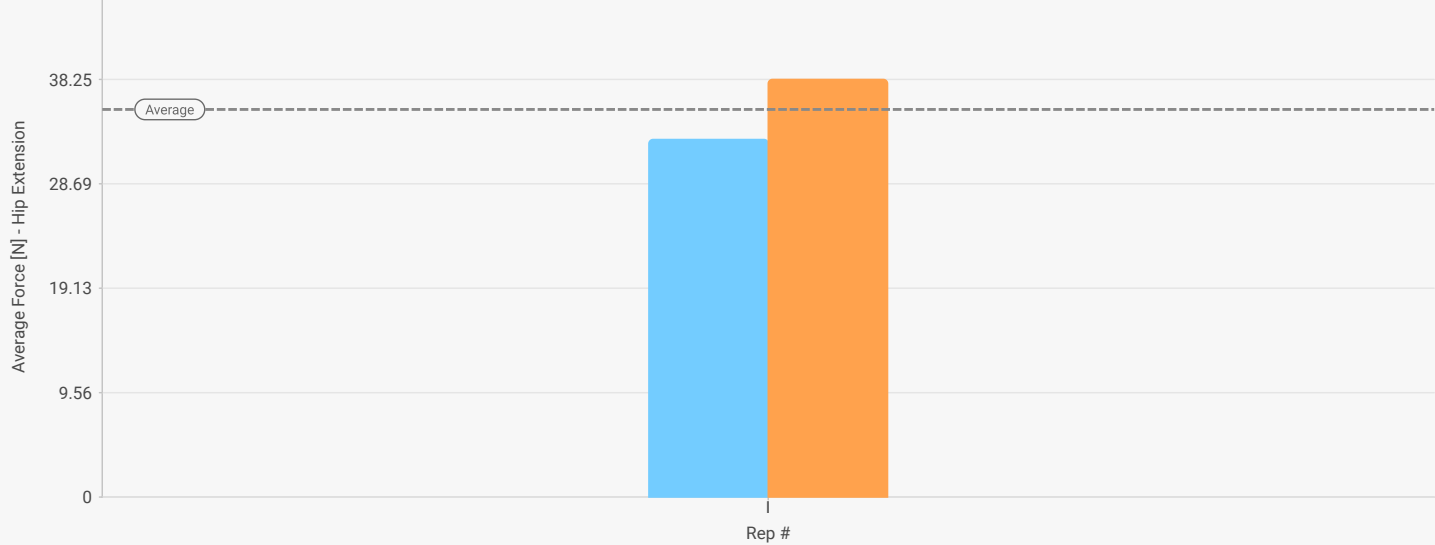
Range Average
72.75 - 107 91.94





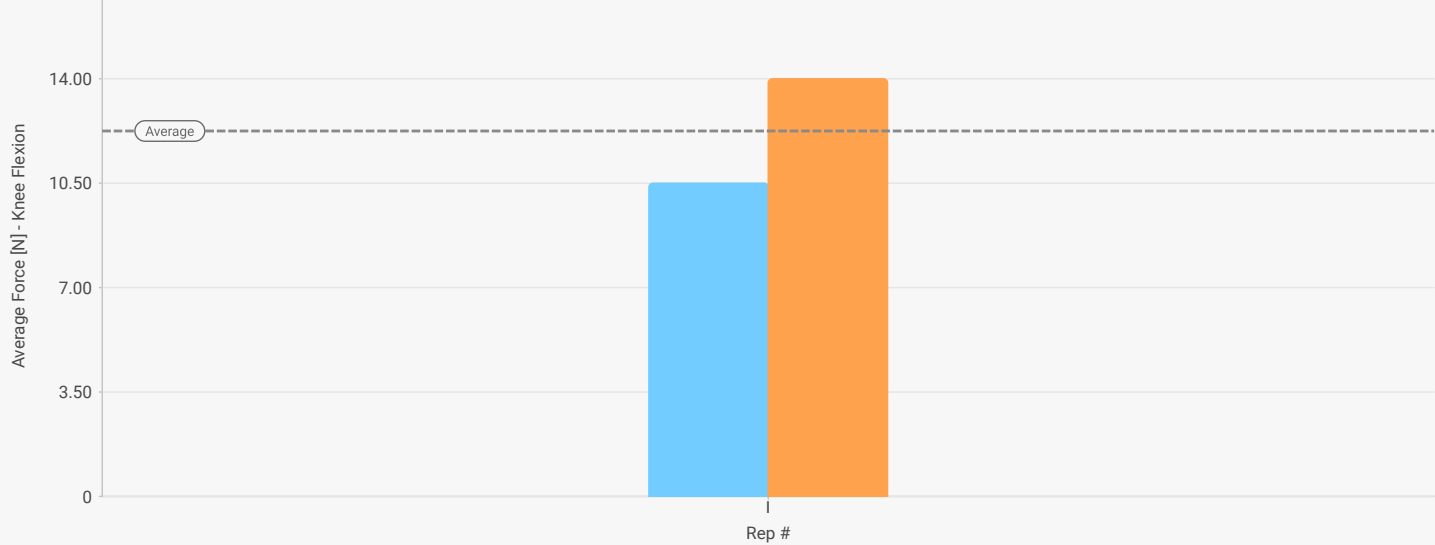
Extension Average Force [N] - Hip Extension

Range Average
32.75 - 38.25 35.5



Knee Flexion Average Force [N] - Knee Flexion

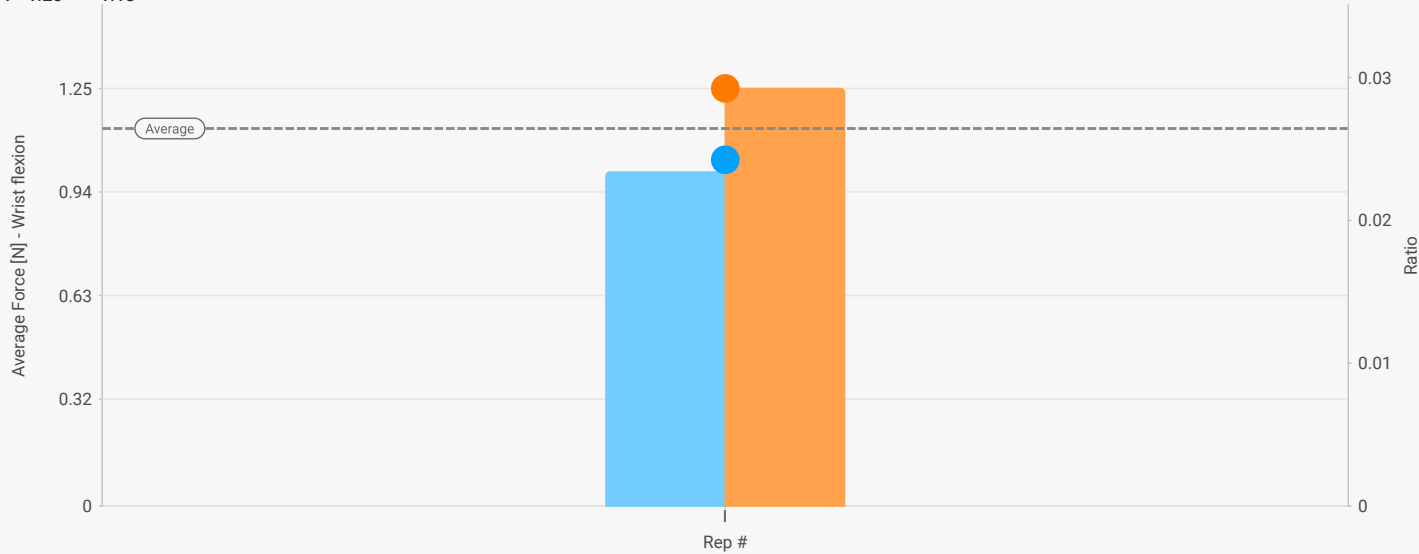
Range Average
10.5 - 14 12.25





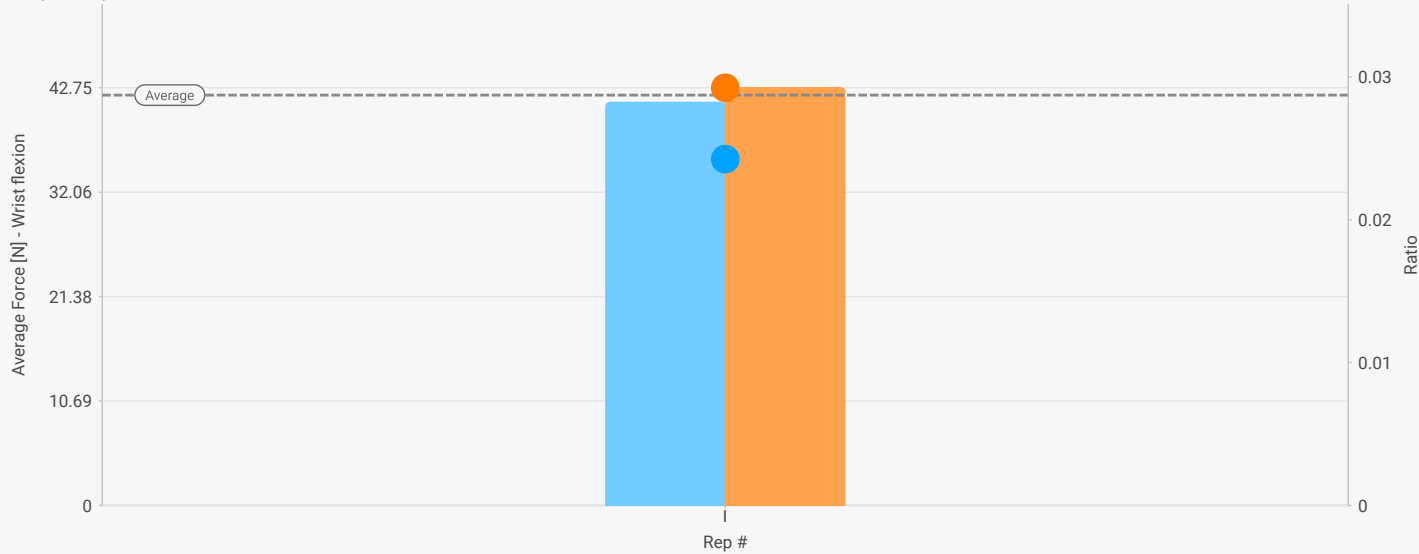
Average Force [N] - Wrist flexion

Range Average
1 - 1.25 1.13



Average Force [N] - Wrist flexion

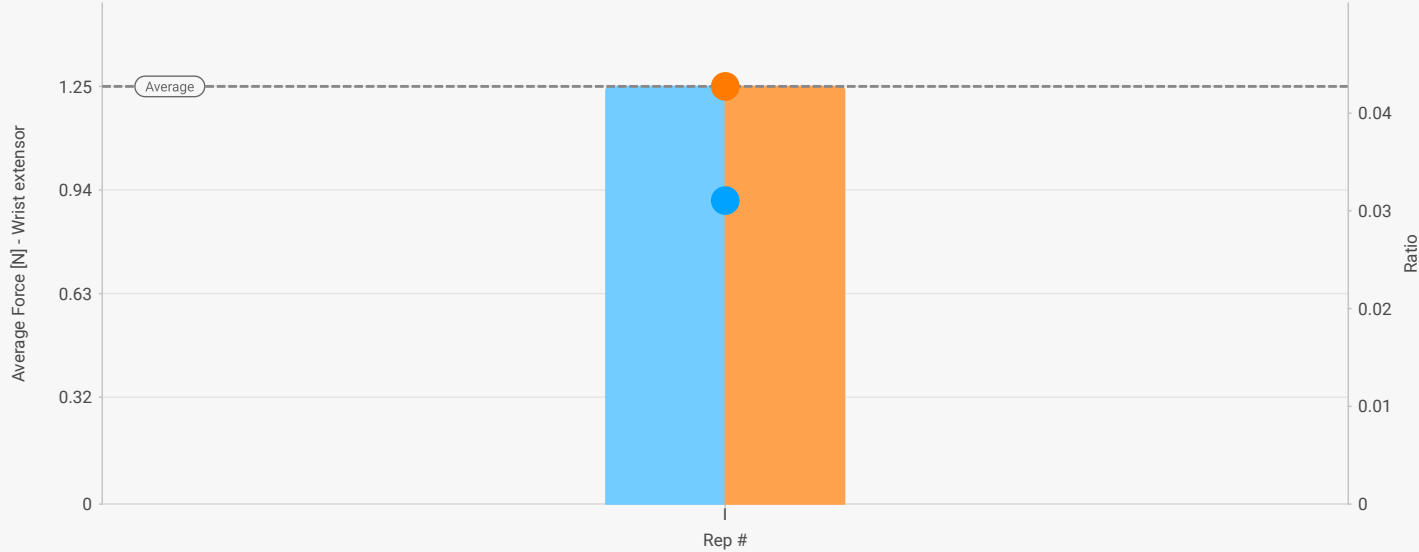
Range Average
41.25 - 42.75 42





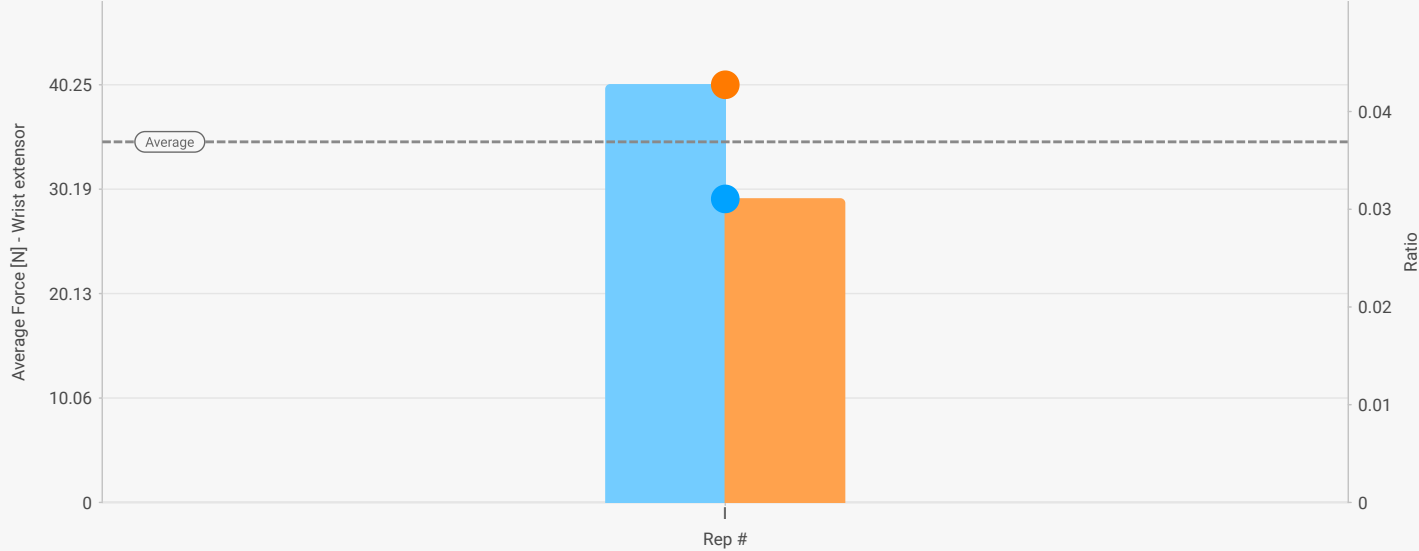
Average Force [N] - Wrist extensor

Range Average
1.25 - 1.25 1.25



Average Force [N] - Wrist extensor

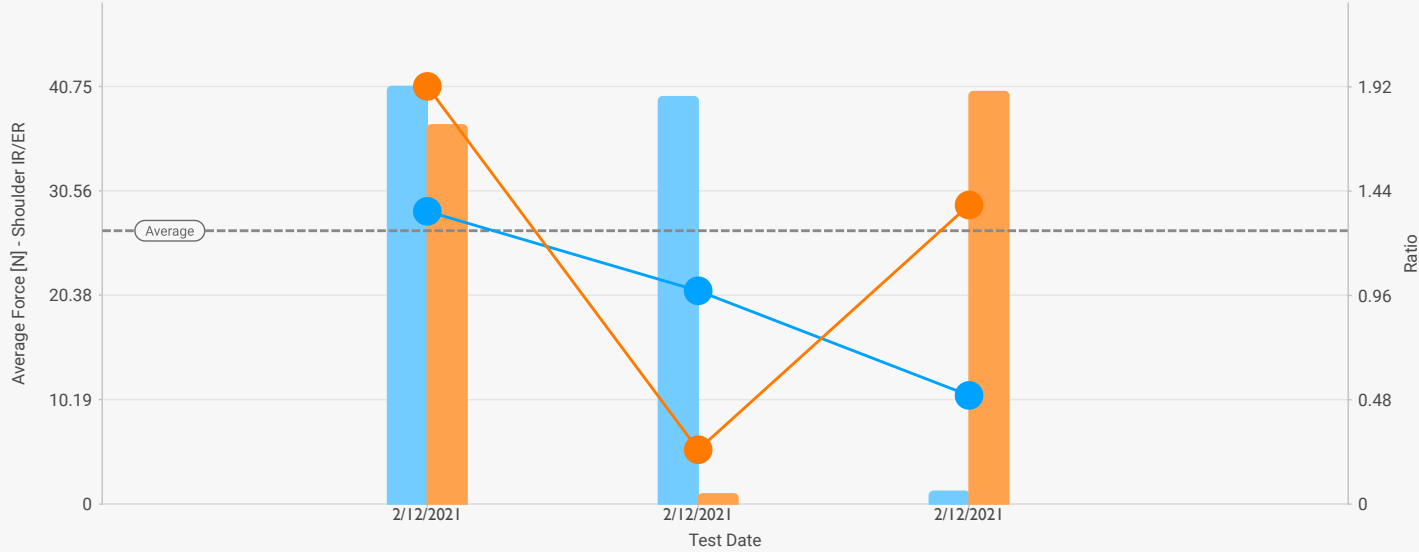
Range Average
29.25 - 40.25 34.75





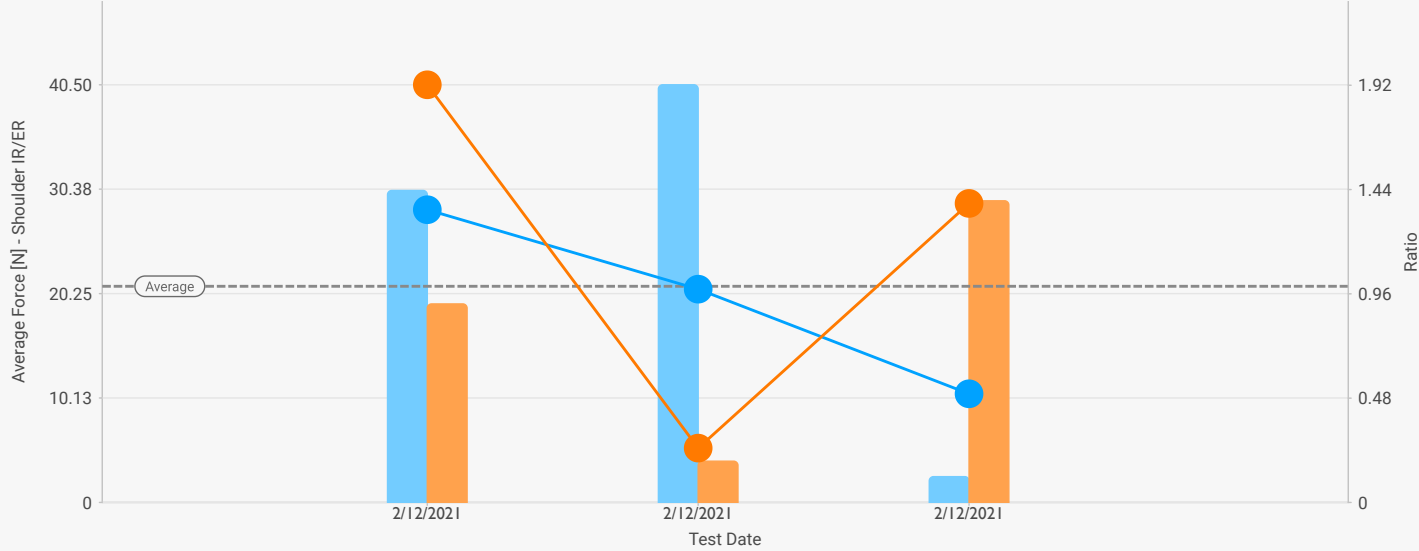
Internal Rotation Average Force [N] - Shoulder IR/ER

Range Average
1 - 40.75 26.67



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

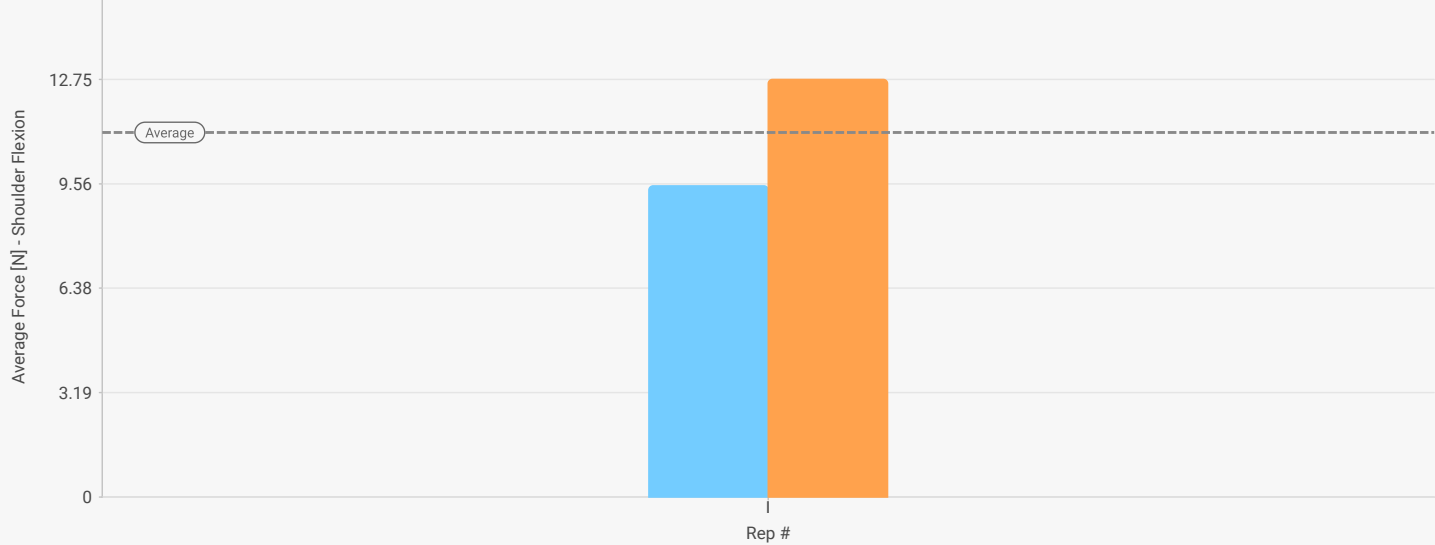
Range Average
2.5 - 40.5 20.96





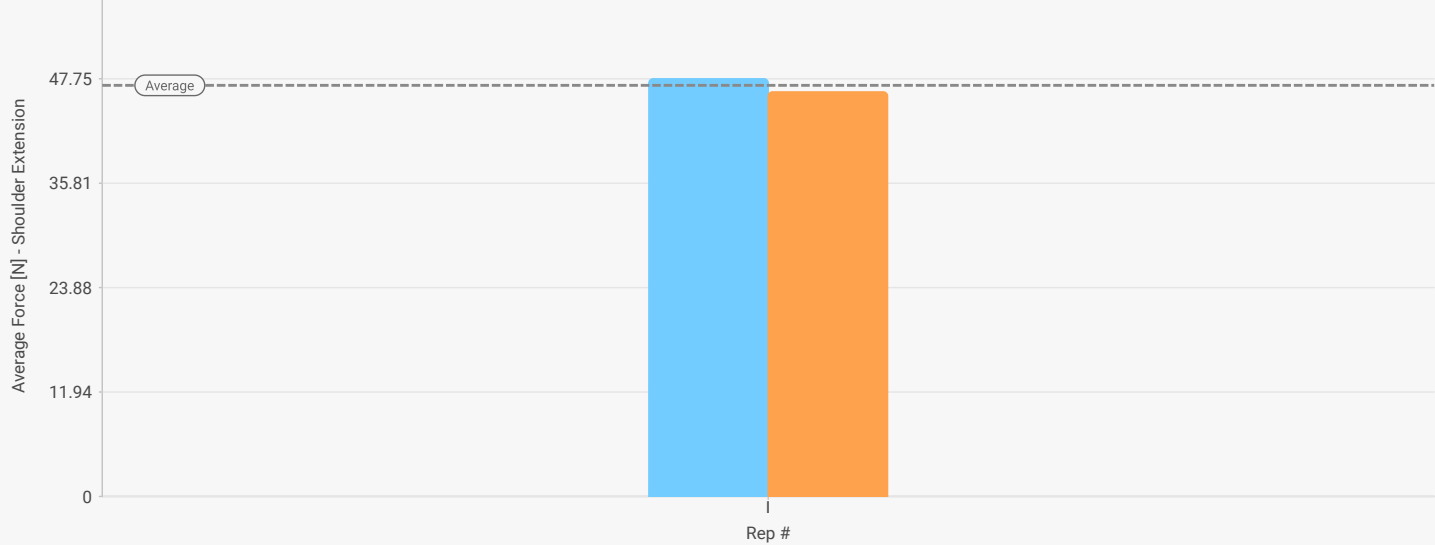
Flexion Average Force [N] - Shoulder Flexion

Range Average
9.5 - 12.75 11.13



Extension Average Force [N] - Shoulder Extension

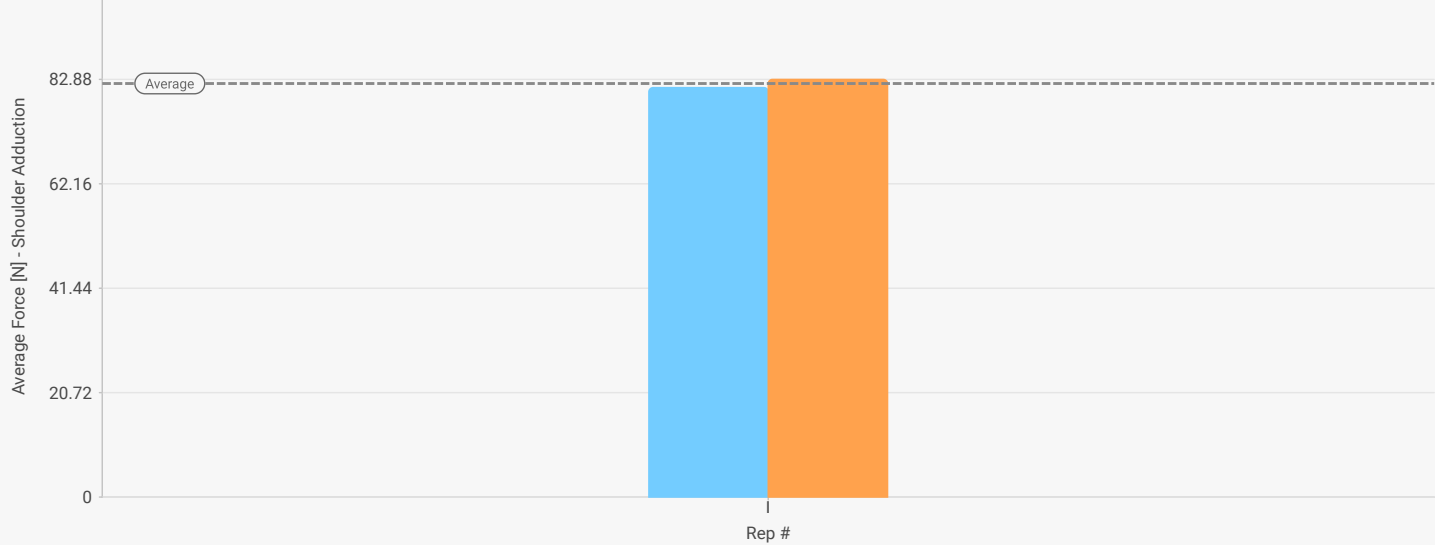
Range Average
46.25 - 47.75 47





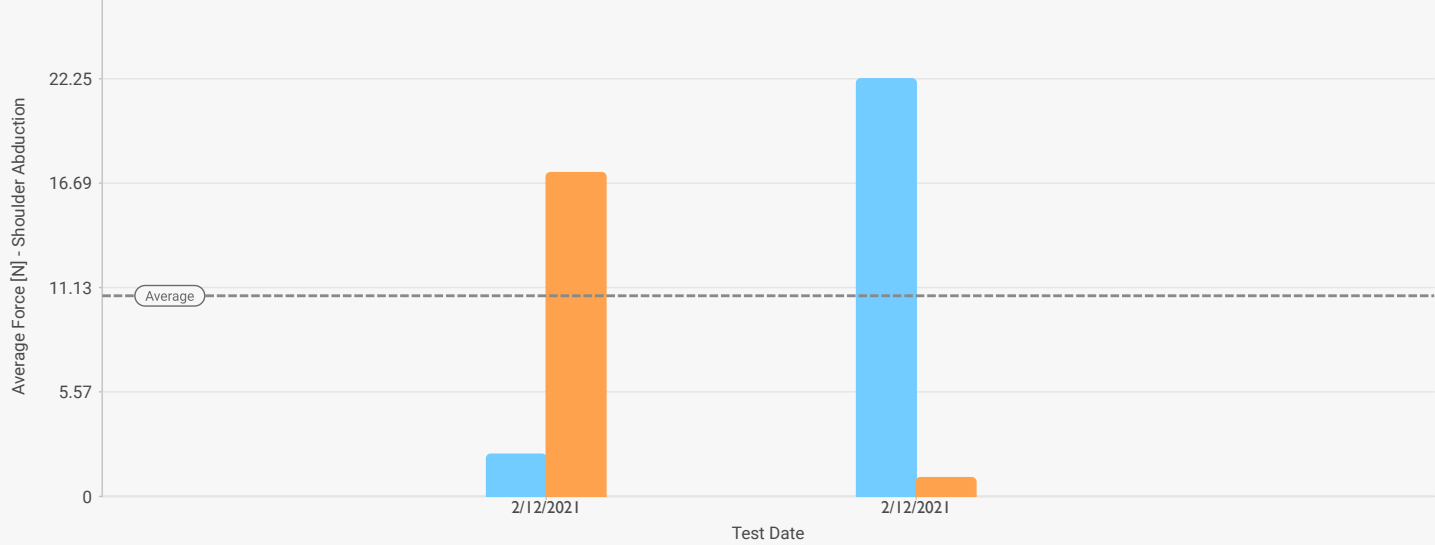
Adduction Average Force [N] - Shoulder Adduction

Range Average
81.25 - 82.88 82.06



Abduction Average Force [N] - Shoulder Abduction

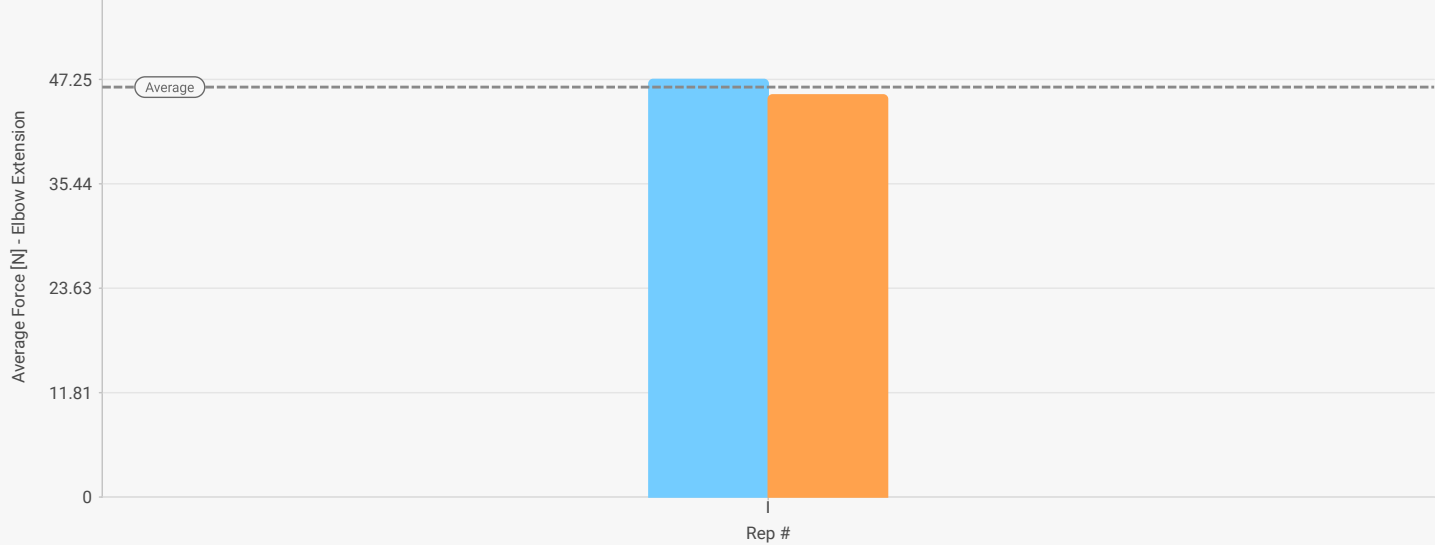
Range Average
1 - 22.25 10.69





Extension Average Force [N] - Elbow Extension

Range Average
45.5 - 47.25 46.38



Flexion Average Force [N] - Elbow Flexion

Range Average
50.25 - 51.25 50.75

