



Tests (24)

PROFILE	DATE	TEST TYPE	TEST POSITION	REPS
Fabio Bueno Dujak				
24 Tests				
	14/12/2021 8:06 PM	Wrist flexion	Wrist flexion	Inner 0 L / 0 R Outer 2 L / 2 R
	14/12/2021 8:04 PM	Wrist extensor	Wrist extensor	Inner 0 L / 0 R Outer 2 L / 2 R
	14/12/2021 8:00 PM	Shoulder IR/ER	Supine (90 Degrees AB)	IR 2 L / 2 R ER 2 L / 2 R
	14/12/2021 7:57 PM	Shoulder IR/ER	Supine (Neutral)	IR 2 L / 2 R ER 2 L / 2 R
	14/12/2021 7:52 PM	Shoulder Adduction	Side lying	AD 2 L / 2 R
	14/12/2021 7:49 PM	Shoulder Abduction	Side lying	AB 2 L / 2 R
	14/12/2021 7:46 PM	Shoulder Extension	Prone	EXT 0 L / 0 R
	14/12/2021 7:45 PM	Shoulder Flexion	Prone	FLEX 2 L / 2 R
	14/12/2021 7:43 PM	Elbow Extension	Seated	EXT 2 L / 2 R
	14/12/2021 7:41 PM	Elbow Flexion	Seated	FLEX 2 L / 2 R
	14/12/2021 7:35 PM	Hip IR/ER	Prone	ER 2 L / 2 R IR 2 L / 2 R
	14/12/2021 7:32 PM	Hip Extension	Standing	EXT 2 L / 2 R
	14/12/2021 7:30 PM	Hip Extension	Prone	EXT 2 L / 2 R
	14/12/2021 7:25 PM	Hip Flexion	Kicker	FLEX 2 L / 2 R
	14/12/2021 7:22 PM	Hip Flexion	Seated	FLEX 2 L / 2 R
	14/12/2021 7:19 PM	Hip AD/AB	Seated	ADD 2 L / 2 R ABD 2 L / 2 R
	14/12/2021 7:17 PM	Hip AD/AB	Standing (Knee)	ADD 2 L / 2 R ABD 2 L / 2 R
	14/12/2021 7:14 PM	Hip AD/AB	90°	ADD 2 L / 2 R ABD 2 L / 2 R
	14/12/2021 7:11 PM	knee extensor	knee extensor	Inner 0 L / 0 R Outer 2 L / 2 R
	14/12/2021 7:07 PM	Knee Flexion	Supine	FLEX 2 L / 2 R
	14/12/2021 7:04 PM	Knee Flexion	Standing	FLEX 2 L / 2 R
	14/12/2021 7:02 PM	Knee Flexion	Prone	FLEX 2 L / 2 R
	14/12/2021 6:57 PM	Ankle Dorsiflexion	Seated	DF 2 L / 2 R
	14/12/2021 6:53 PM	Ankle IN/EV	Supine	INV 2 L / 2 R EV 2 L / 2 R



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

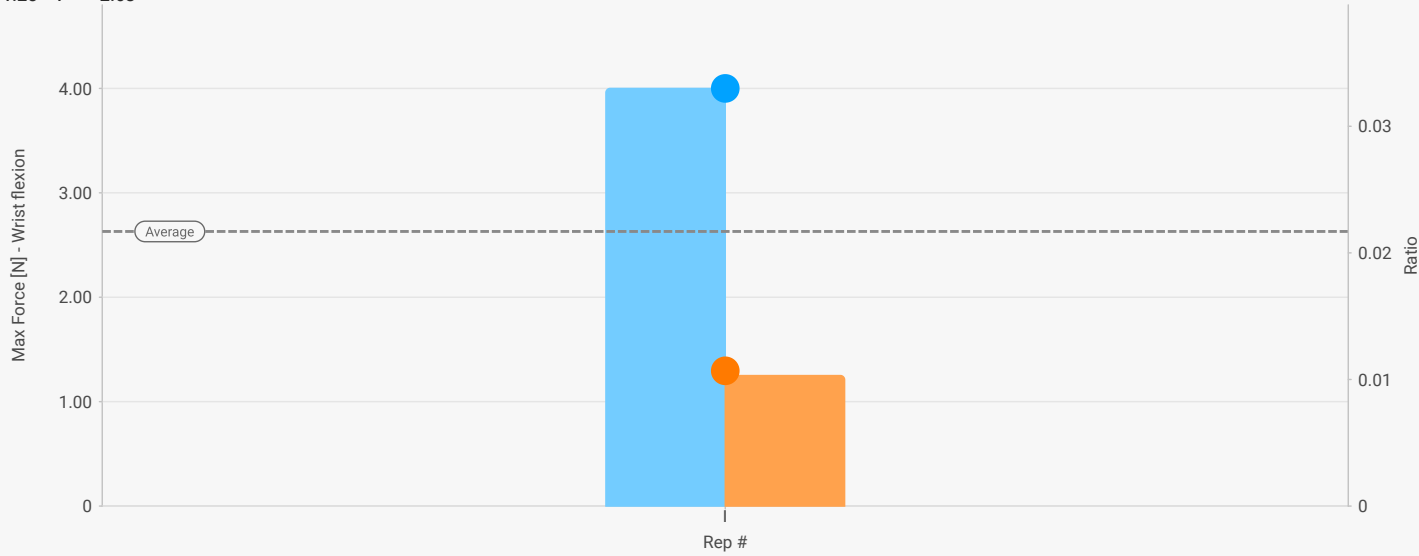
<https://hub.valdperformance.com/app/profiles/94521384-7c75-42d5-95ba-da3f64b8aa77>

1/49



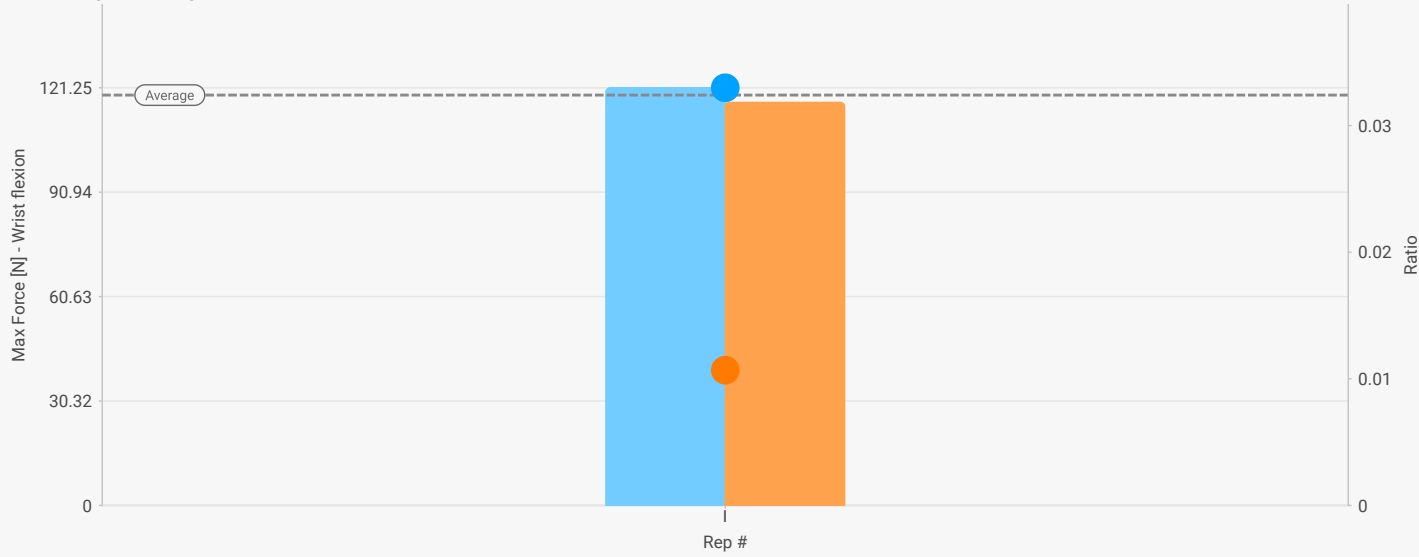
Max Force [N] - Wrist flexion

Range Average
1.25 - 4 2.63



Max Force [N] - Wrist flexion

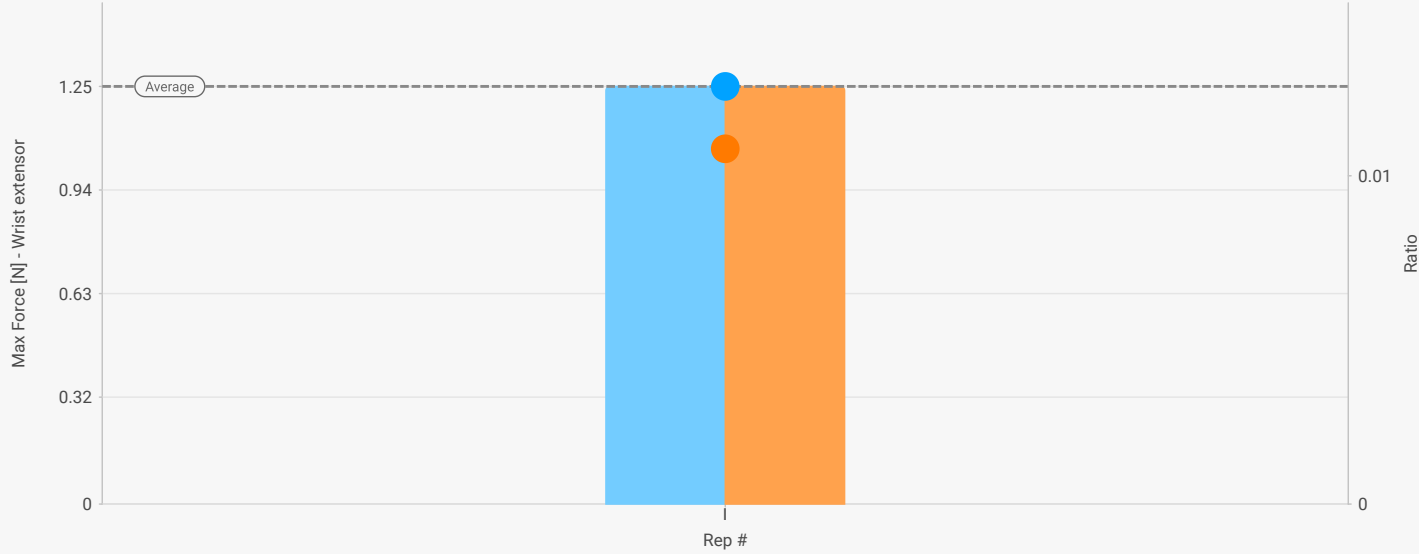
Range Average
117 - 121.25 119.13





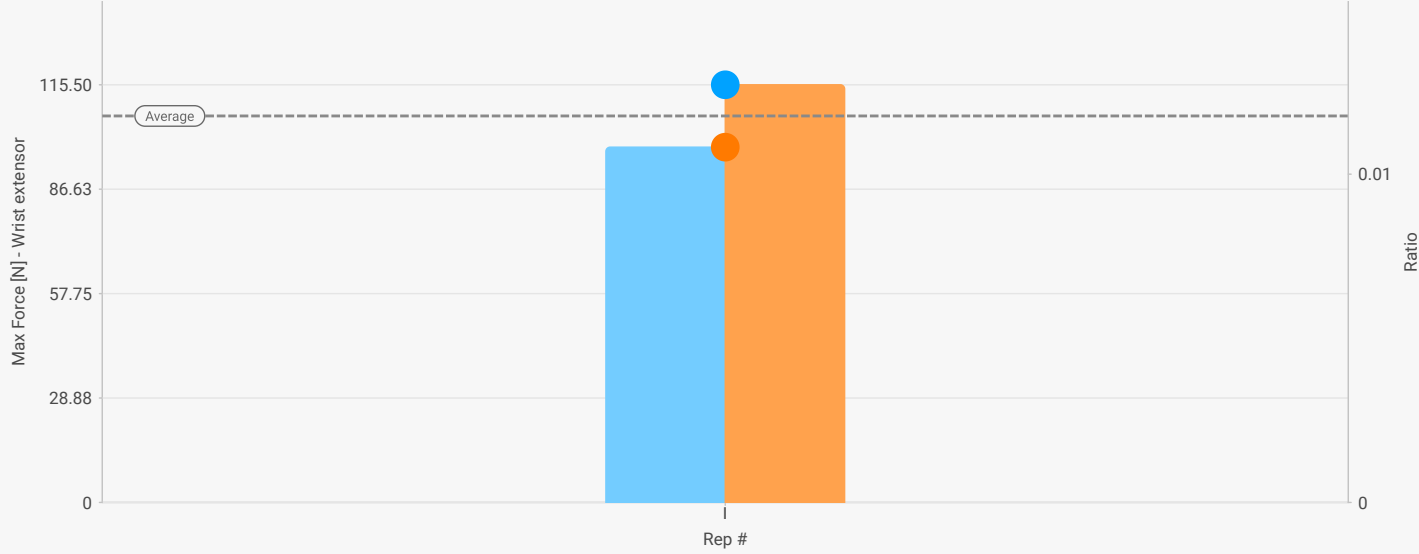
Max Force [N] - Wrist extensor

Range Average
1.25 - 1.25 1.25



Max Force [N] - Wrist extensor

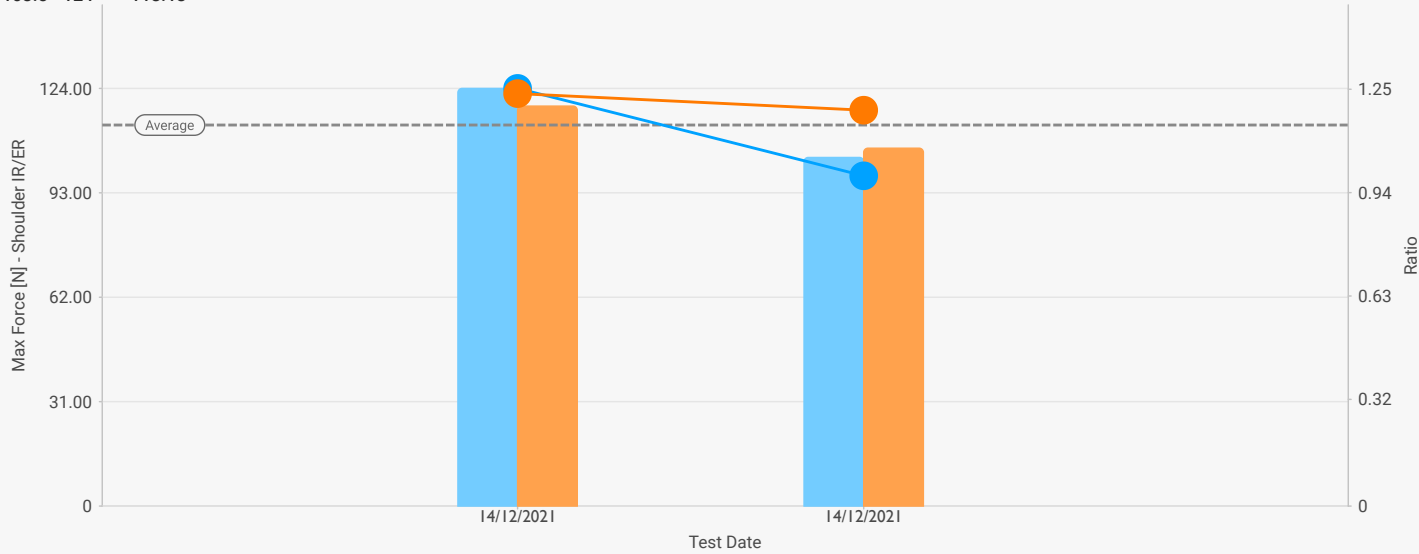
Range Average
98.25 - 115.5 106.88





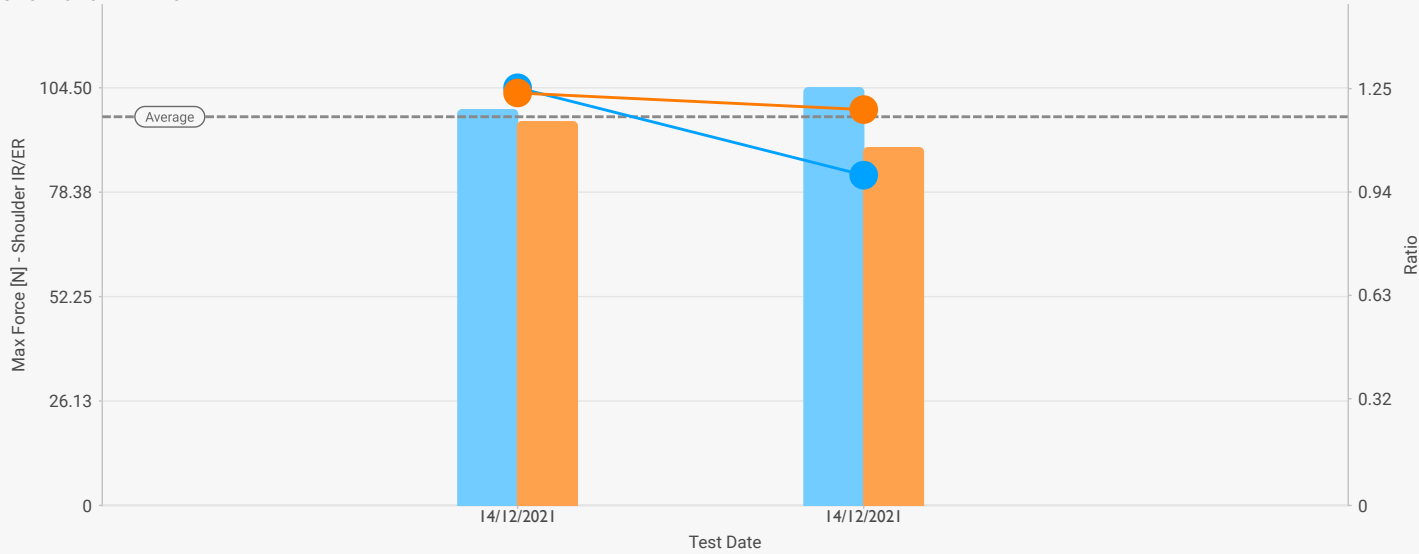
Internal Rotation Max Force [N] - Shoulder IR/ER

Range Average
103.5 - 124 113.13



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

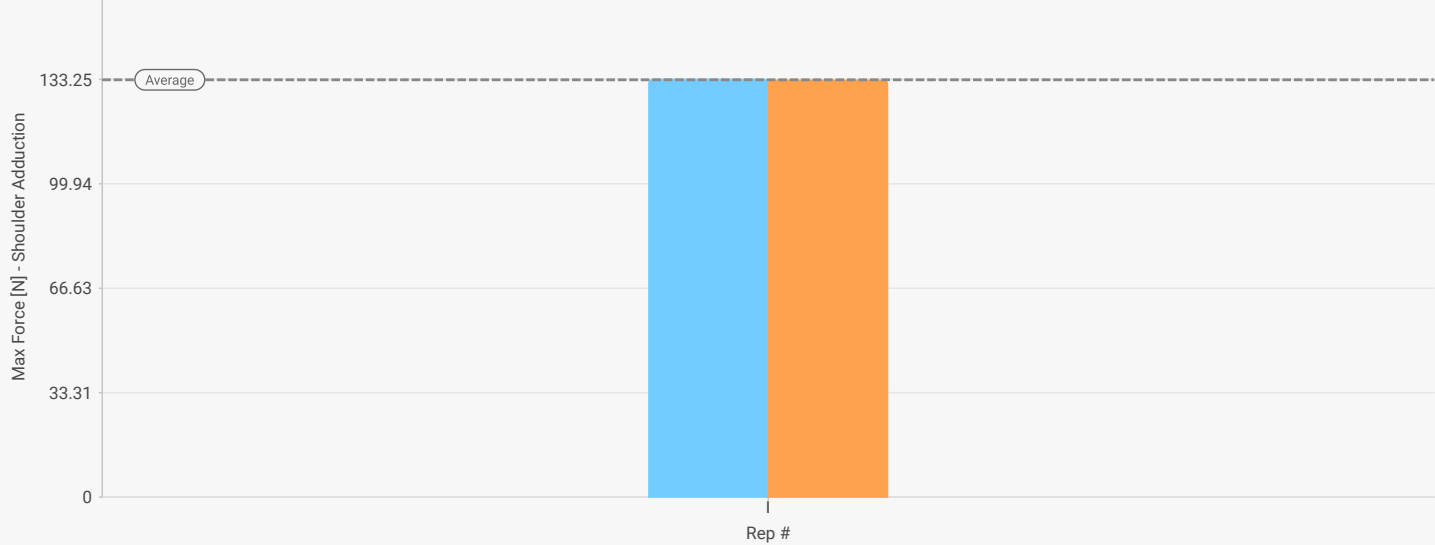
Range Average
89.5 - 104.5 97.25





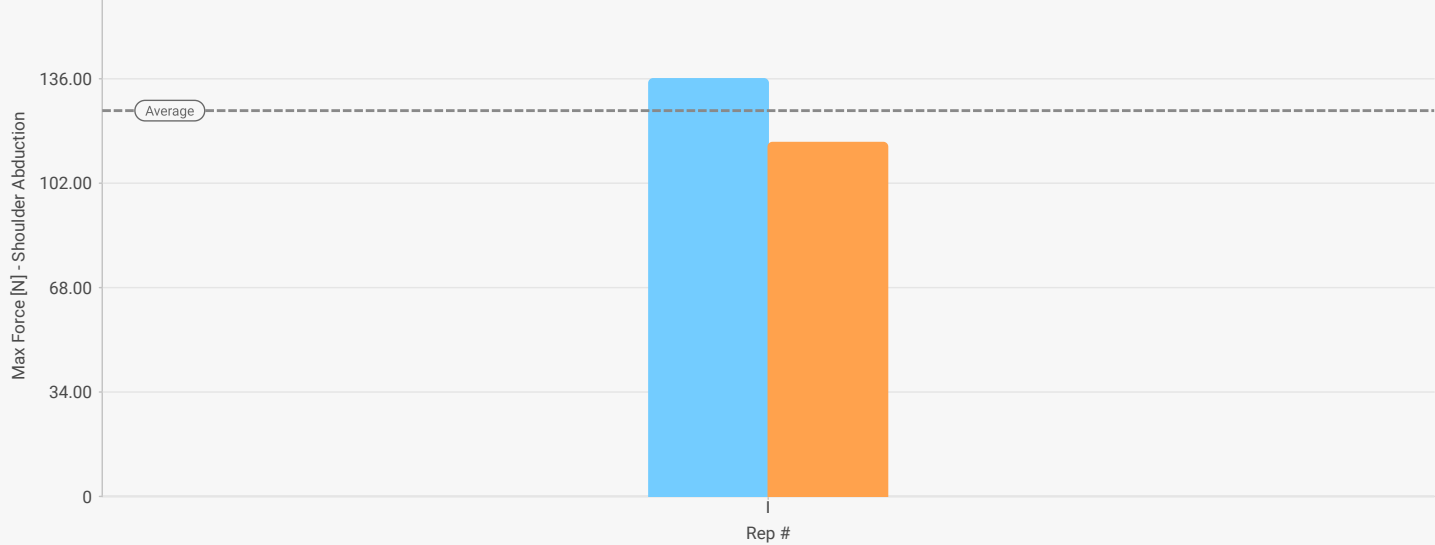
Adduction Max Force [N] - Shoulder Adduction

Range Average
133 - 133.25 133.13



Abduction Max Force [N] - Shoulder Abduction

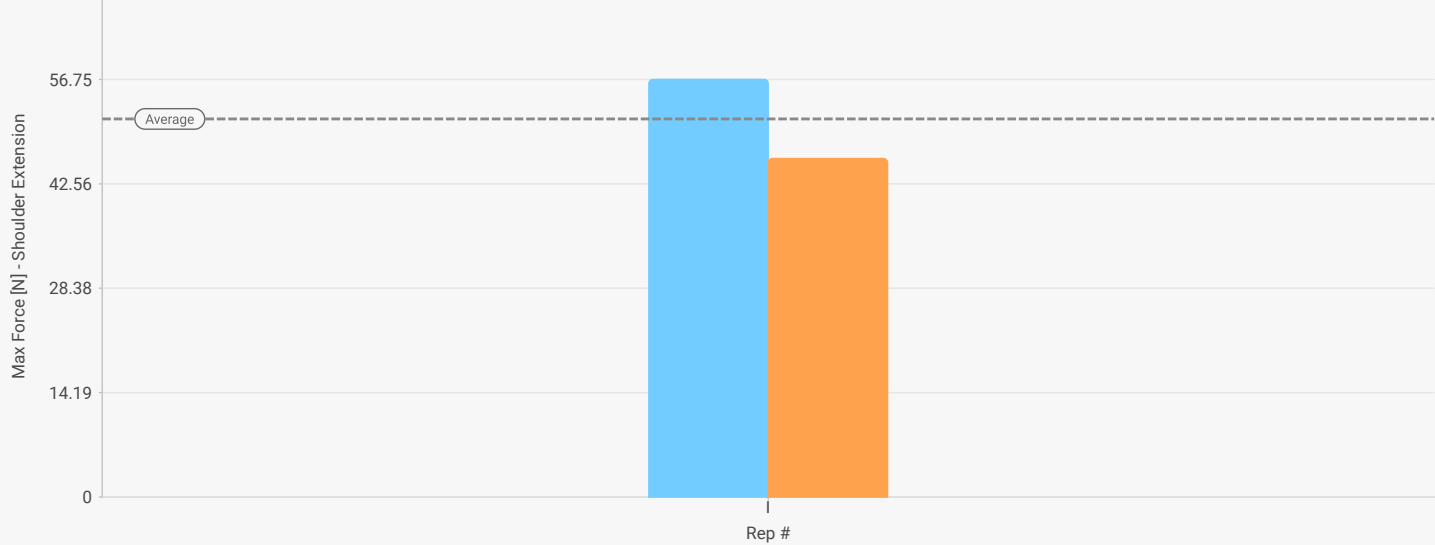
Range Average
115.25 - 136 125.63





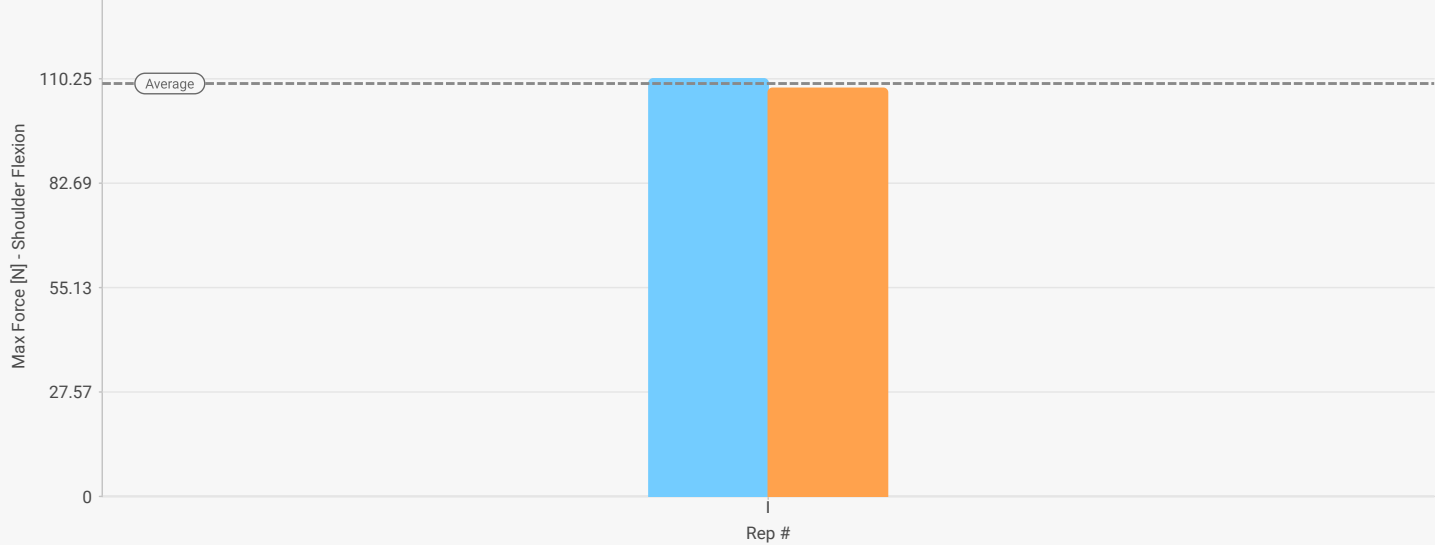
Extension Max Force [N] - Shoulder Extension

Range Average
46 - 56.75 51.38



Flexion Max Force [N] - Shoulder Flexion

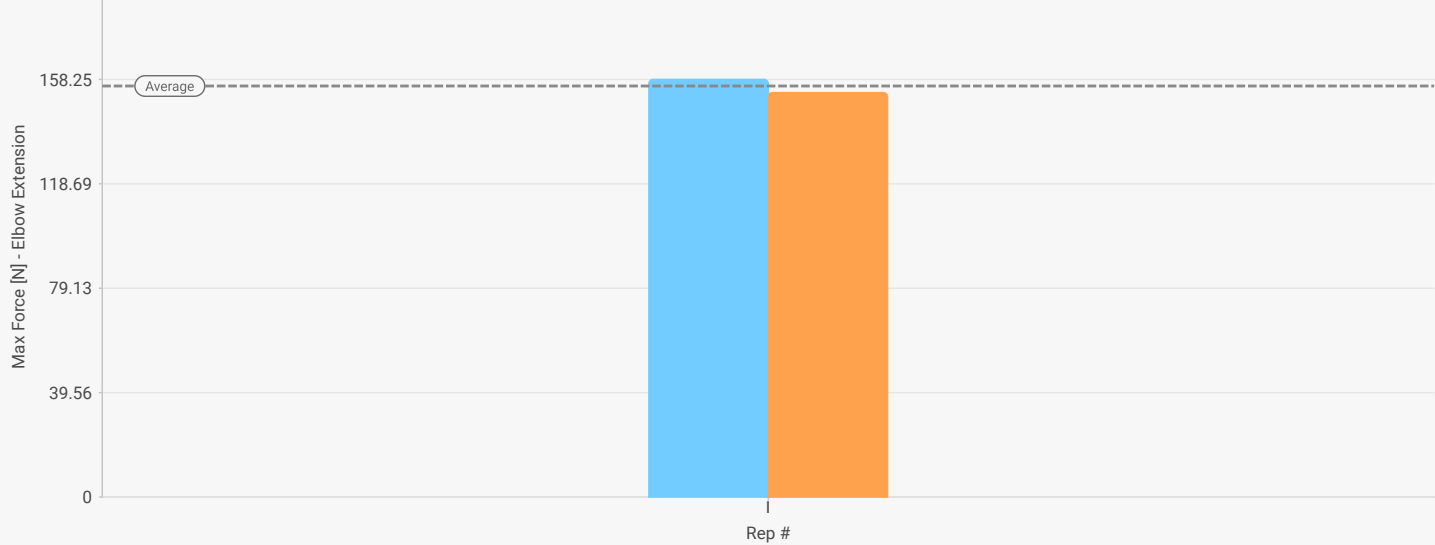
Range Average
107.75 - 110.25 109





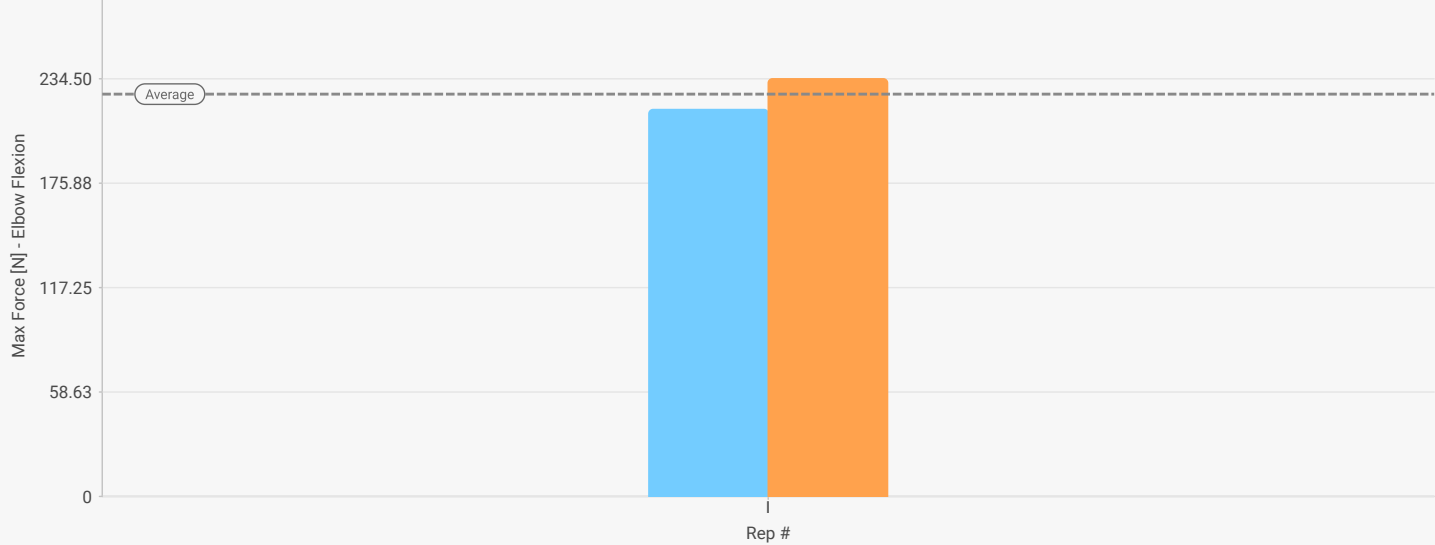
Extension Max Force [N] - Elbow Extension

Range Average
153.25 - 158.25 155.75



Flexion Max Force [N] - Elbow Flexion

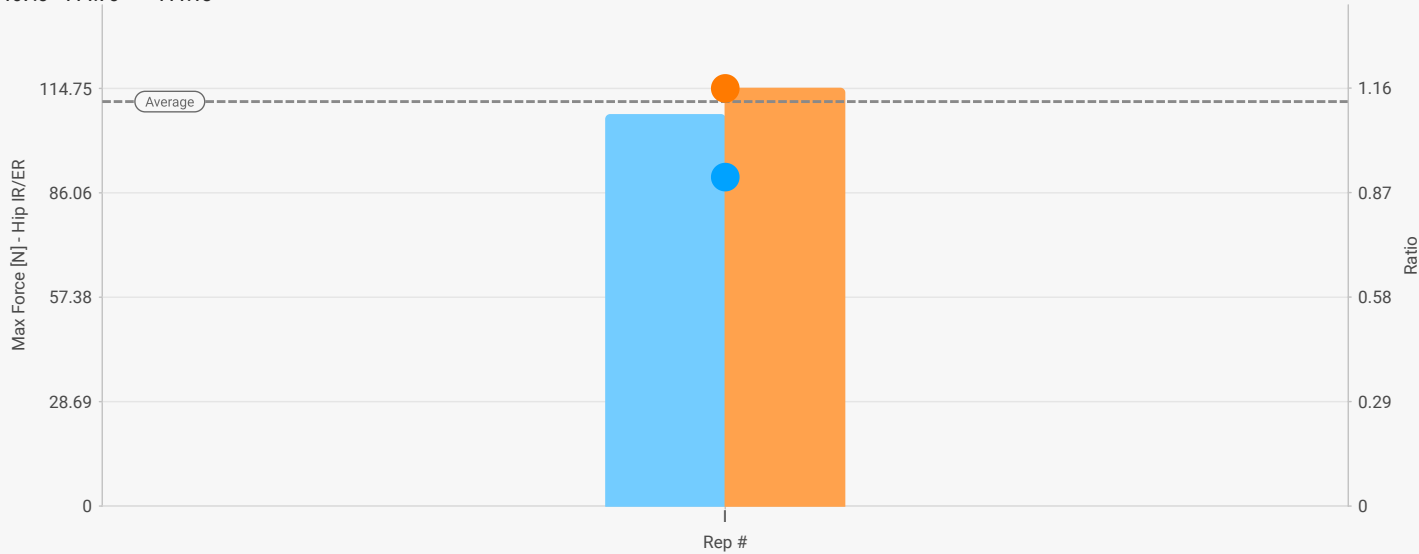
Range Average
217.25 - 234.5 225.88





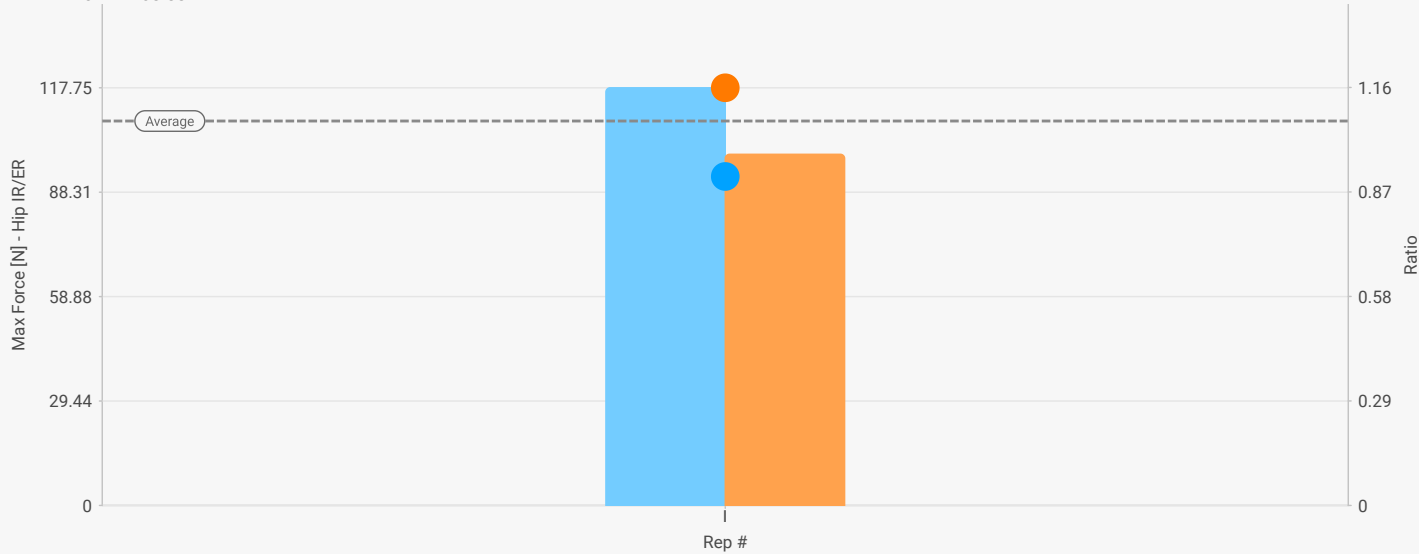
External Rotation Max Force [N] - Hip IR/ER

Range Average
107.5 - 114.75 111.13



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

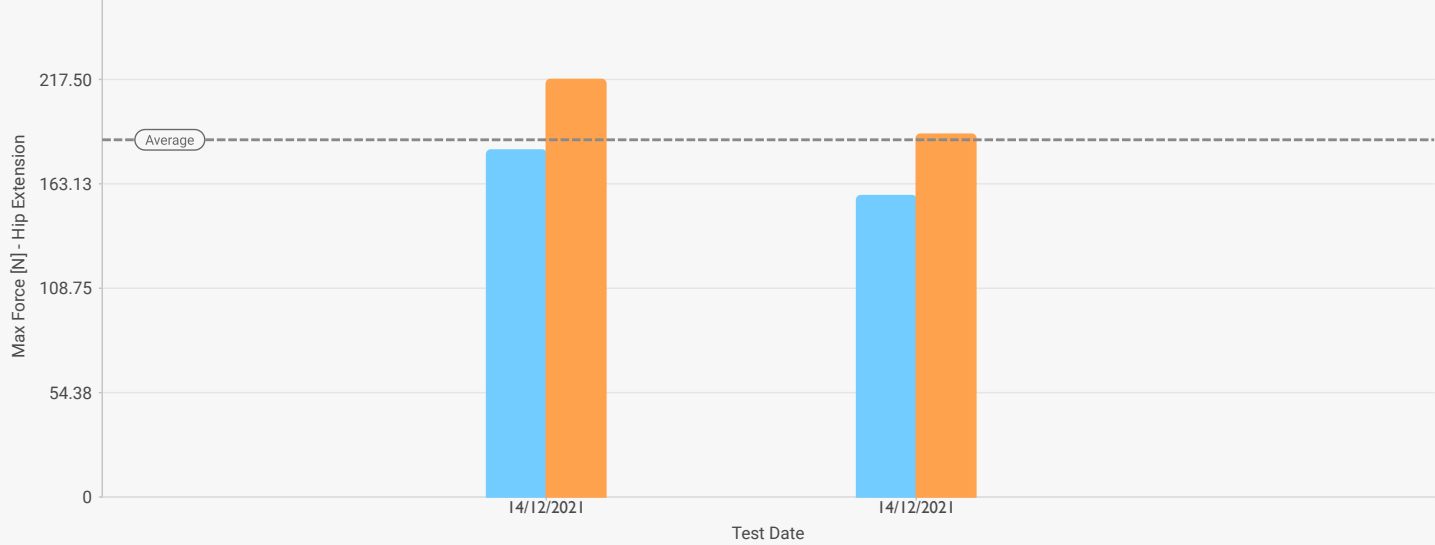
Range Average
99 - 117.75 108.38





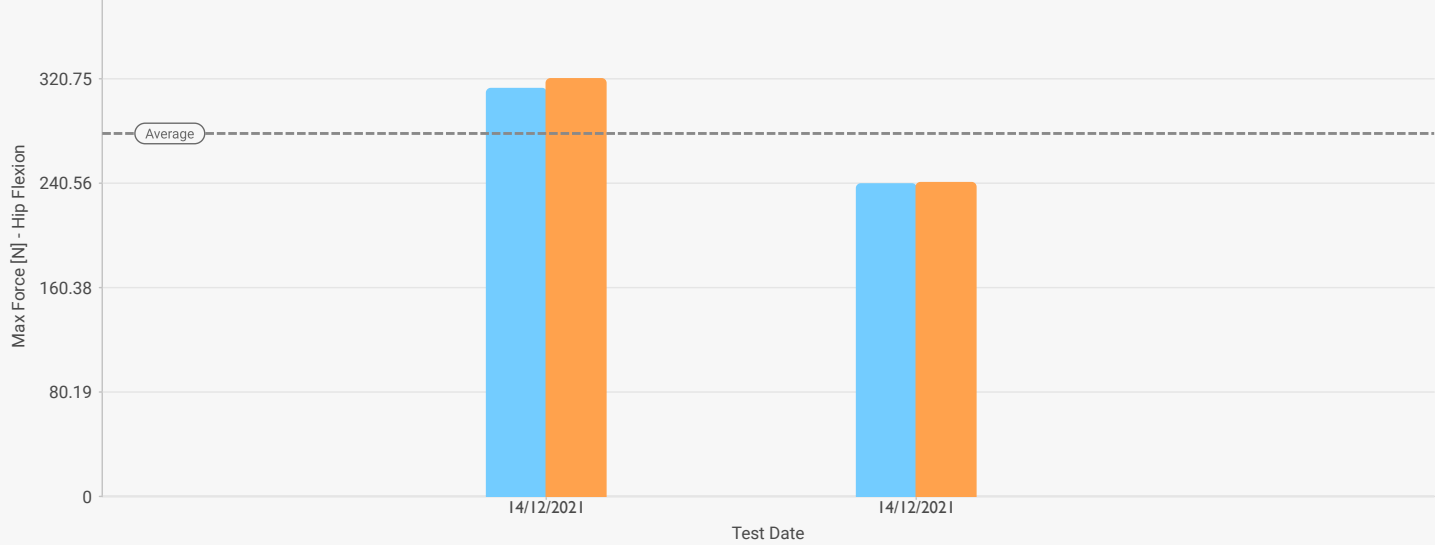
Extension Max Force [N] - Hip Extension

Range Average
157 - 217.5 186.06



Flexion Max Force [N] - Hip Flexion

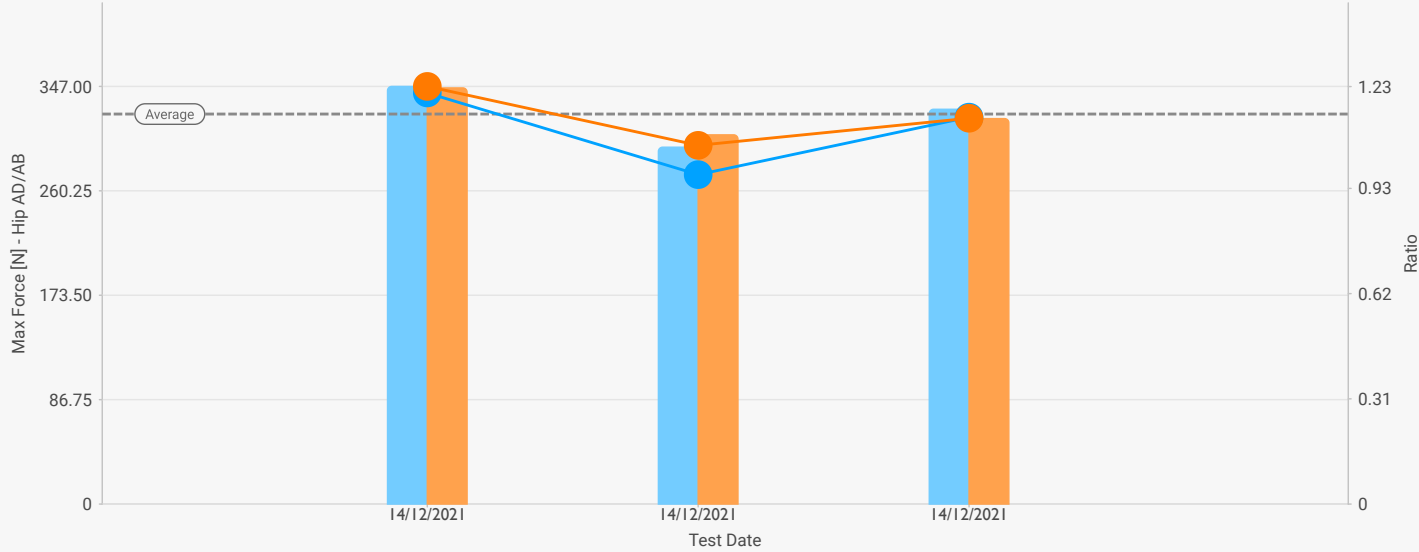
Range Average
240 - 320.75 278.75





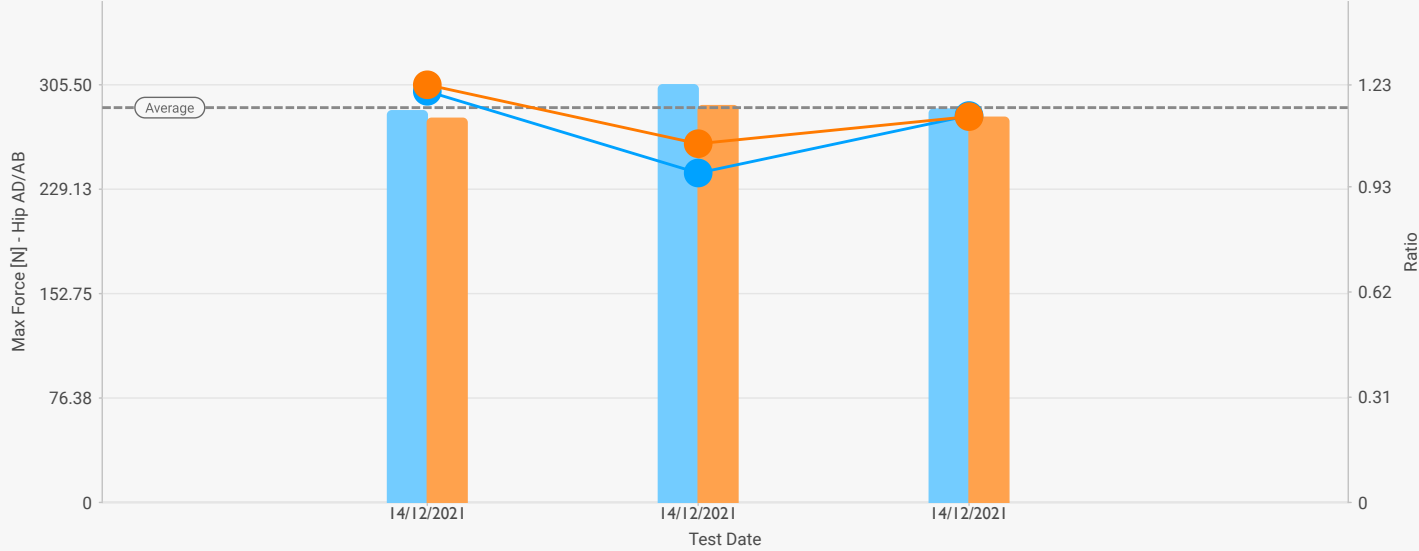
Adduction Max Force [N] - Hip AD/AB

Range Average
296.5 - 347 324.04



Abduction Max Force [N] - Hip AD/AB

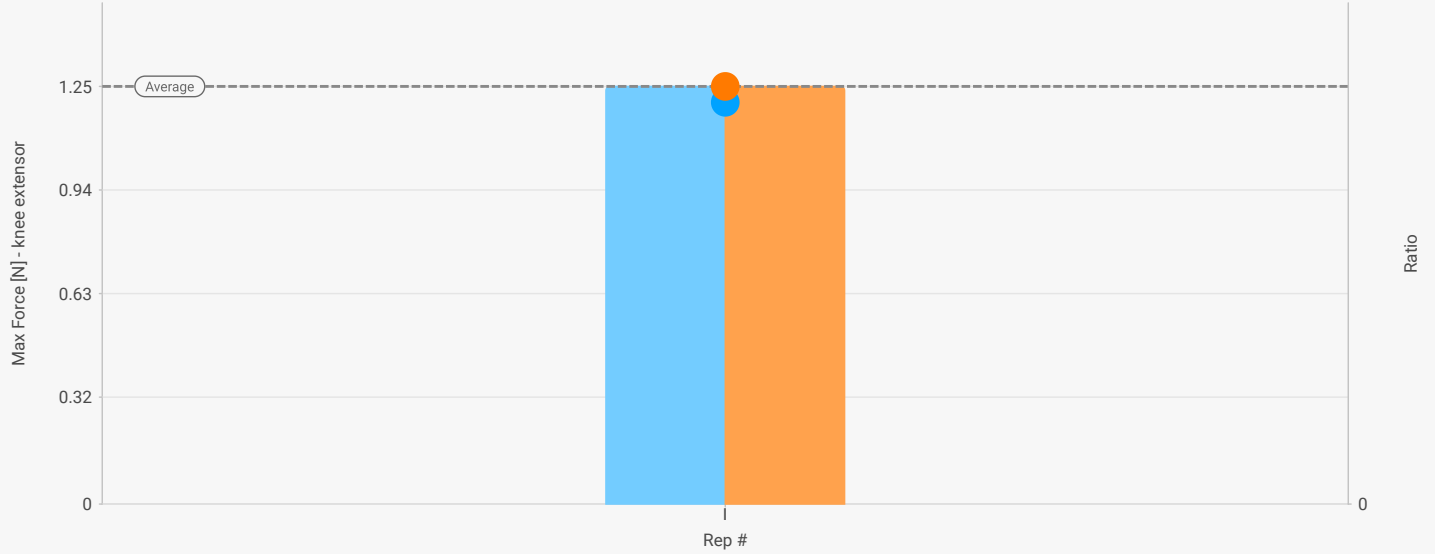
Range Average
281 - 305.5 288.79





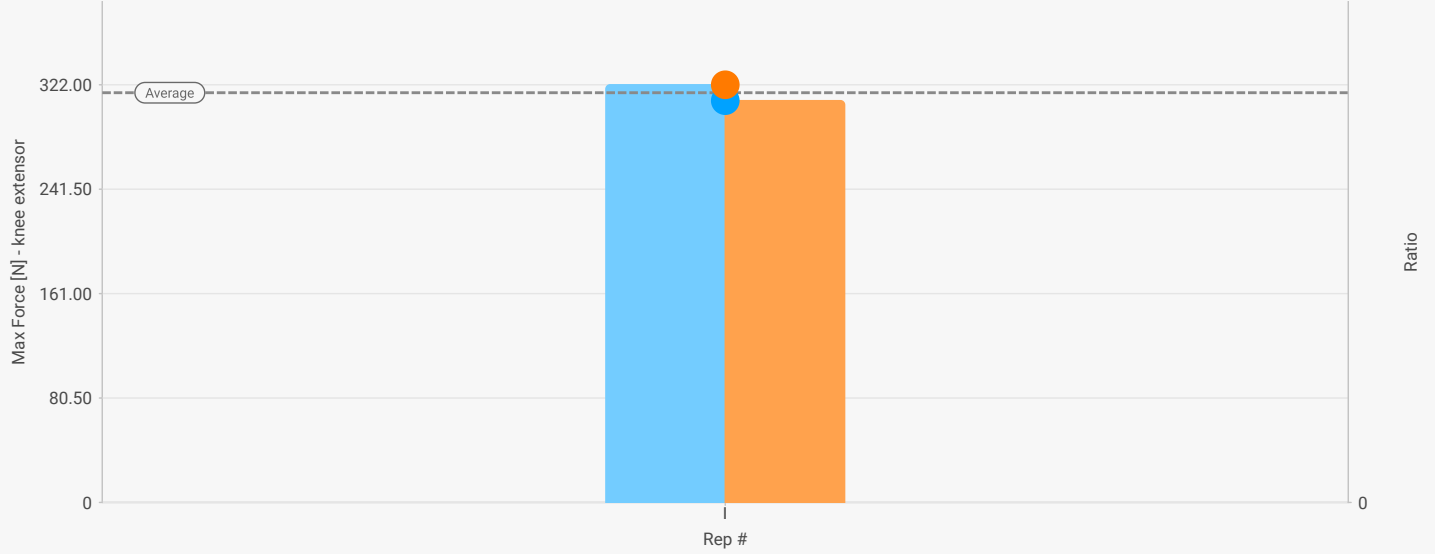
Max Force [N] - knee extensor

Range Average
1.25 - 1.25 1.25



Max Force [N] - knee extensor

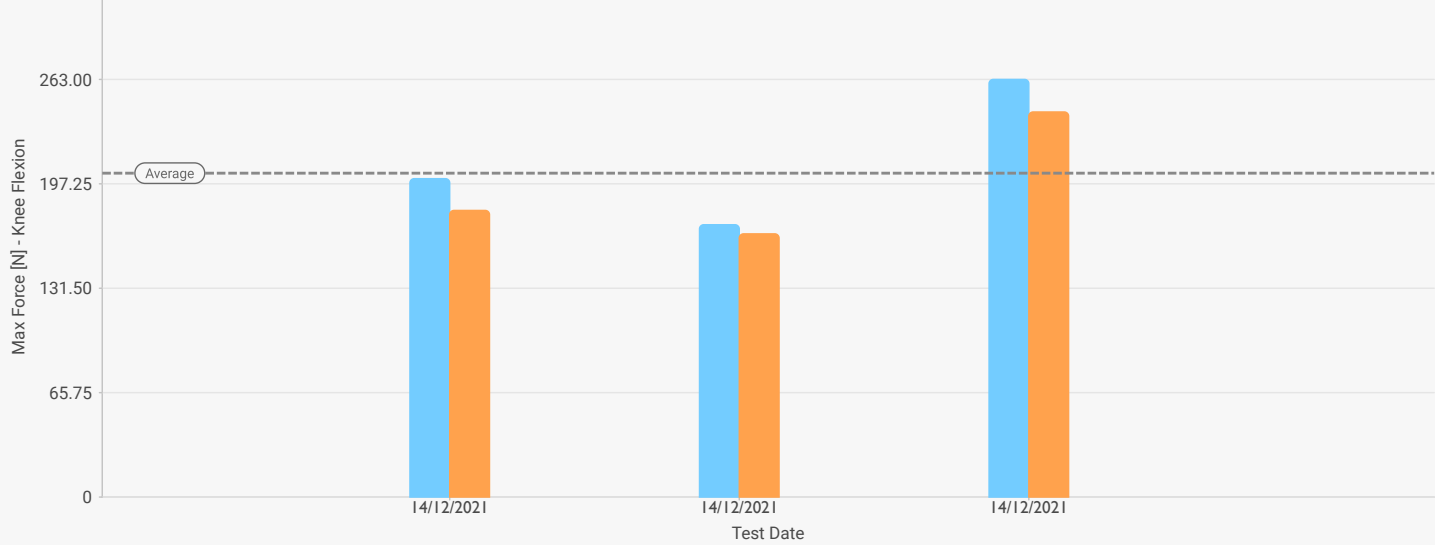
Range Average
309.75 - 322 315.88





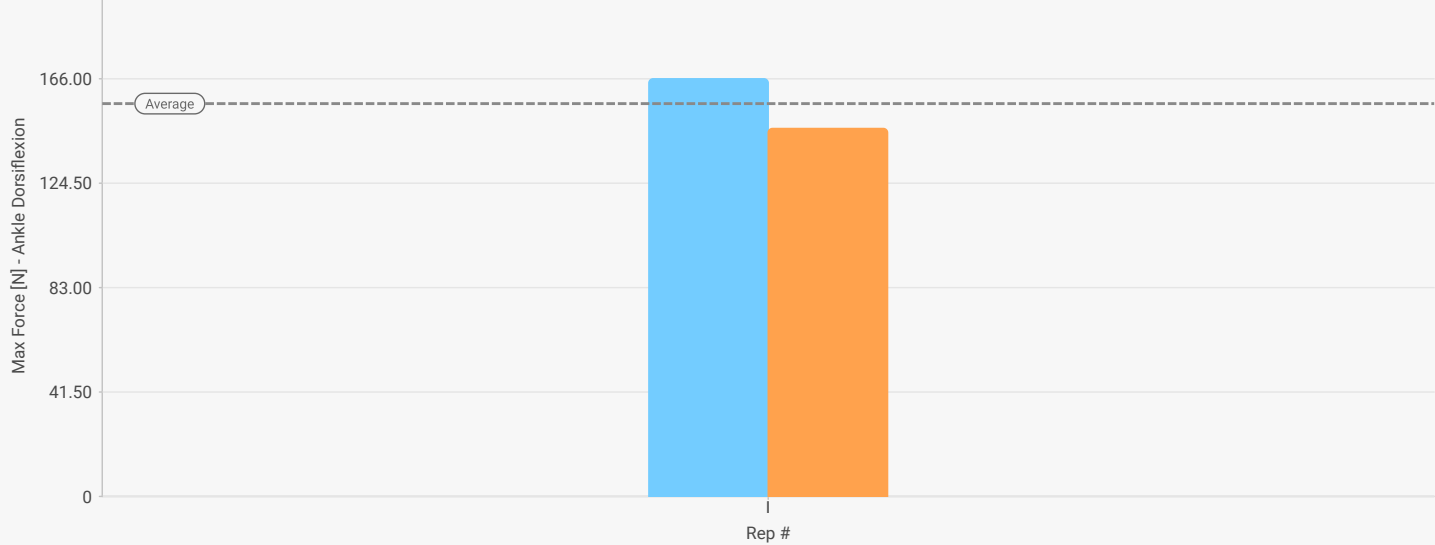
Knee Flexion Max Force [N] - Knee Flexion

Range Average
165.75 - 263 203.96



Dorsiflexion Max Force [N] - Ankle Dorsiflexion

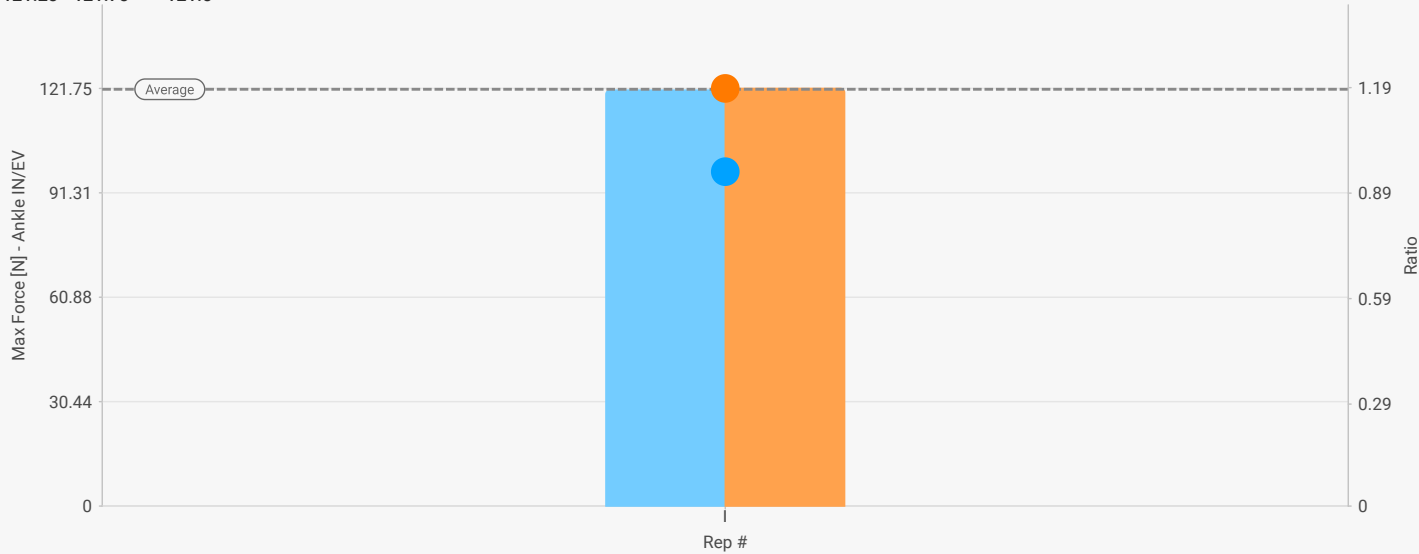
Range Average
146.25 - 166 156.13





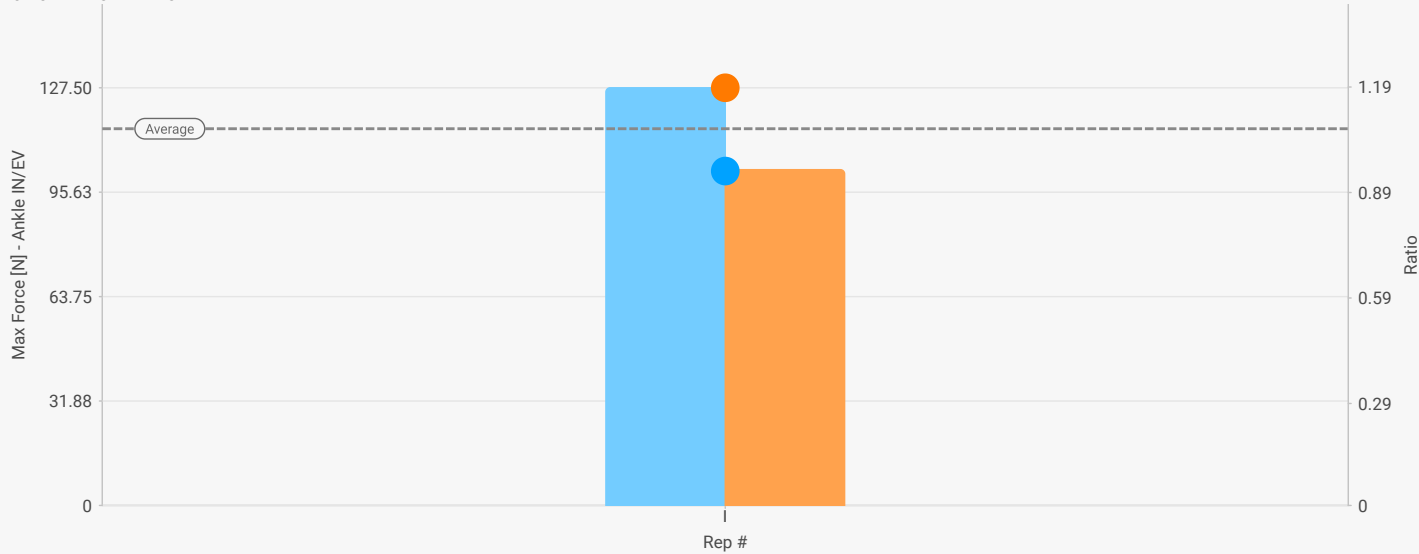
Inversion Max Force [N] - Ankle IN/EV

Range Average
121.25 - 121.75 121.5



Eversion Max Force [N] - Ankle IN/EV

Range Average
102.5 - 127.5 115





Asymmetry [%] - Wrist flexion

Range Average
68.75 L - 68.75 R 68.75 L



Asymmetry [%] - Wrist flexion

Range Average
3.51 L - 3.51 R 3.51 L

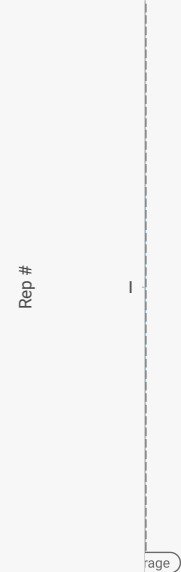




Asymmetry [%] - Wrist extensor

Range Average

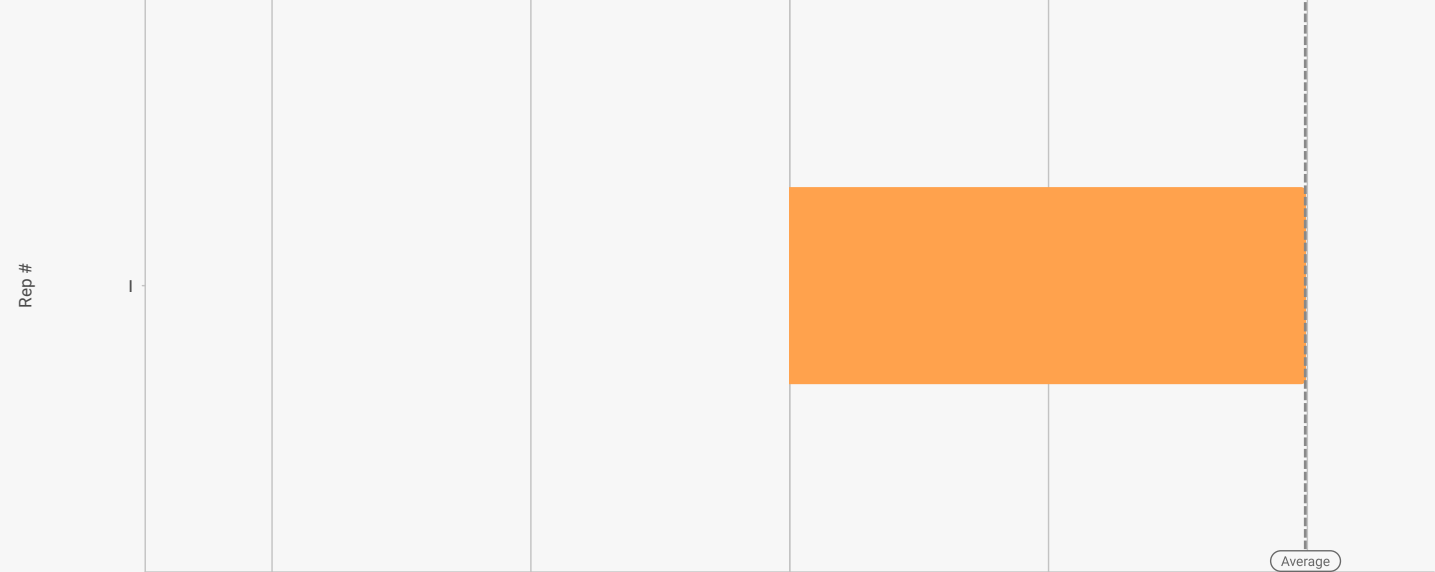
0 L - 0 R 0 R



Asymmetry [%] - Wrist extensor

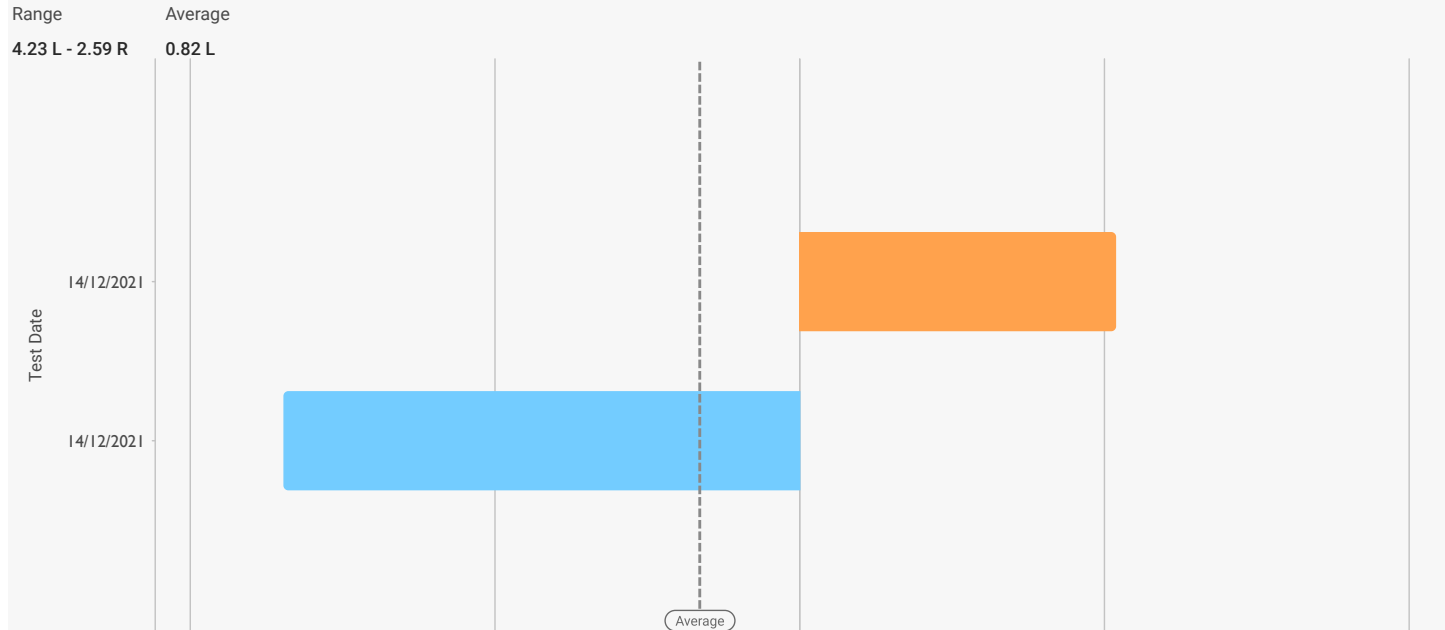
Range Average

14.94 L - 14.94 R 14.94 R

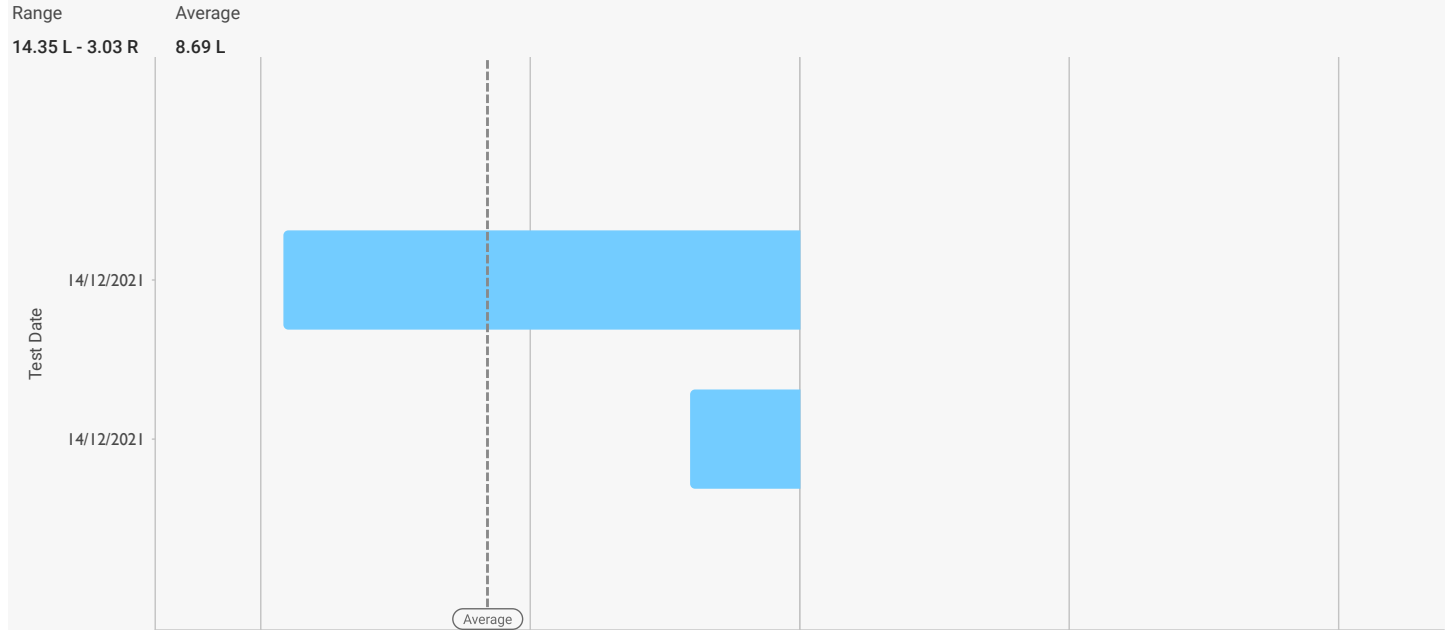




Internal Rotation Asymmetry [%] - Shoulder IR/ER



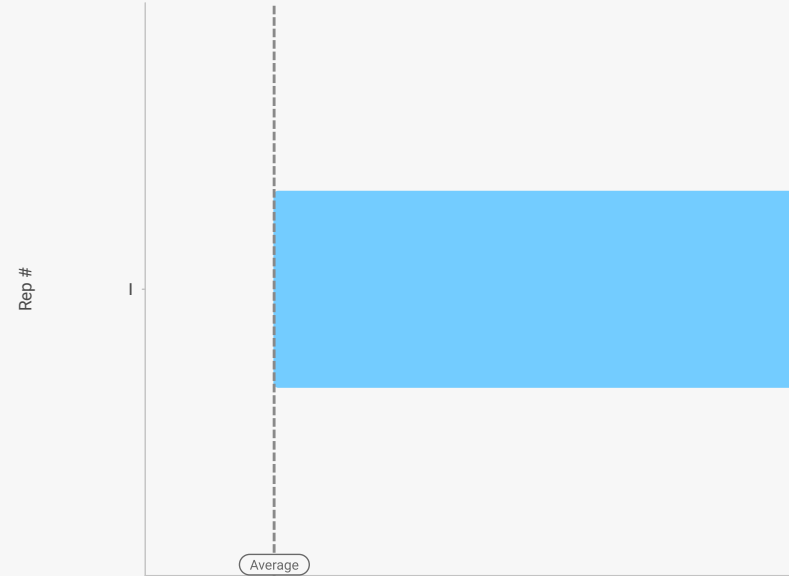
External Rotation Asymmetry [%] - Shoulder IR/ER





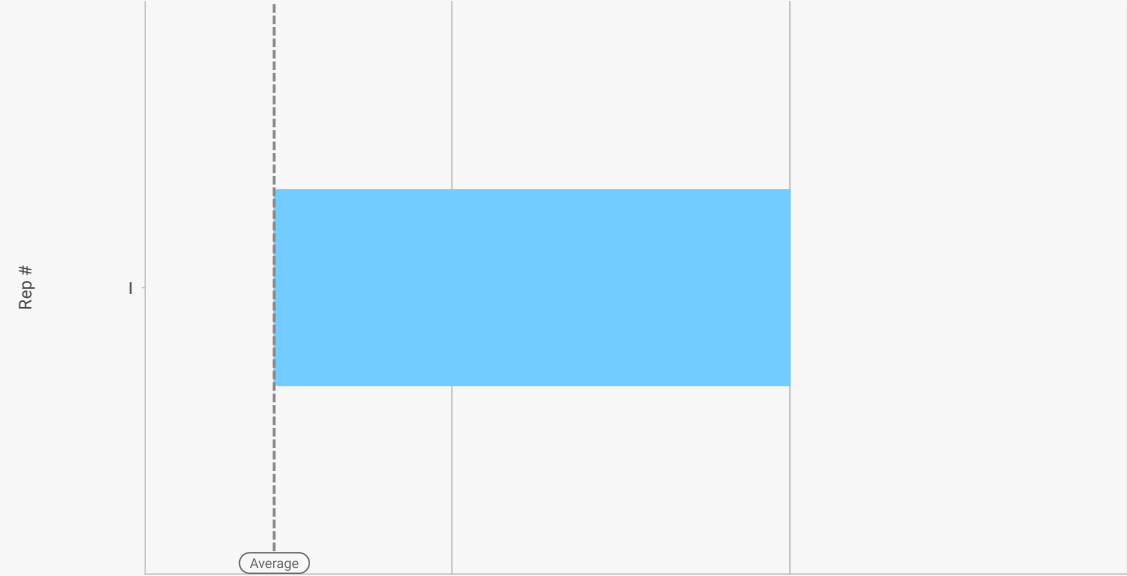
Adduction Asymmetry [%] - Shoulder Adduction

Range Average
0.19 L - 0.19 R 0.19 L



Abduction Asymmetry [%] - Shoulder Abduction

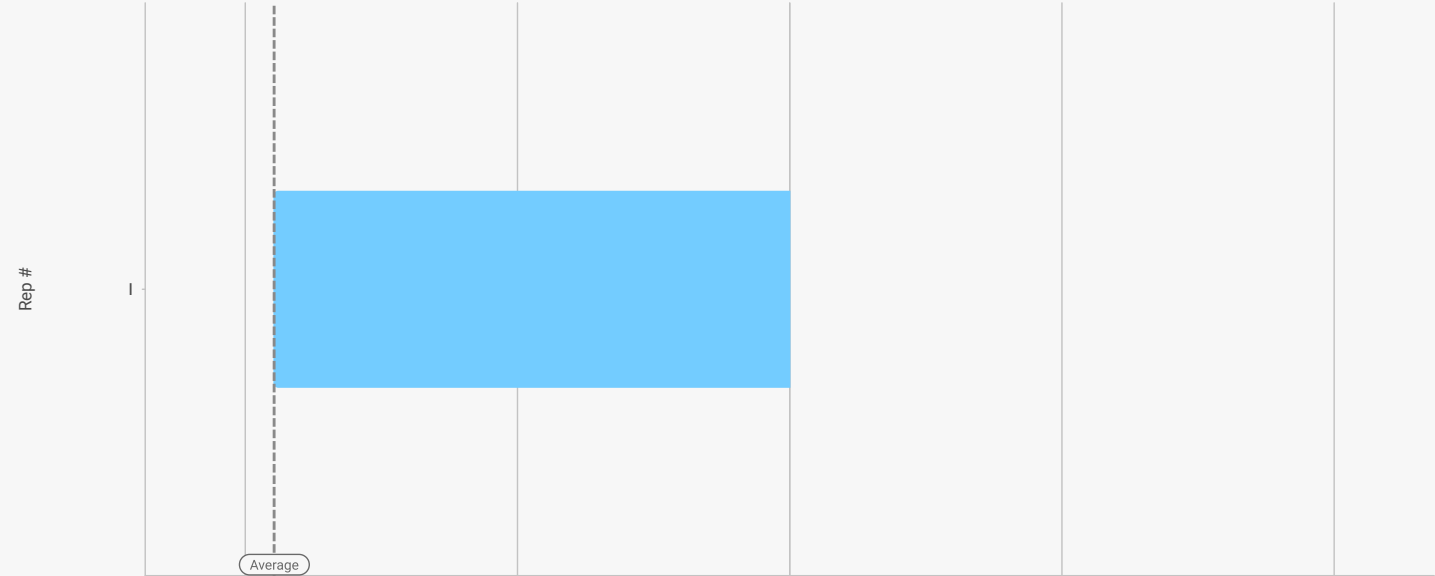
Range Average
15.26 L - 15.26 R 15.26 L





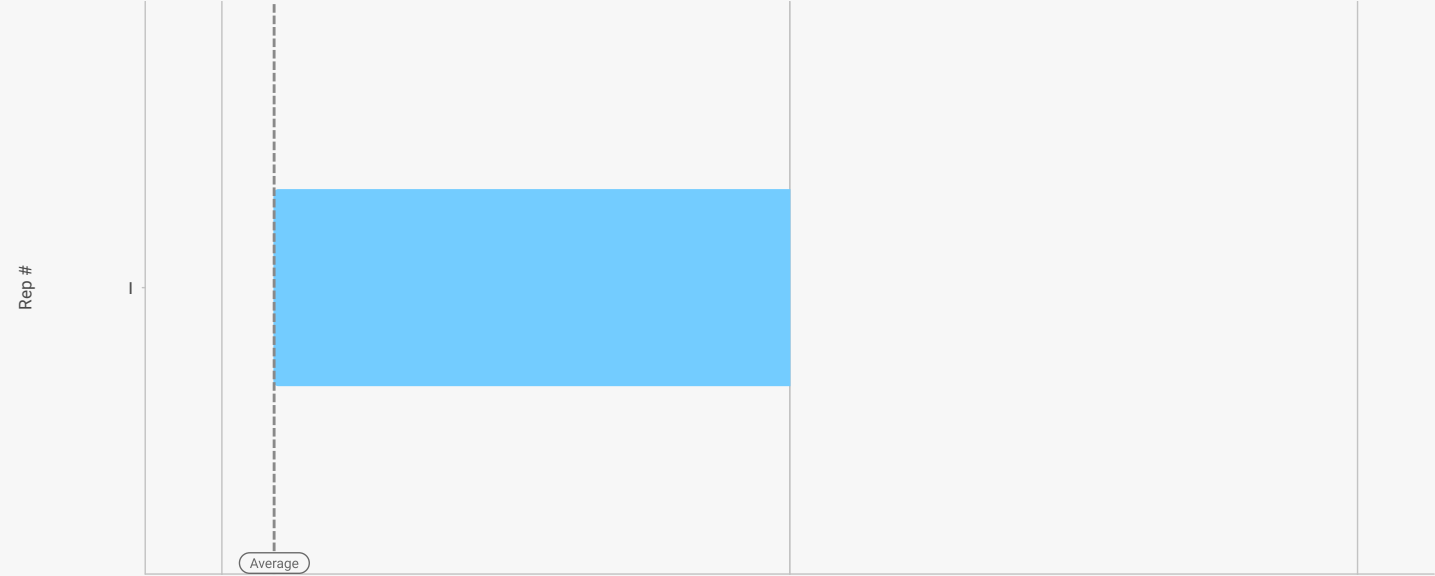
Extension Asymmetry [%] - Shoulder Extension

Range Average
18.94 L - 18.94 R 18.94 L



Flexion Asymmetry [%] - Shoulder Flexion

Range Average
2.27 L - 2.27 R 2.27 L





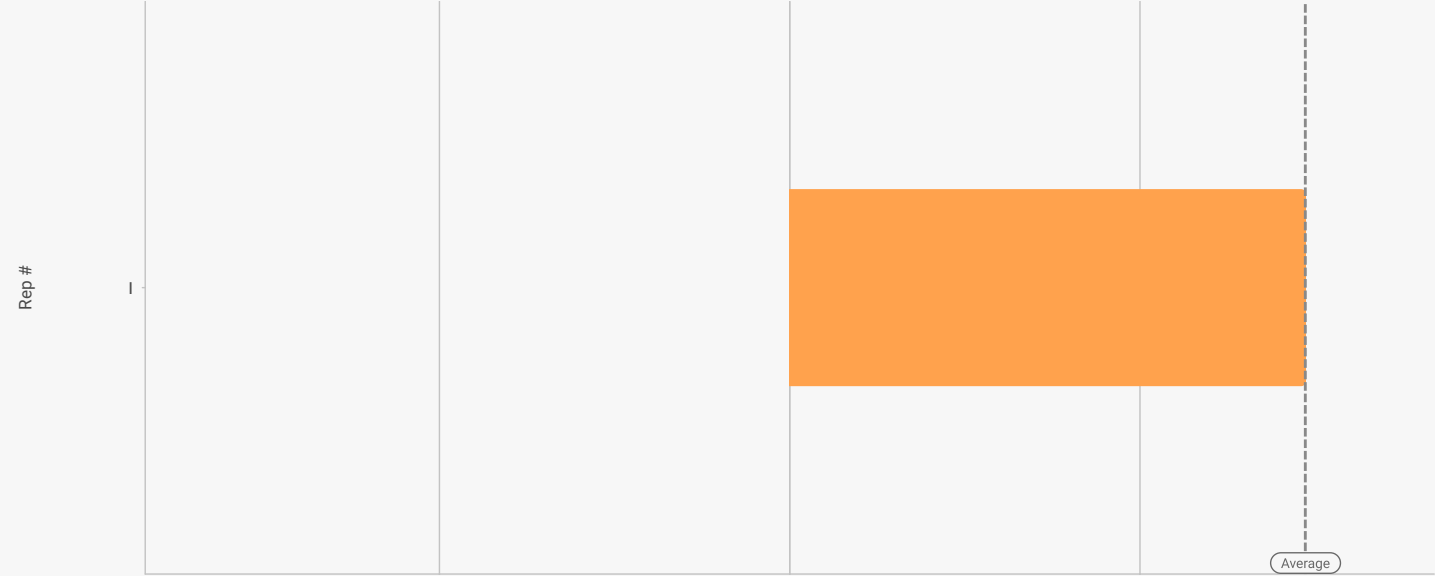
Extension Asymmetry [%] - Elbow Extension

Range Average
3.16 L - 3.16 R 3.16 L



Flexion Asymmetry [%] - Elbow Flexion

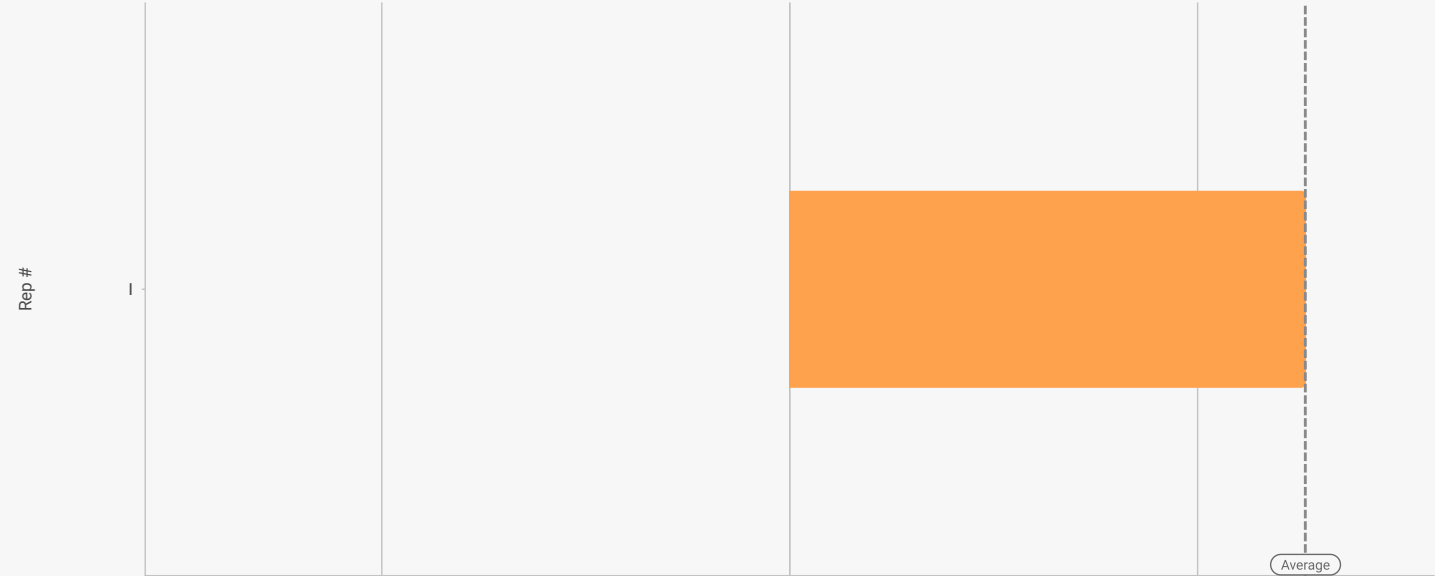
Range Average
7.36 L - 7.36 R 7.36 R





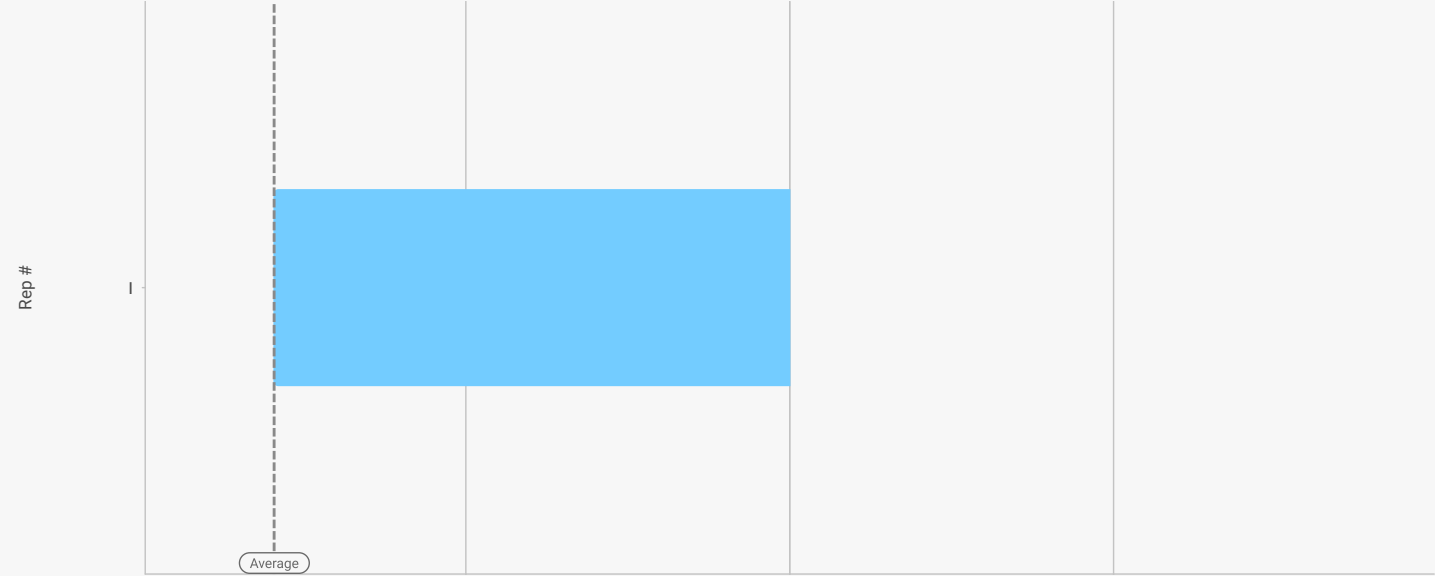
External Rotation Asymmetry [%] - Hip IR/ER

Range Average
6.32 L - 6.32 R 6.32 R



Internal Rotation Asymmetry [%] - Hip IR/ER

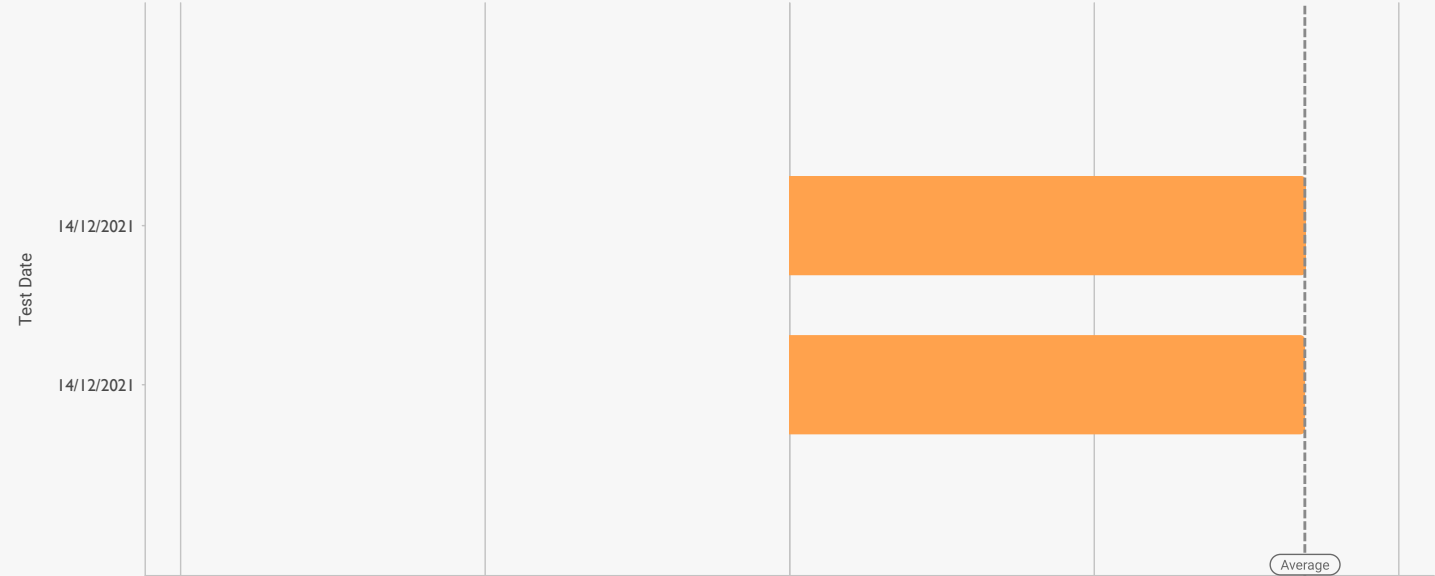
Range Average
15.92 L - 15.92 R 15.92 L





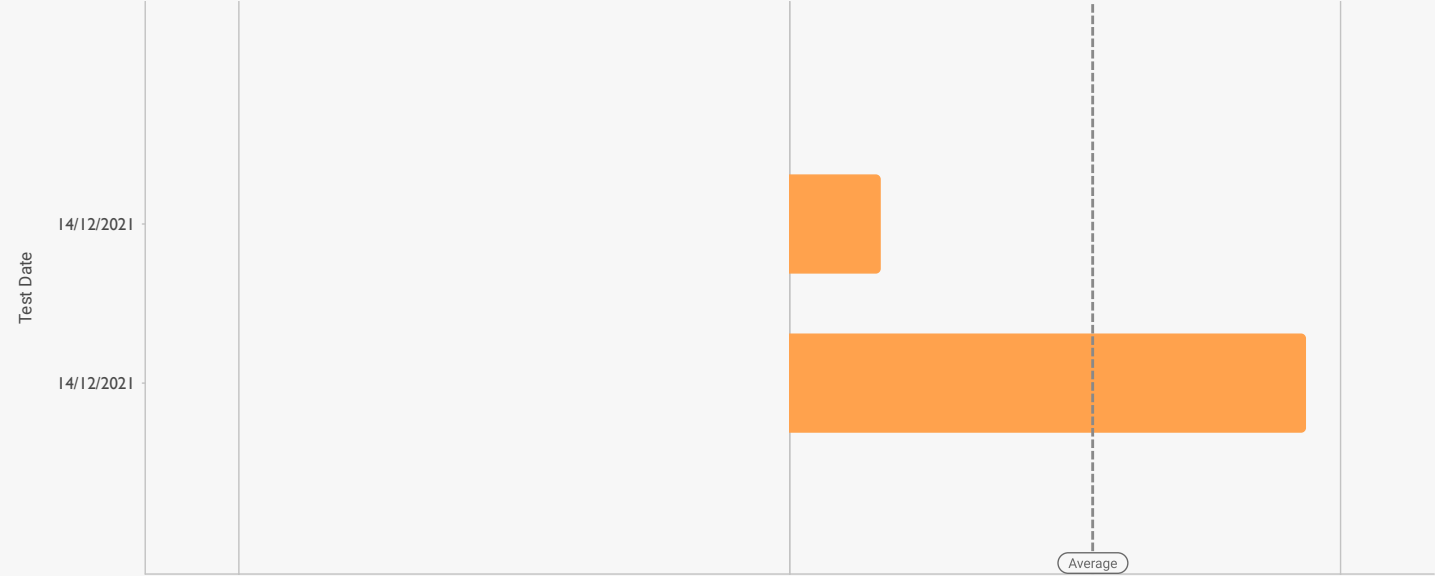
Extension Asymmetry [%] - Hip Extension

Range Average
16.9 L - 16.93 R 16.91 R



Flexion Asymmetry [%] - Hip Flexion

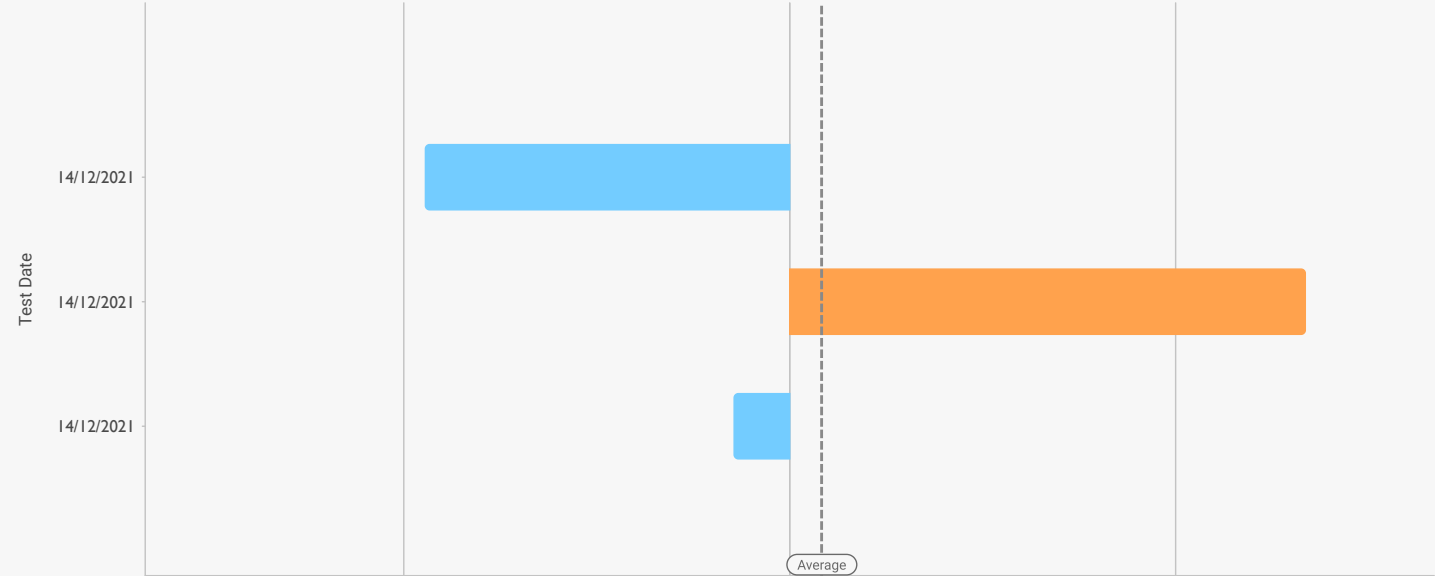
Range Average
0.41 L - 2.34 R 1.38 R





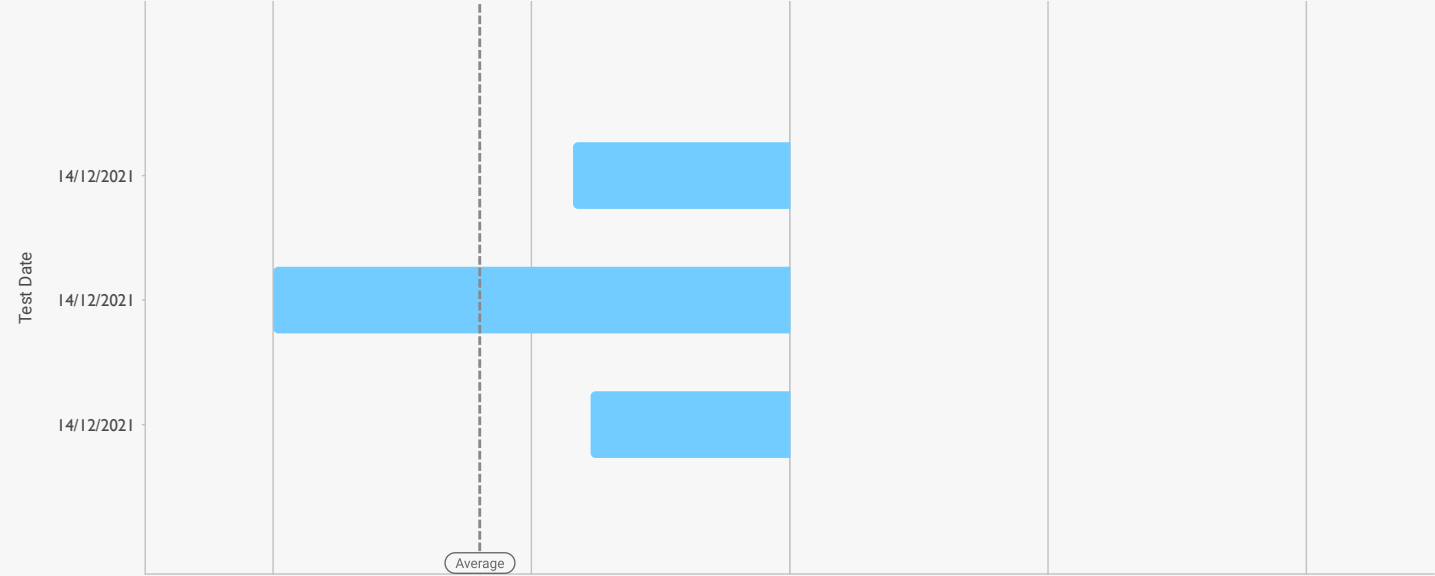
Adduction Asymmetry [%] - Hip AD/AB

Range Average
2.36 L - 3.34 R 0.21 R



Abduction Asymmetry [%] - Hip AD/AB

Range Average
4.99 L - 1.92 R 3 L

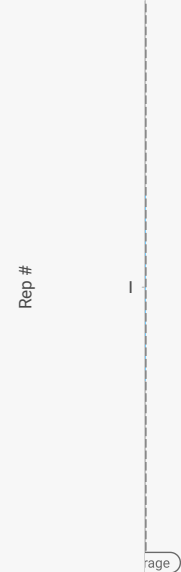




Asymmetry [%] - knee extensor

Range Average

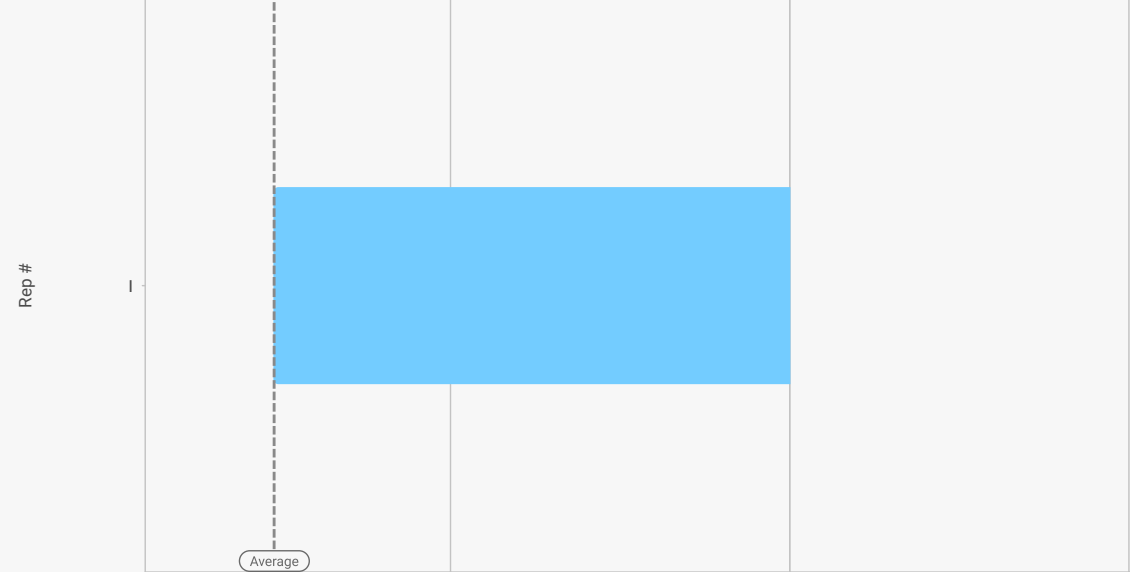
0 L - 0 R 0 R



Asymmetry [%] - knee extensor

Range Average

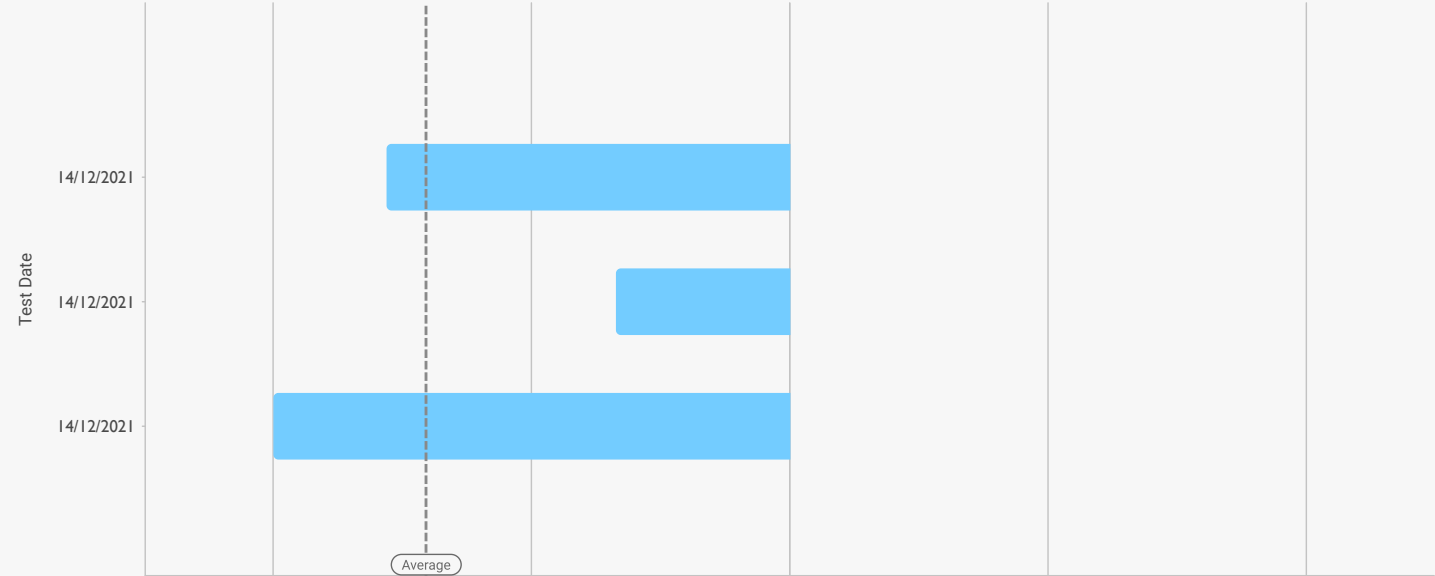
3.8 L - 3.8 R 3.8 L





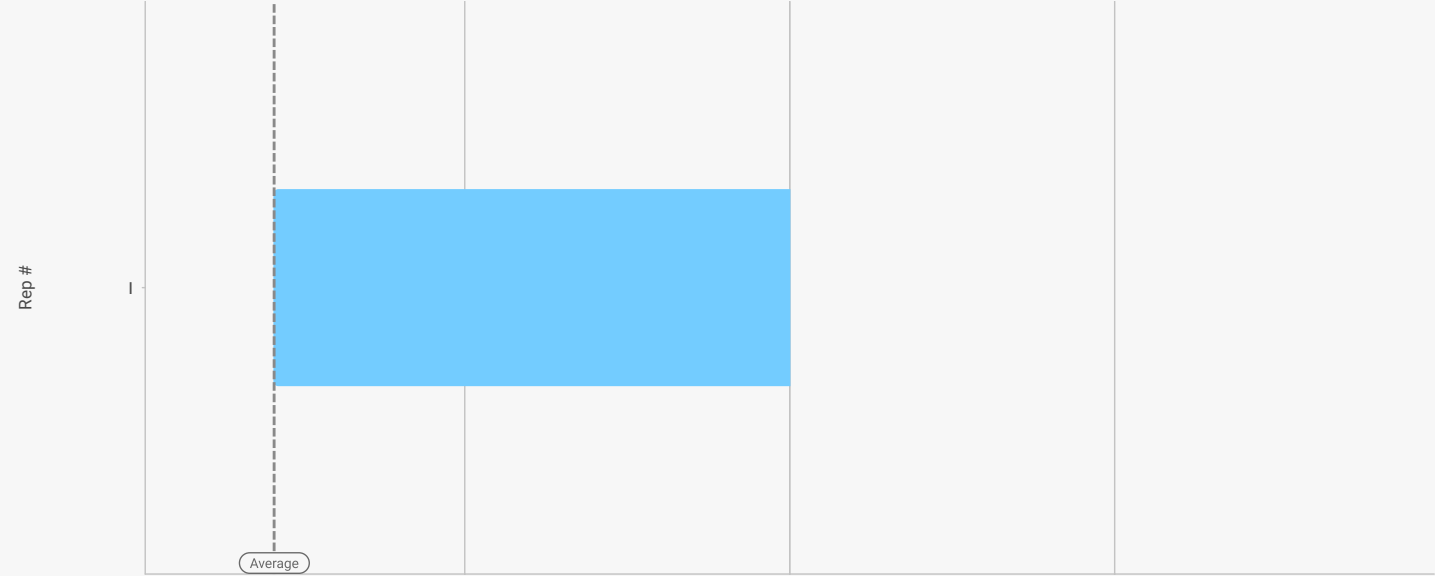
Knee Flexion Asymmetry [%] - Knee Flexion

Range Average
9.98 L - 3.35 R 7.04 L



Dorsiflexion Asymmetry [%] - Ankle Dorsiflexion

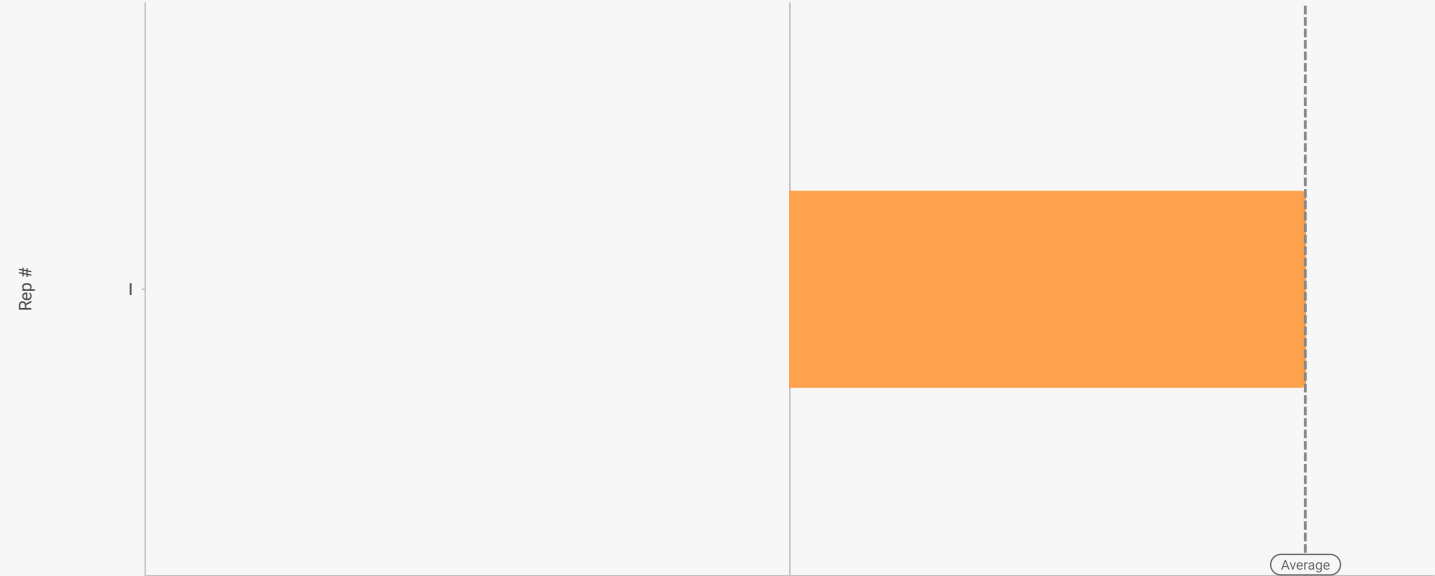
Range Average
11.9 L - 11.9 R 11.9 L





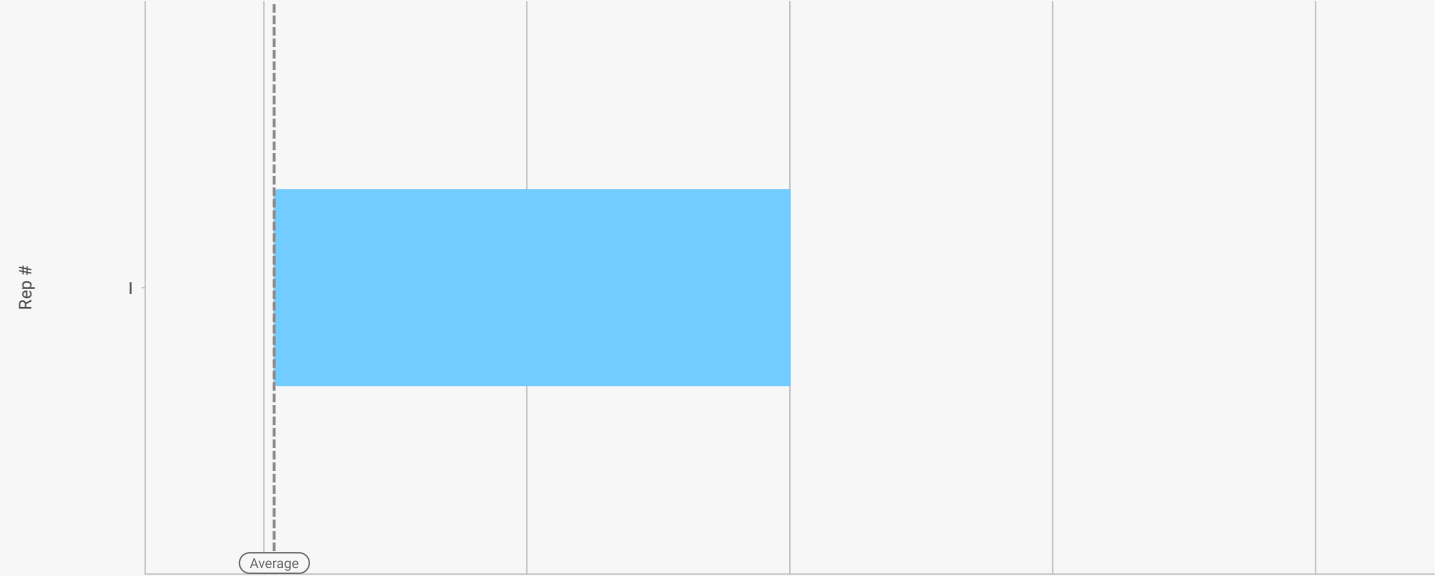
Inversion Asymmetry [%] - Ankle IN/EV

Range Average
0.41 L - 0.41 R 0.41 R



Eversion Asymmetry [%] - Ankle IN/EV

Range Average
19.61 L - 19.61 R 19.61 L



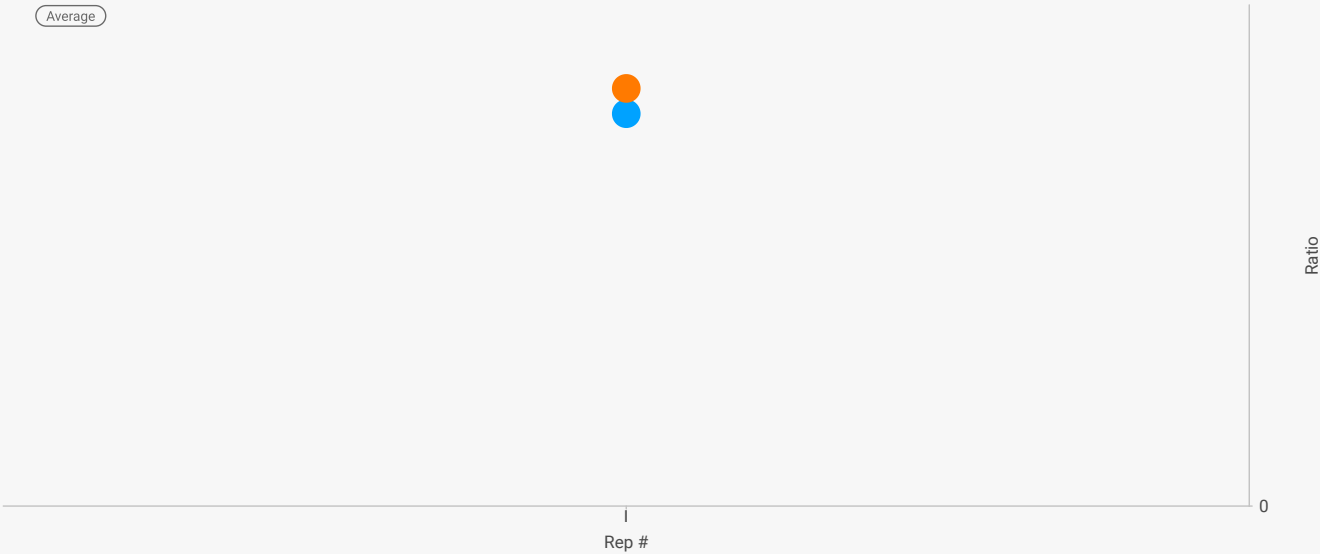


Impulse Force [N] - Wrist flexion

Range Average

0 - 0 0

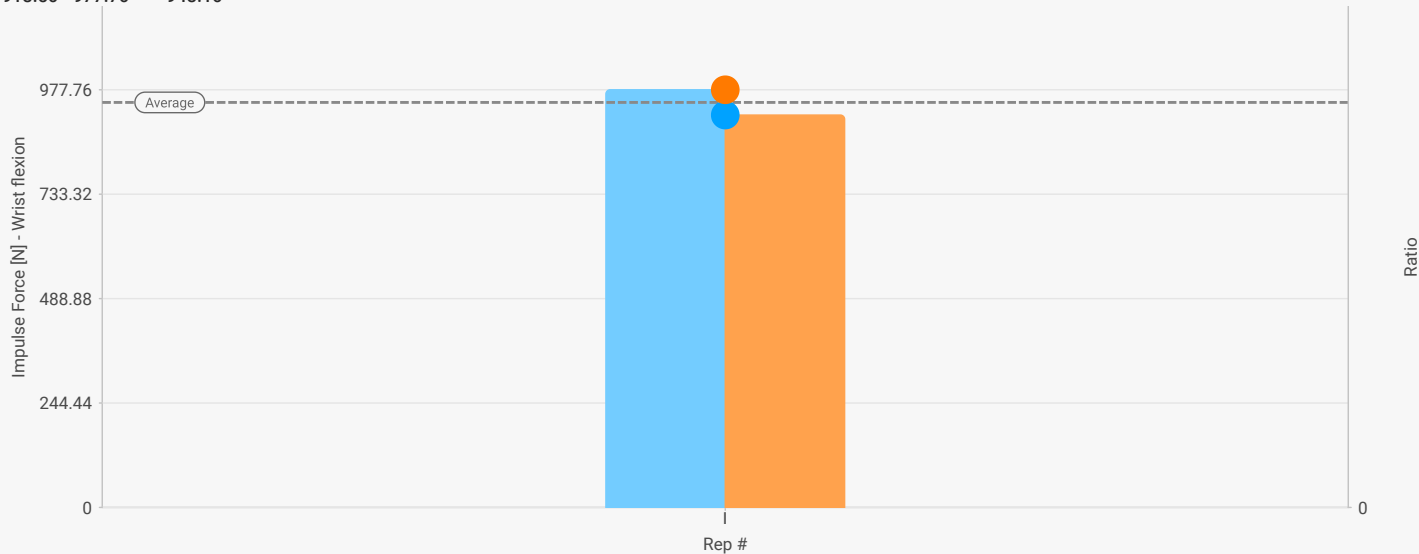
Average



Impulse Force [N] - Wrist flexion

Range Average

918.56 - 977.76 948.16

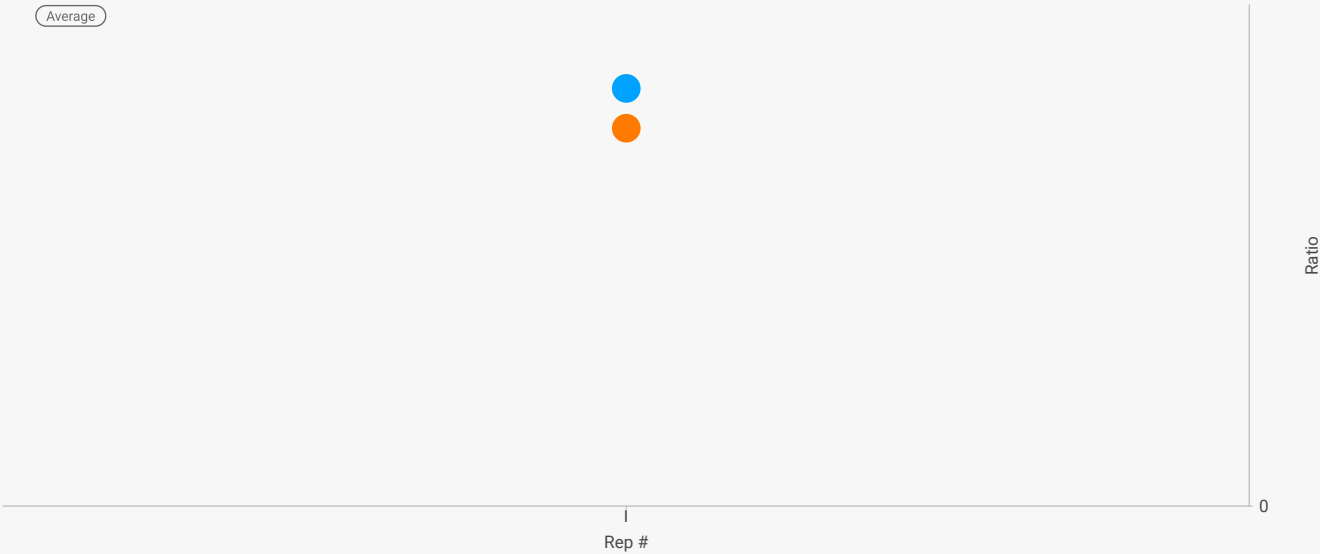




Impulse Force [N] - Wrist extensor

Range Average

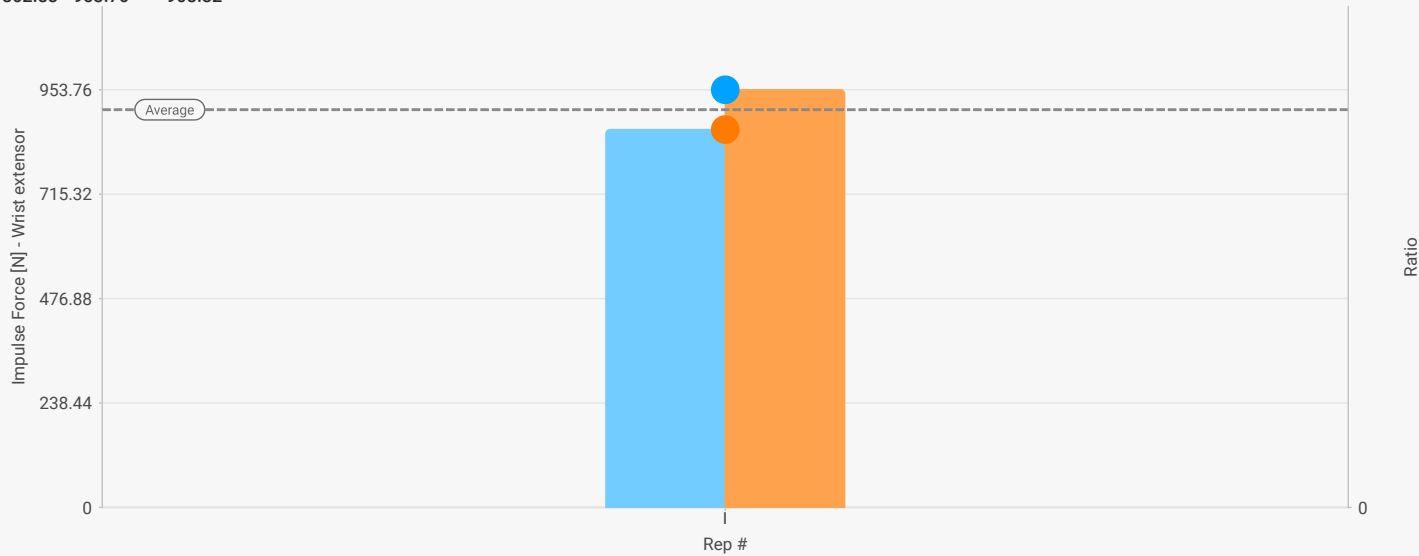
0 - 0 0 Average



Impulse Force [N] - Wrist extensor

Range Average

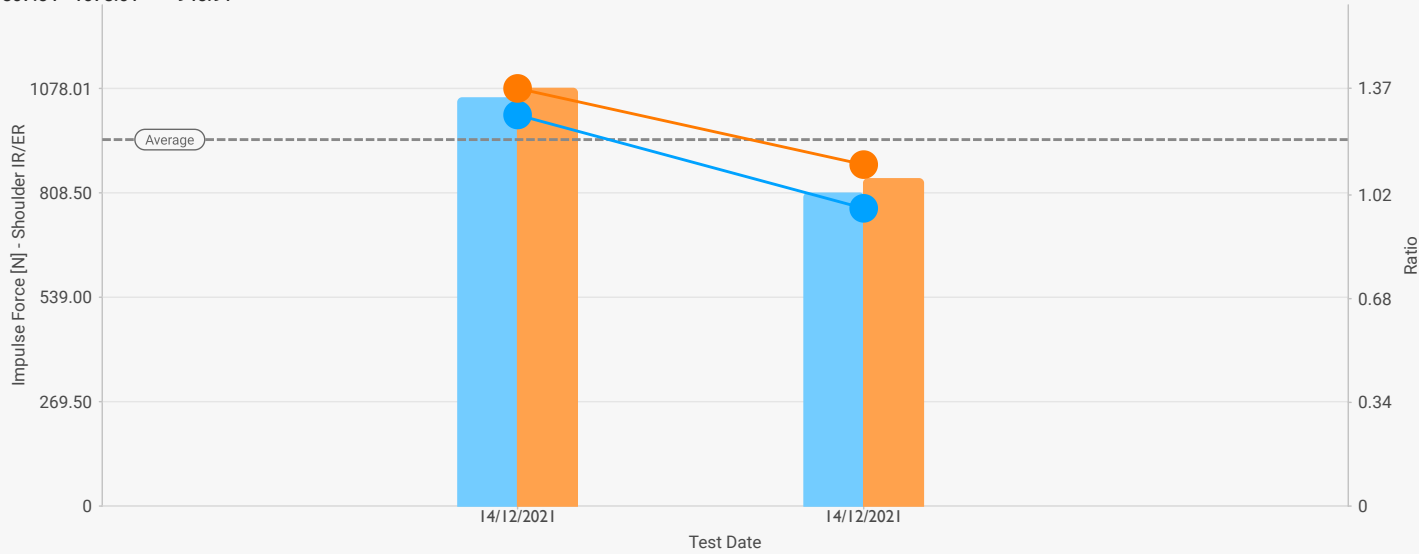
862.88 - 953.76 908.32





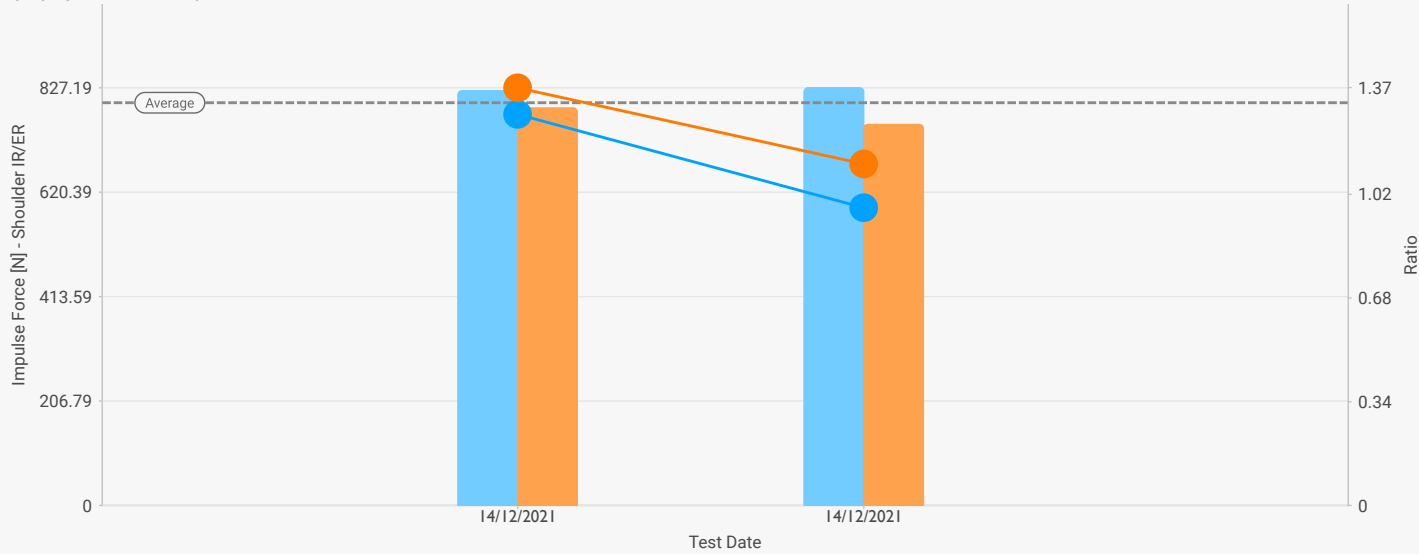
Internal Rotation Impulse Force [N] - Shoulder IR/ER

Range Average
807.54 - 1078.01 945.91



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

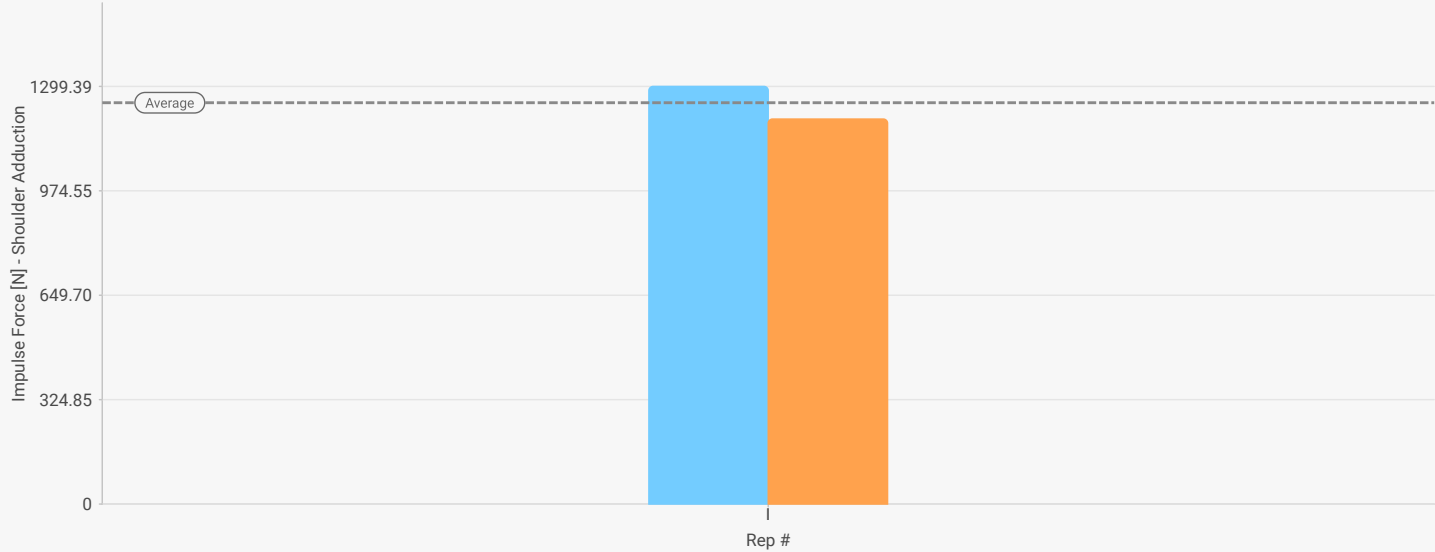
Range Average
754.5 - 827.19 797.6





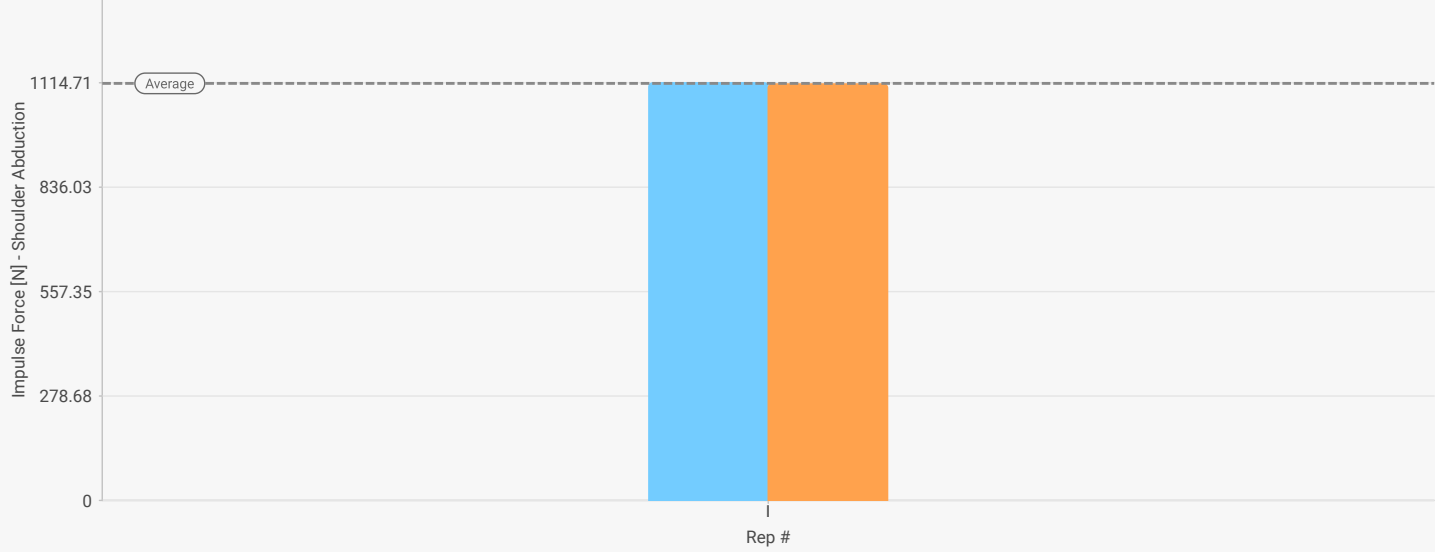
Adduction Impulse Force [N] - Shoulder Adduction

Range Average
1197.88 - 1299.39 1248.64



Abduction Impulse Force [N] - Shoulder Abduction

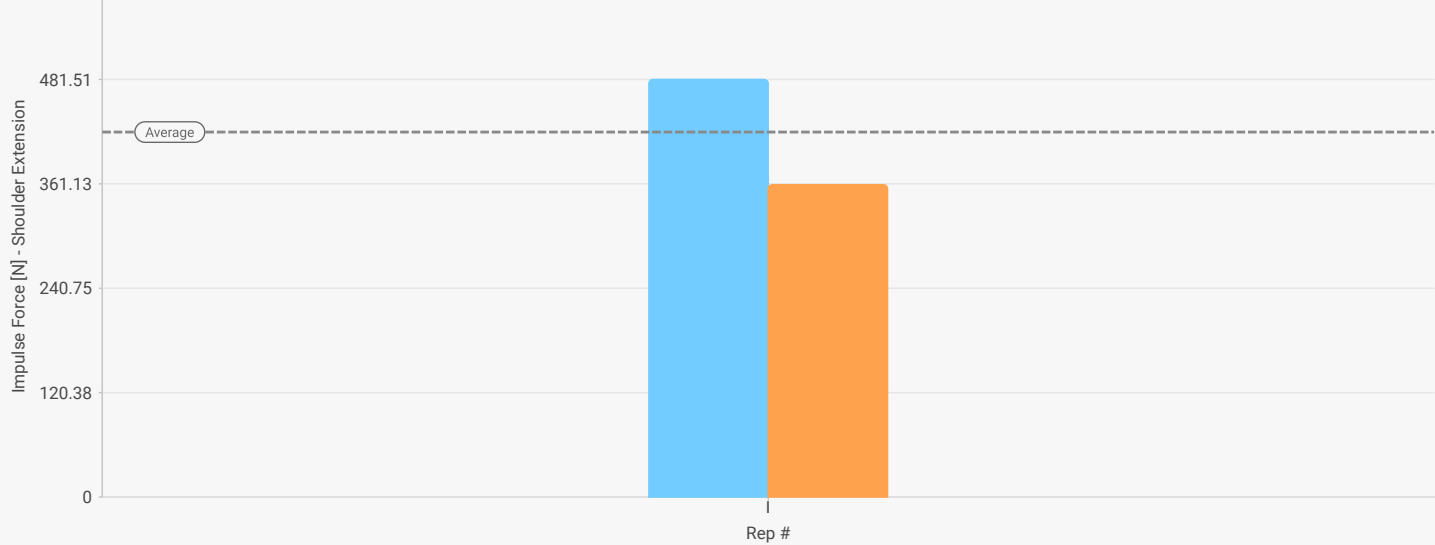
Range Average
1111.49 - 1114.71 1113.1





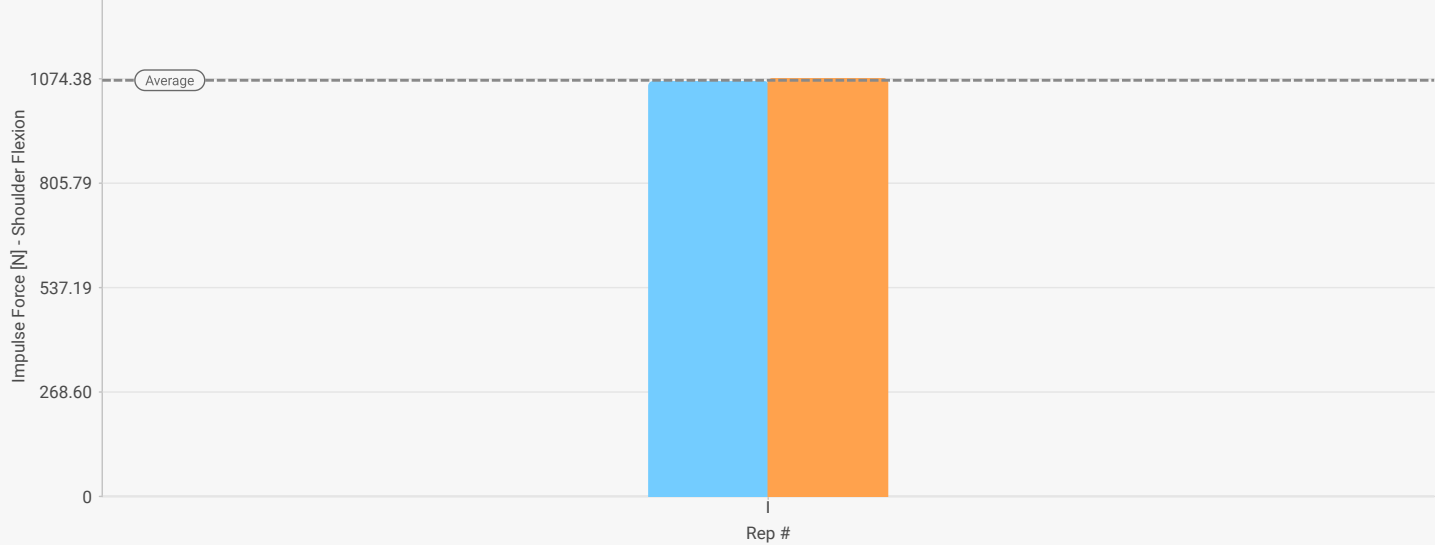
Extension Impulse Force [N] - Shoulder Extension

Range Average
360.11 - 481.51 420.81



Flexion Impulse Force [N] - Shoulder Flexion

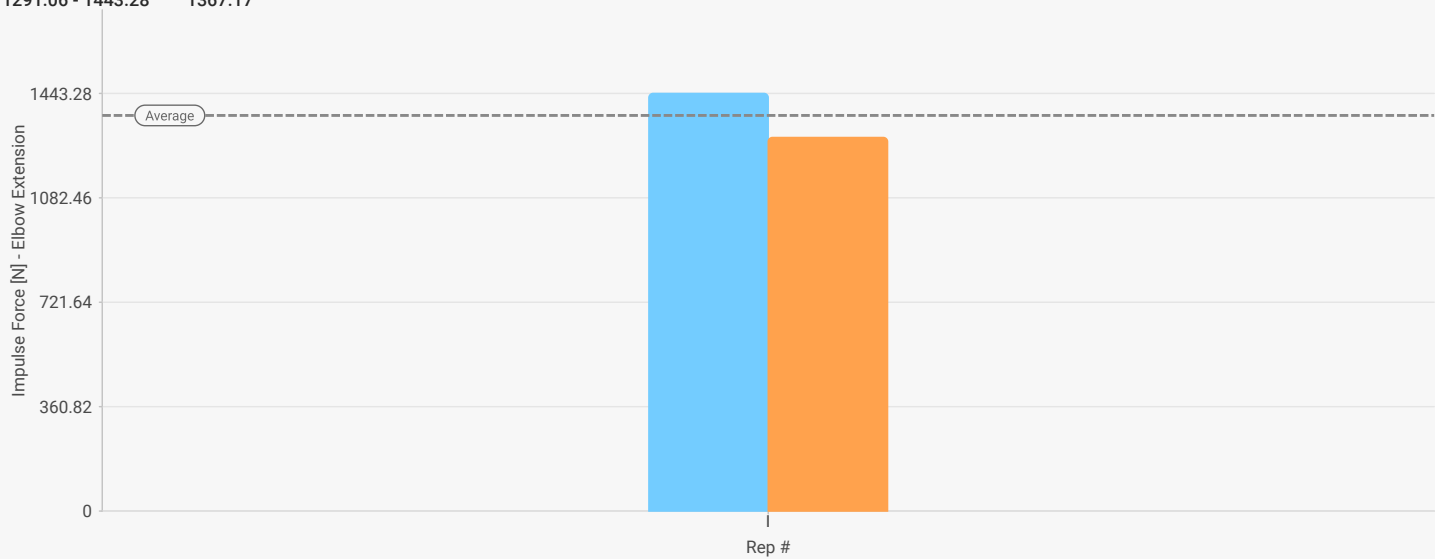
Range Average
1066.74 - 1074.38 1070.56





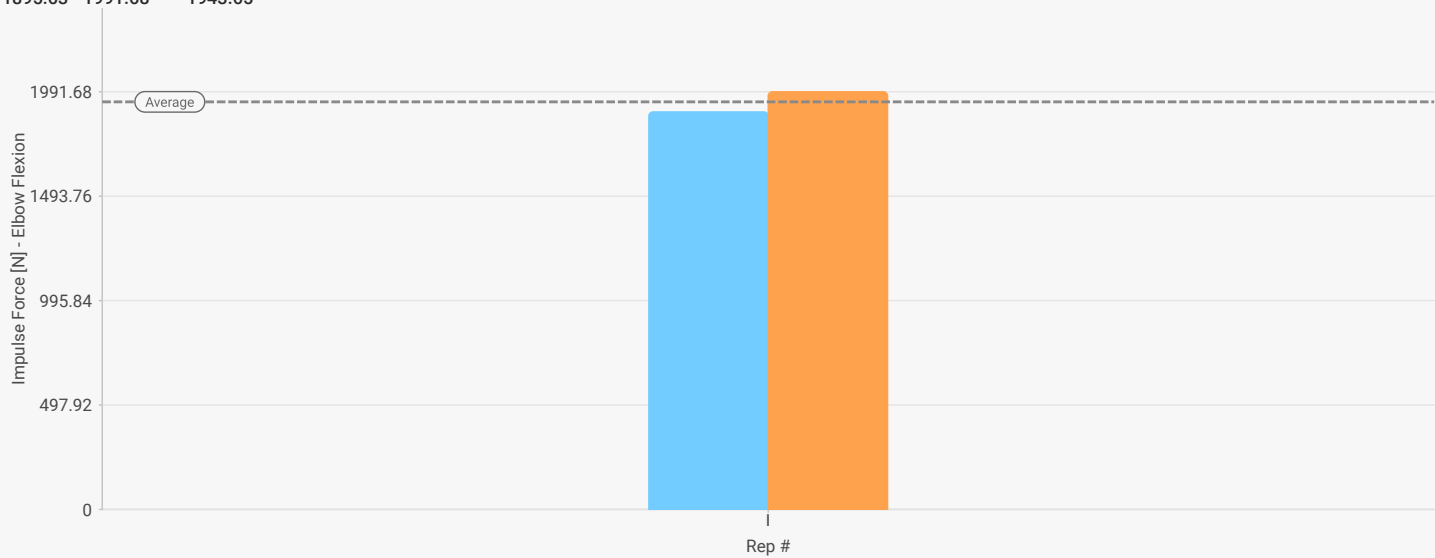
Extension Impulse Force [N] - Elbow Extension

Range Average
1291.06 - 1443.28 1367.17



Flexion Impulse Force [N] - Elbow Flexion

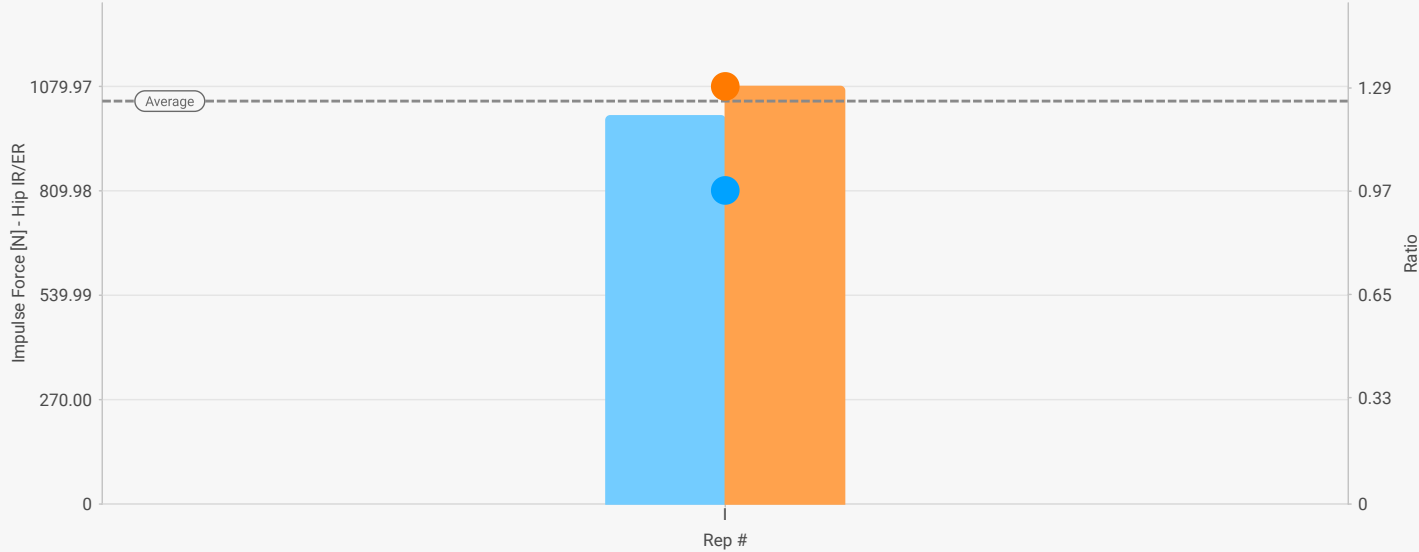
Range Average
1895.63 - 1991.68 1943.65





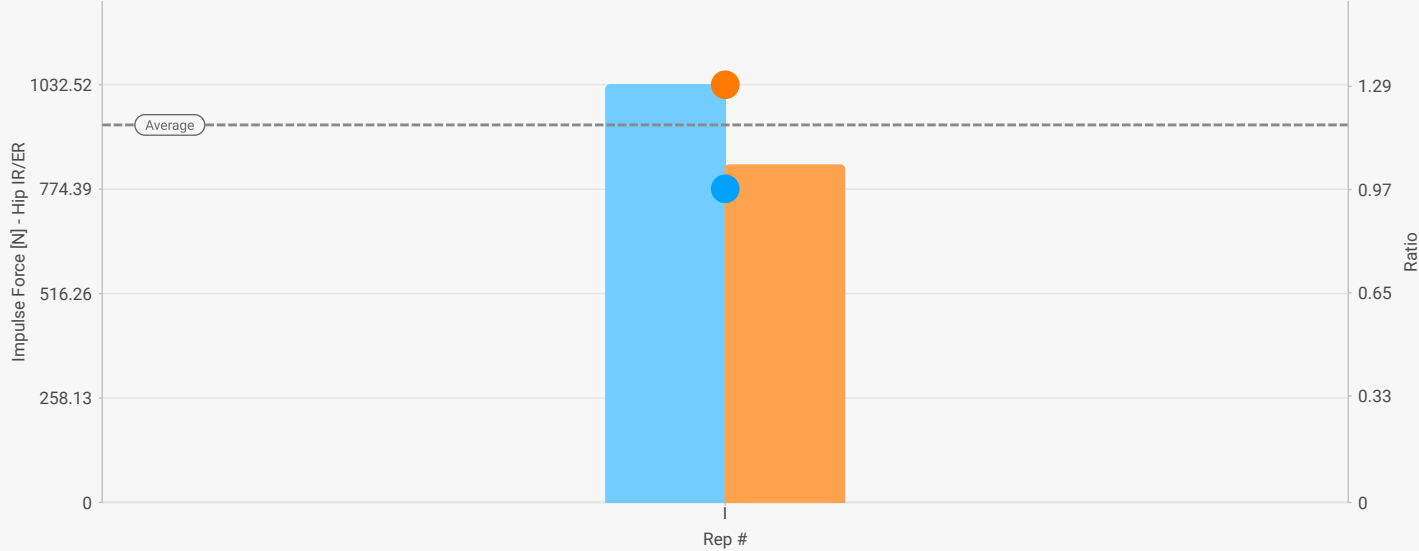
External Rotation Impulse Force [N] - Hip IR/ER

Range Average
1004 - 1079.97 1041.99



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

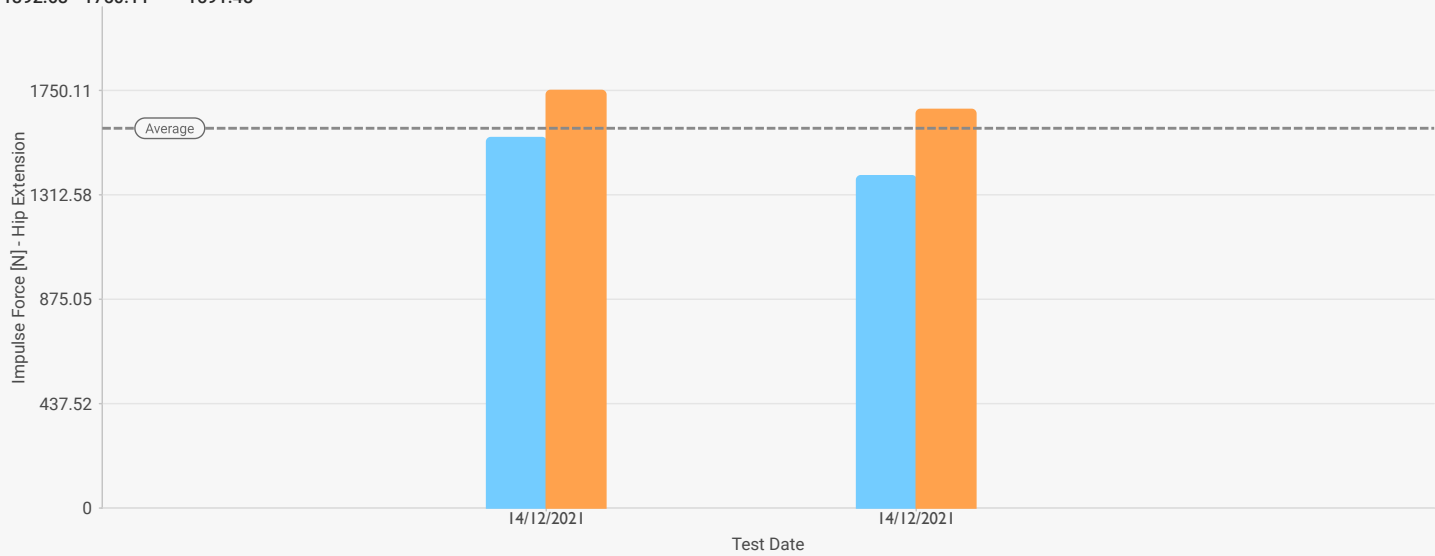
Range Average
834.01 - 1032.52 933.26





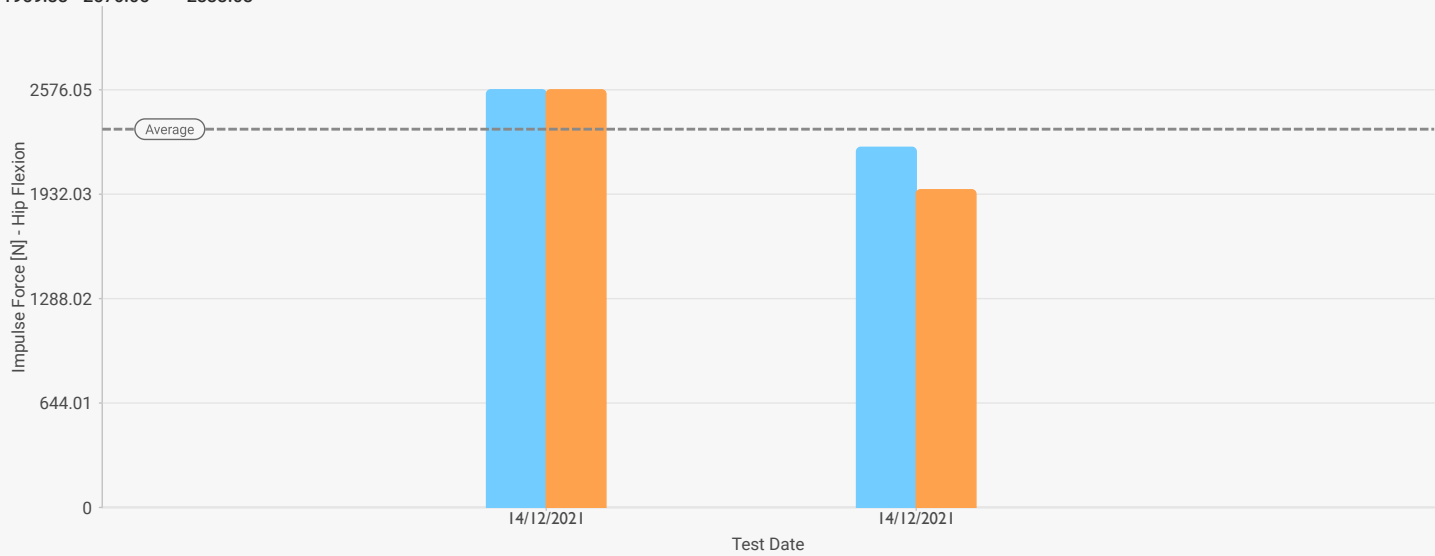
Extension Impulse Force [N] - Hip Extension

Range Average
1392.63 - 1750.11 1591.48



Flexion Impulse Force [N] - Hip Flexion

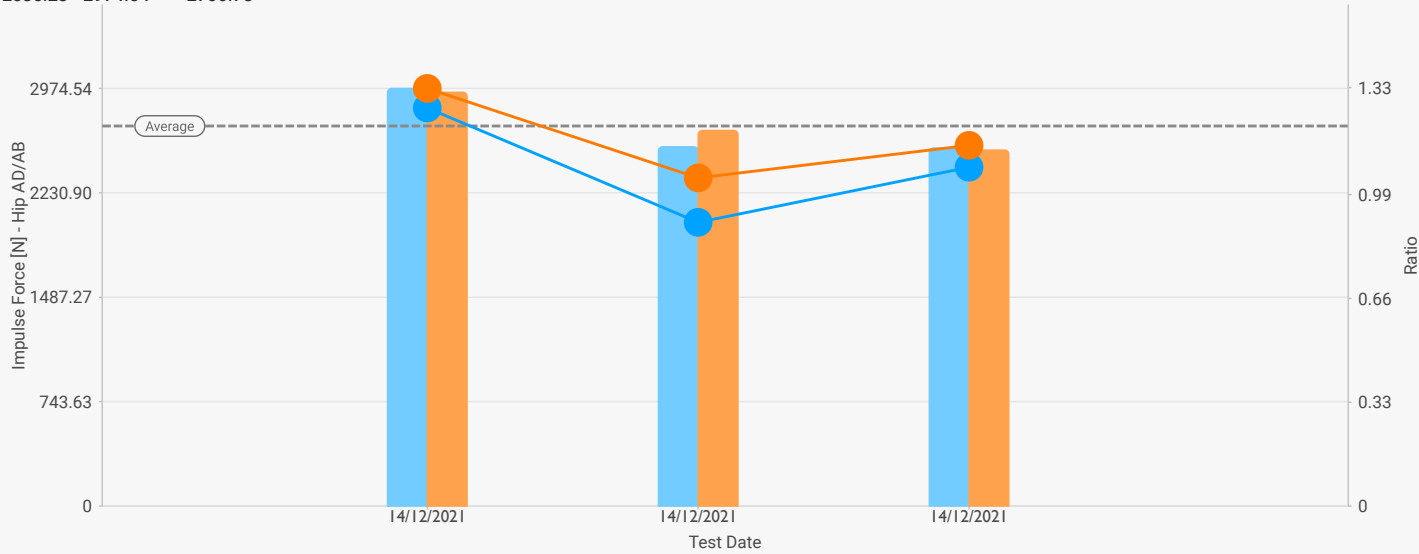
Range Average
1959.33 - 2576.05 2333.03





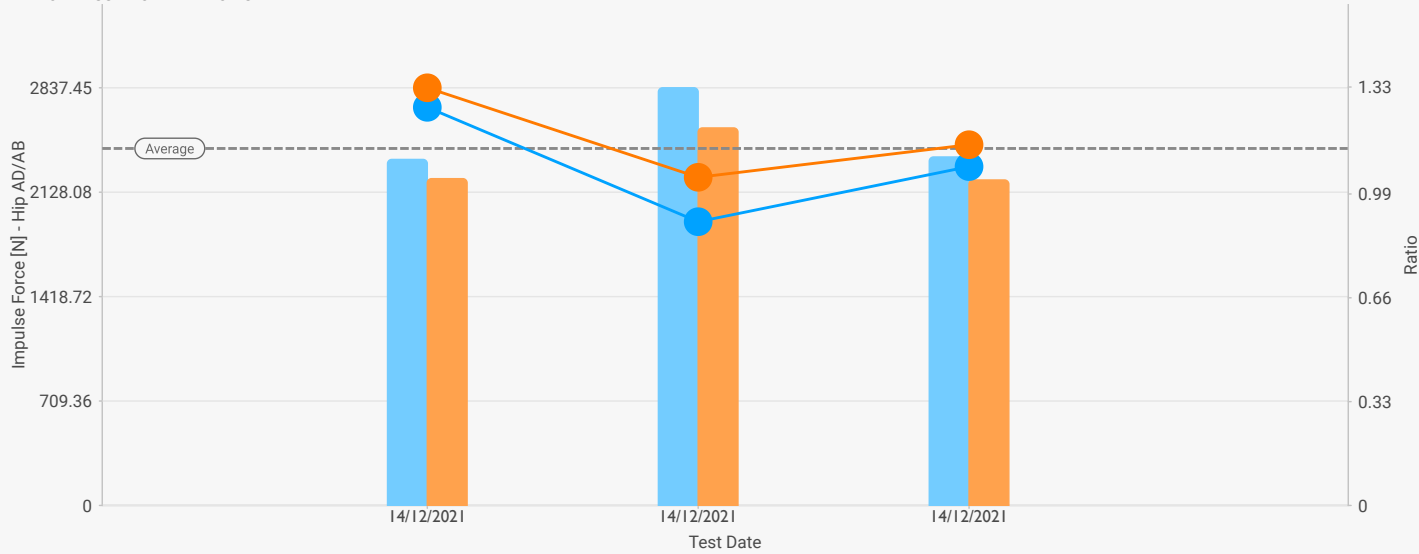
Adduction Impulse Force [N] - Hip AD/AB

Range Average
2535.23 - 2974.54 2706.78



Abduction Impulse Force [N] - Hip AD/AB

Range Average
2211.07 - 2837.45 2425.18



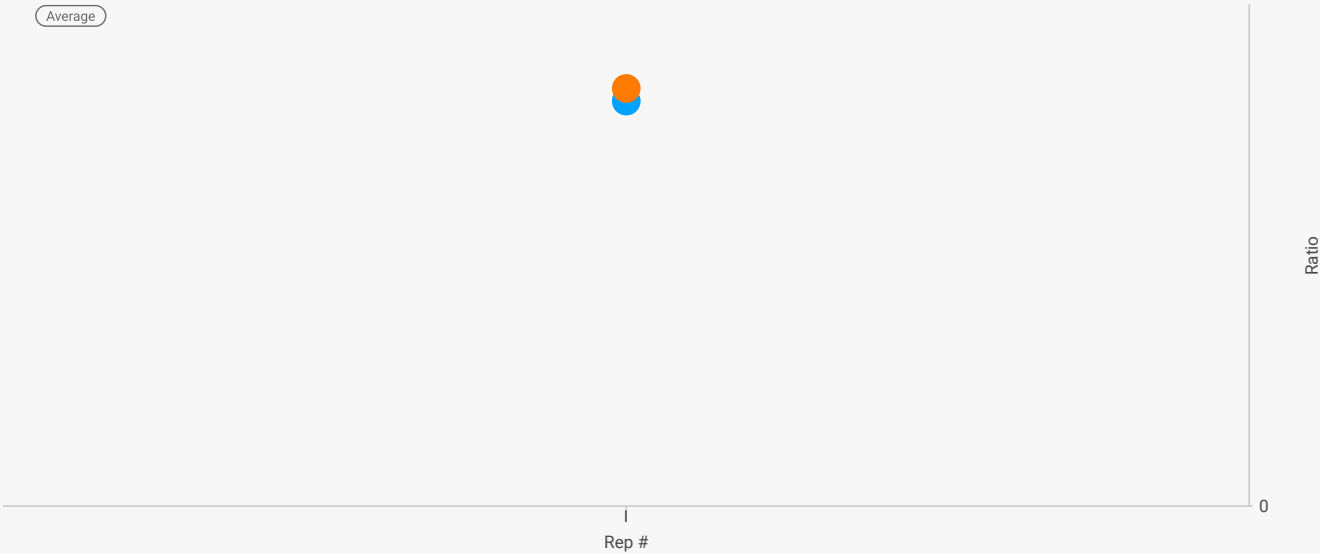


Impulse Force [N] - knee extensor

Range Average

0 - 0 0

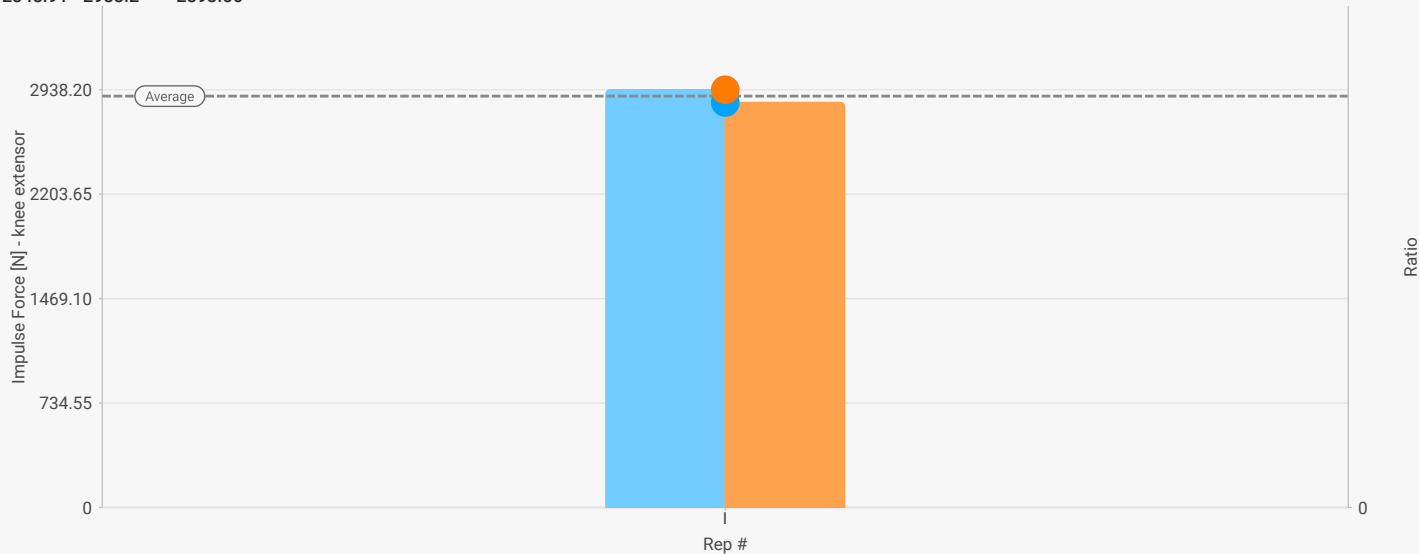
Average



Impulse Force [N] - knee extensor

Range Average

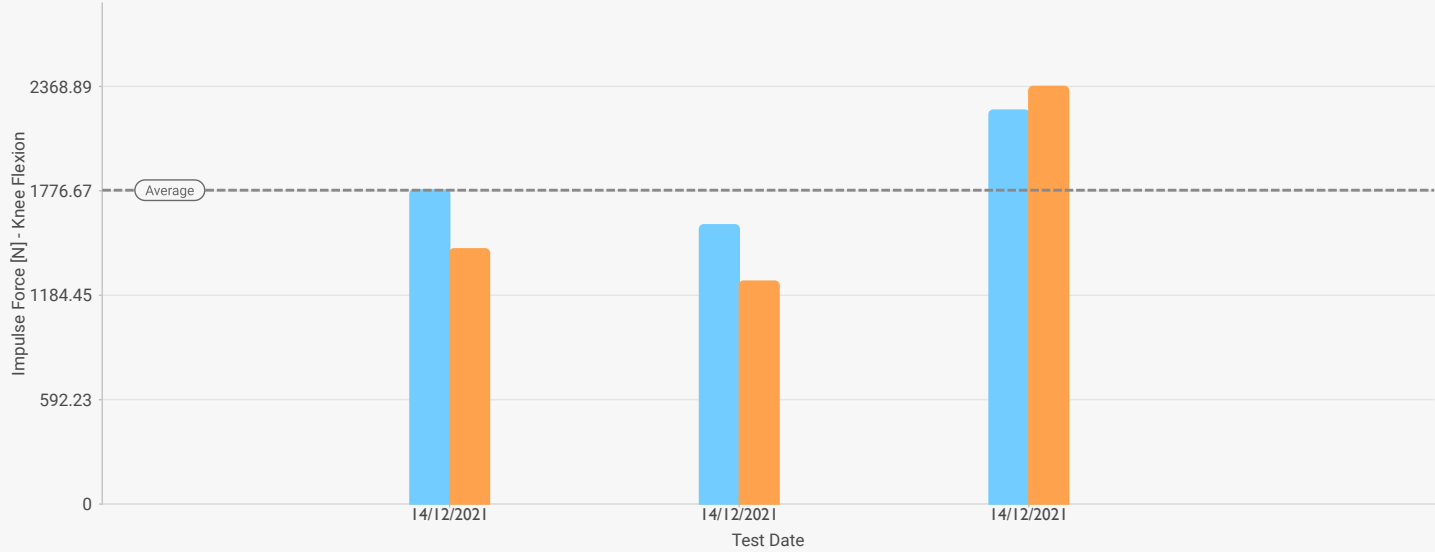
2848.91 - 2938.2 2893.56





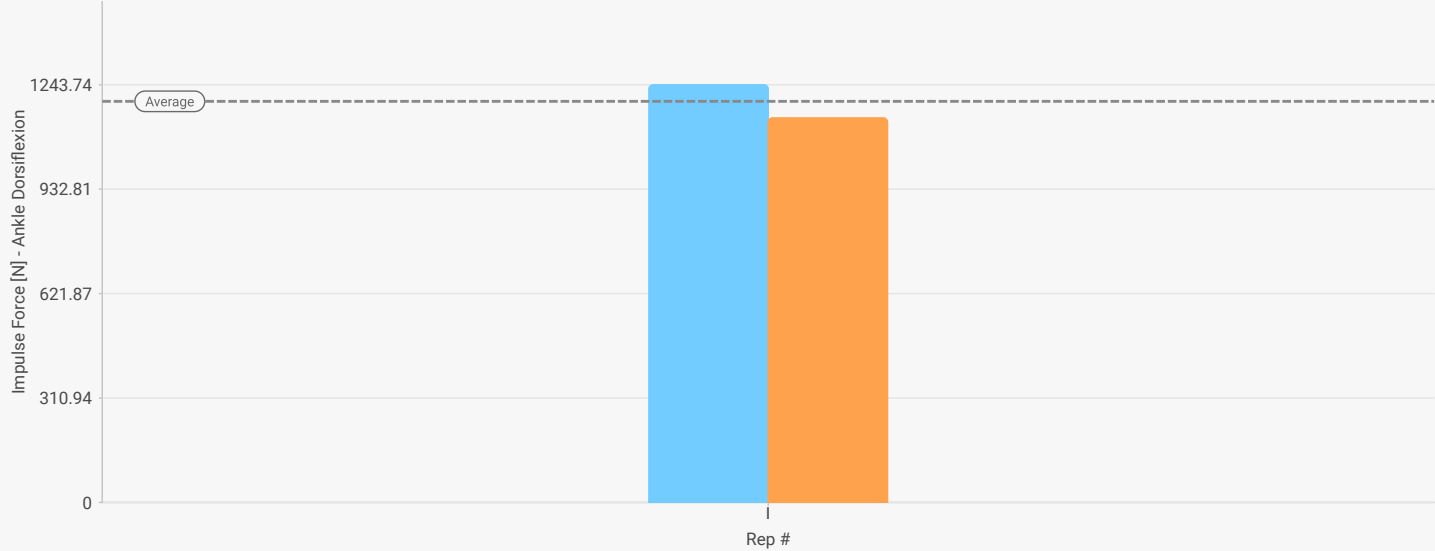
Knee Flexion Impulse Force [N] - Knee Flexion

Range Average
1264.36 - 2368.89 1780.2



Dorsiflexion Impulse Force [N] - Ankle Dorsiflexion

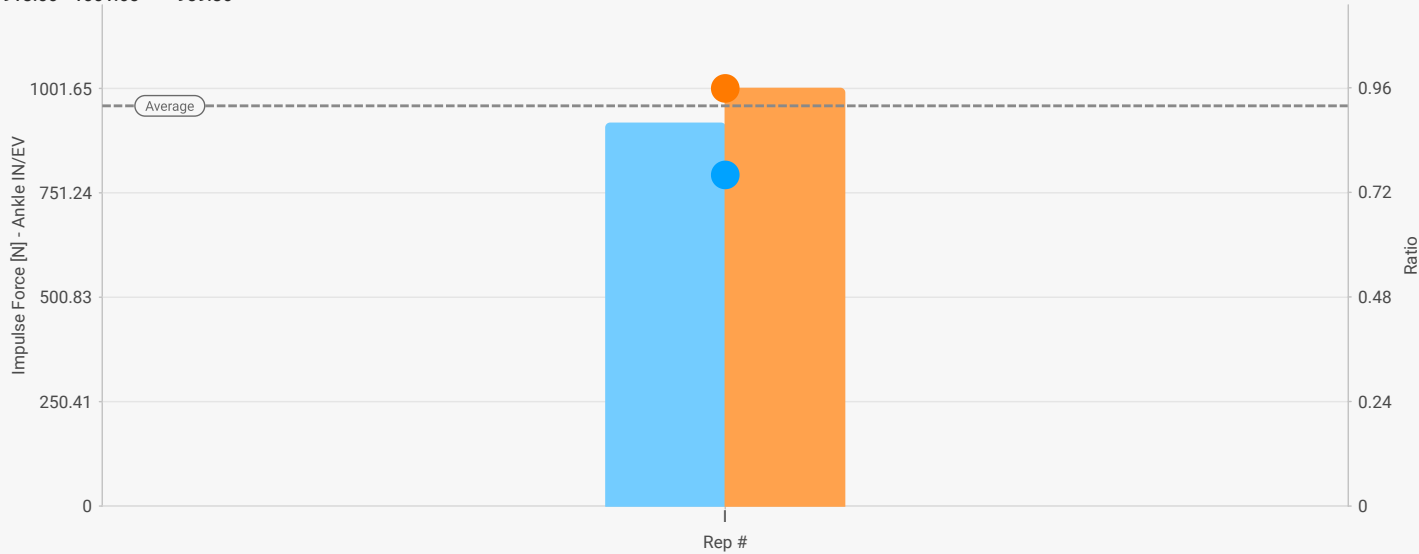
Range Average
1145.14 - 1243.74 1194.44





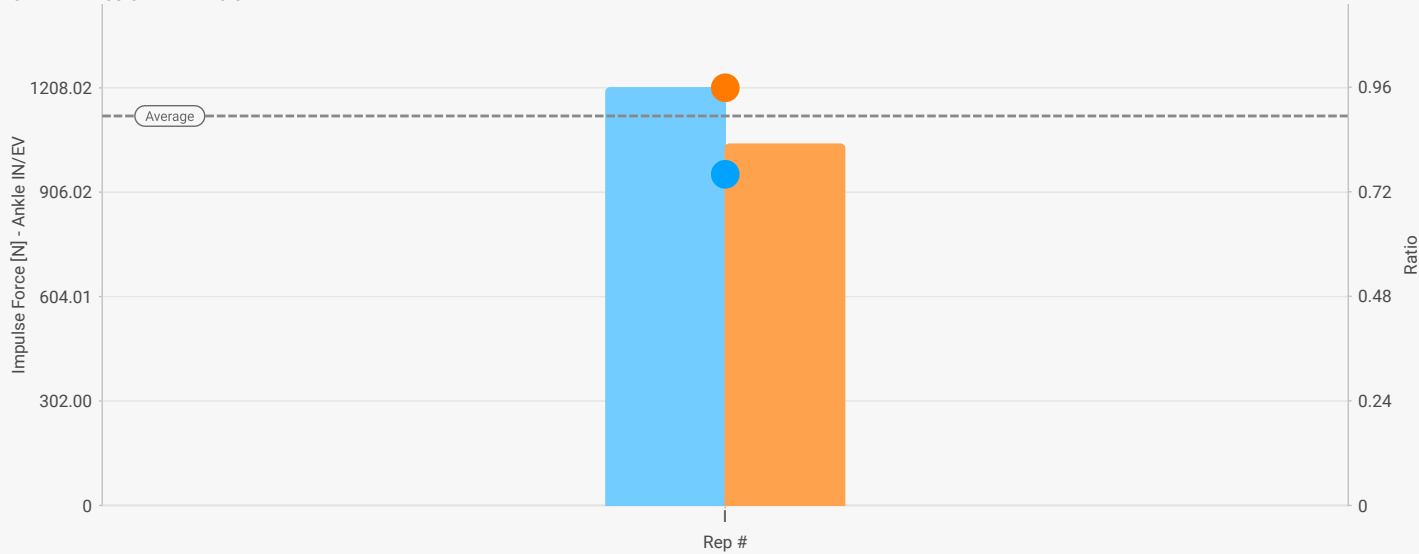
Inversion Impulse Force [N] - Ankle IN/EV

Range Average
918.06 - 1001.65 959.86



Eversion Impulse Force [N] - Ankle IN/EV

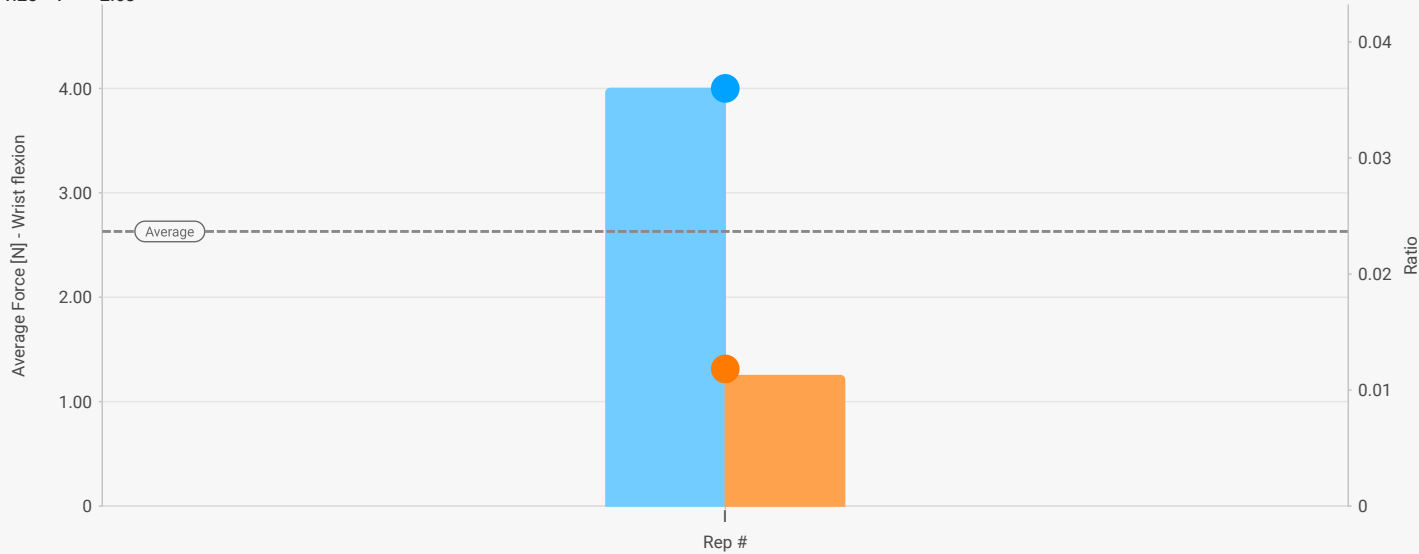
Range Average
1044.97 - 1208.02 1126.5





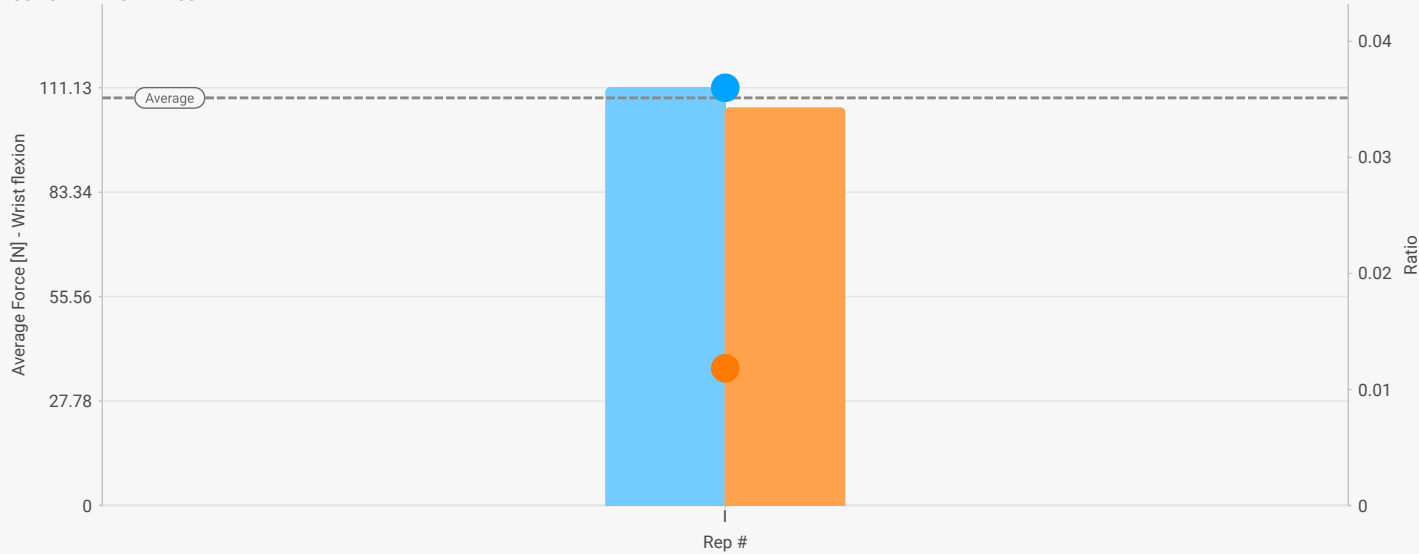
Average Force [N] - Wrist flexion

Range Average
1.25 - 4 2.63



Average Force [N] - Wrist flexion

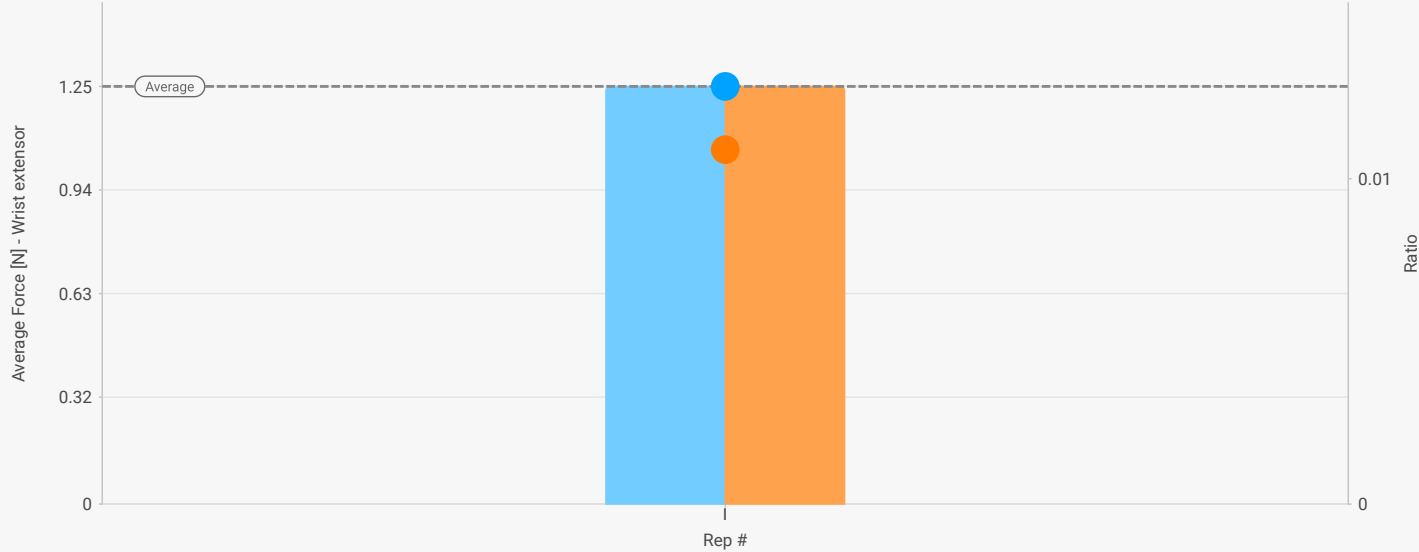
Range Average
105.75 - 111.13 108.44





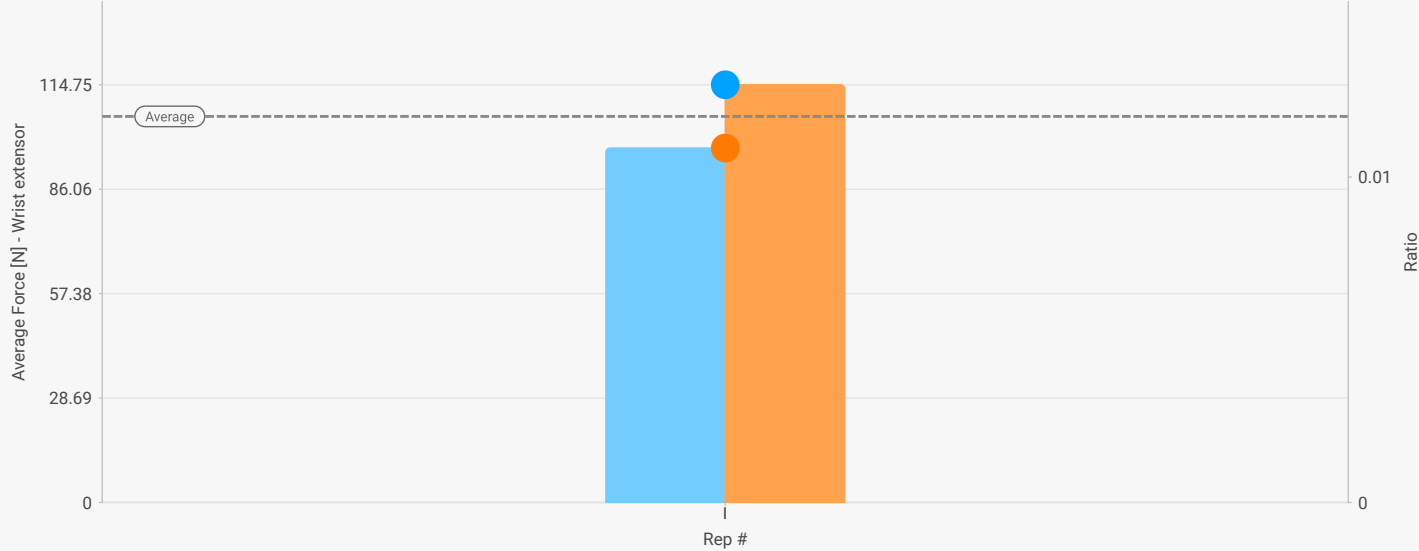
Average Force [N] - Wrist extensor

Range Average
1.25 - 1.25 1.25



Average Force [N] - Wrist extensor

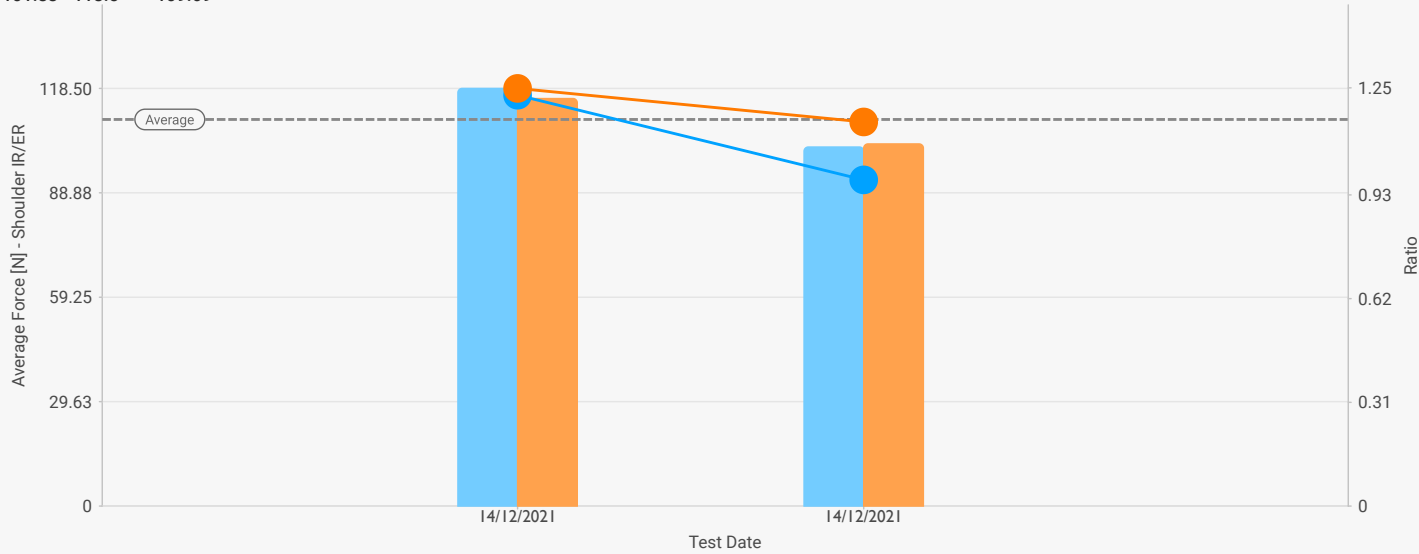
Range Average
97.38 - 114.75 106.06





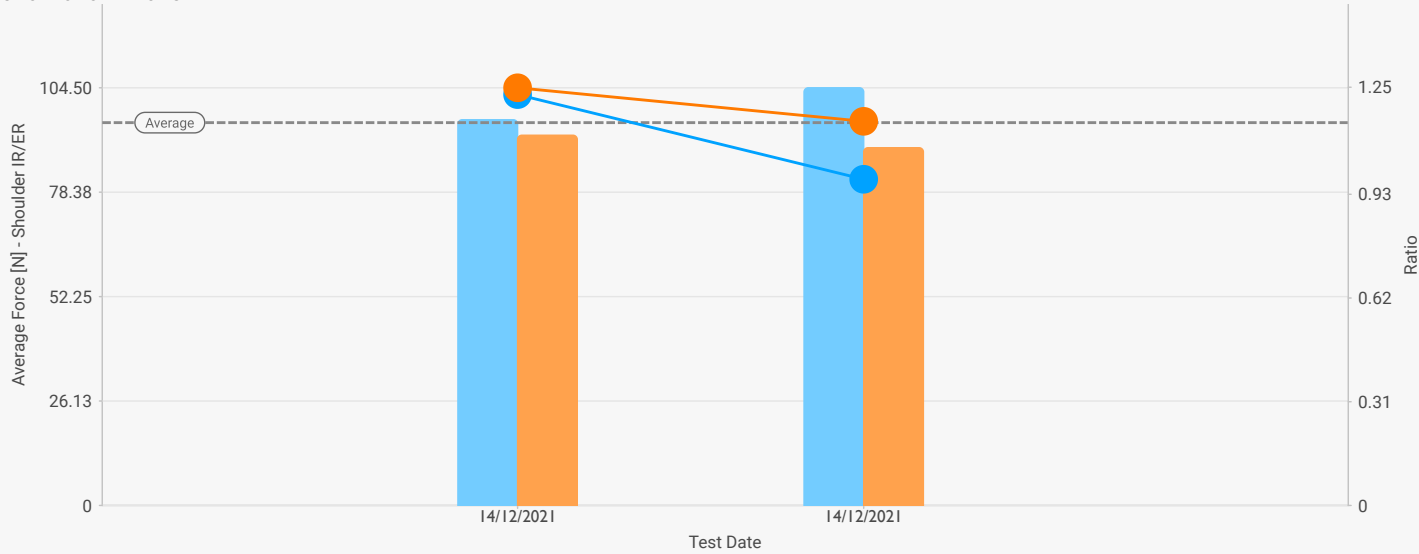
Internal Rotation Average Force [N] - Shoulder IR/ER

Range Average
101.88 - 118.5 109.69



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

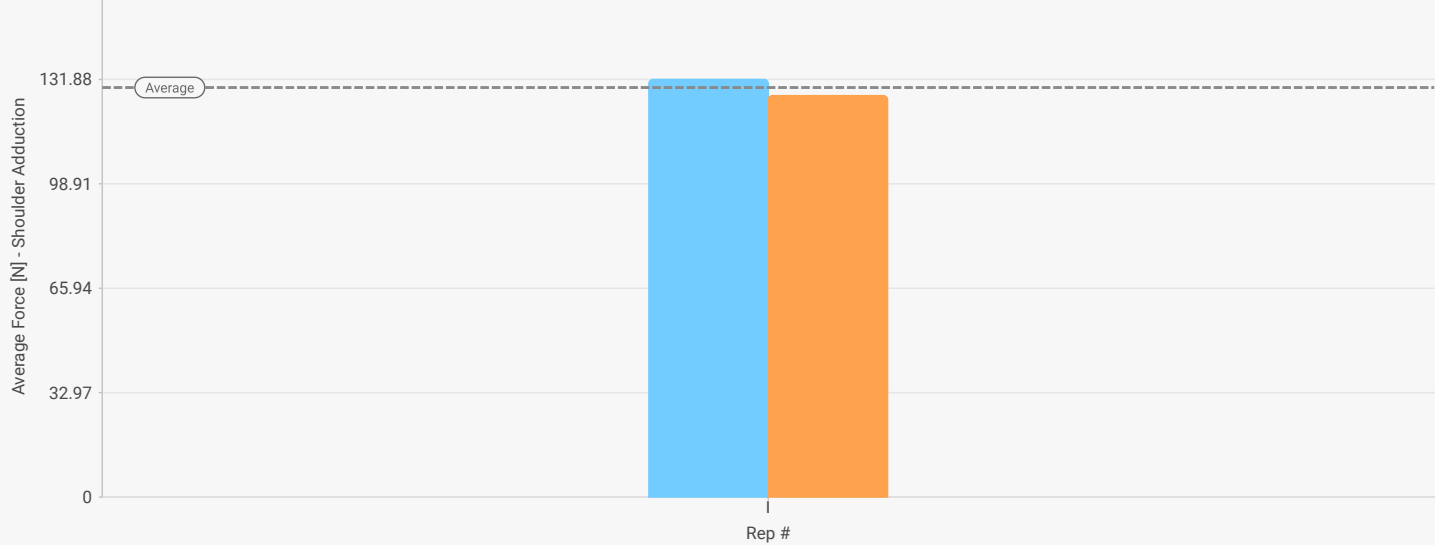
Range Average
89.5 - 104.5 95.78





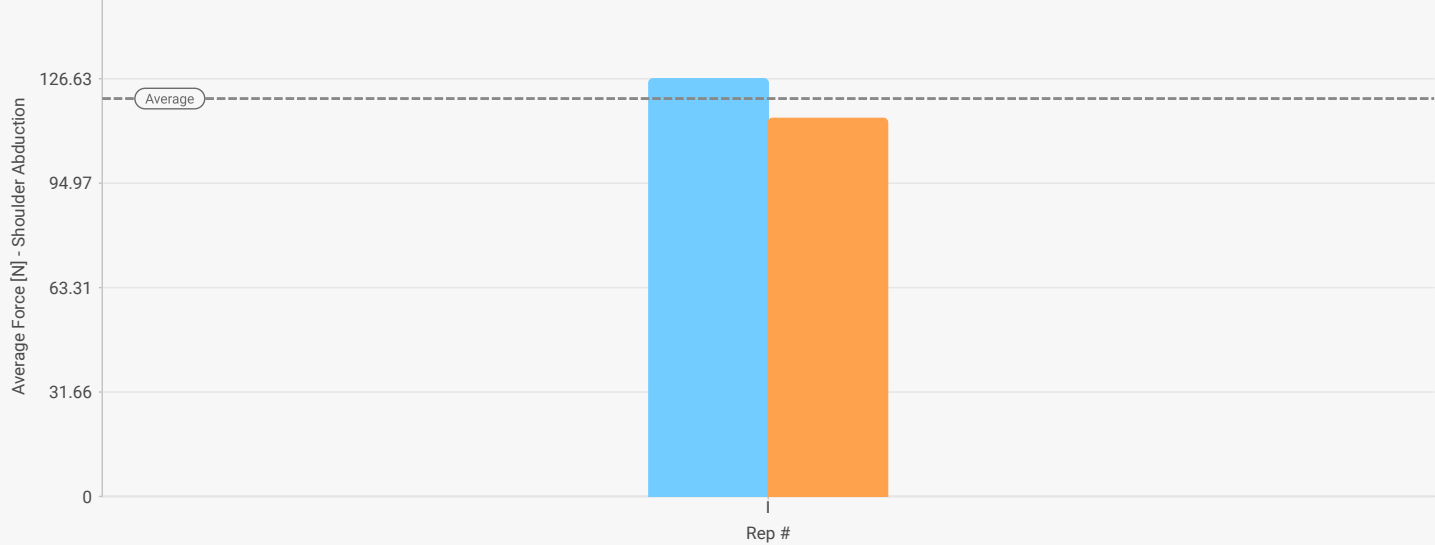
Adduction Average Force [N] - Shoulder Adduction

Range Average
126.75 - 131.88 129.31



Abduction Average Force [N] - Shoulder Abduction

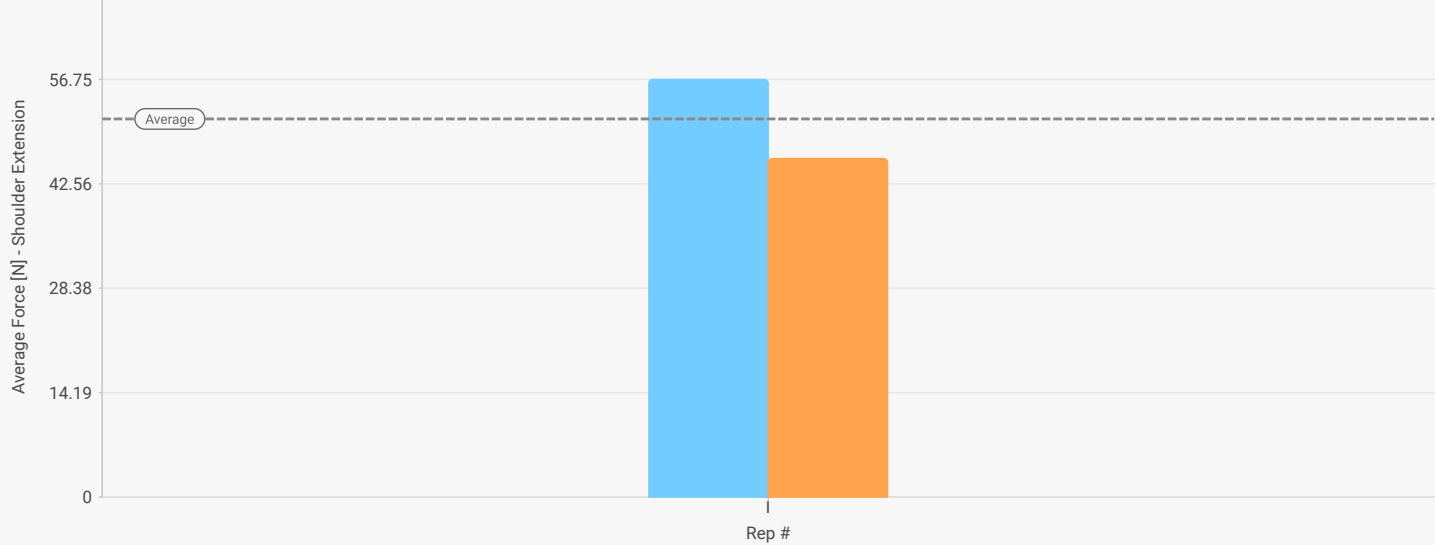
Range Average
114.63 - 126.63 120.63





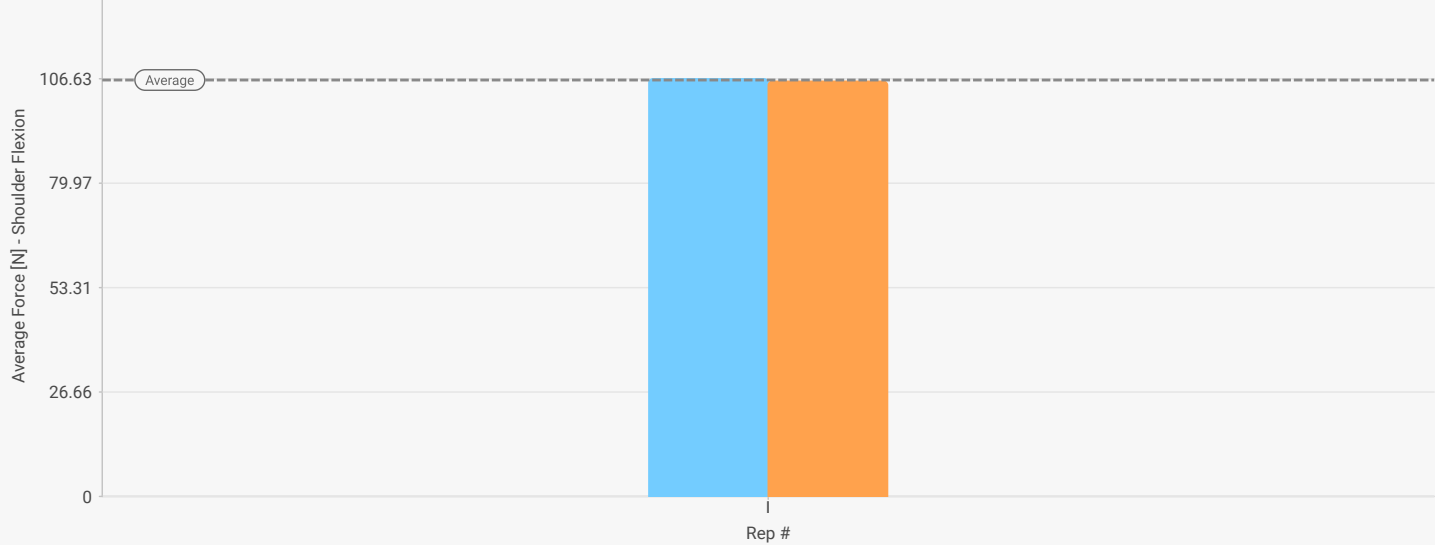
Extension Average Force [N] - Shoulder Extension

Range Average
46 - 56.75 51.38



Flexion Average Force [N] - Shoulder Flexion

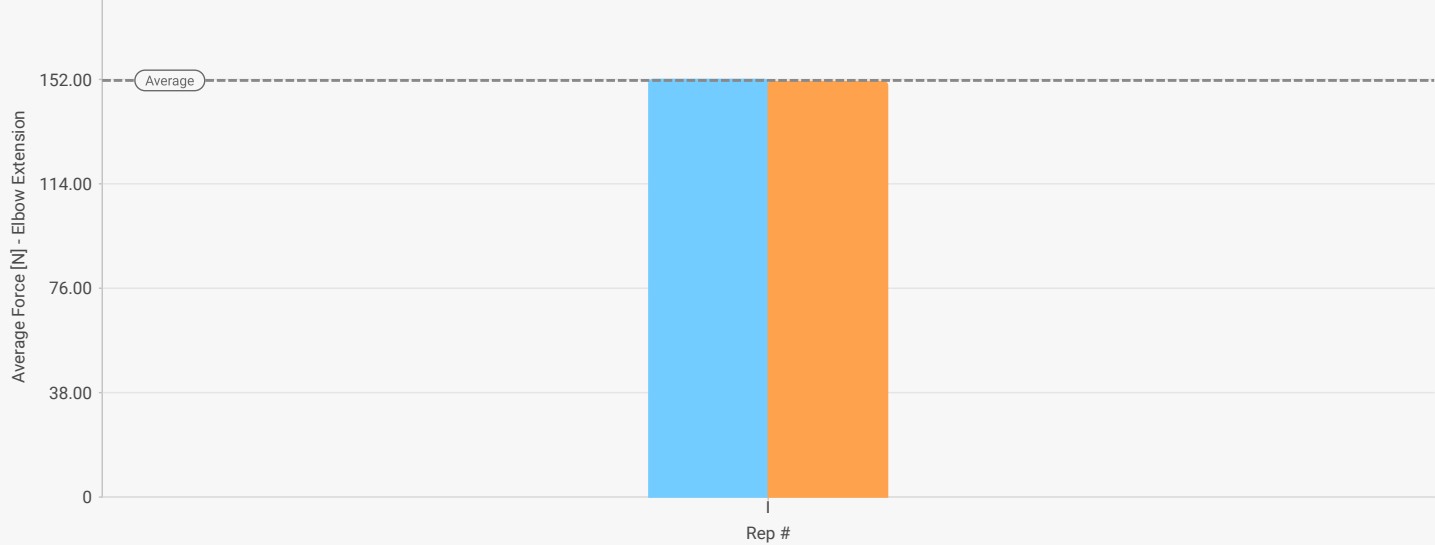
Range Average
106 - 106.63 106.31





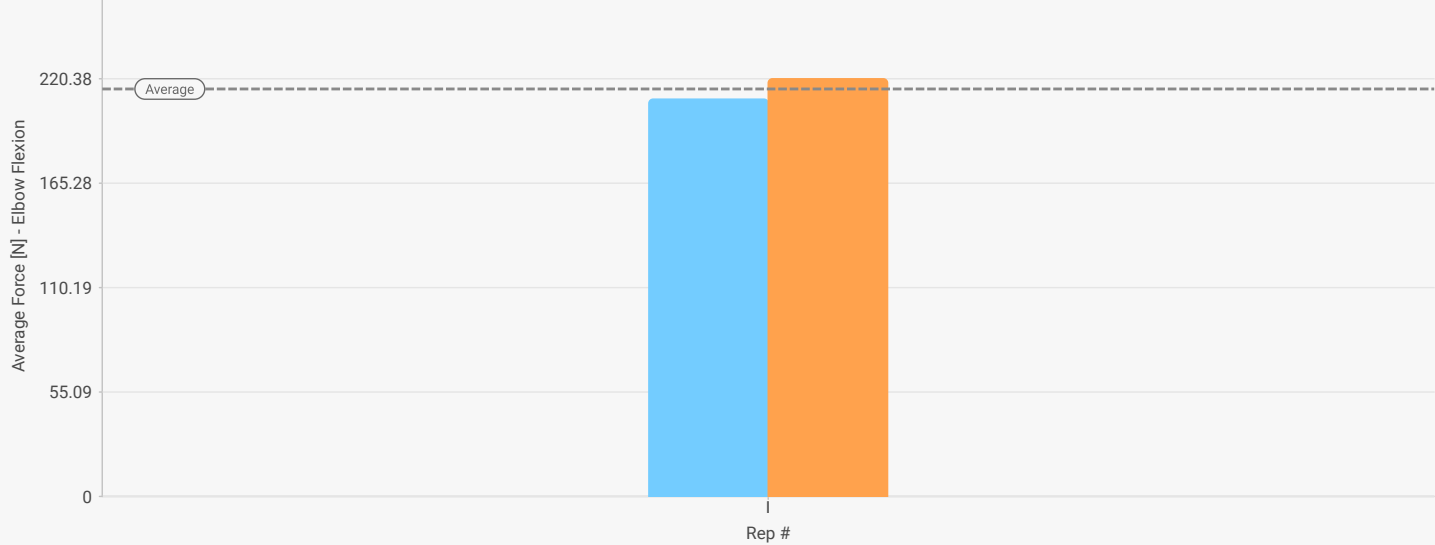
Extension Average Force [N] - Elbow Extension

Range Average
151.25 - 152 151.63



Flexion Average Force [N] - Elbow Flexion

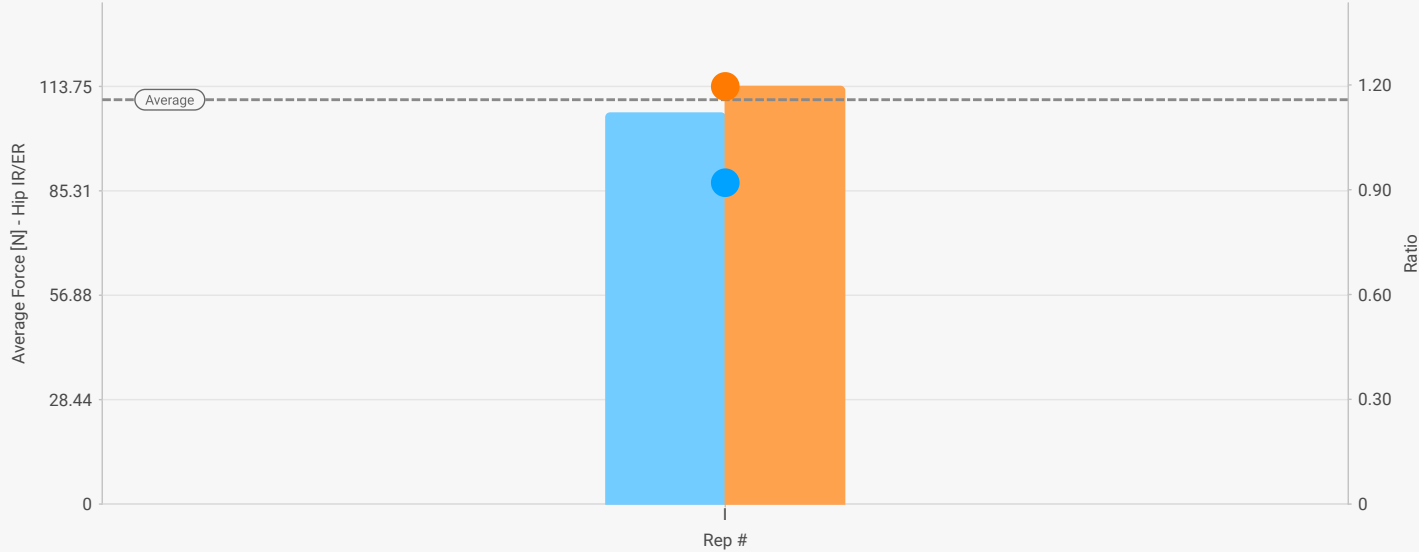
Range Average
209.63 - 220.38 215





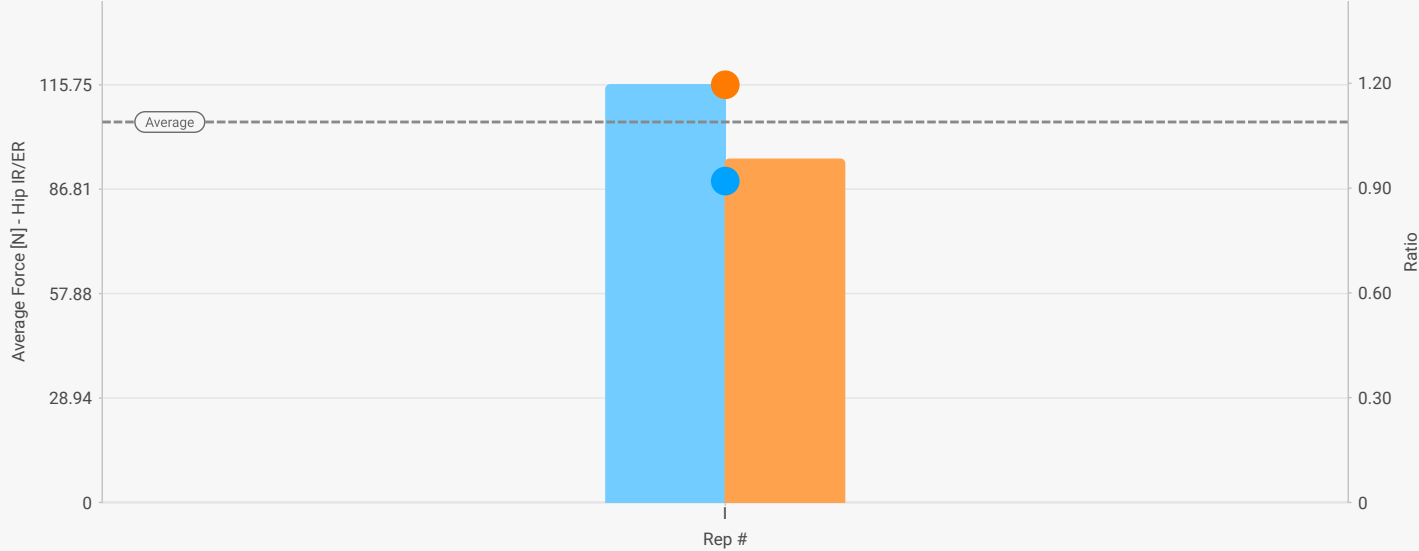
External Rotation Average Force [N] - Hip IR/ER

Range Average
106.5 - 113.75 110.13



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

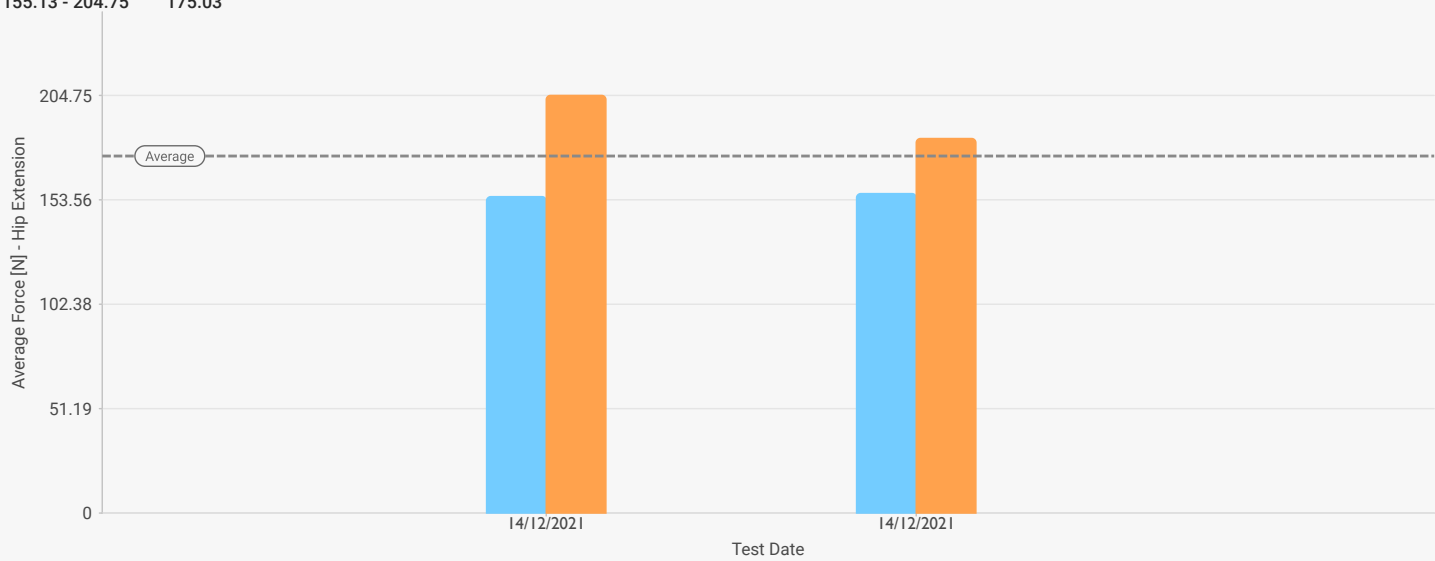
Range Average
95.13 - 115.75 105.44





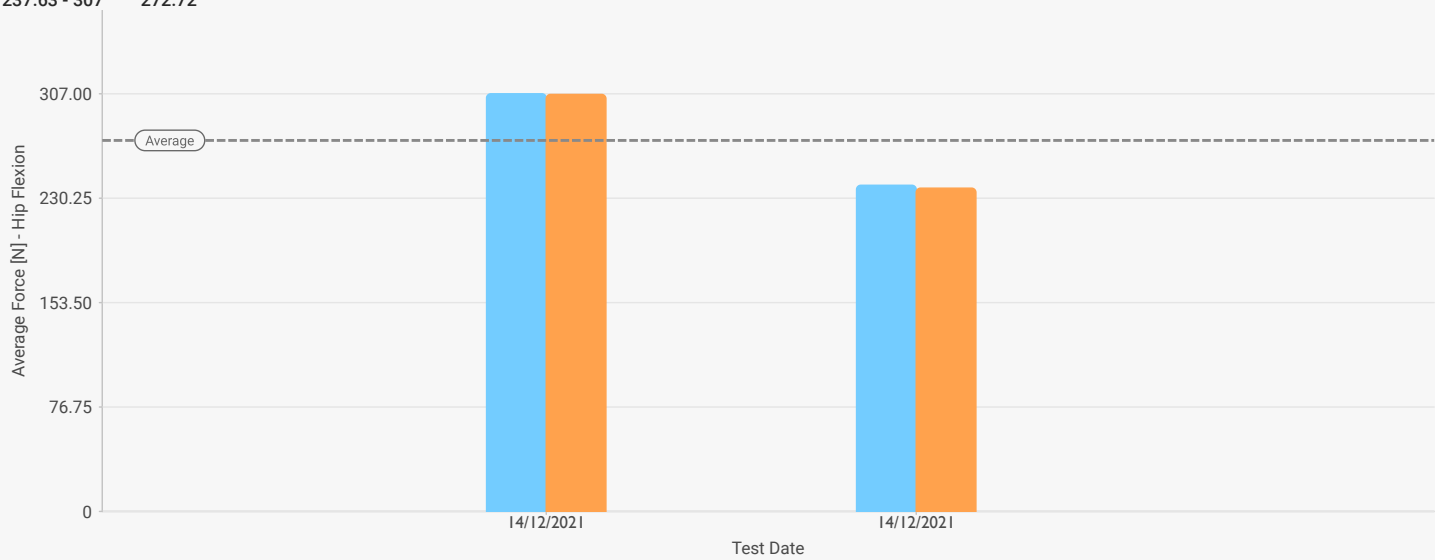
Extension Average Force [N] - Hip Extension

Range Average
155.13 - 204.75 175.03



Flexion Average Force [N] - Hip Flexion

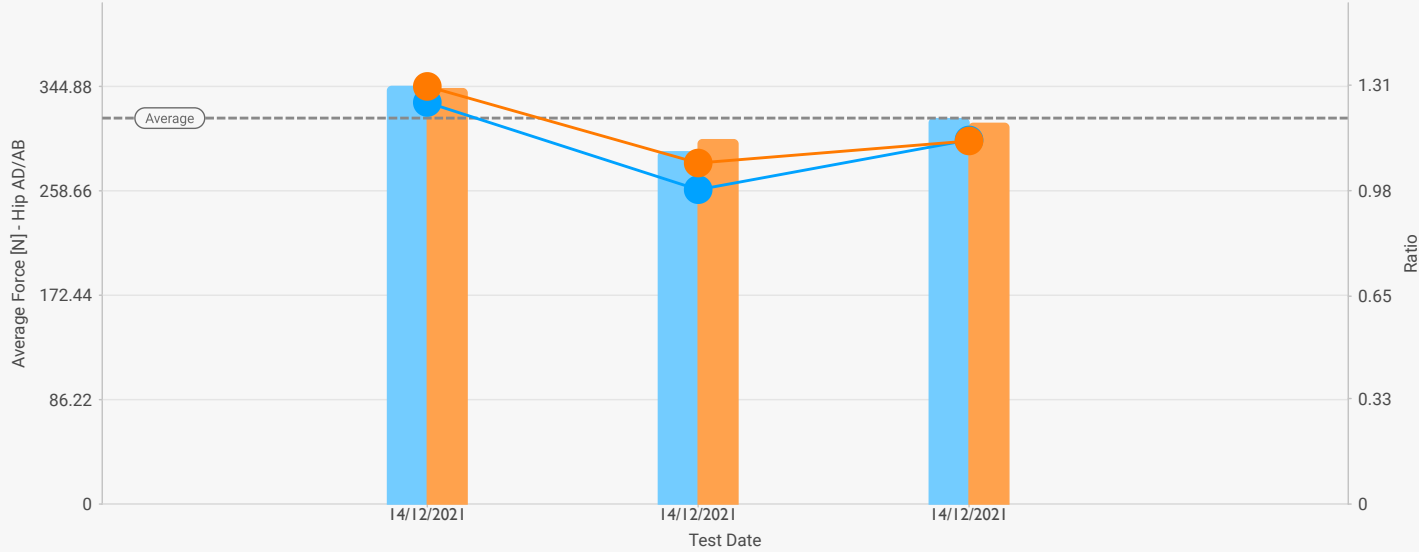
Range Average
237.63 - 307 272.72





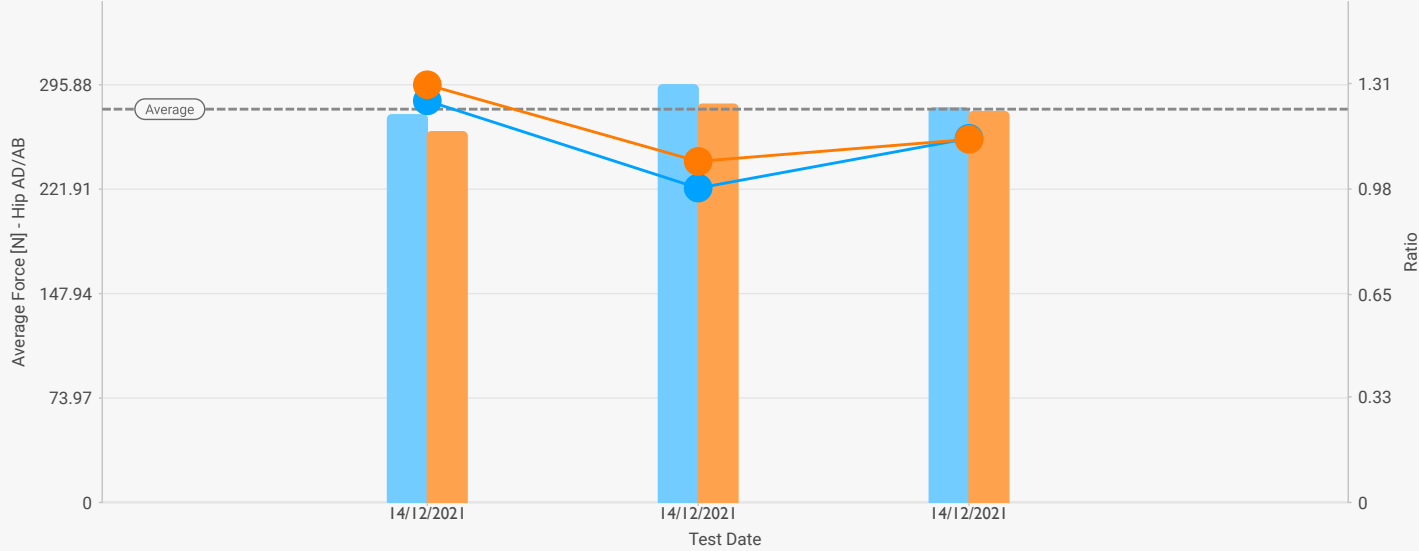
Adduction Average Force [N] - Hip AD/AB

Range Average
290.88 - 344.88 318.71



Abduction Average Force [N] - Hip AD/AB

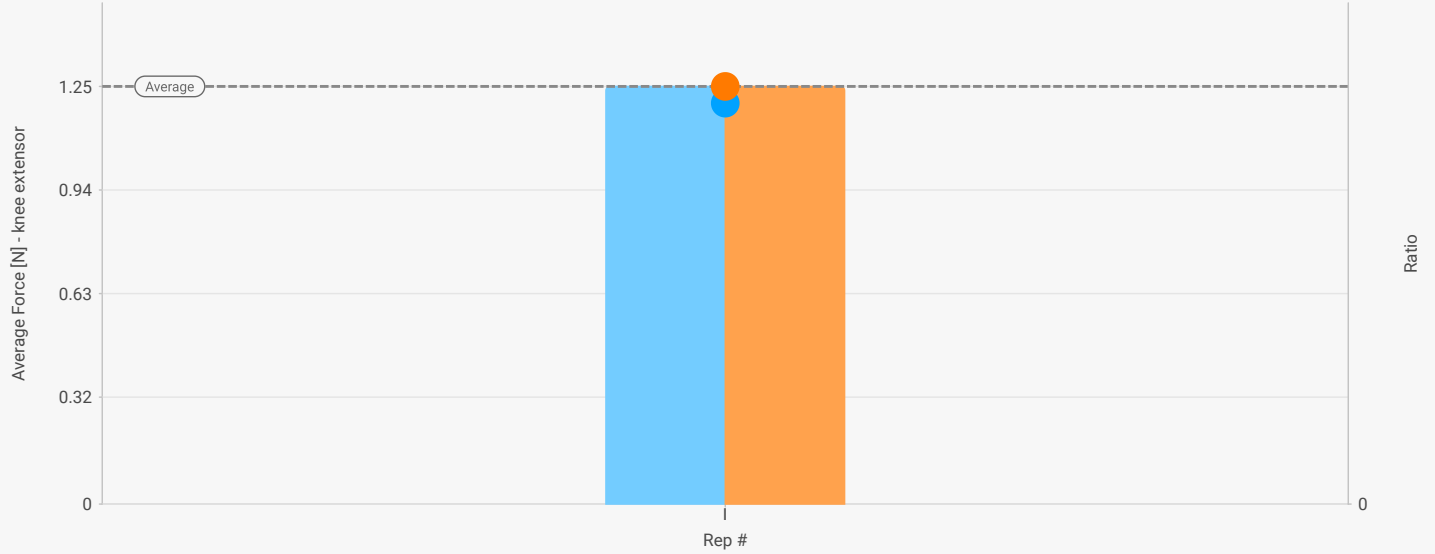
Range Average
262.63 - 295.88 278.6





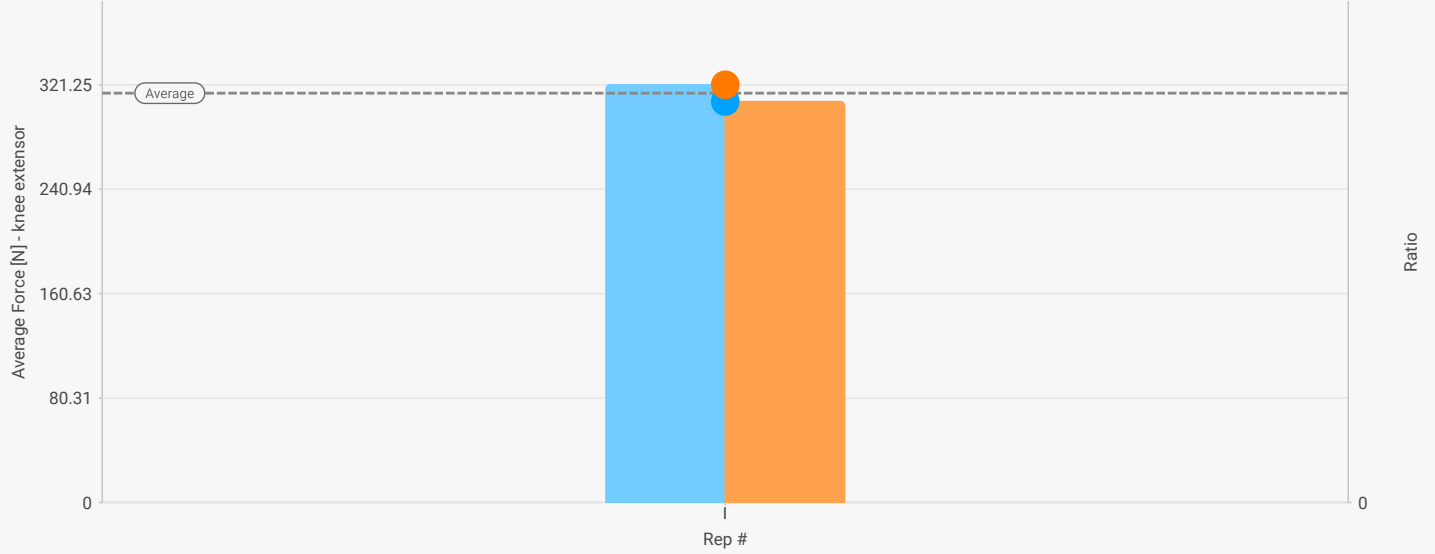
Average Force [N] - knee extensor

Range Average
1.25 - 1.25 1.25



Average Force [N] - knee extensor

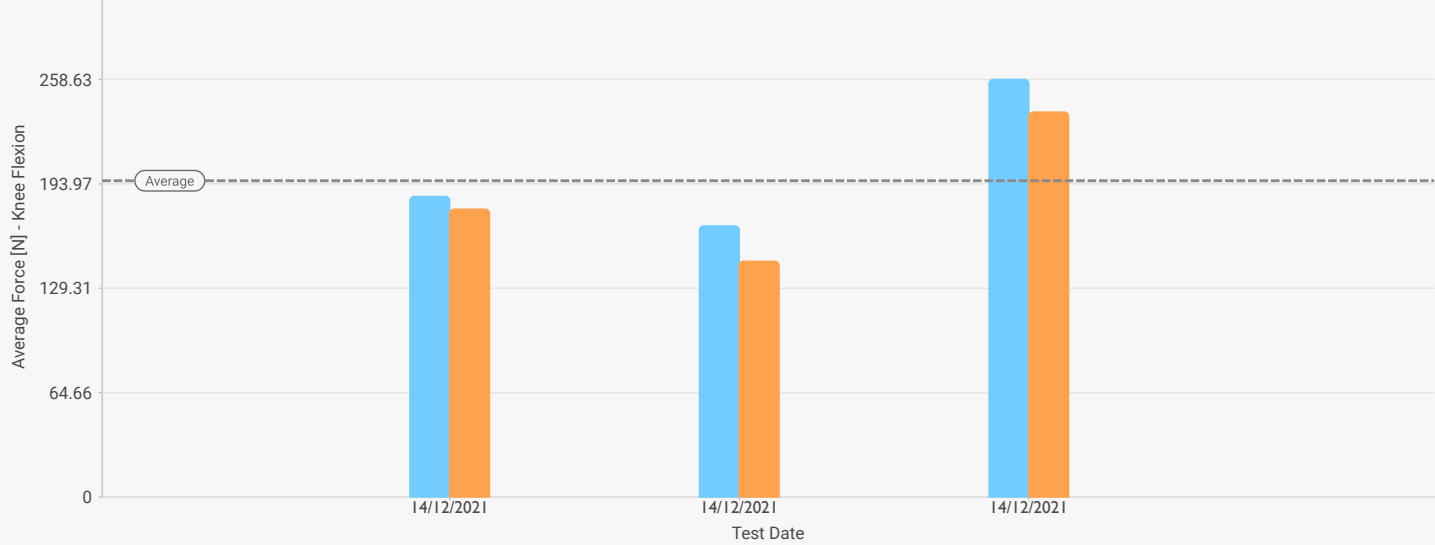
Range Average
308.38 - 321.25 314.81





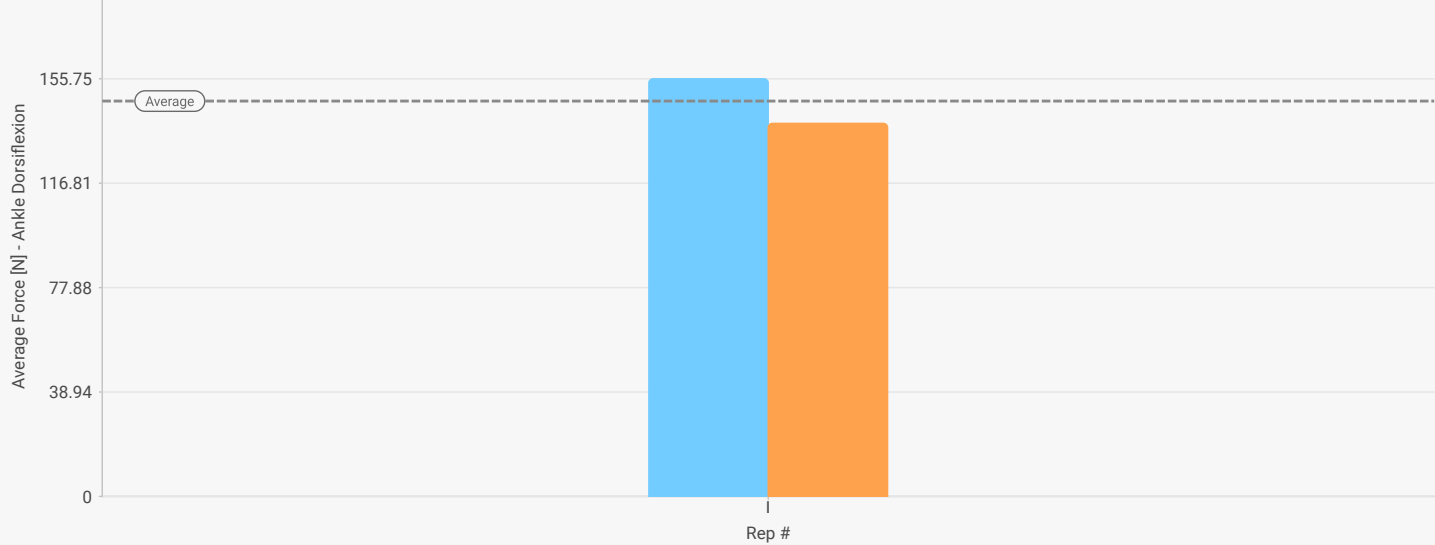
Knee Flexion Average Force [N] - Knee Flexion

Range Average
146 - 258.63 195.88



Dorsiflexion Average Force [N] - Ankle Dorsiflexion

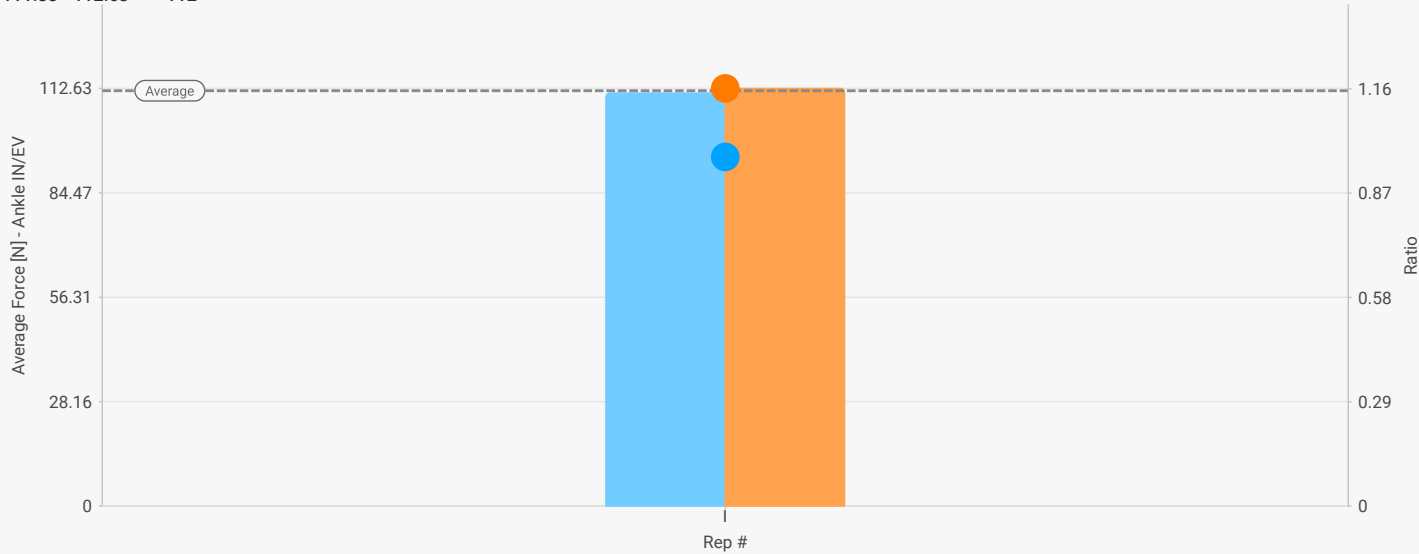
Range Average
139.13 - 155.75 147.44





Inversion Average Force [N] - Ankle IN/EV

Range Average
111.38 - 112.63 112



Eversion Average Force [N] - Ankle IN/EV

Range Average
97 - 114.75 105.88

