PROFILE ASSESSMENT

Alexandre Bonoli

16th February, 2024

PROFILE INFORMATION

NAME	Alexandre Bonoli
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	4th June, 1973
GENDER	Male
HEIGHT	175cm / 68in
WEIGHT	79kg / 173lb
AGE	50

Standing Posture

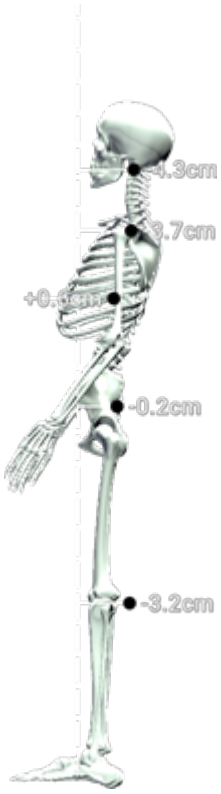
Posture and Stability Assessment

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

Neck lateral flexion	1.0° Right ▼
Trunk lateral flexion	1.4° Right ▼
Pelvis Lateral Tilt	2.1° Right ▼
Trunk Flexion	1.0° Posterior

SWAYTRAK MOVEMENT PATHS (KNEES AND CENTRE OF MASS)

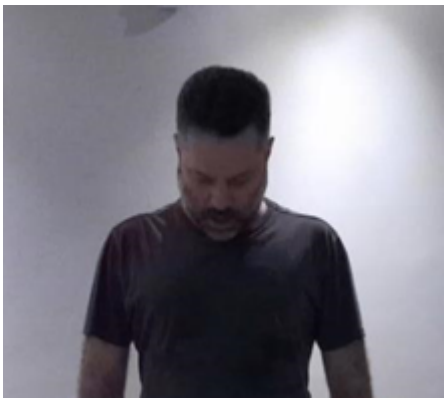
PRACTITIONER COMMENTS

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°	30.4°	10.6°	41.0°
Trunk Flexion	4.8° **Posterior**	5.0° **Anterior**	11.1° **Posterior**	N/A
Trunk lateral flexion	1.4°	0.1° Left ▼	0.8° Right ▼	N/A

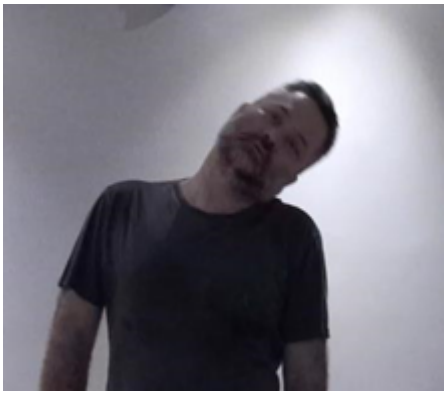
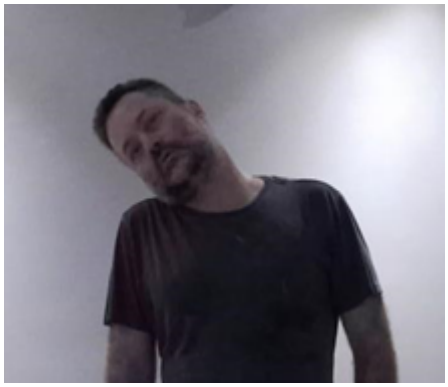
PRACTITIONER COMMENTS

Cervical Spine Lateral Flexion

Range of Motion Assessment

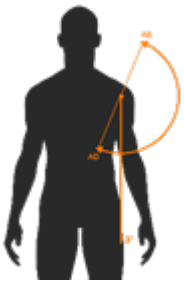
Cervical Spine Lateral Flexion (left and right) is calculated by taking the inclination of the head relative to the line of the trunk in the frontal plane (front view).

RESULTS

PEAK LEFT LATERAL FLEXION	PEAK RIGHT LATERAL FLEXION
	

KEY RESULTS	PEAK FLEXION (LEFT)	PEAK FLEXION (RIGHT)	IMBALANCE
Lateral Flexion	29.8°	32.5°	+2.7°
Trunk Flexion	3.1° **Posterior**	3.2° **Posterior**	N/A
Trunk lateral flexion at Peak Flexion	6.7° Left ▼	7.9° Right ▼	+1.2°

PRACTITIONER COMMENTS

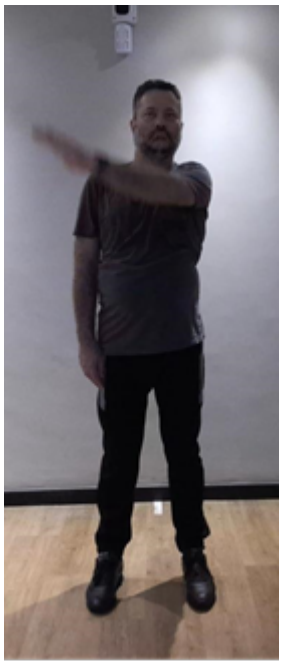
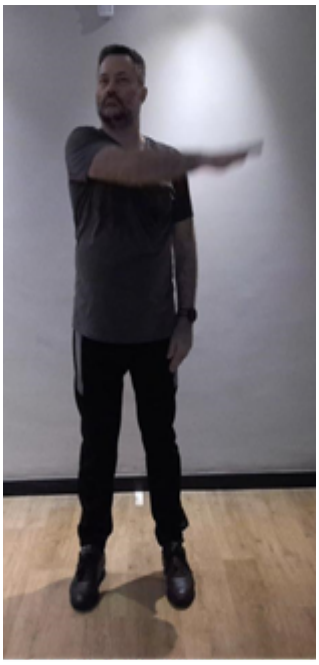
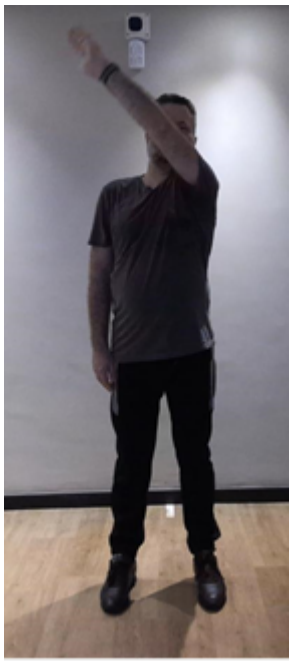
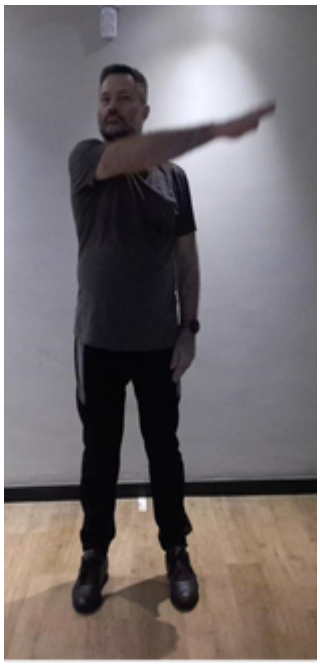


Shoulder Adduction/Abduction

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	117.3°	96.1°	+21.2°
Shoulder Abduction	256.5°	263.3°	+6.9°
Trunk lateral flexion at Peak Abduction	1.6° Left ▼	2.5° Right ▼	+0.9°

PRACTITIONER COMMENTS (LEFT)

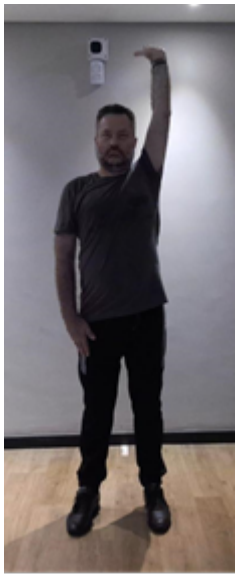
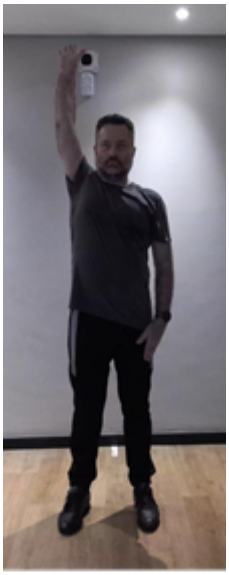
PRACTITIONER COMMENTS (RIGHT)

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).

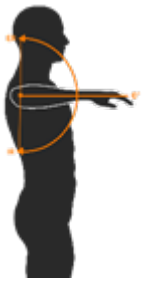
RESULTS

PEAK FLEXION		PEAK EXTENSION	
LEFT	RIGHT	LEFT	RIGHT
			

KEY RESULTS	LEFT	RIGHT	IMBALANCE
Shoulder Flexion	193.5°	198.9°	+5.3°
Shoulder Extension	60.6°	55.8°	+4.8°
Trunk lateral flexion at Peak Flexion	3.1° Right ▼	1.5° Left ▼	+1.6°

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	69.5°	82.3°	+12.8°
Shoulder External Rotation	85.8°	83.7°	+2.1°
Total ROM	155.3°	166.0°	+10.6°
Trunk lateral flexion at Peak Internal Rotation	0.7° Right ▼	2.4° Left ▼	+1.7°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

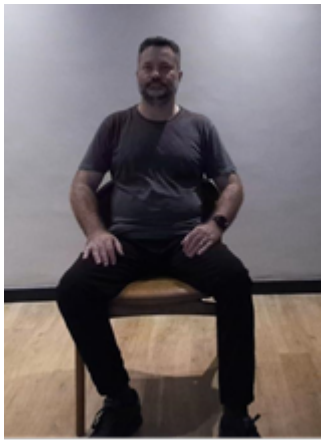
Hip Internal/External Rotation

Range of Motion Assessment

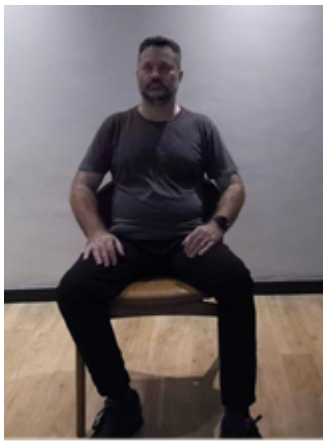
Hip Internal/External Rotation is calculated by taking the angle created by the tibia relative to vertical in the frontal plane (front view) while seated with 90˚ of hip flexion.

RESULTS

PEAK INTERNAL ROTATION

LEFT	RIGHT
	

PEAK EXTERNAL ROTATION

LEFT	RIGHT
	

KEY RESULTS	LEFT	RIGHT	IMBALANCE
Peak Internal Rotation	8.4°	21.7°	+13.3°
Peak External Rotation	9.2°	46.2°	+36.9°
Total ROM	0.8°	67.9°	+67.0°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)

Single Leg Stand

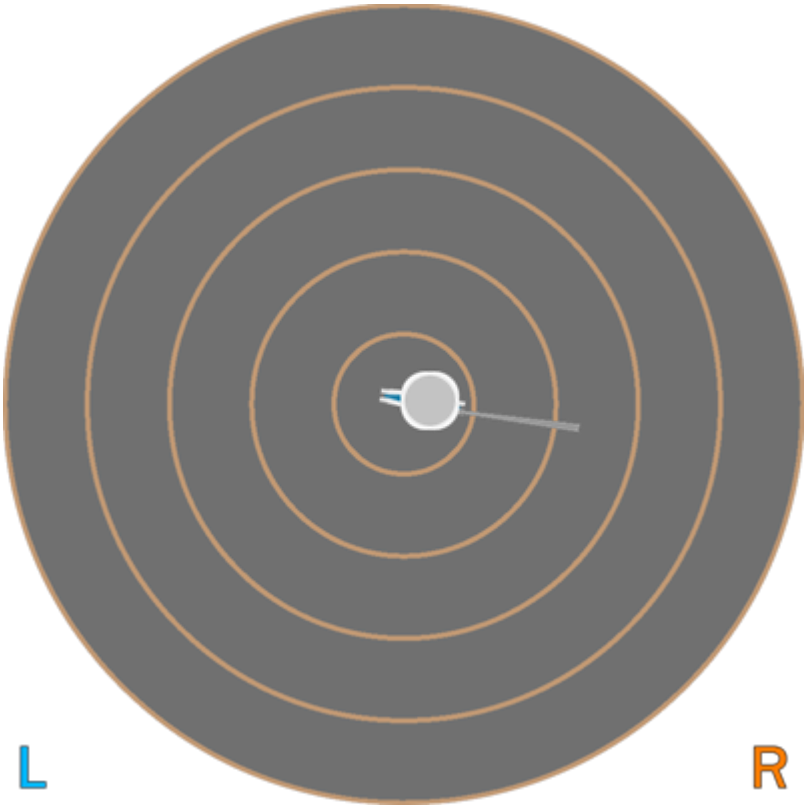
Balance Assessment

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	0.18 cm-2
COM Path Length	3.77 cm
Range – ML	2.58 cm
Range – AP	1.56 cm
Pelvis Lateral Tilt	2.5° Right ▼
Trunk lateral flexion	1.9° Right ▼

PRACTITIONER COMMENTS

Single Leg Stand

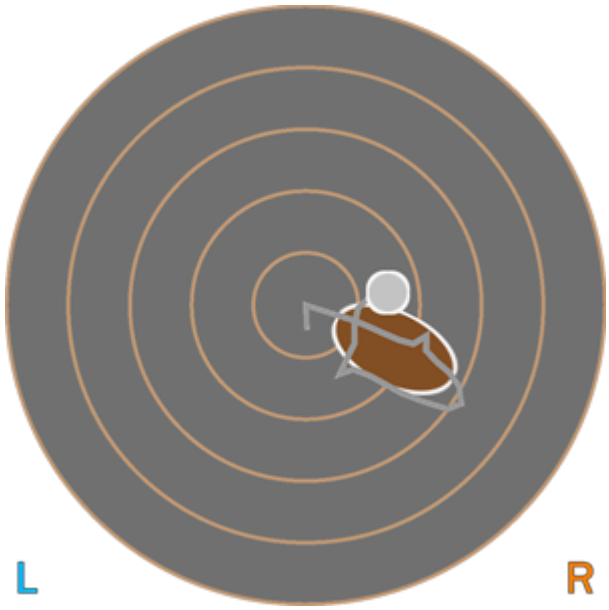
Balance Assessment

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	14.15 cm-2
COM Path Length	98.45 cm
Range – ML	19.90 cm
Range – AP	17.97 cm
Pelvis Lateral Tilt	3.6° Right ▼
Trunk lateral flexion	3.7° Right ▼

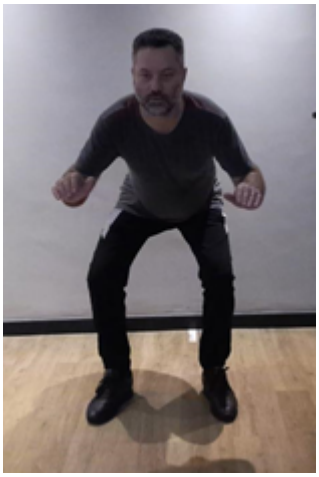
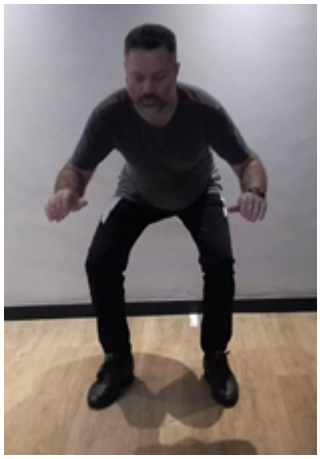
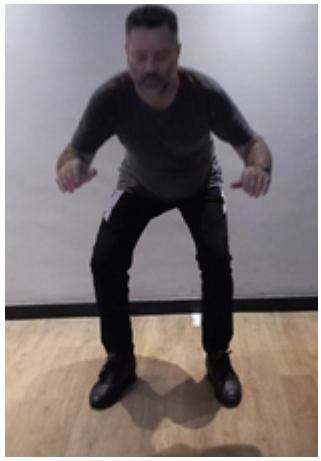
PRACTITIONER COMMENTS

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)	69.0°	71.2°	72.1°
Peak Knee Flexion (Right)	72.0°	75.3°	77.4°
Spine Tilt at Peak Knee Flexion	40.9° Anterior	45.0° Anterior	46.7° Anterior
Trunk lateral flexion at Peak Knee Flexion	0.6° Right ▼	0.6° Right ▼	0.3° Right ▼

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)	67.9°	68.0°	65.9°
Peak Knee Flexion (Right)	69.1°	73.9°	71.8°
Trunk Flexion at Peak Knee Flexion	33.6° Anterior	34.1° Anterior	29.6° Anterior
Trunk lateral flexion at Peak Knee Flexion	1.6° Right ▼	2.7° Right ▼	0.9° Left ▼

PRACTITIONER COMMENTS