

PROFILE ASSESSMENT

Ana Kietzmann

19th March, 2024

PROFILE INFORMATION

NAME	Ana Kietzmann
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	6 th March, 1978
GENDER	Female
HEIGHT	174cm / 68in
WEIGHT	66kg / 145lb
AGE	46



Standing Posture

Posture and Stability Assessment

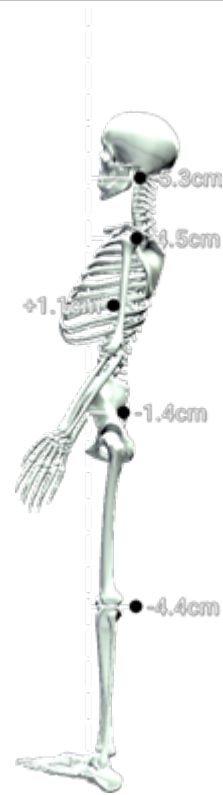
Standing Posture is a baseline postural assessment that can provide insight into an individual's structural balance, alignment, and postural strategy.

RESULTS

BALANCE SNAPSHOT



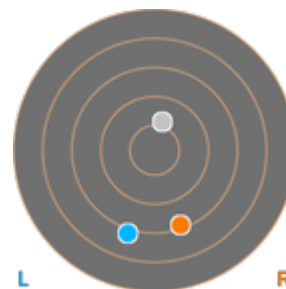
SIDETRAK POSTURAL DEVIATION (SAGITTAL PLANE/SIDE VIEW)



KEY RESULTS

Neck lateral flexion	2.9° Right ▼
Trunk lateral flexion	1.0° Right ▼
Pelvis Lateral Tilt	0.2° Right ▼
Trunk Flexion	2.9° Posterior

SWAYTRAK MOVEMENT PATHS (KNEES AND CENTRE OF MASS)



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

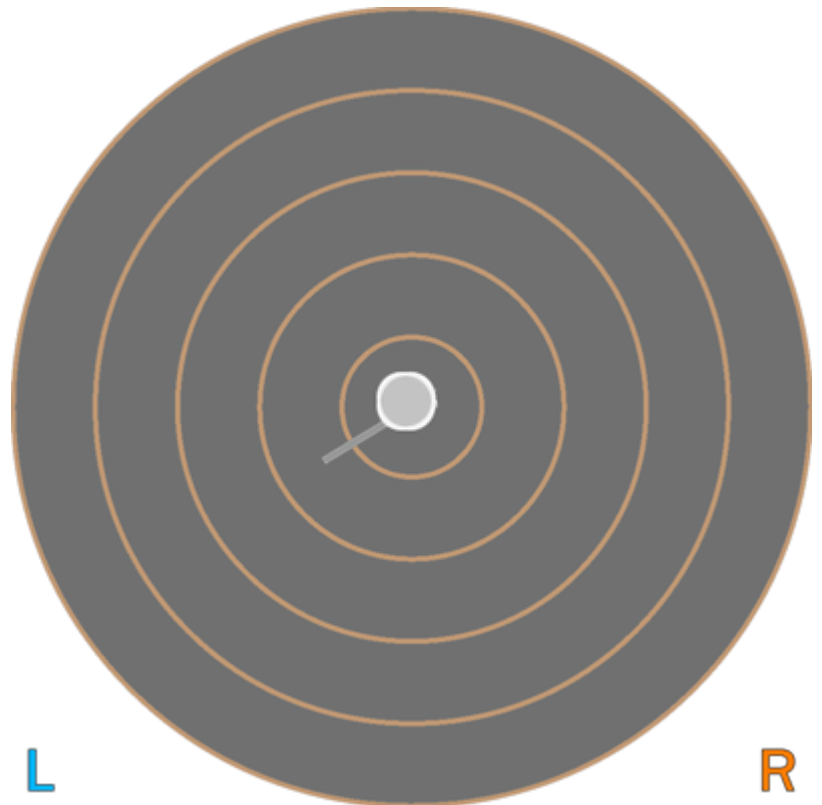
RESULTS

BALANCE RESULTS (LEFT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

Ellipse Area

COM Path Length

Range – ML

Range – AP

Pelvis Lateral Tilt

Trunk lateral flexion

RESULTS

3.12 cm²

28.32 cm

5.15 cm

3.34 cm

5.4° Left ▼

0.9° 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

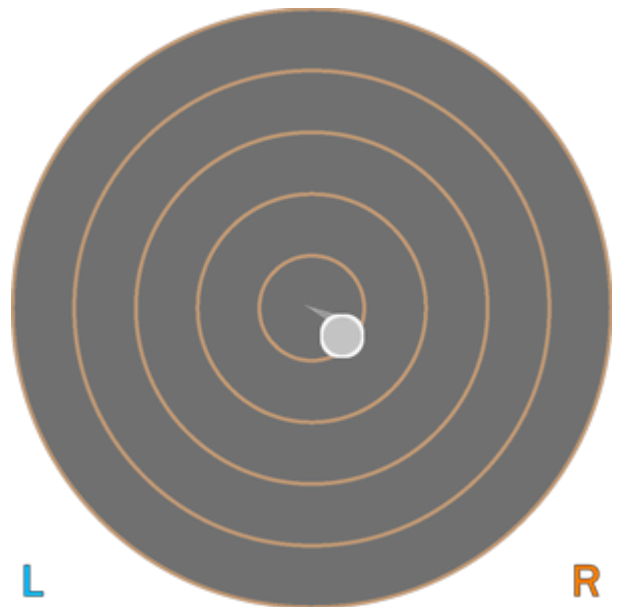
RESULTS

BALANCE RESULTS (RIGHT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

Ellipse Area

COM Path Length

Range – ML

Range – AP

Pelvis Lateral Tilt

Trunk lateral flexion

RESULTS

0.35 cm²

18.43 cm

1.48 cm

1.39 cm

9.0° Right ▼

4.4° Right ▼

PRACTITIONER COMMENTS




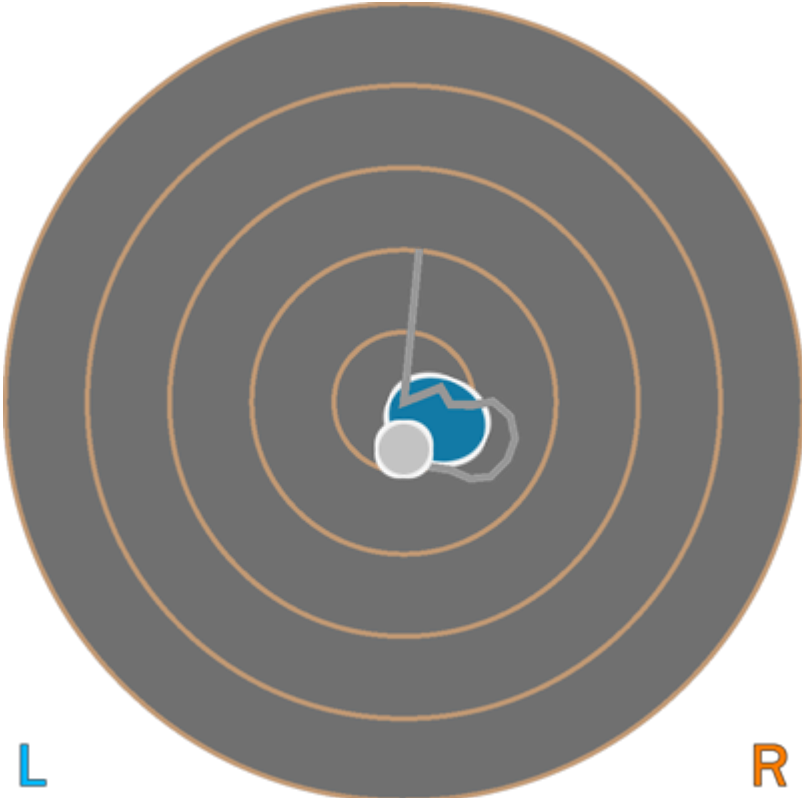
Tandem Stand

Balance Assessment

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

Eyes Closed
Surface Stable
Time 10.0 s

RESULTS

BALANCE RESULTS (LEFT)	
SNAPSHOT – START OF TEST	CENTER OF MASS PATH
	
KEY METRICS	RESULTS
Ellipse Area	10.36 cm-2
COM Path Length	54.46 cm
Range – ML	10.79 cm
Range – AP	10.24 cm
Pelvis Lateral Tilt	2.1° Right ▼
Trunk lateral flexion	2.8° Right ▼
PRACTITIONER COMMENTS	




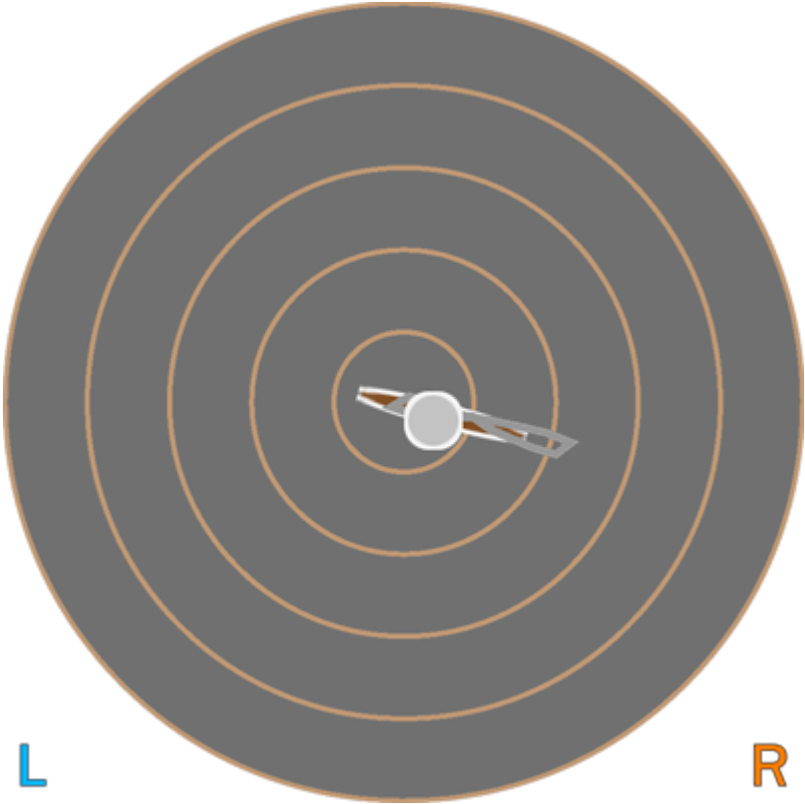
Tandem Stand

Balance Assessment

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

Eyes Closed
Surface Stable
Time 10.0 s

RESULTS

BALANCE RESULTS (RIGHT)	
SNAPSHOT – START OF TEST	CENTER OF MASS PATH
	
KEY METRICS	RESULTS
Ellipse Area	10.77 cm-2
COM Path Length	69.93 cm
Range – ML	23.72 cm
Range – AP	8.15 cm
Pelvis Lateral Tilt	1.0° Right ▼
Trunk lateral flexion	1.7° Right ▼
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°	29.9°	8.2°	38.2°
Trunk Flexion	2.1° Posterior	4.4° Anterior	2.4° Posterior	N/A
Trunk lateral flexion	1.5°	2.5° Right ▼	1.1° 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	22.7°	33.5°	+10.8°
Trunk Flexion	2.1° Posterior	3.3° Posterior	N/A
Trunk lateral flexion at Peak Flexion	7.0° Left ▼	9.8° Right ▼	+2.8°

PRACTITIONER COMMENTS




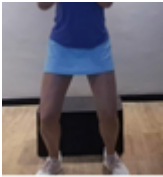
Drop Jump

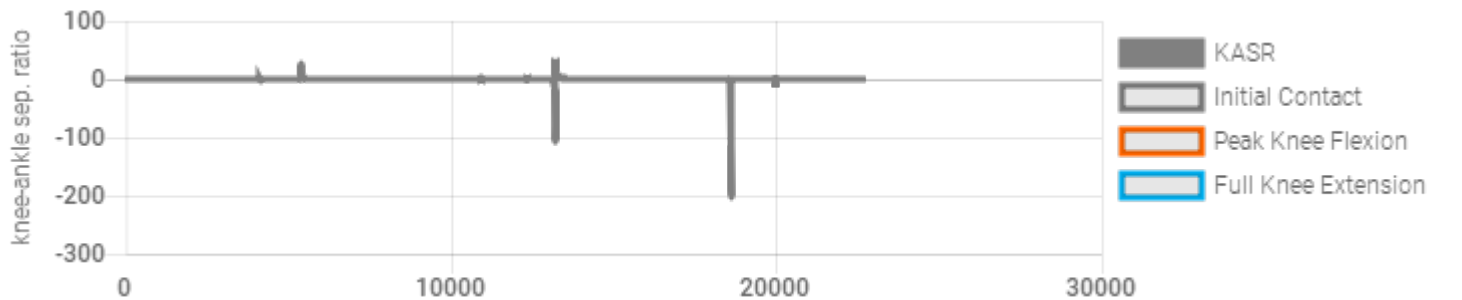
Lower Body Dynamic Assessment

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	1.0
Hip Flexion (Left)	29.9°	42.9°
Hip Flexion (Right)	29.2°	43.9°
Knee Flexion (Left)	55.5°	70.8°
Knee Flexion (Right)	52.0°	69.2°



PRACTITIONER COMMENTS



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 27.00 cm

Peak Spine Tilt after landing 13.2° Anterior

Peak Lateral Spine Tilt after landing 0.7° Right

Peak Lateral Pelvic Tilt after landing 2.2° Right

KEY METRICS (LEGS)

LEFT LEG

RIGHT LEG

ASYMMETRY

Peak Hip Flexion after landing 44.5° 43.5° 2.3%

Peak Knee Flexion after landing 60.7° 62.0° 2%

Peak Knee Valgus/Varus after landing 6.4° Varus 11.9° Varus 46.1%

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.

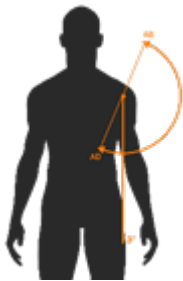
RESULTS

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)	133.0°	130.8°	136.9°
Peak Knee Flexion (Right)	129.7°	128.4°	132.1°
Trunk Flexion at Peak Knee Flexion	31.4° Anterior	33.2° Anterior	35.2° Anterior
Trunk lateral flexion at Peak Knee Flexion	0.5° Left ▼	1.7° Right ▼	0.2° Left ▼

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	88.2°	91.2°	+3.0°
Shoulder Abduction	191.9°	191.3°	+0.6°
Trunk lateral flexion at Peak Abduction	2.2° Right ▼	0.6° Right ▼	+1.5°

PRACTITIONER COMMENTS (LEFT)

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PRACTITIONER COMMENTS (RIGHT)




Shoulder Flexion/Extension

Range of Motion Assessment

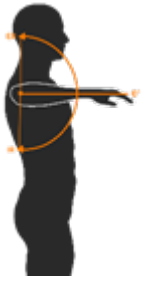
Shoulder Flexion/Extension is calculated by taking the angle created by the humerus (upper arm) relative to the line of the trunk in the sagittal plane (side view).

RESULTS

PEAK FLEXION		PEAK EXTENSION	
LEFT	RIGHT	LEFT	RIGHT
			
KEY RESULTS	LEFT	RIGHT	IMBALANCE
Shoulder Flexion	176.9°	195.5°	+18.5°
Shoulder Extension	50.9°	66.2°	+15.3°
Trunk lateral flexion at Peak Flexion	1.4° Right ▼	0.8° Right ▼	+0.6°

PRACTITIONER COMMENTS (**LEFT**)

PRACTITIONER COMMENTS (**RIGHT**)



Shoulder Internal/External Rotation

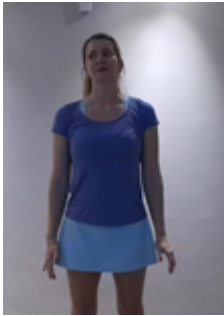
Range of Motion Assessment

Shoulder Internal/External Rotation calculated by taking the angle created by the forearm relative to horizontal in the sagittal plane (side view).

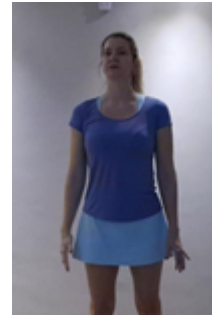
RESULTS

PEAK INTERNAL ROTATION

LEFT

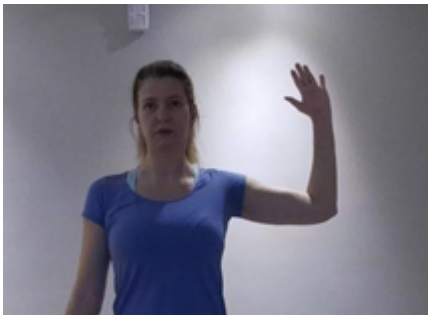


RIGHT



PEAK EXTERNAL ROTATION

LEFT



RIGHT



KEY RESULTS

LEFT

RIGHT

IMBALANCE

Shoulder Internal Rotation

73.1°

71.5°

+1.6°

Shoulder External Rotation

80.0°

97.1°

+17.1°

Total ROM

153.1°

168.6°

+15.5°

Trunk lateral flexion
at Peak Internal Rotation

0.6° Right ▼

0.9° Right ▼

+0.3°

PRACTITIONER COMMENTS (LEFT)

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PRACTITIONER COMMENTS (RIGHT)



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.

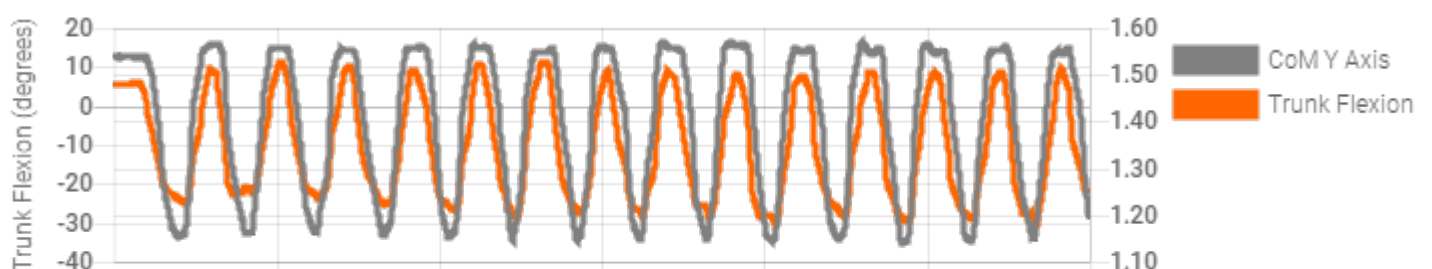
RESULTS

KEY RESULTS	OVERALL
Successful Repetitions	14
Peak Knee Extension	L 3.3° R 3.1°
Knee Displacement	L 7.4 cm R 7.7 cm
Peak Lateral Trunk Flexion	2.7° Left ▼

SNAPSHOTS

START	1st REP: PEAK TRUNK FLEXION	Q1 REP: PEAK TRUNK FLEXION	MEDIAN REP: PEAK TRUNK FLEXION	Q3 REP: PEAK TRUNK FLEXION	LAST REP: PEAK TRUNK FLEXION

KEY METRICS	1st REP	Q1 REP	MEDIAN REP	Q3 REP	LAST REP
Knee-Ankle Separation Ratio	1.2	1.2	1.2	1.2	1.1
Lateral Trunk Flexion	1.4° Right ▼	0.4° Left ▼	0.6° Right ▼	1.3° Left ▼	1.0° Right ▼
Knee Flexion	L 81.1° R 79.2°	L 85.0° R 82.1°	L 85.1° R 82.9°	L 83.3° R 81.5°	L 79.3° R 79.3°
Hip Flexion	L 68.3° R 68.3°	L 76.1° R 75.8°	L 82.1° R 81.8°	L 81.5° R 81.2°	L 72.8° R 74.0°
Trunk Flexion	1.4° Posterior	0.4° Anterior	0.6° Posterior	1.3° Anterior	1.0° Posterior









Squat

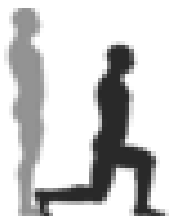
Lower Body Dynamic Assessment

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)	122.5°	119.4°	118.5°
Peak Knee Flexion (Right)	123.0°	120.4°	116.6°
Spine Tilt at Peak Knee Flexion	41.4° Anterior	34.7° Anterior	35.0° Anterior
Trunk lateral flexion at Peak Knee Flexion	0.4° Left ▼	0.7° Right ▼	1.6° Right ▼

PRACTITIONER COMMENTS



Lunge

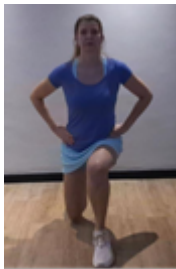
Lower Body Dynamic Assessment

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	65.8°	87.3°	24.7%
Peak Knee Flexion	88.6°	113.4°	21.9%
Peak Spine Lateral Tilt	2.1° Posterior	1.1° Anterior	N/A
Peak Pelvic Lateral Tilt	2.3° Right	0.1° Right	N/A

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)


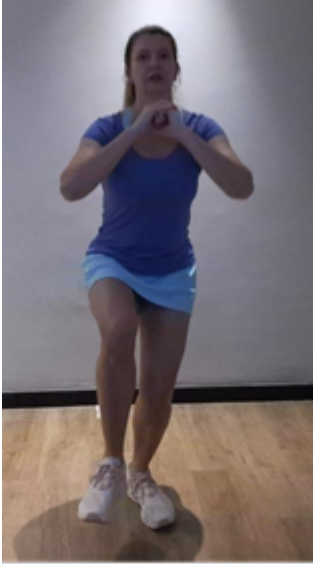




Single Leg Squat

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	81.9°	86.7°	90.3°
Knee Displacement (total)	28.8 cm	25.8 cm	31.0 cm
Peak Knee Valgus	0.0°	0.0°	0.0°
Peak Knee Varus	12.9° Varus	11° Varus	12.5° Varus
Trunk lateral flexion at Peak Knee Flexion	5.5° Left ▼	1.6° Left ▼	6.1° Left ▼

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	75.8°	69.7°	72.1°
Knee Displacement (total)	33.5 cm	20.6 cm	35.0 cm
Peak Knee Valgus	8.4° Valgus	5.4° Valgus	4.1° Valgus
Peak Knee Varus	4.7° Varus	5.5° Varus	18.3° Varus
Trunk lateral flexion at Peak Knee Flexion	1.9° Right ▼	0.9° Left ▼	4.6° Right ▼

PRACTITIONER COMMENTS