PROFILE ASSESSMENT

Julia Rosado

16th May, 2022

PROFILE INFORMATION

NAME	Julia Rosado
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	19th October, 2000
GENDER	Female
HEIGHT	165cm / 64in
WEIGHT	53kg / 116lb
AGE	21

Single Leg Squat

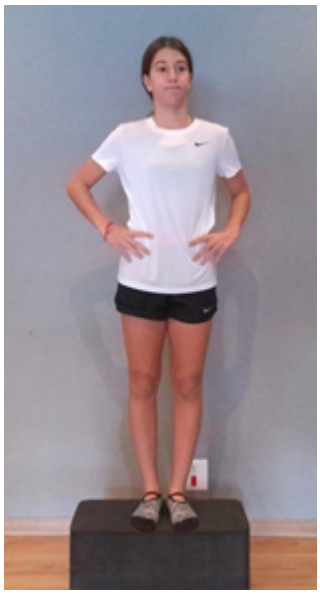
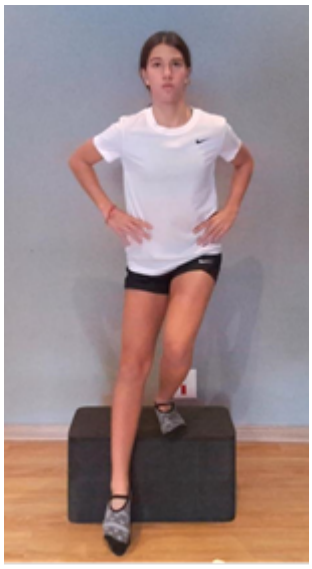
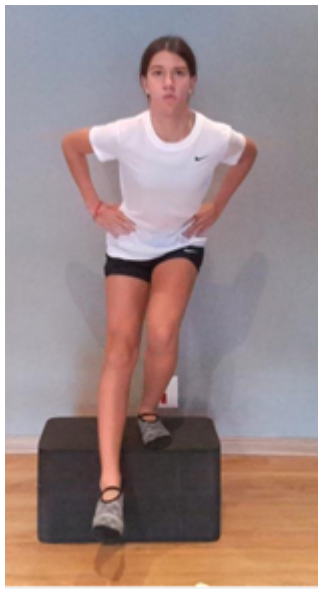
Lower Body Dynamic Assessment

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
			

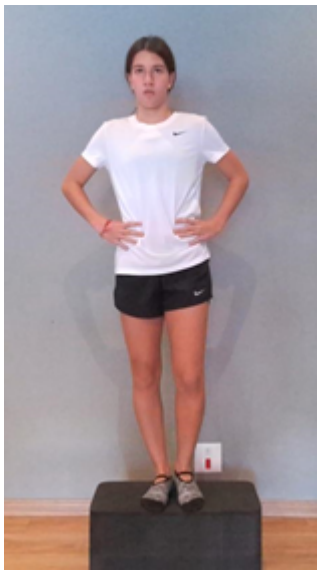
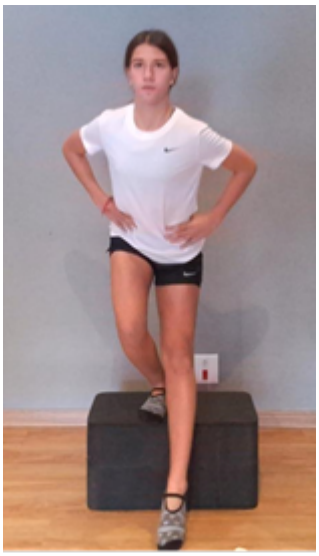
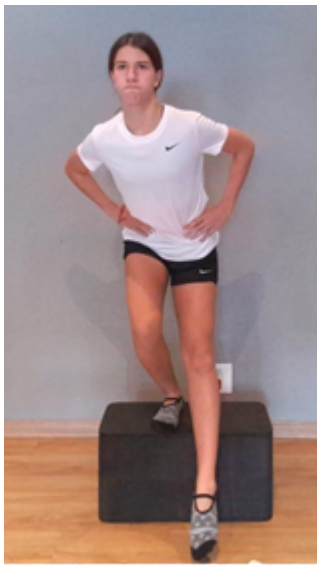
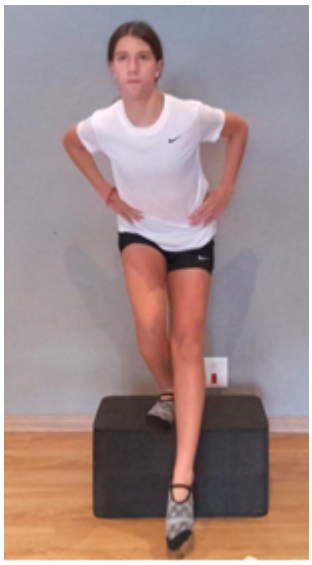
KEY RESULTS	REP 1	REP 2	REP 3
Peak Knee Flexion	90.9°	84.0°	86.3°
Knee Displacement (total)	25.5 cm	21.8 cm	32.0 cm
Peak Knee Valgus	10.7° **Valgus**	19.2° **Valgus**	13.8° **Valgus**
Peak Knee Varus	5.4° **Varus**	5.3° **Varus**	7.1° **Varus**
Trunk lateral flexion at Peak Knee Flexion	2.5° **Right** ▼	4.1° **Left** ▼	4.3° **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	94.6°	88.4°	95.6°
Knee Displacement (total)	25.3 cm	25.7 cm	34.5 cm
Peak Knee Valgus	0.0°	0.0°	0.0°
Peak Knee Varus	27° **Varus**	23.5° **Varus**	37.6° **Varus**
Trunk lateral flexion at Peak Knee Flexion	0.6° Left ▼	6.2° Right ▼	10.4° Right ▼

PRACTITIONER COMMENTS

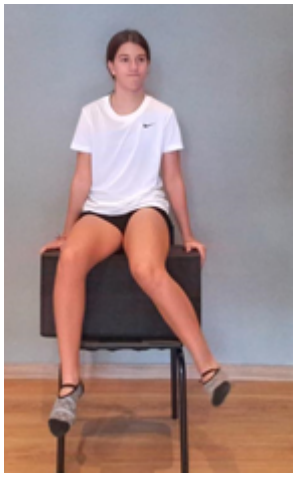
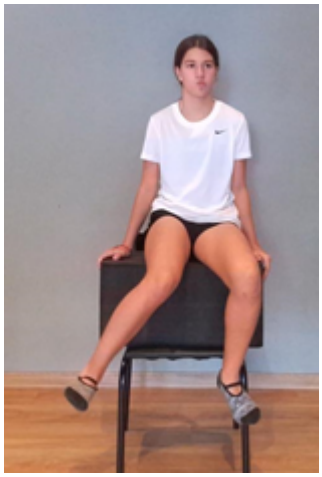
Hip Internal/External Rotation

Range of Motion Assessment

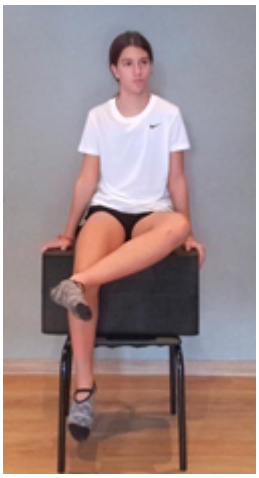
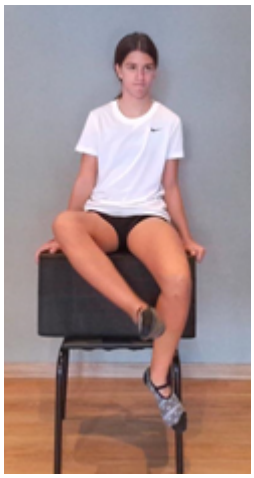
Hip Internal/External Rotation is calculated by taking the angle created by the tibia relative to vertical in the frontal plane (front view) while seated with 90˚ of hip flexion.

RESULTS

PEAK INTERNAL ROTATION

LEFT	RIGHT
	

PEAK EXTERNAL ROTATION

LEFT	RIGHT
	

KEY RESULTS	LEFT	RIGHT	IMBALANCE
Peak Internal Rotation	37.1°	36.8°	+0.4°
Peak External Rotation	55.8°	49.4°	+6.3°
Total ROM	92.9°	86.2°	+6.7°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)