Tests (9)

PROFILE	DATE	TEST TYPE	TEST POSITION	REPS
Ana Paula Ferreira 9 Tests				
	09/08/2022 3:42 PM	Hip Flexion	Kicker	FLEX 1 L / 1 R
	09/08/2022 3:37 PM	Hip Flexion	Prone	FLEX 1 L / 1 R
	09/08/2022 3:35 PM	Hip Extension	Prone	EXT 1 L / 1 R
	09/08/2022 3:33 PM	Hip IR/ER	Prone	ER 1 L / 1 R IR 0 L / 1 R
	09/08/2022 3:31 PM	Hip AD/AB	Seated	ADD 1 L / 1 R ABD 1 L / 1 R
	09/08/2022 3:28 PM	Ankle IN/EV	Supine	INV 1 L / 1 R EV 1 L / 1 R
	09/08/2022 3:25 PM	Knee Flexion	Standing	FLEX 1 L / 1 R
	09/08/2022 3:23 PM	Knee Flexion	Prone	FLEX 1 L / 1 R
	09/08/2022 3:16 PM	Ankle Dorsiflexion	Seated	DF 1 L / 1 R

Flexion Max Force [N] - Hip Flexion

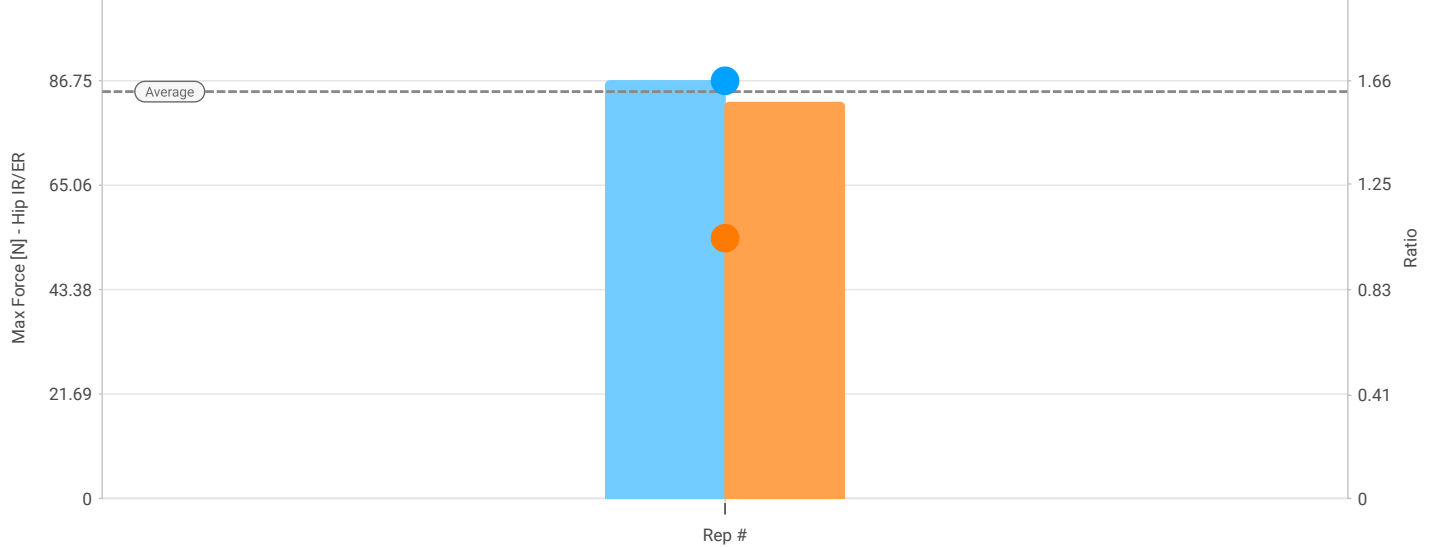| Range	Average
147.5 - 230	187.38

ON
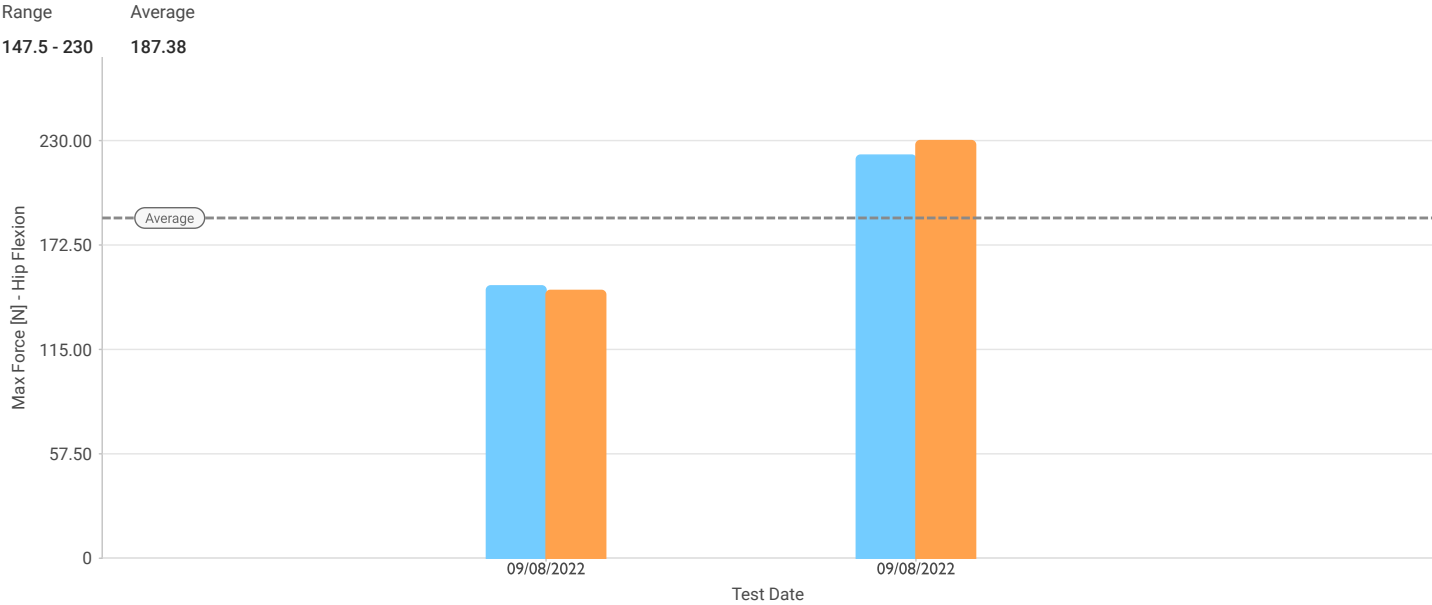
Extension Max Force [N] - Hip Extension

Range   Average

241 - 254.75   **247.88**
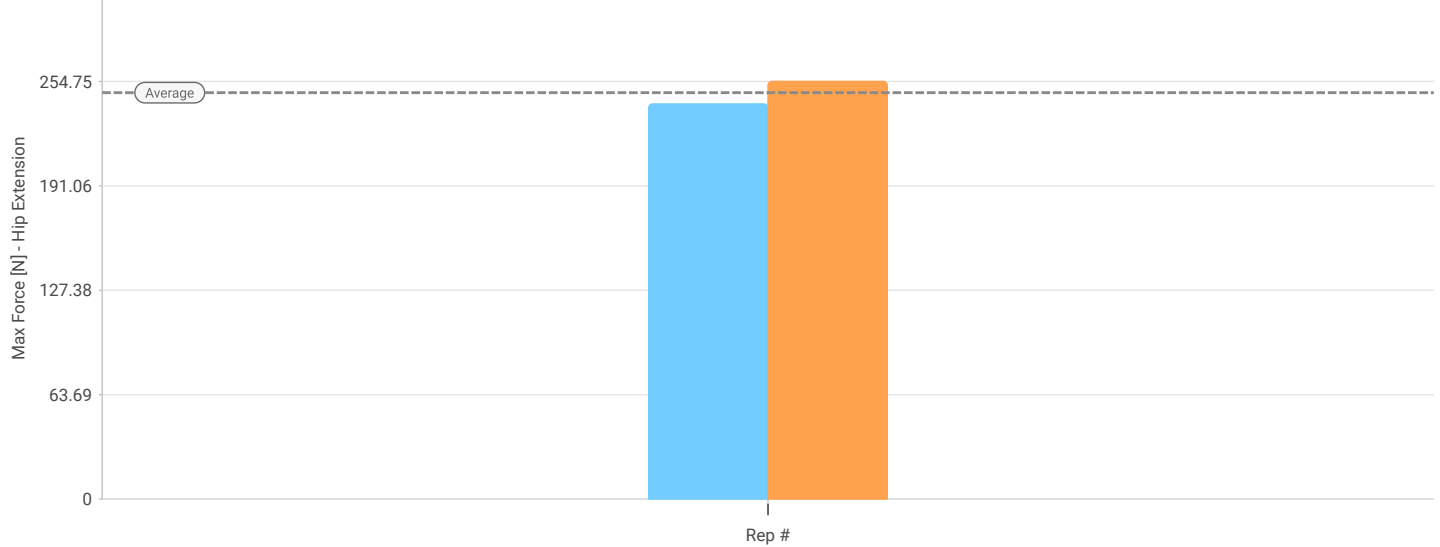
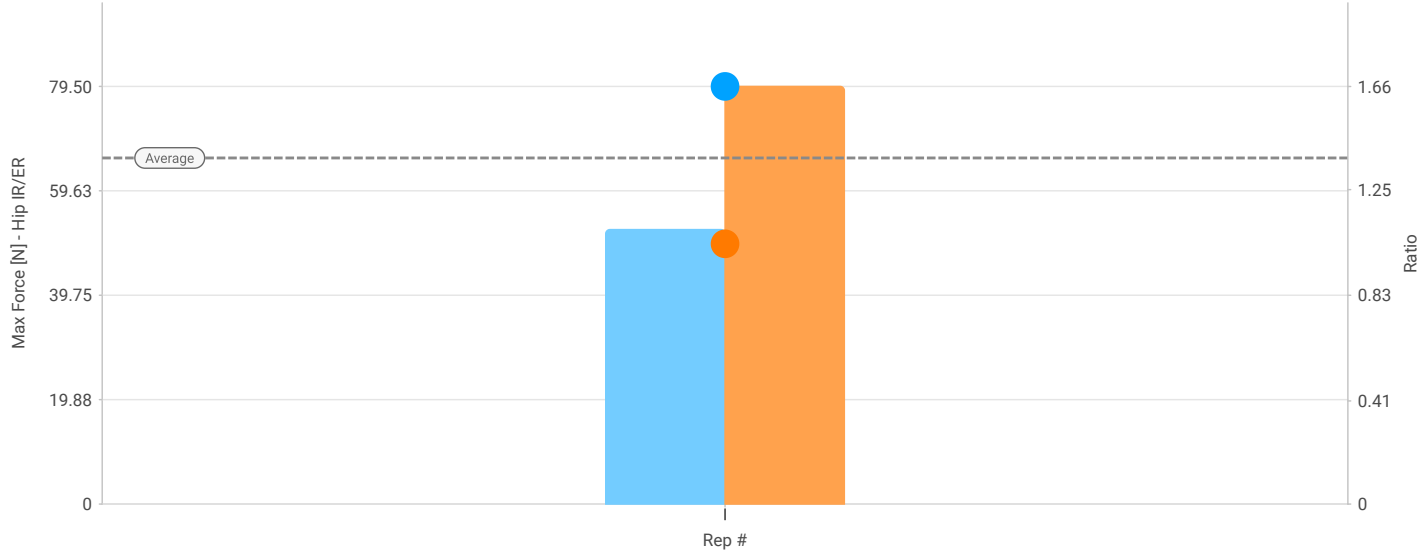## External Rotation Max Force [N] - Hip IR/ER
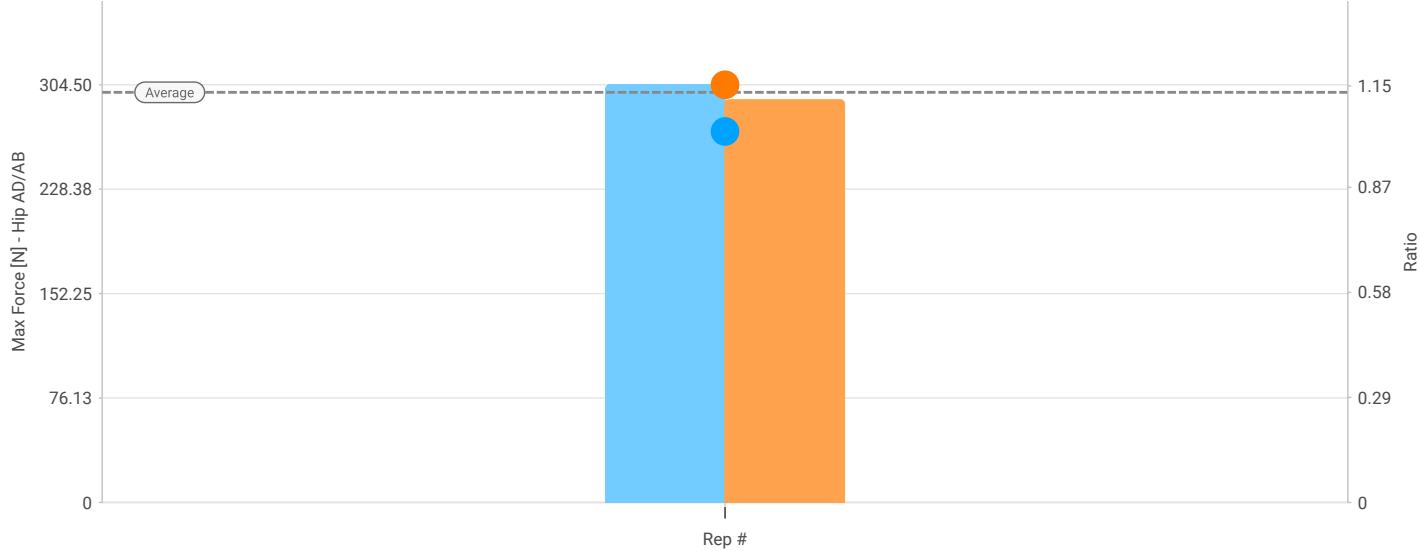
Range   Average

82.25 - 86.75   **84.5**

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

Range
52.25 - 79.5

Average
65.88

Adduction Max Force [N] - Hip AD/AB

Range
293.5 - 304.5
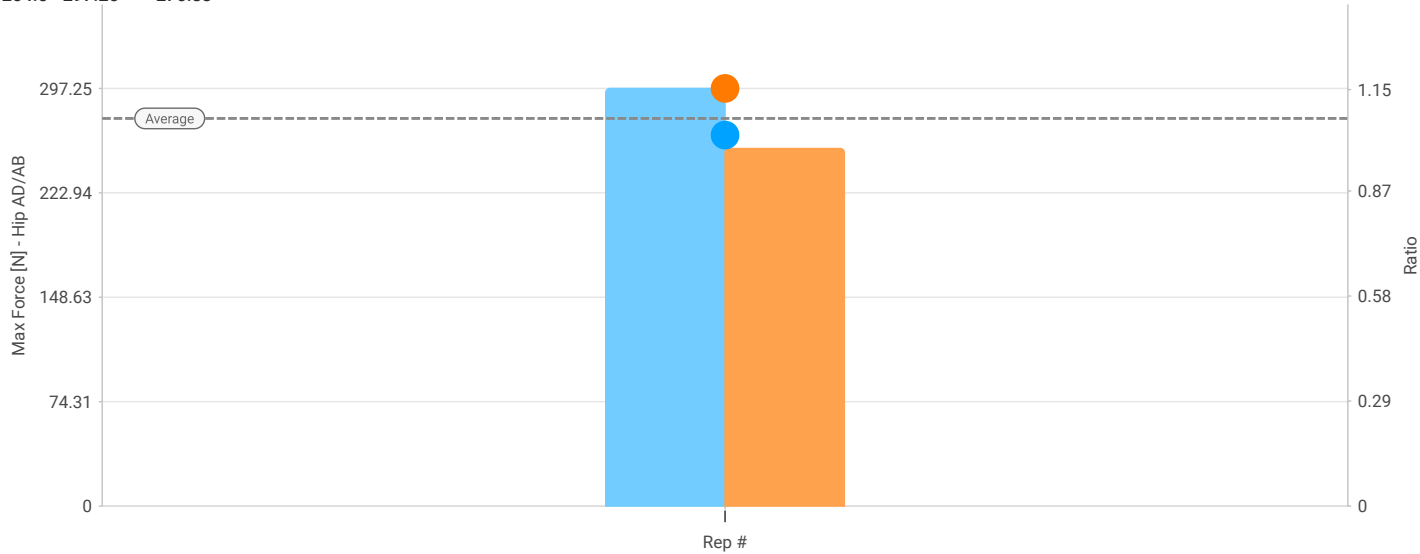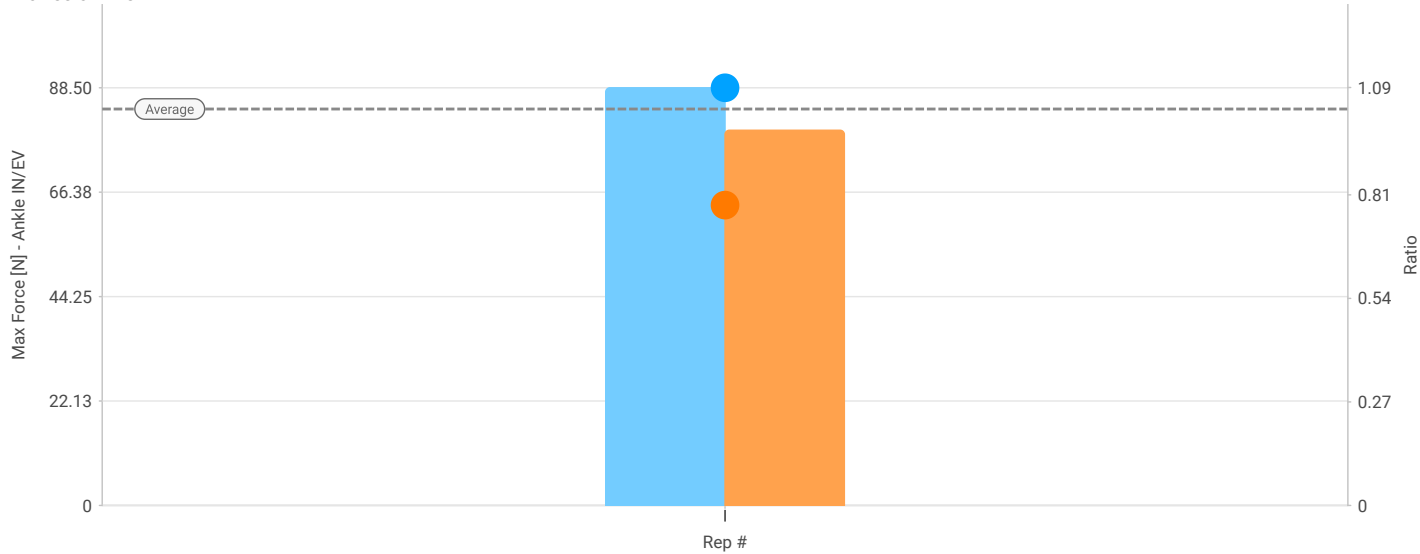
Average
299

Abduction Max Force [N] - Hip AD/AB

Range   Average

254.5 - 297.25   **275.88**
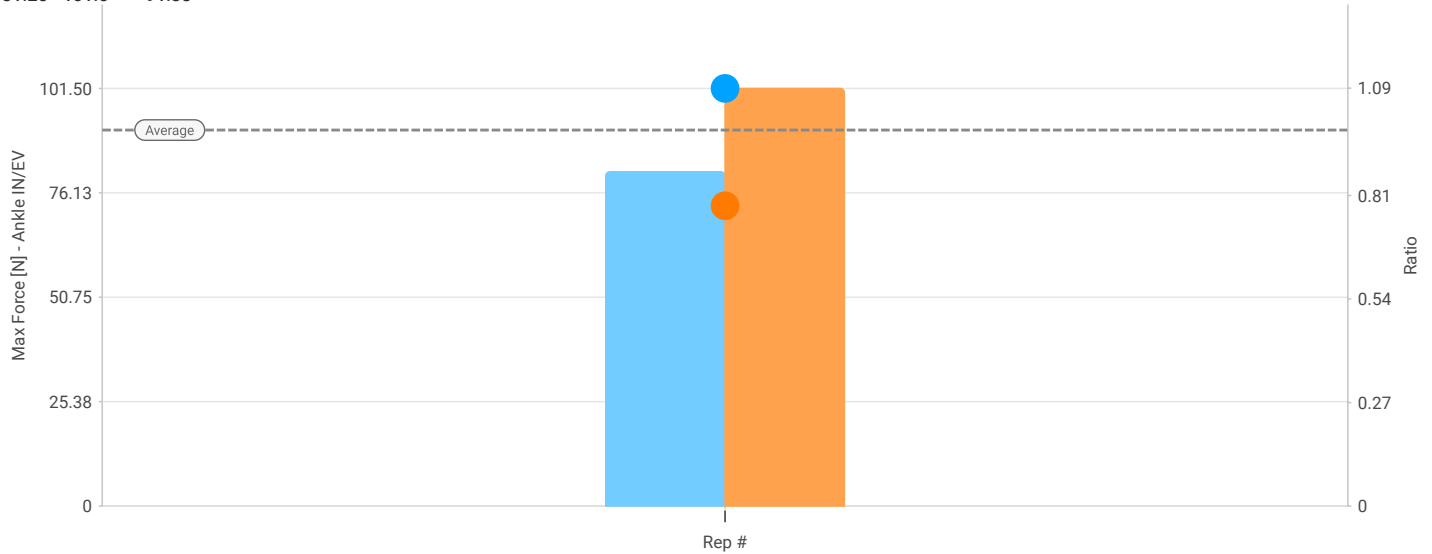

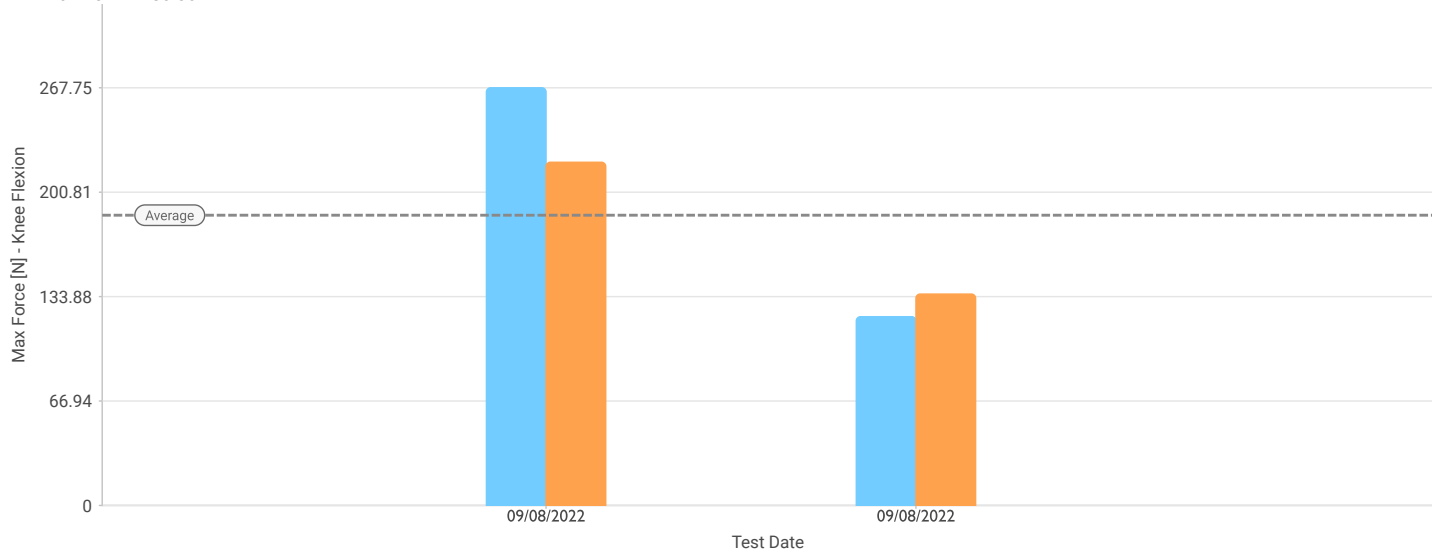## Inversion Max Force [N] - Ankle IN/EV

Range   Average

79.5 - 88.5   **84**

VALD

⌂ > Profile > ForceFrame

Eversion Max Force [N] - Ankle IN/EV

Range	Average
81.25 - 101.5	**91.38**

Knee Flexion Max Force [N] - Knee Flexion

Range	Average
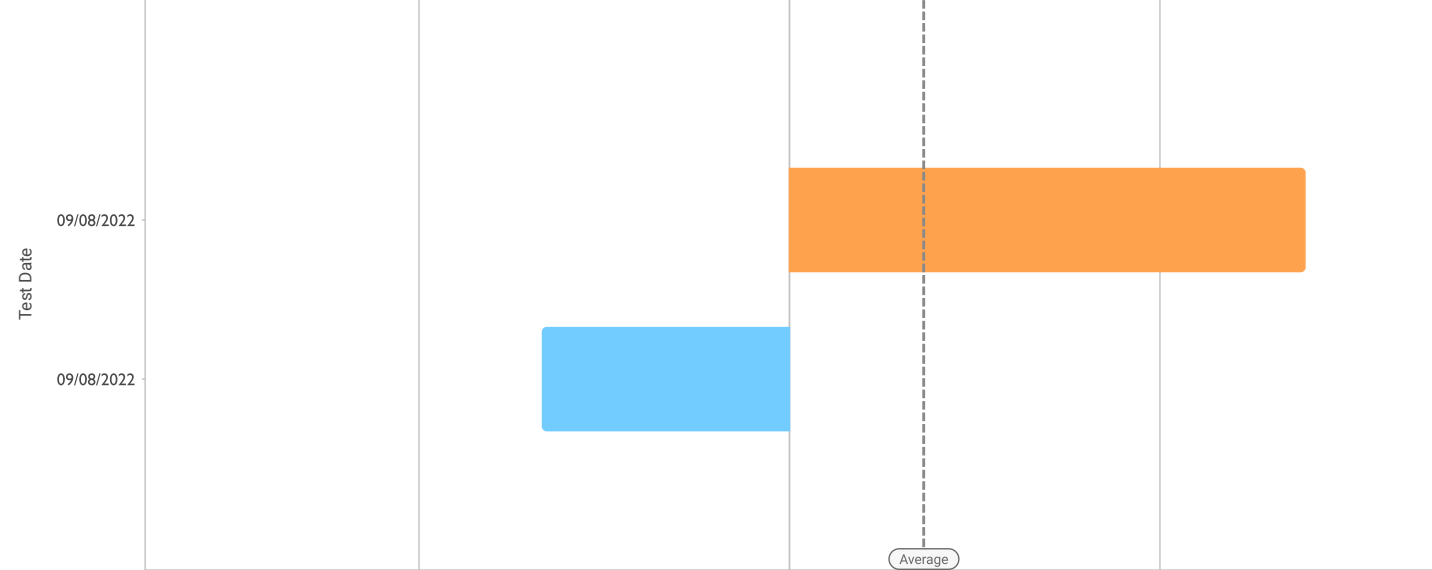**121 - 267.75**	**186.06**

Dorsiflexion Max Force [N] - Ankle Dorsiflexion

Range
130.5 - 134.5
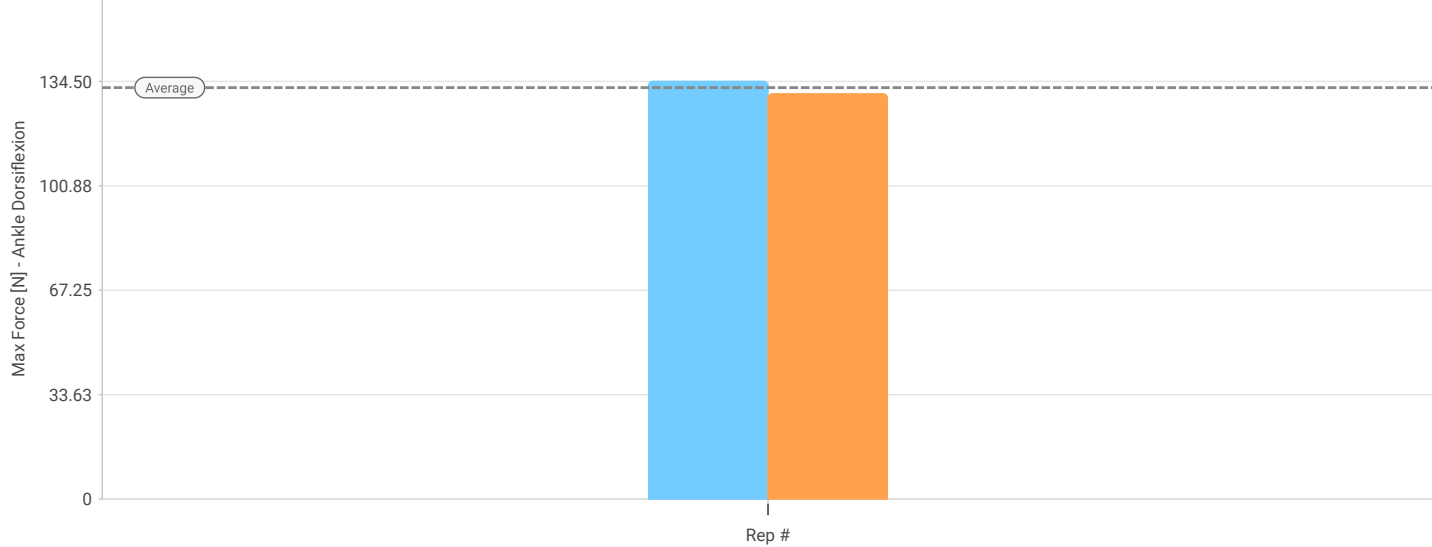
Average
132.5

Flexion Asymmetry [%] - Hip Flexion

Range
1.6666666666666718 L - 3.4782608695652195 R

Average
0.91 R

Extension Asymmetry [%] - Hip Extension

Range

Average

5.397448478900879 L - 5.397448478900879 R   5.4 R

External Rotation Asymmetry [%] - Hip IR/ER
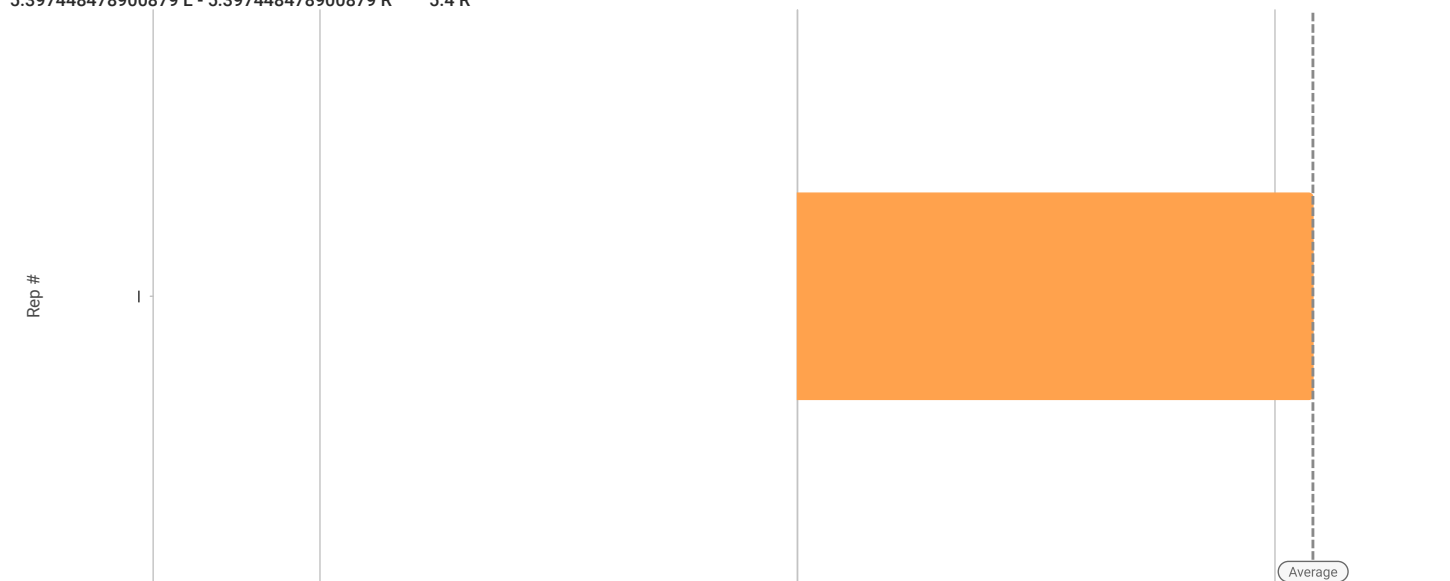
Range

Average

5.187319884726227 L - 5.187319884726227 R   5.19 L

VALD

Internal Rotation Asymmetry [%] - Hip IR/ER

Range

Average

34.27672955974843 L - 34.27672955974843 R   34.28 R

Adduction Asymmetry [%] - Hip AD/AB
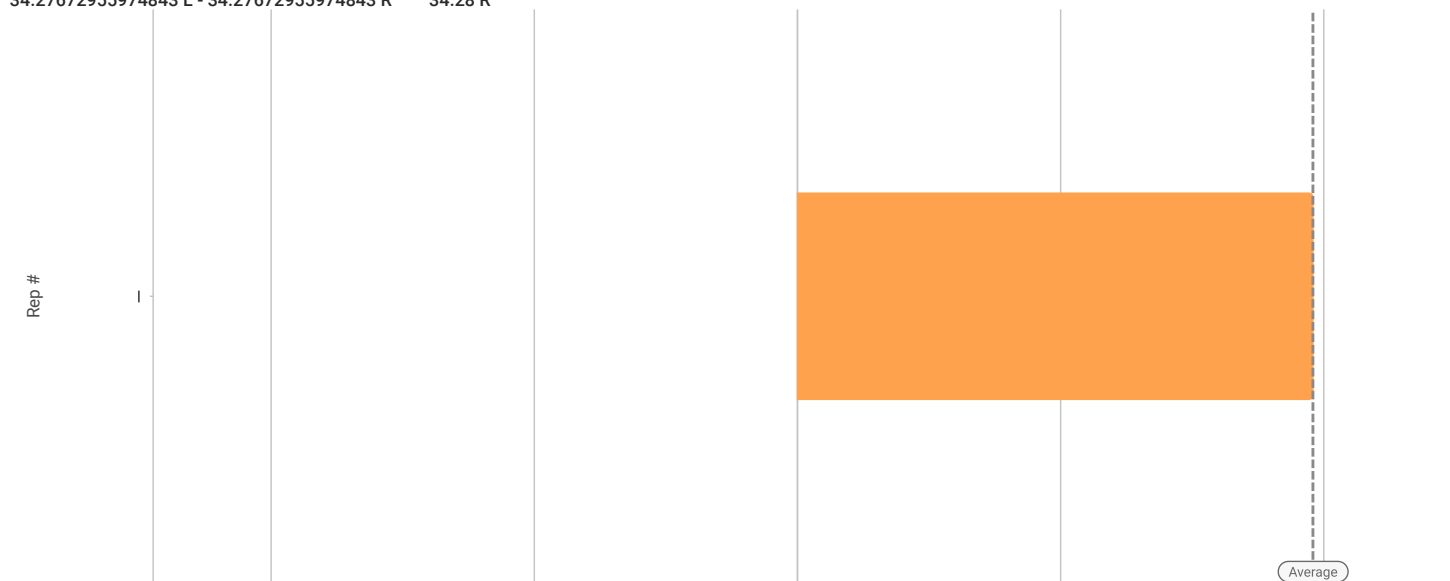
Range

Average

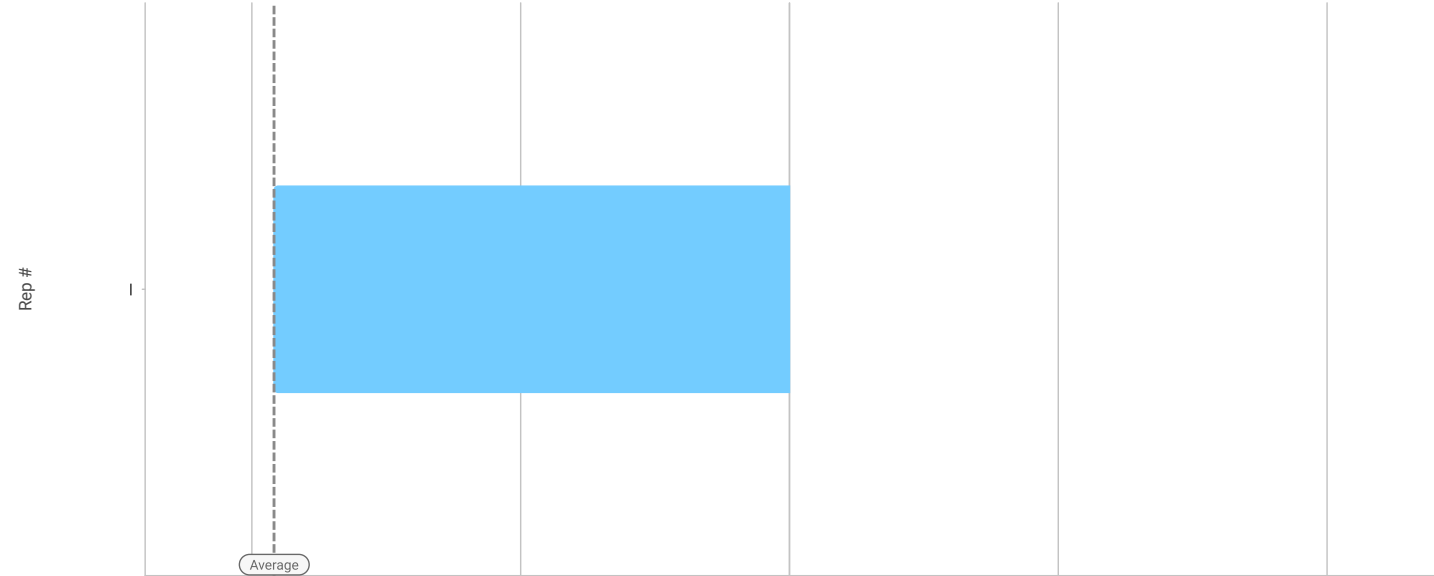3.6124794745484357 L - 3.6124794745484357 R   3.61 L
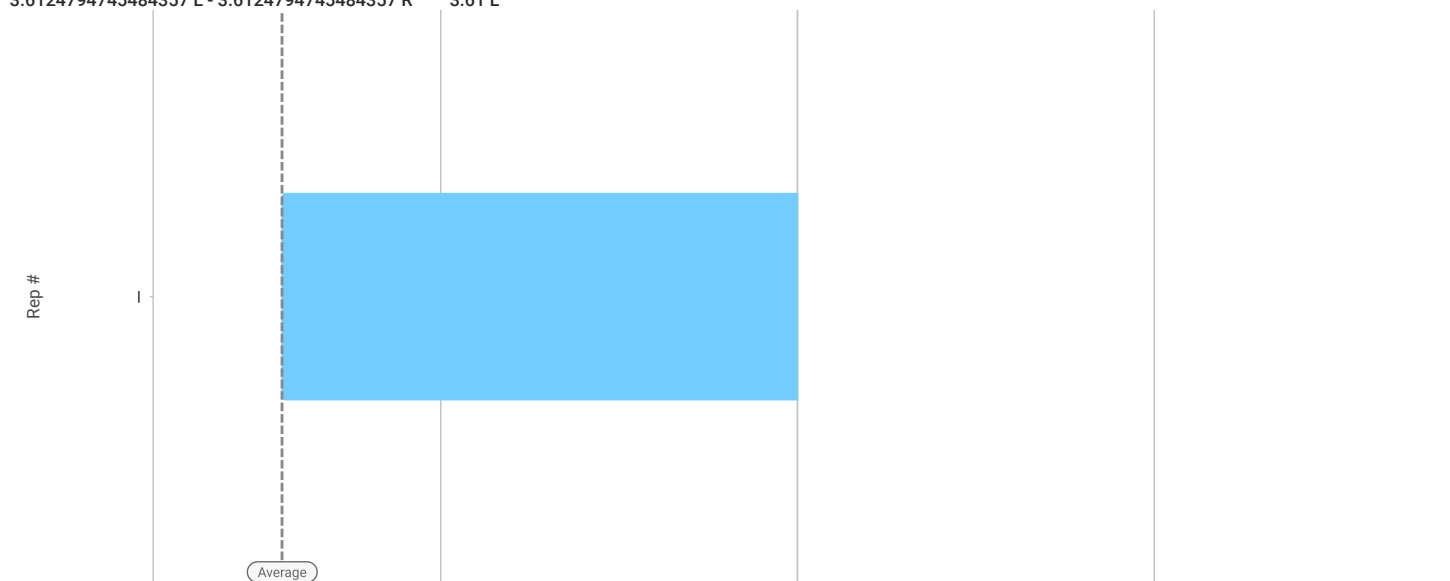
Abduction Asymmetry [%] - Hip AD/AB

Range

14.381833473507143 L - 14.381833473507143 R

Average

14.38 L

Inversion Asymmetry [%] - Ankle IN/EV

Range

10.169491525423723 L - 10.169491525423723 R
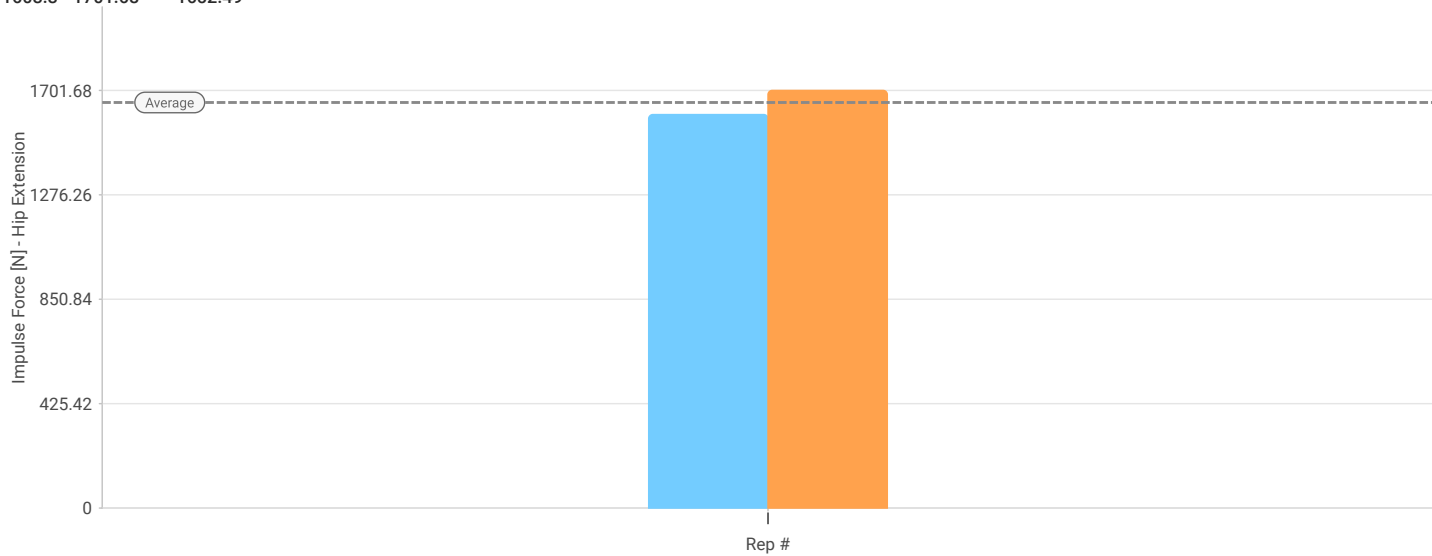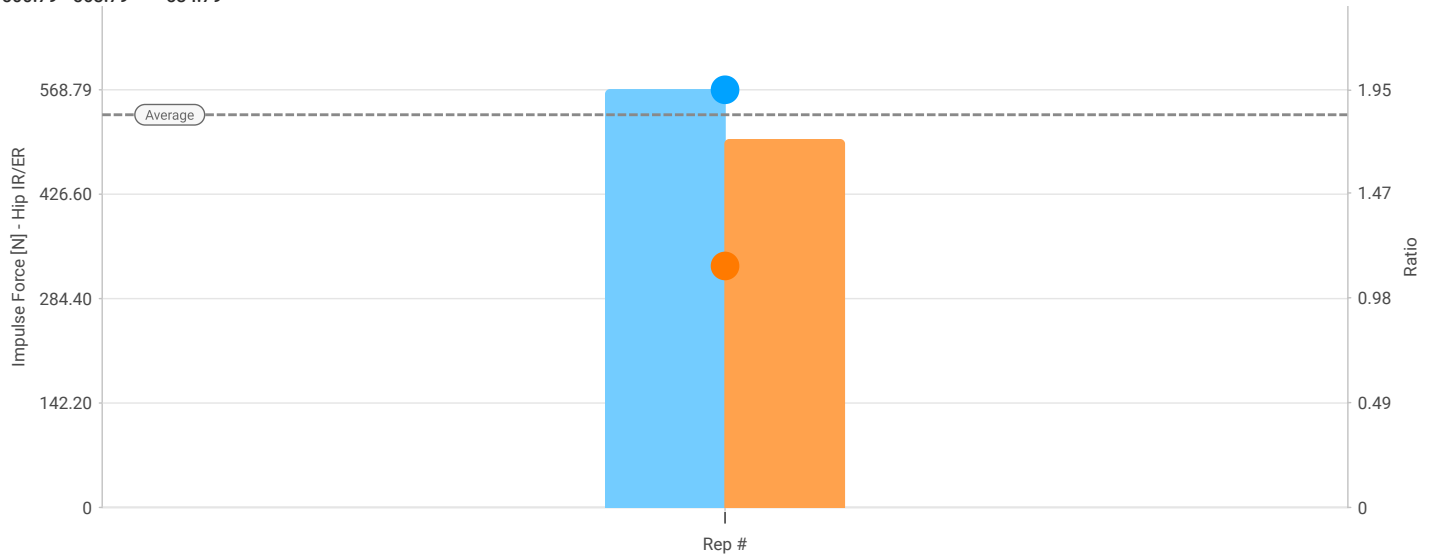
Average

10.17 L

Eversion Asymmetry [%] - Ankle IN/EV

Range	Average
19.95073891625616 L - 19.95073891625616 R	19.95 R

Knee Flexion Asymmetry [%] - Knee Flexion

Range	Average
17.833800186741367 L - 10.70110701107011 R	3.57 L

VALD

Dorsiflexion Asymmetry [%] - Ankle Dorsiflexion

Range   Average

2.9739776951672847 L - 2.9739776951672847 R   **2.97 L**

Flexion Impulse Force [N] - Hip Flexion

Range   Average

822.23 - 1487.52   **1140.09**

ON

Extension Impulse Force [N] - Hip Extension

Range
1603.3 - 1701.68

Average
1652.49

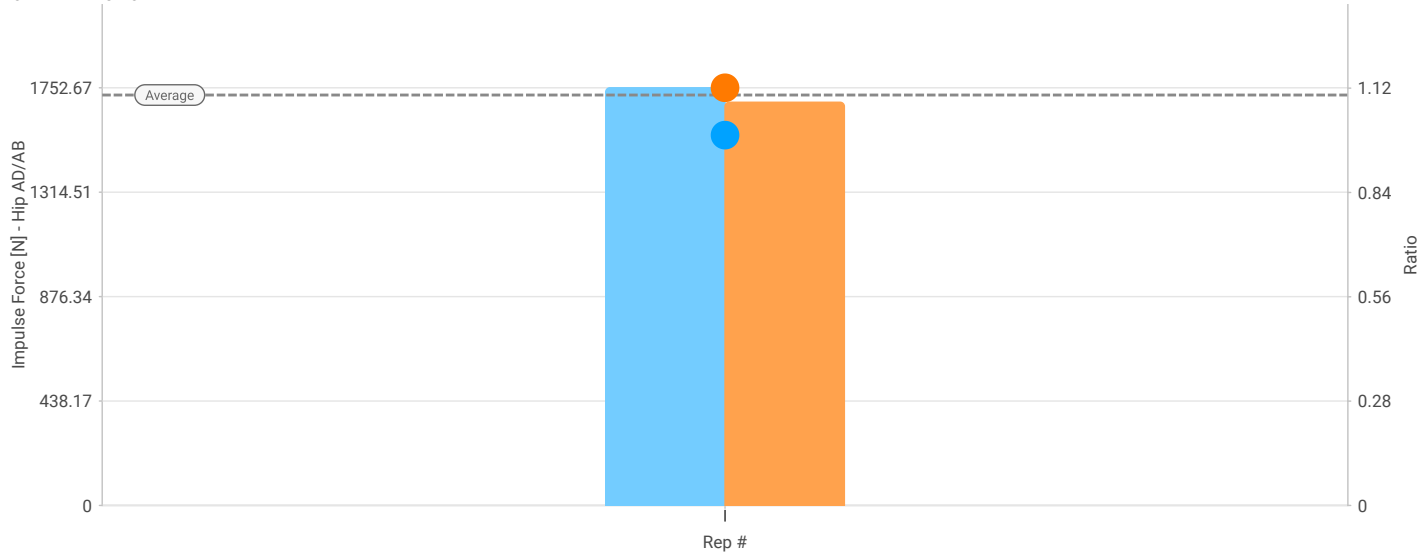## External Rotation Impulse Force [N] - Hip IR/ER

Range
500.79 - 568.79

Average
534.79

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

Range | Average
291.37 - 443.7 | **367.53**
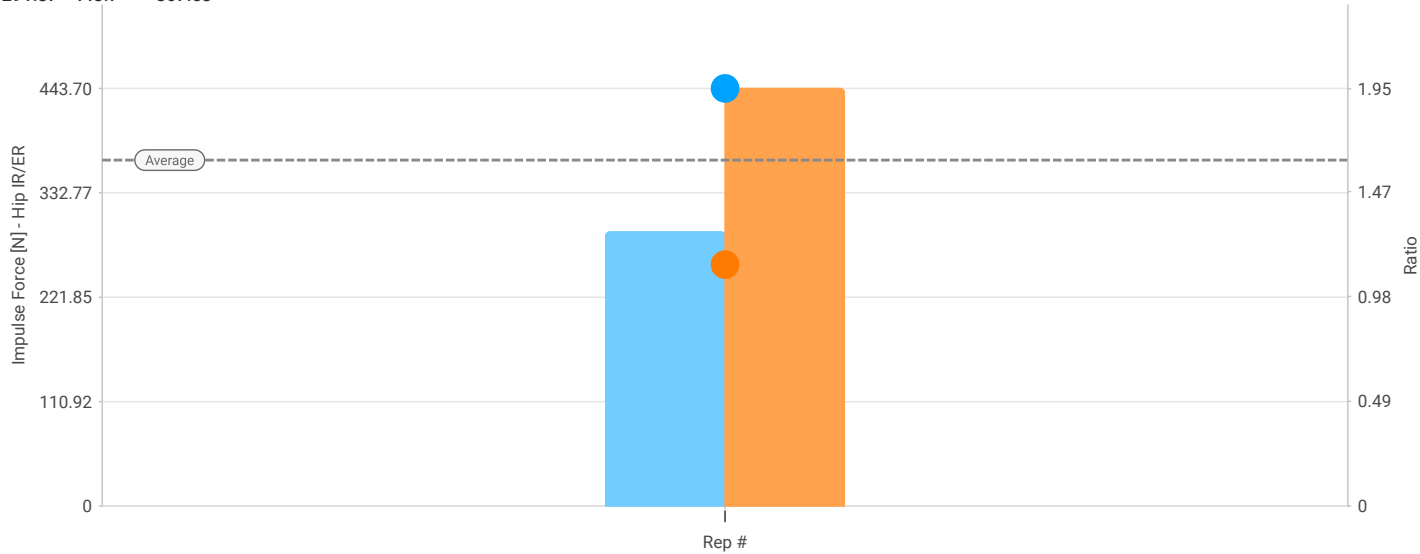
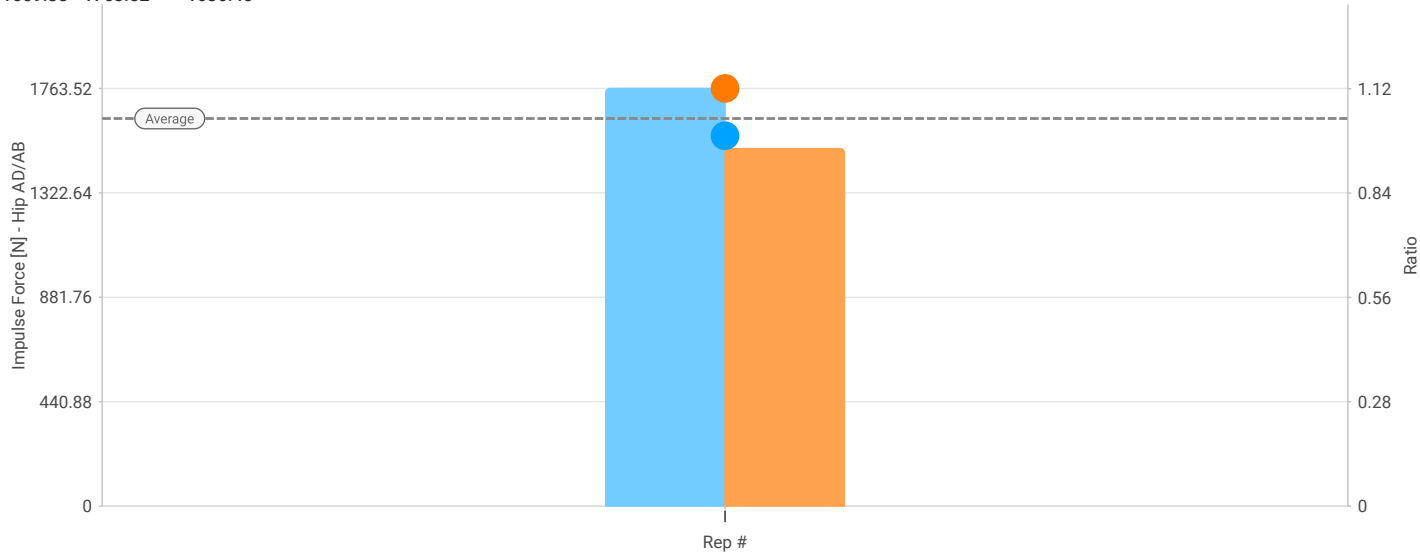## Adduction Impulse Force [N] - Hip AD/AB
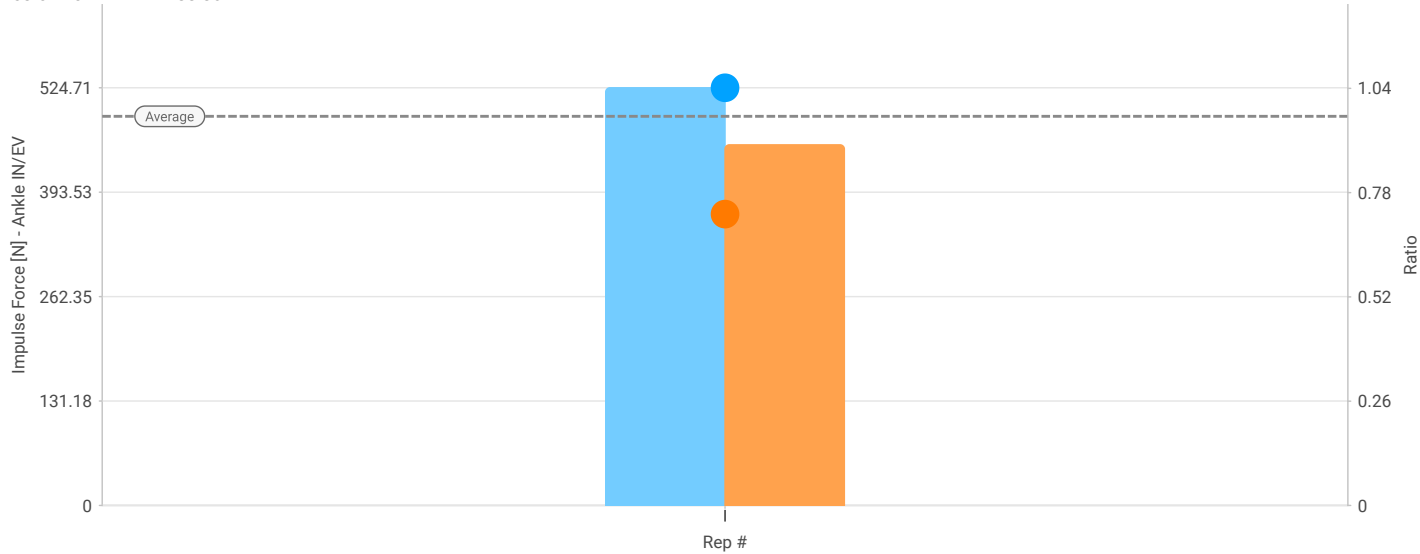
Range | Average
1691.91 - 1752.67 | **1722.29**

Abduction Impulse Force [N] - Hip AD/AB

Range   Average

1509.38 - 1763.52   **1636.45**
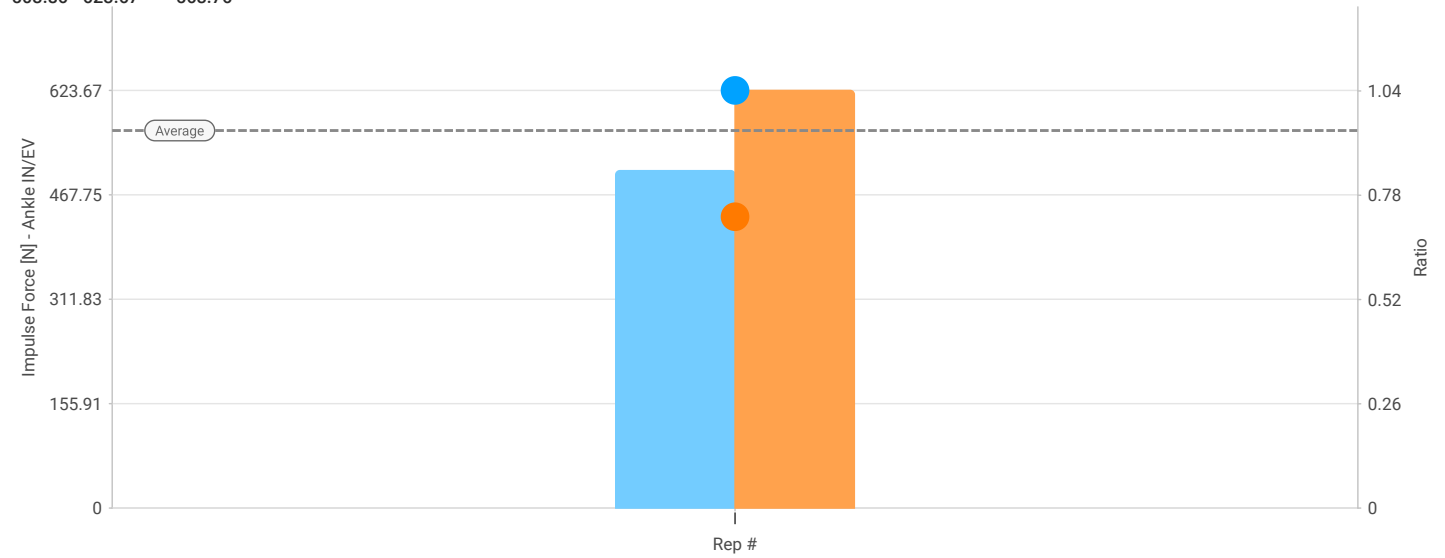

Inversion Impulse Force [N] - Ankle IN/EV
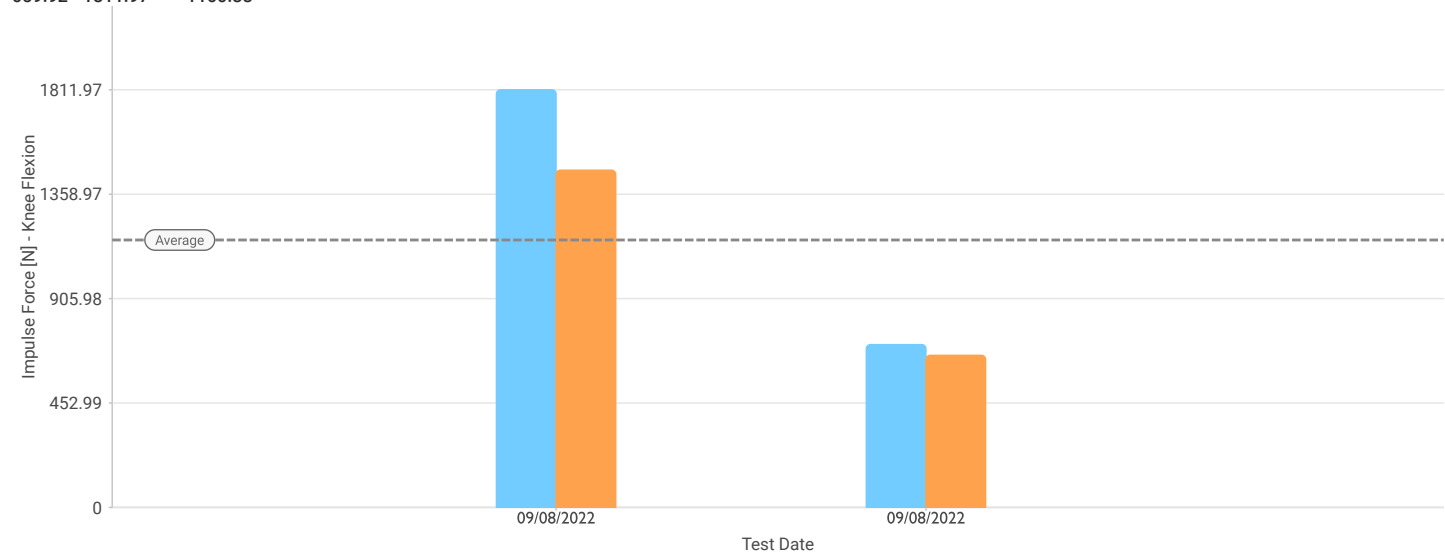
Range   Average

453.02 - 524.71   **488.86**

VALD

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Eversion Impulse Force [N] - Ankle IN/EV

Range
503.86 - 623.67

Average
563.76

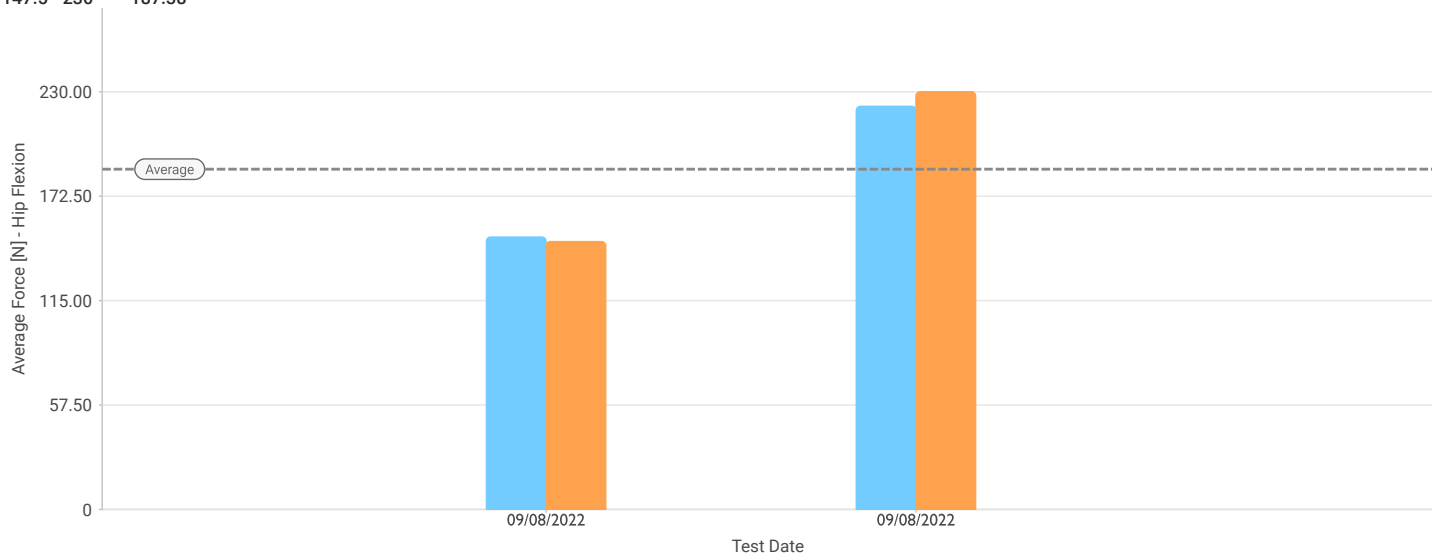## Knee Flexion Impulse Force [N] - Knee Flexion

Range
659.92 - 1811.97

Average
1160.33

VALD

Dorsiflexion Impulse Force [N] - Ankle Dorsiflexion

Range	Average
633.56 - 712.39	**672.97**
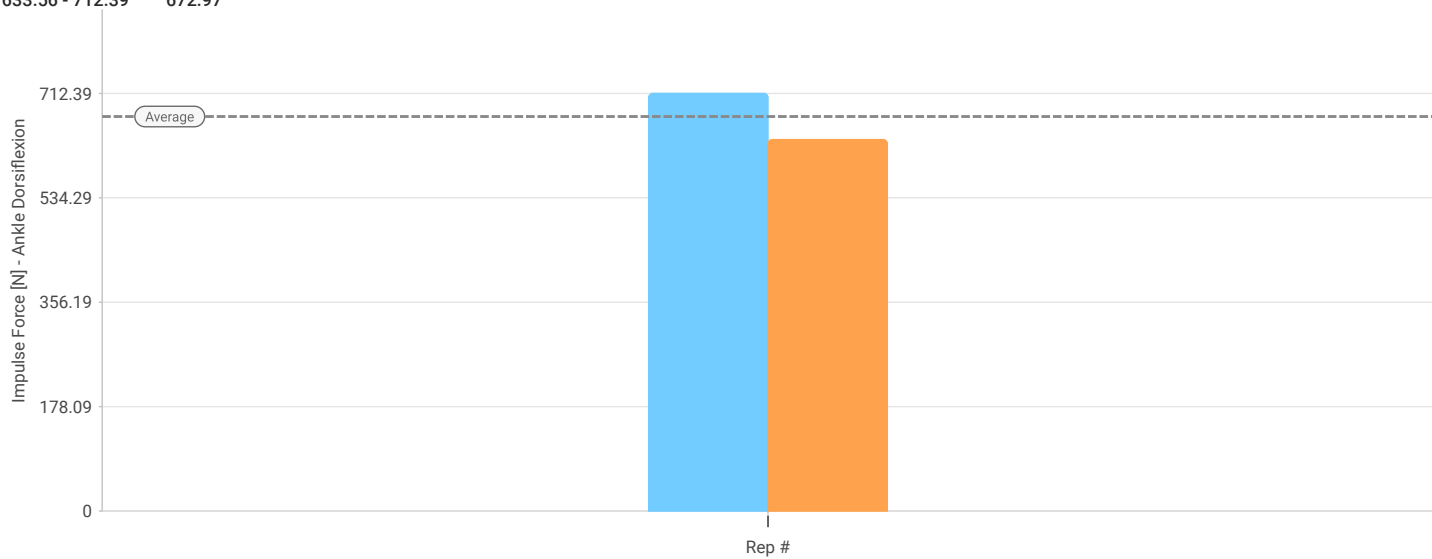
Flexion Average Force [N] - Hip Flexion

Range | Average
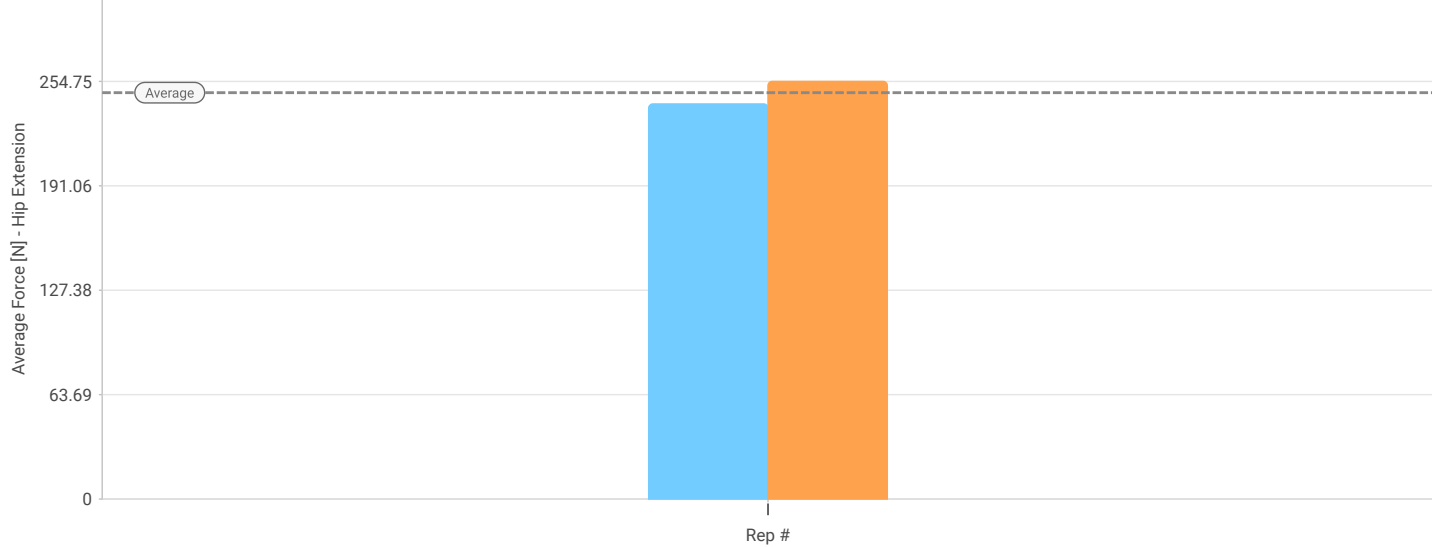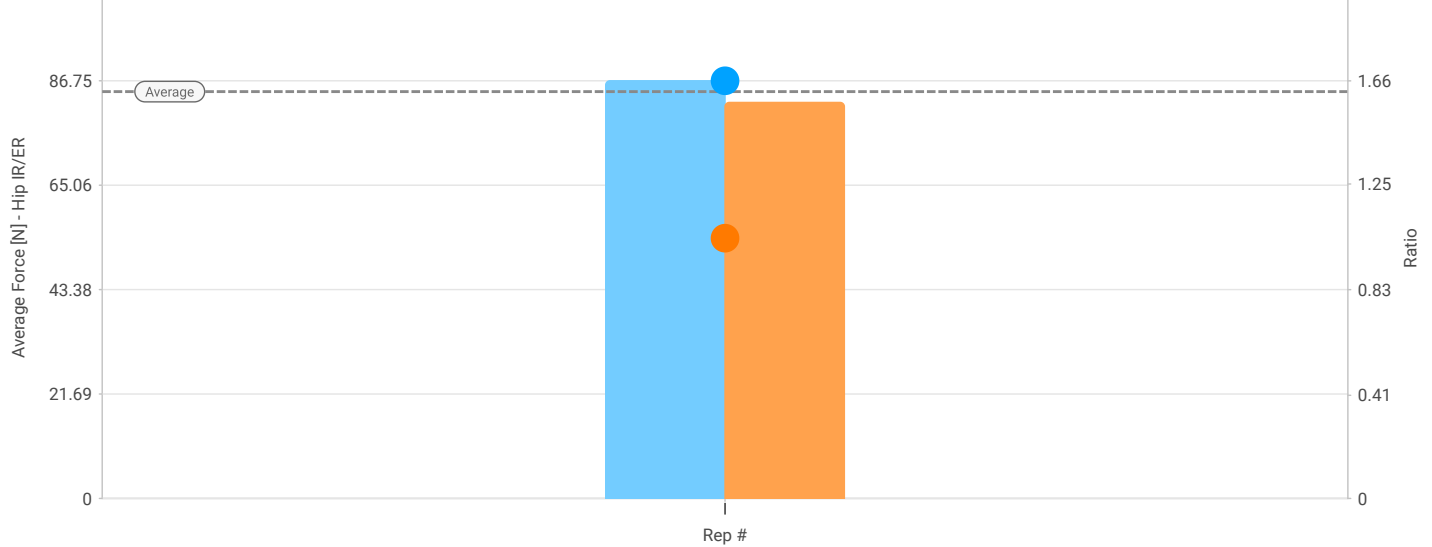--- | ---
147.5 - 230 | **187.38**

Extension Average Force [N] - Hip Extension

Range
241 - 254.75

Average
247.88

External Rotation Average Force [N] - Hip IR/ER
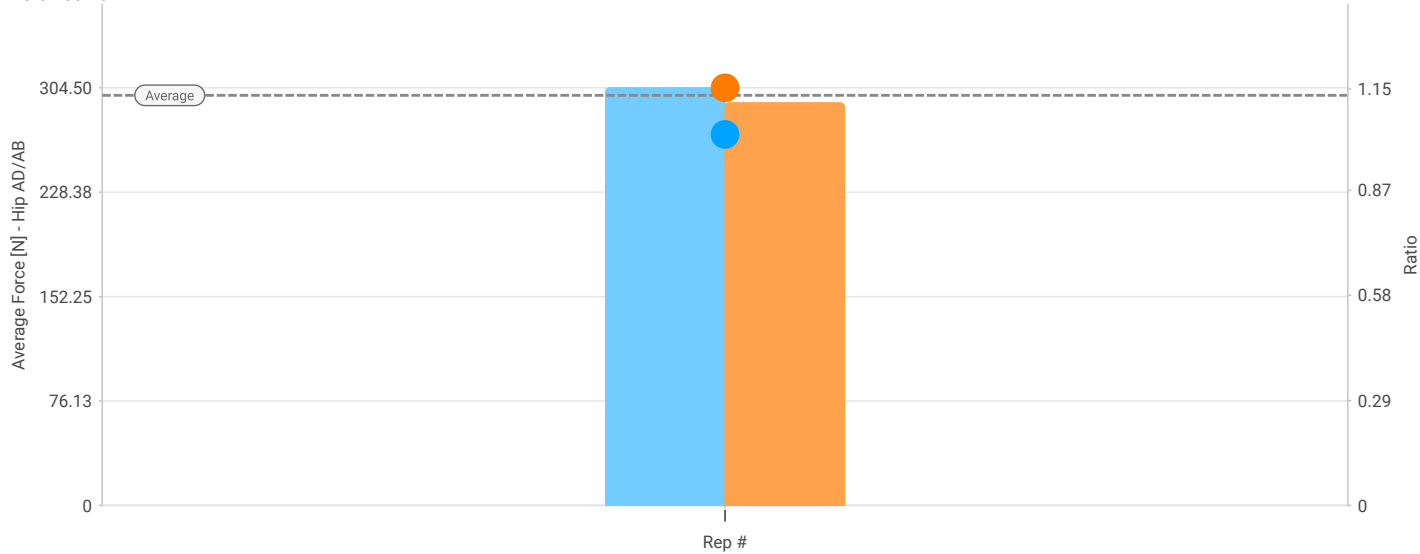
Range
82.25 - 86.75

Average
84.5

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

Range
52.25 - 79.5
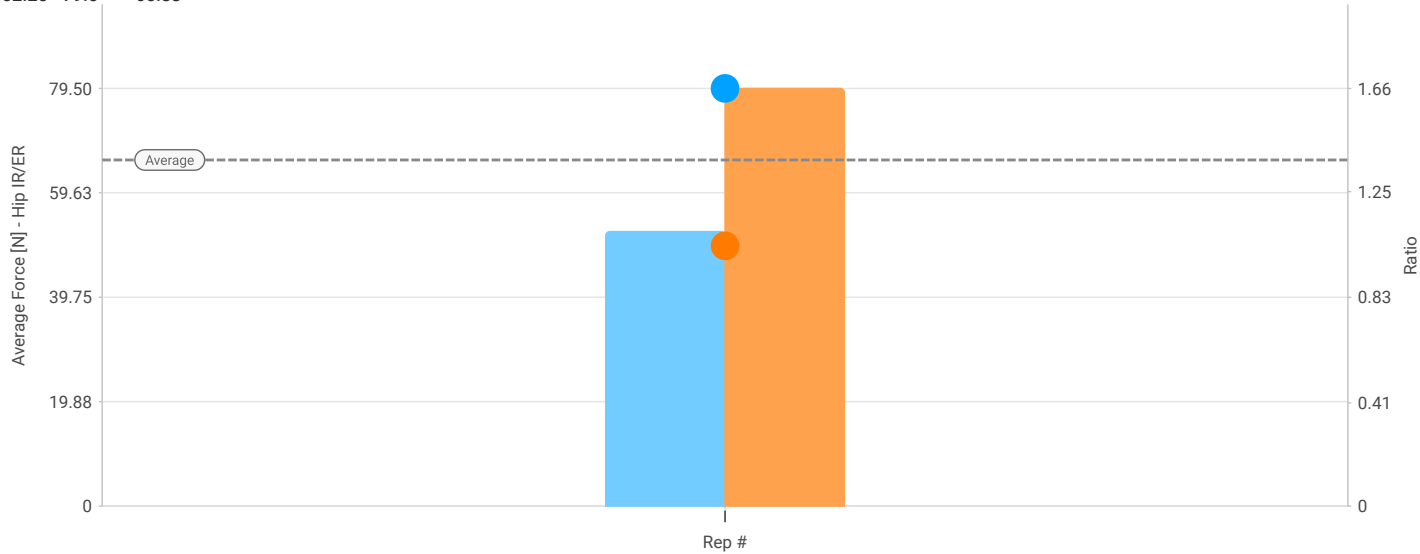
Average
65.88

Adduction Average Force [N] - Hip AD/AB
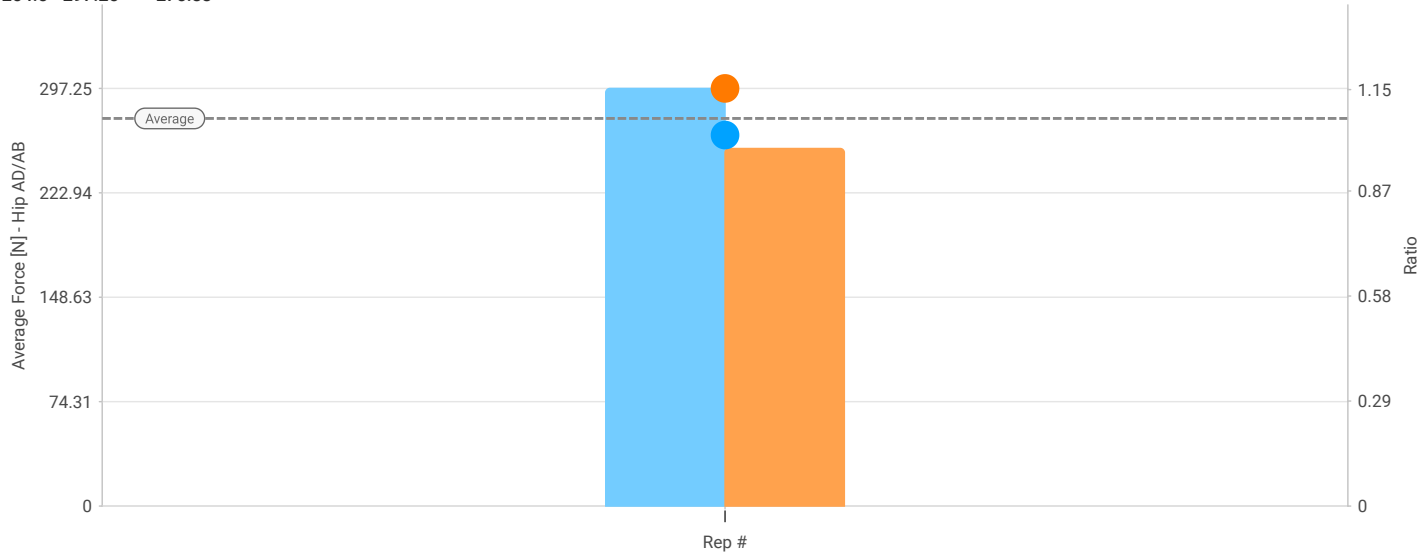
Range
293.5 - 304.5

Average
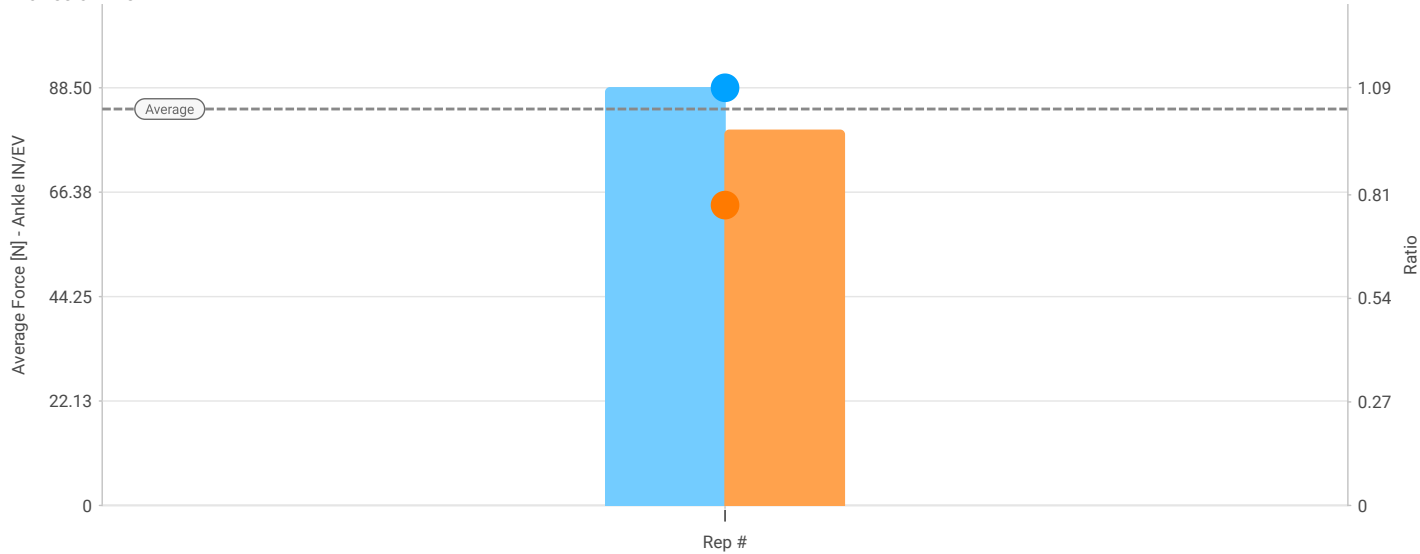**299**

Abduction Average Force [N] - Hip AD/AB

Range   Average

254.5 - 297.25   **275.88**
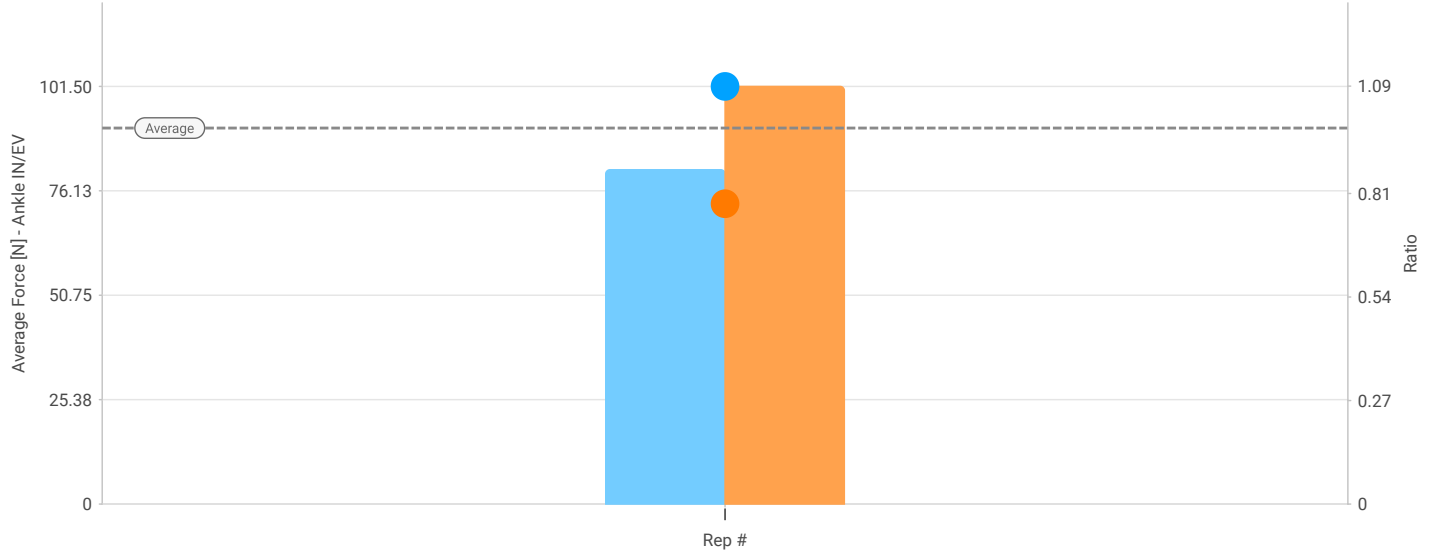

Inversion Average Force [N] - Ankle IN/EV
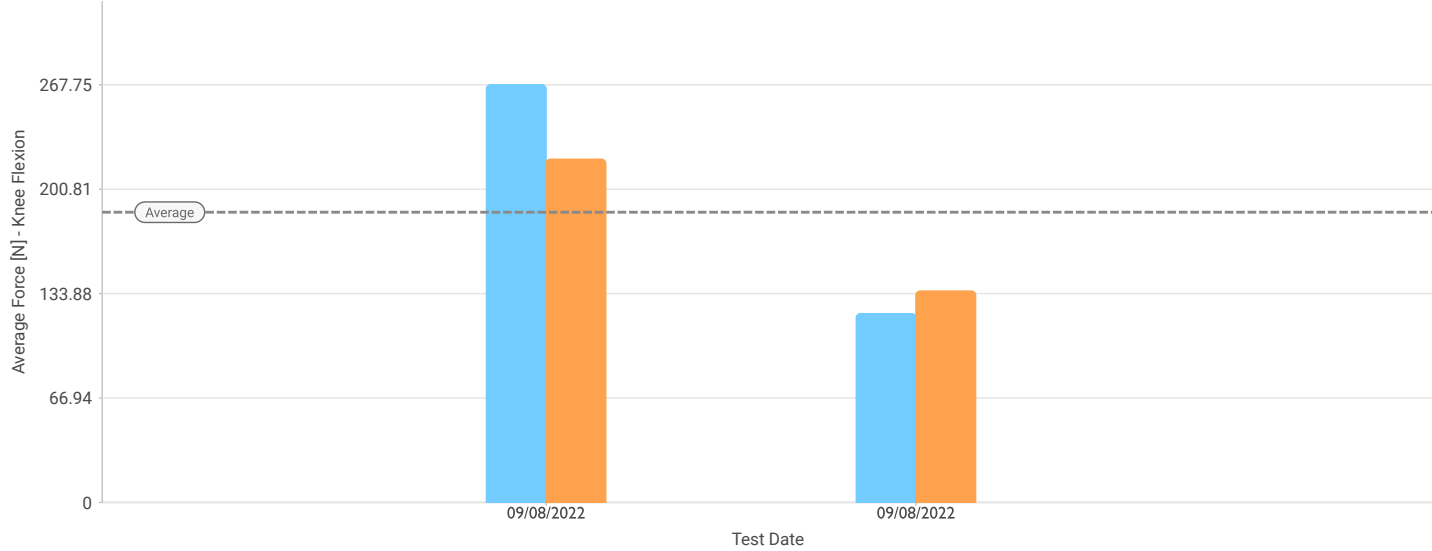
Range   Average

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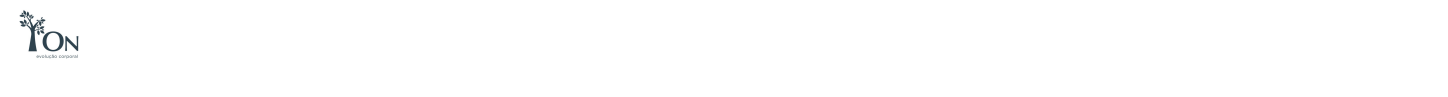
Eversion Average Force [N] - Ankle IN/EV

Range	Average
81.25 - 101.5	**91.38**

Knee Flexion Average Force [N] - Knee Flexion

Range	Average
121 - 267.75	**186.06**

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Dorsiflexion Average Force [N] - Ankle Dorsiflexion

Range	Average
130.5 - 134.5	**132.5**