



Tests (24)

PROFILE	DATE	TEST TYPE	TEST POSITION	REPS
Lorena Leite				
24 Tests				
	6/01/2022 3:10 PM	Hip IR/ER	Prone	ER 2 L / 2 R IR 2 L / 2 R
	6/01/2022 3:07 PM	Hip Extension	Prone	EXT 2 L / 2 R
	6/01/2022 3:04 PM	Hip Extension	Standing	EXT 2 L / 2 R
	6/01/2022 3:00 PM	Hip Flexion	Kicker	FLEX 2 L / 2 R
	6/01/2022 2:58 PM	Hip Flexion	Seated	FLEX 2 L / 2 R
	6/01/2022 2:54 PM	Hip AD/AB	Standing (Ankle)	ADD 2 L / 2 R ABD 2 L / 2 R
	6/01/2022 2:52 PM	Hip AD/AB	Seated	ADD 2 L / 2 R ABD 2 L / 2 R
	6/01/2022 2:49 PM	Hip AD/AB	90°	ADD 2 L / 2 R ABD 2 L / 3 R
	6/01/2022 2:45 PM	knee extensor	knee extensor	Inner 0 L / 0 R Outer 2 L / 2 R
	6/01/2022 2:36 PM	Knee Flexion	Supine	FLEX 2 L / 2 R
	6/01/2022 2:33 PM	Knee Flexion	Standing	FLEX 2 L / 2 R
	6/01/2022 2:30 PM	Knee Flexion	Prone	FLEX 2 L / 2 R
	6/01/2022 2:25 PM	Ankle Dorsiflexion	Seated	DF 2 L / 2 R
	6/01/2022 2:23 PM	Ankle IN/EV	Supine	INV 2 L / 2 R EV 2 L / 2 R
	6/01/2022 2:18 PM	Wrist extensor	Wrist extensor	Inner 0 L / 0 R Outer 2 L / 2 R
	6/01/2022 2:17 PM	Wrist flexion	Wrist flexion	Inner 0 L / 0 R Outer 2 L / 2 R
	6/01/2022 2:13 PM	Shoulder IR/ER	Supine (90 Degrees AB)	IR 2 L / 2 R ER 2 L / 2 R
	6/01/2022 2:10 PM	Shoulder IR/ER	Supine (Neutral)	IR 2 L / 2 R ER 2 L / 2 R
	6/01/2022 2:06 PM	Shoulder Flexion	Prone	FLEX 2 L / 2 R
	6/01/2022 2:05 PM	Shoulder Extension	Prone	EXT 0 L / 0 R
	6/01/2022 2:00 PM	Shoulder Abduction	Side lying	AB 2 L / 2 R
	6/01/2022 1:57 PM	Shoulder Adduction	Side lying	AD 2 L / 2 R
	6/01/2022 1:54 PM	Elbow Extension	Seated	EXT 2 L / 2 R
	6/01/2022 1:52 PM	Elbow Flexion	Seated	FLEX 2 L / 2 R

VALD

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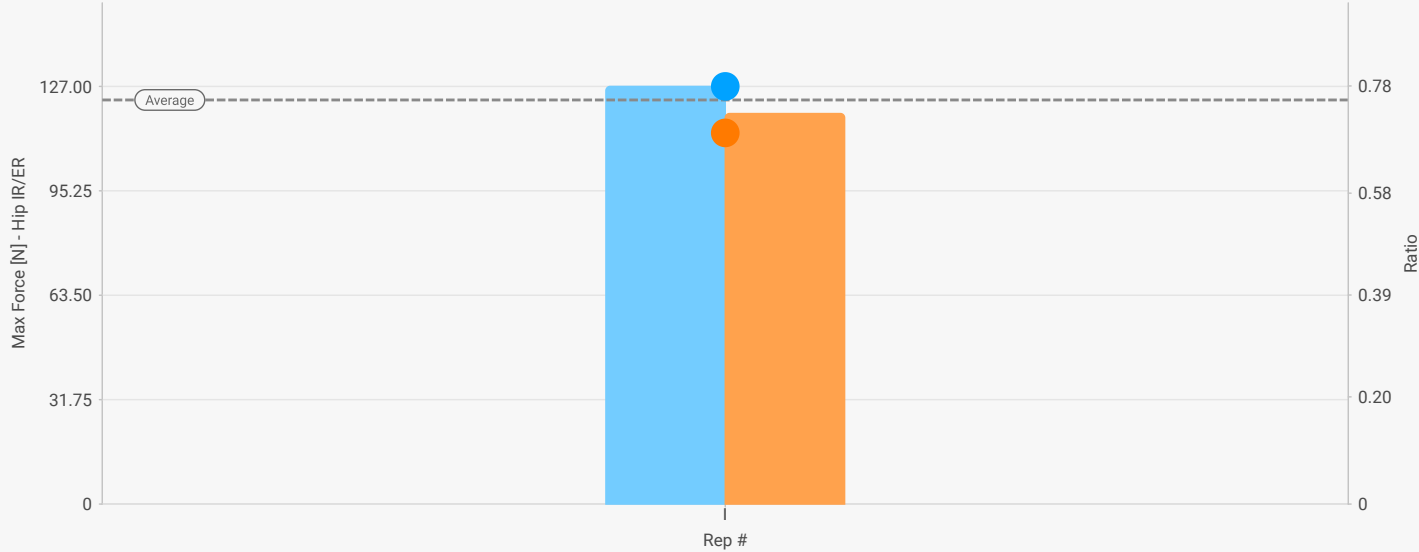
<https://hub.valdperformance.com/app/profiles/f0ac5eb2-939b-4b3d-b0ec-66526afee673>

1/49



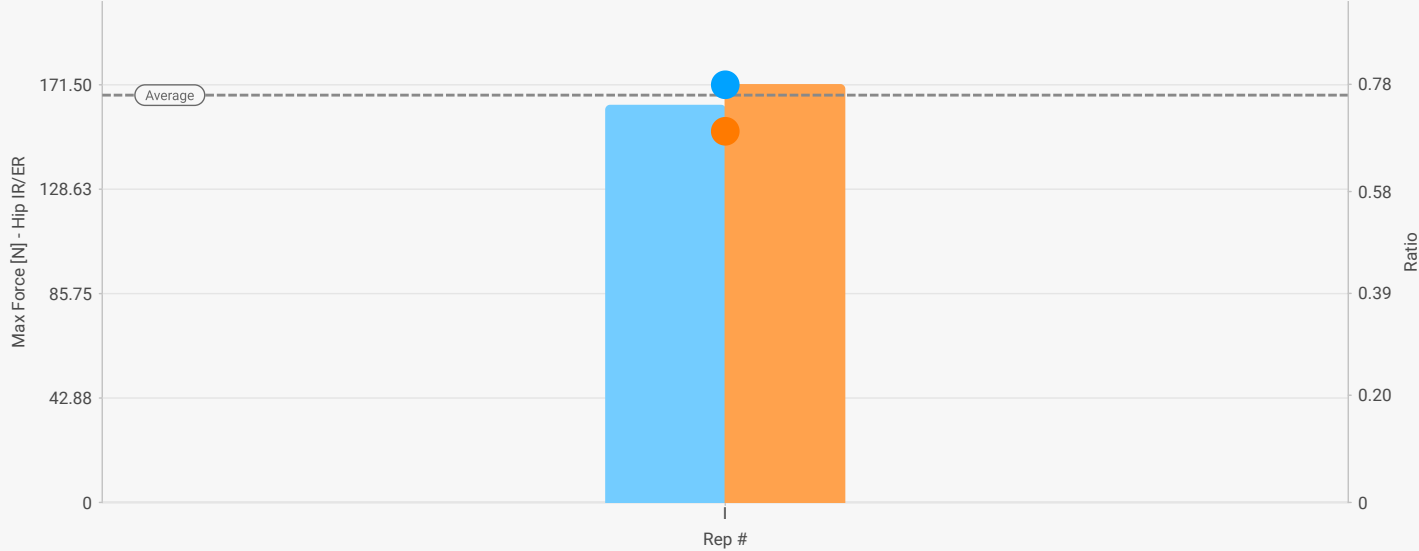
External Rotation Max Force [N] - Hip IR/ER

Range      Average  
118.75 - 127      122.88



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

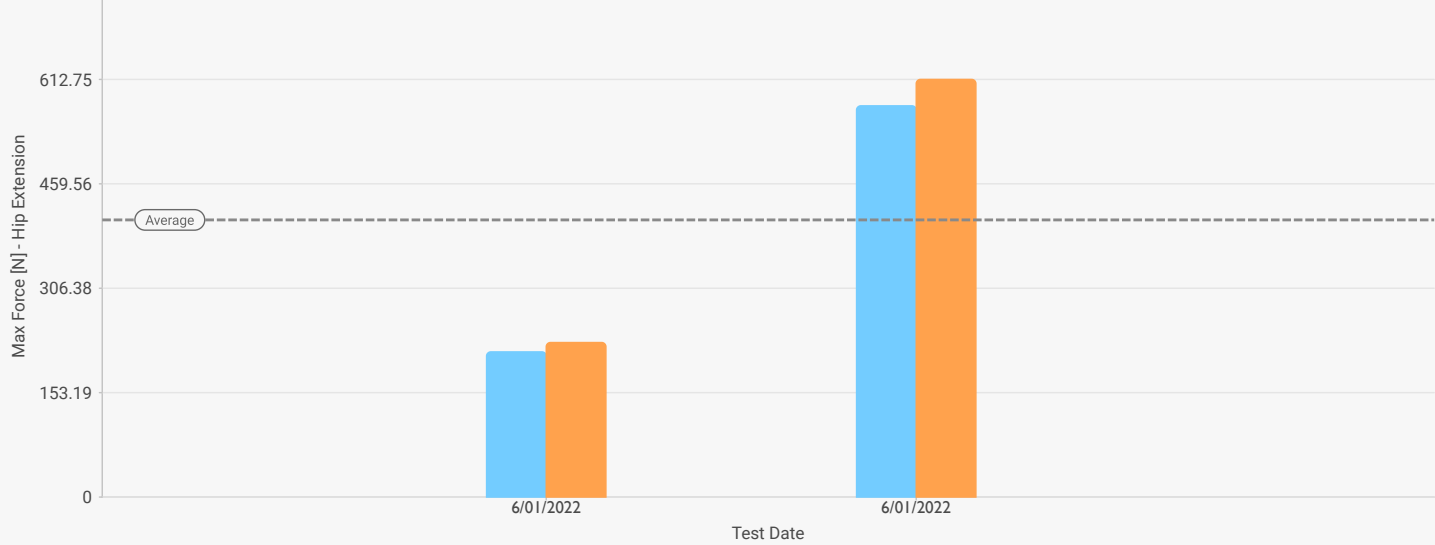
Range      Average  
163 - 171.5      167.25





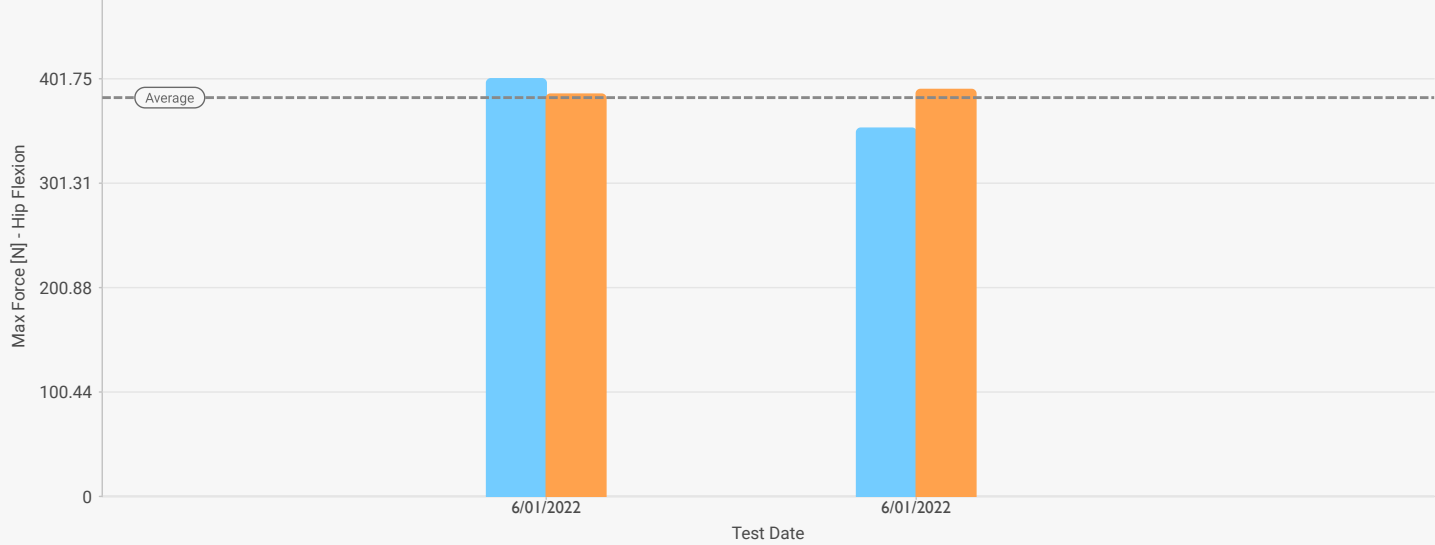
Extension Max Force [N] - Hip Extension

Range      Average  
213 - 612.75      406.63



Flexion Max Force [N] - Hip Flexion

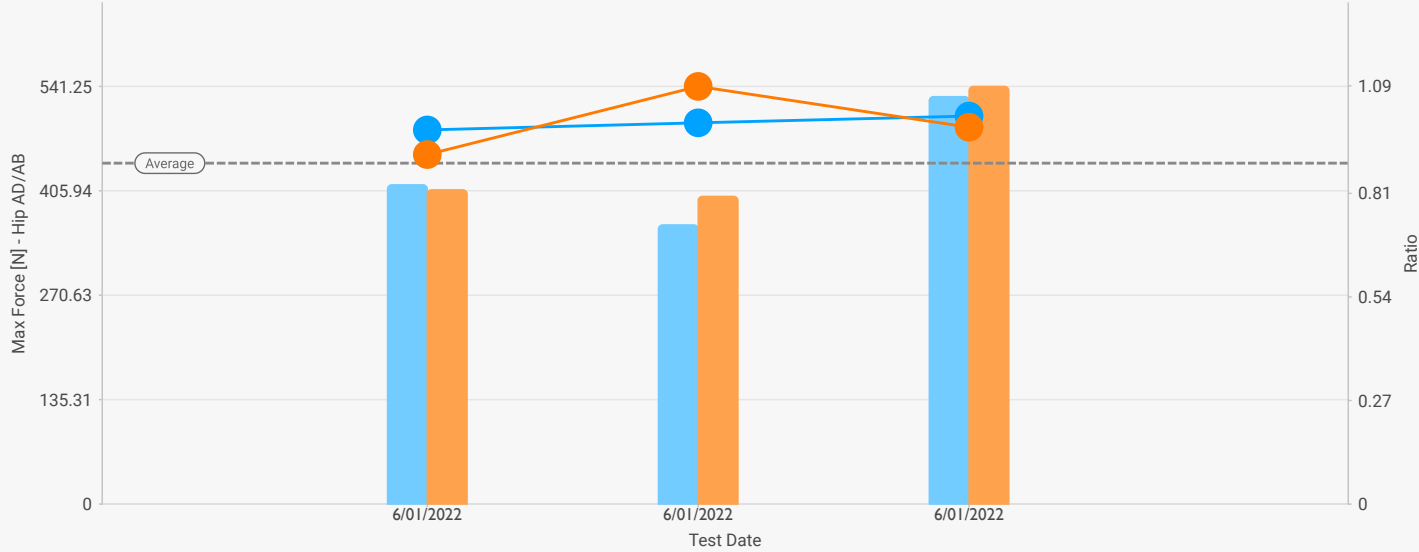
Range      Average  
354.25 - 401.75      383.63





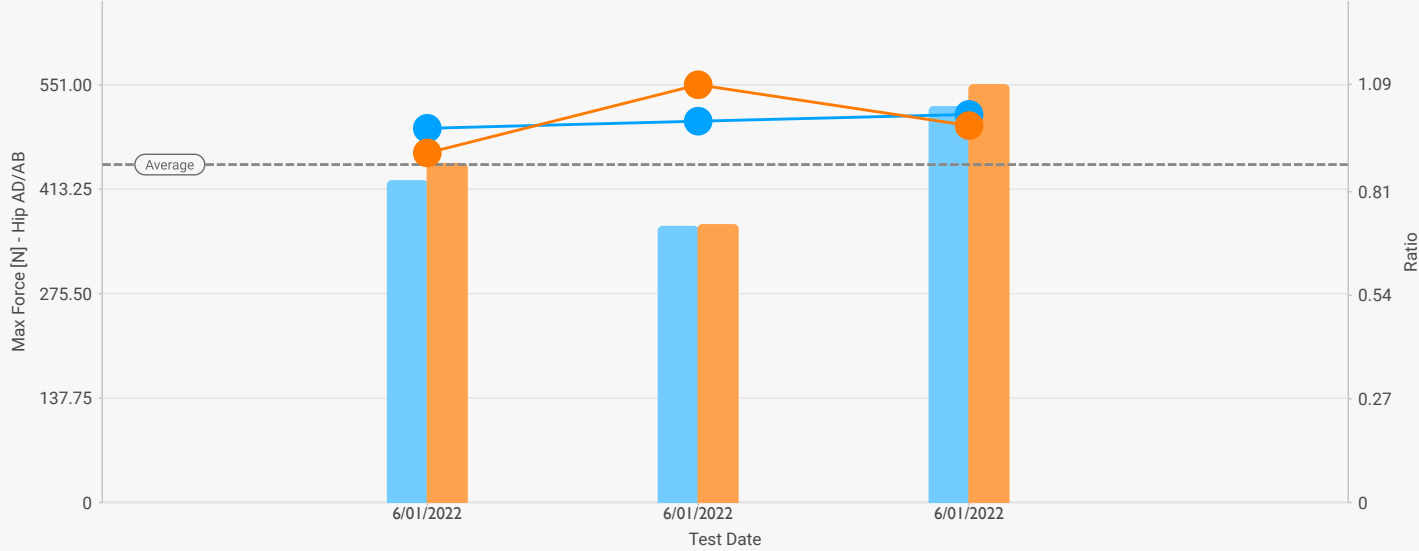
Adduction Max Force [N] - Hip AD/AB

Range      Average  
361.75 - 541.25      441.79



Abduction Max Force [N] - Hip AD/AB

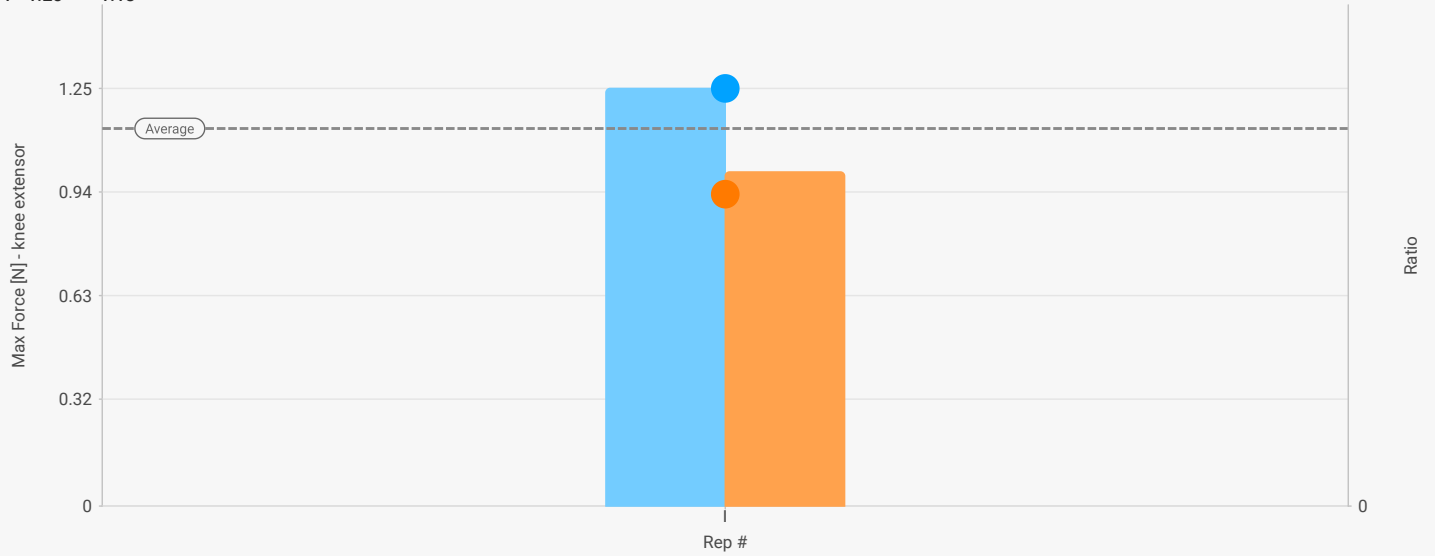
Range      Average  
364 - 551      445.75





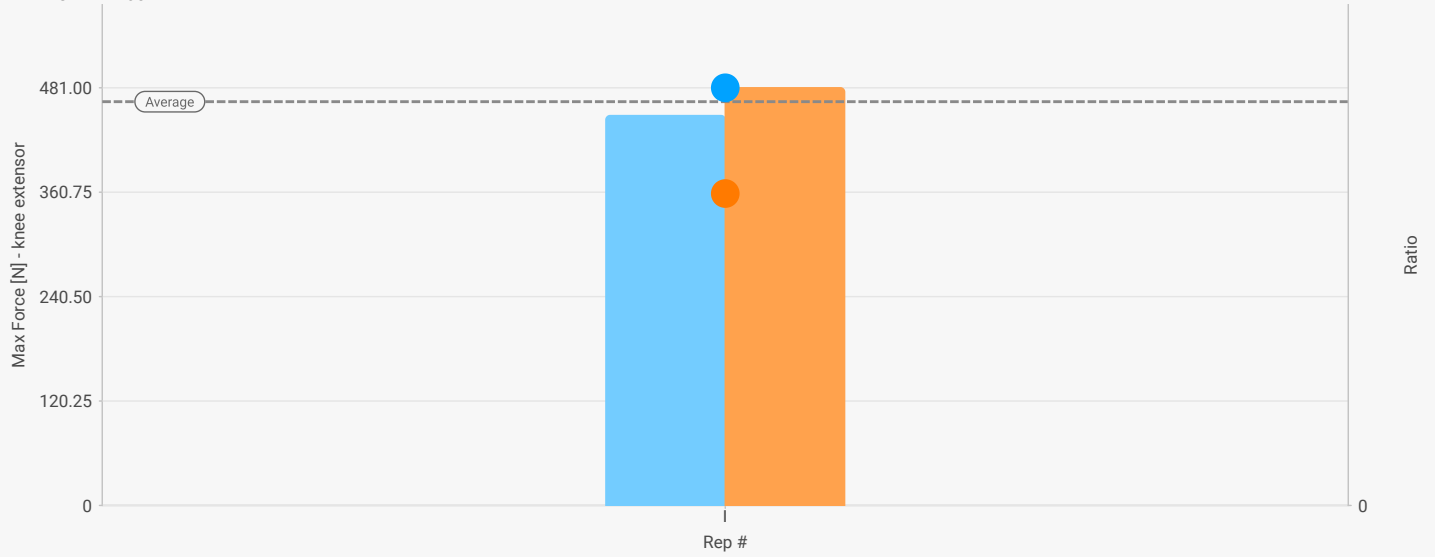
Max Force [N] - knee extensor

Range      Average  
1 - 1.25    1.13



Max Force [N] - knee extensor

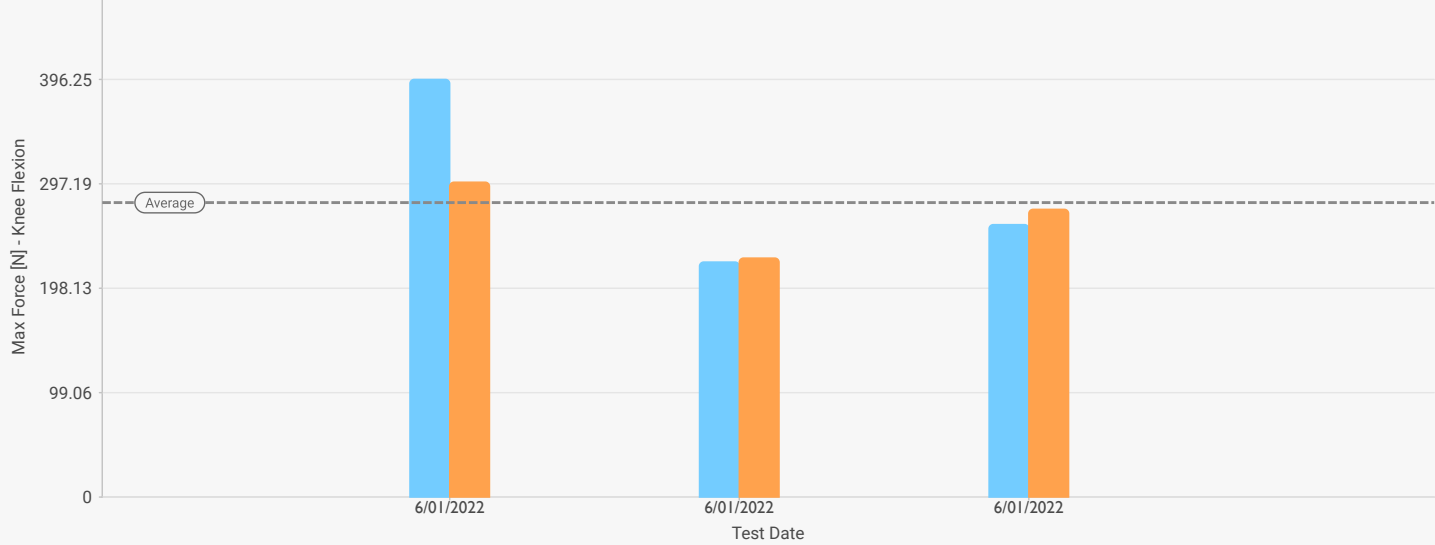
Range      Average  
449 - 481    465





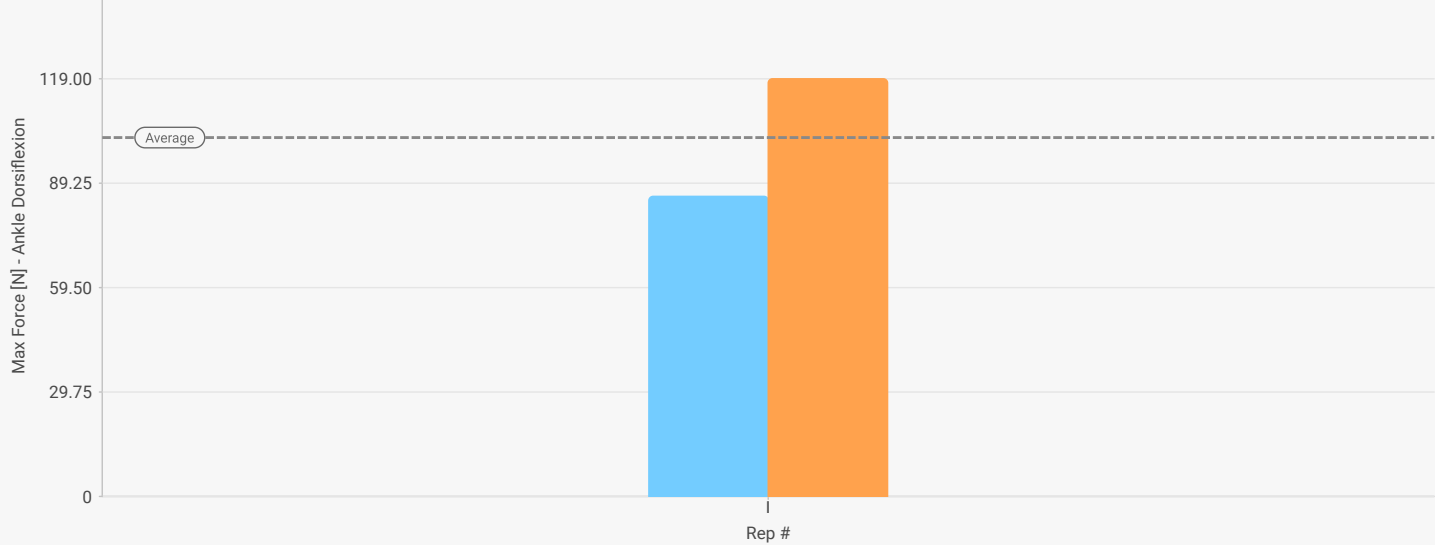
Knee Flexion Max Force [N] - Knee Flexion

Range      Average  
223 - 396.25      279.38



Dorsiflexion Max Force [N] - Ankle Dorsiflexion

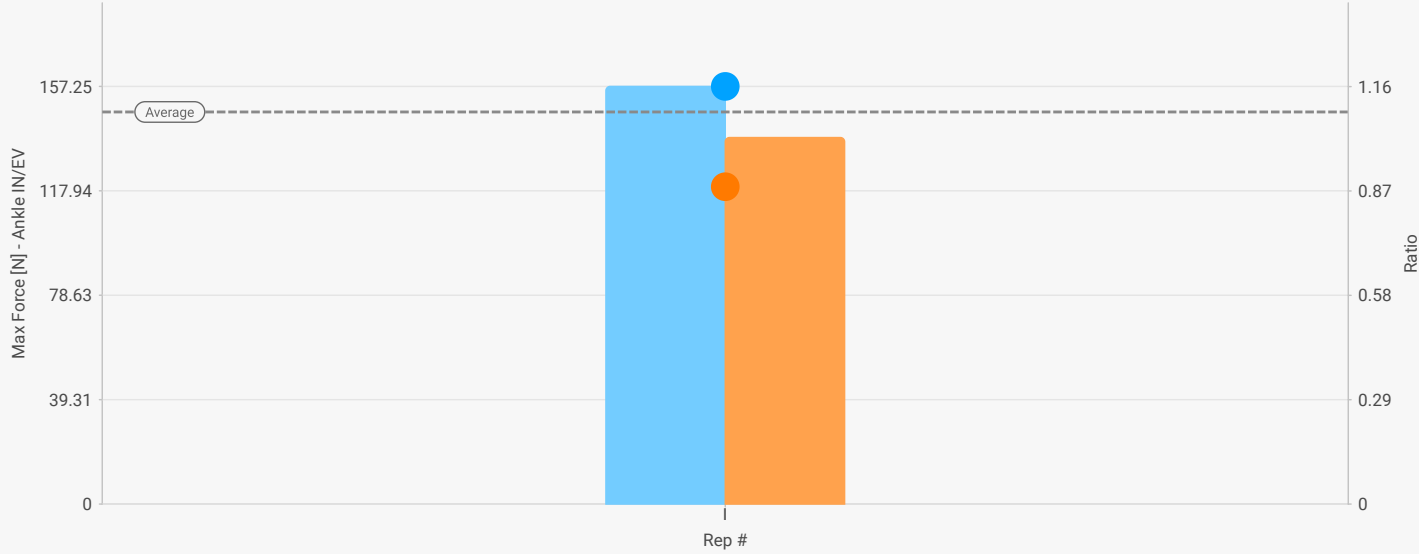
Range      Average  
85.5 - 119      102.25





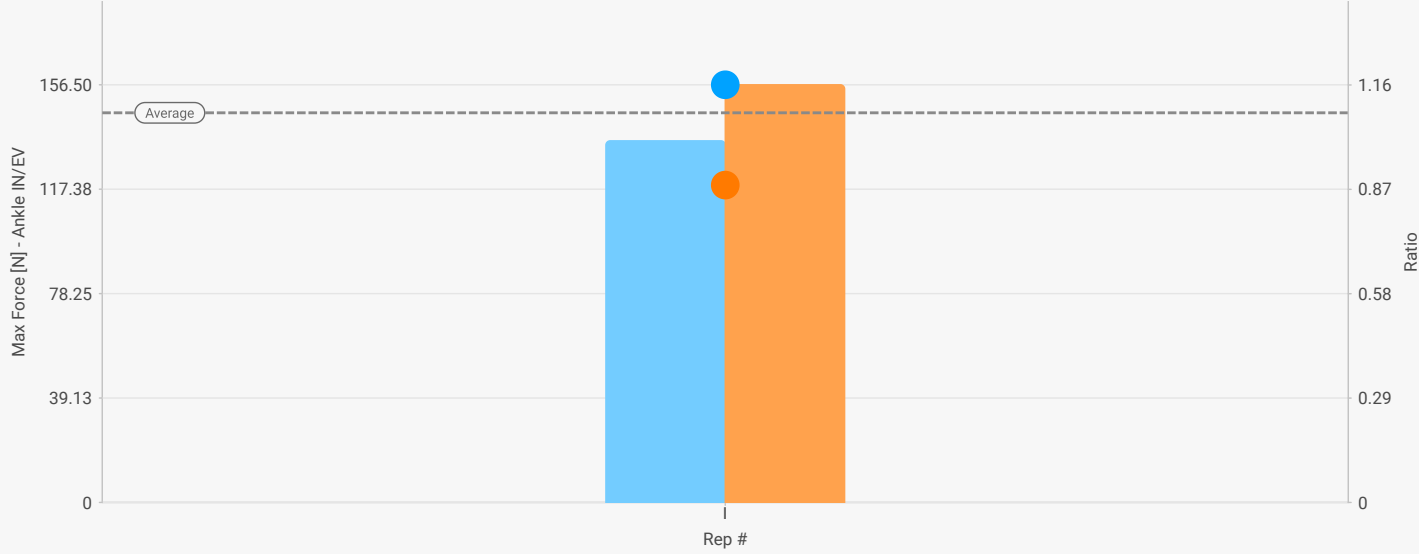
Inversion Max Force [N] - Ankle IN/EV

Range      Average  
138 - 157.25      147.63



Eversion Max Force [N] - Ankle IN/EV

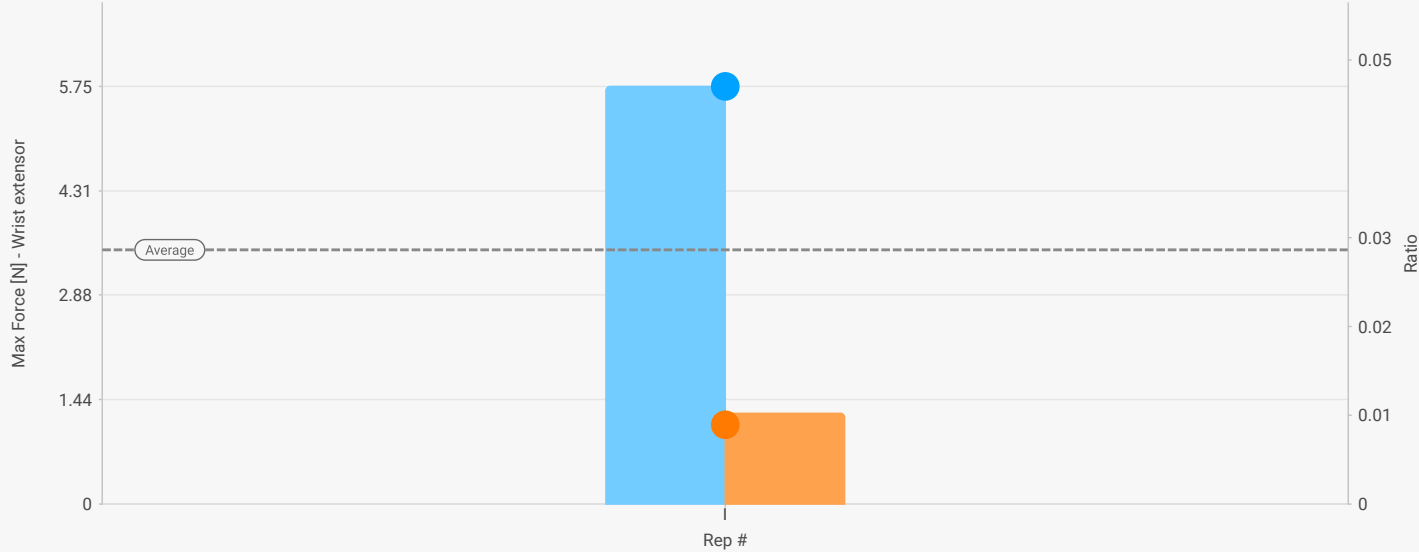
Range      Average  
135.5 - 156.5      146





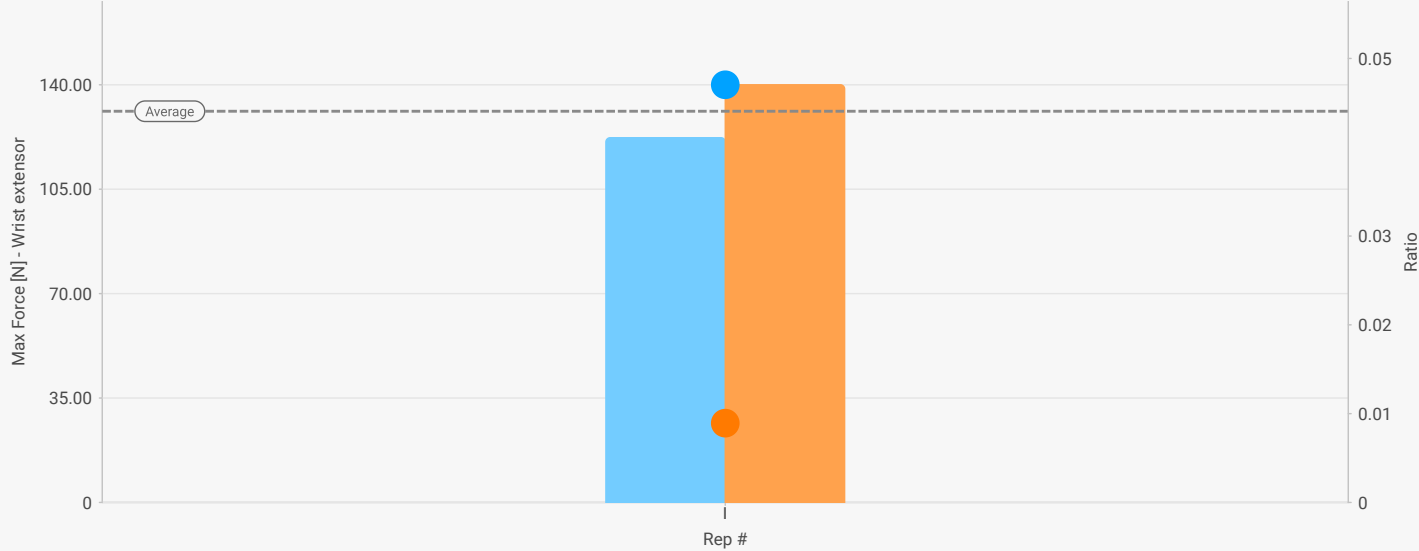
Max Force [N] - Wrist extensor

Range      Average  
1.25 - 5.75      3.5



Max Force [N] - Wrist extensor

Range      Average  
122.25 - 140      131.13

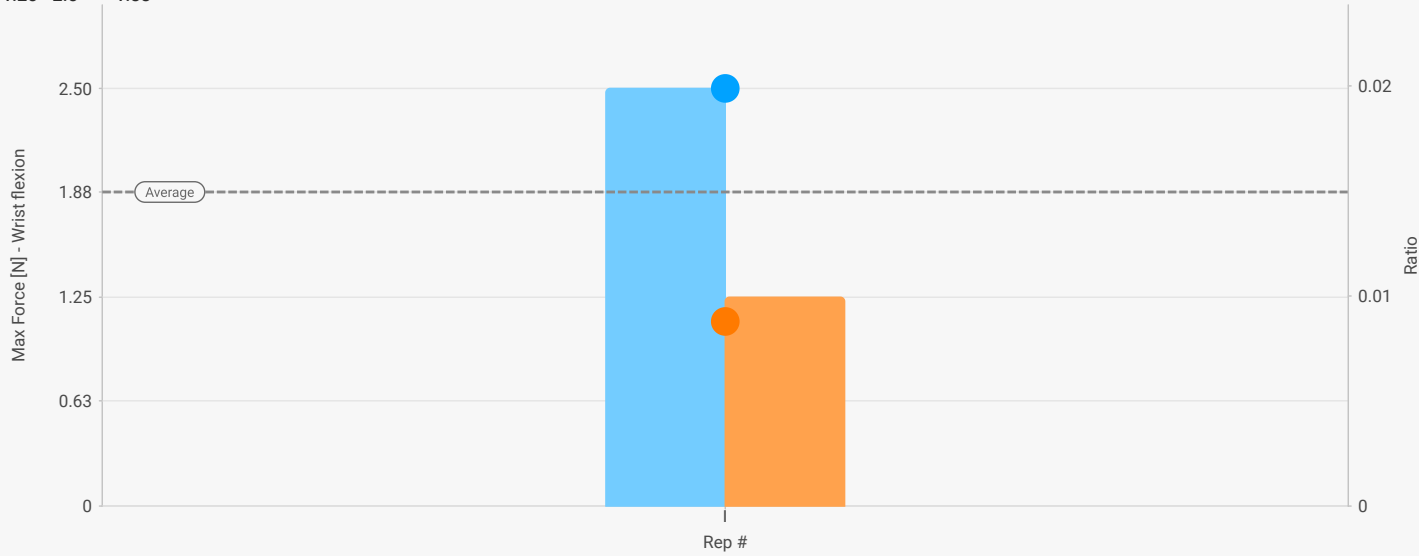






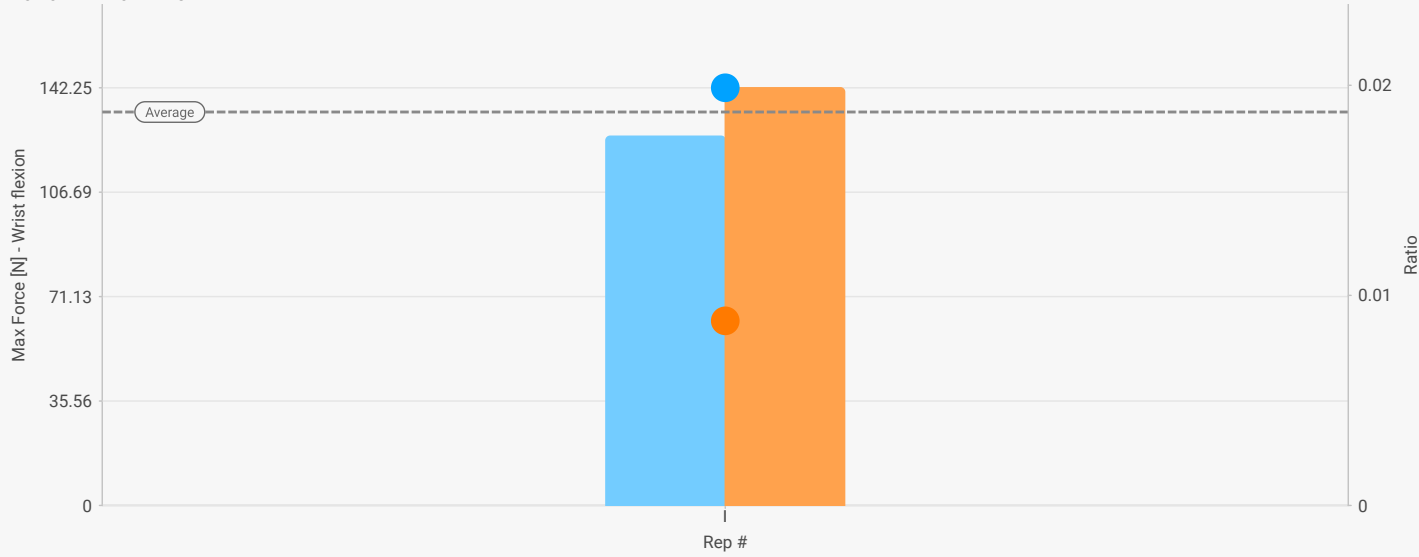
Max Force [N] - Wrist flexion

Range      Average  
1.25 - 2.5      1.88



Max Force [N] - Wrist flexion

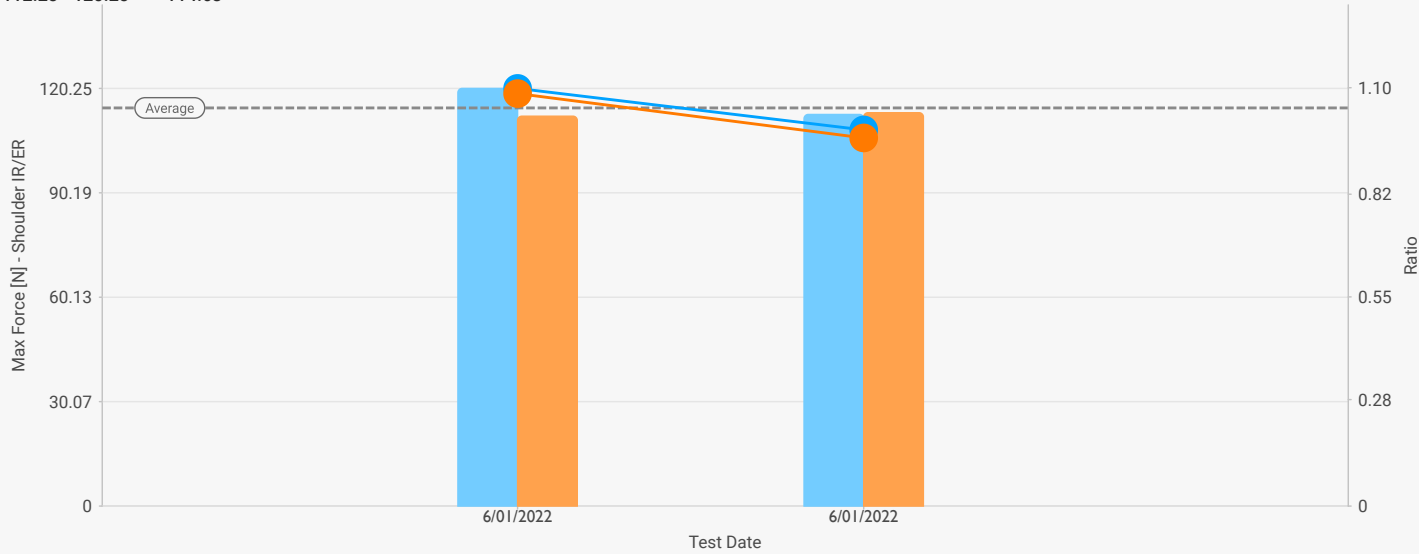
Range      Average  
125.75 - 142.25      134





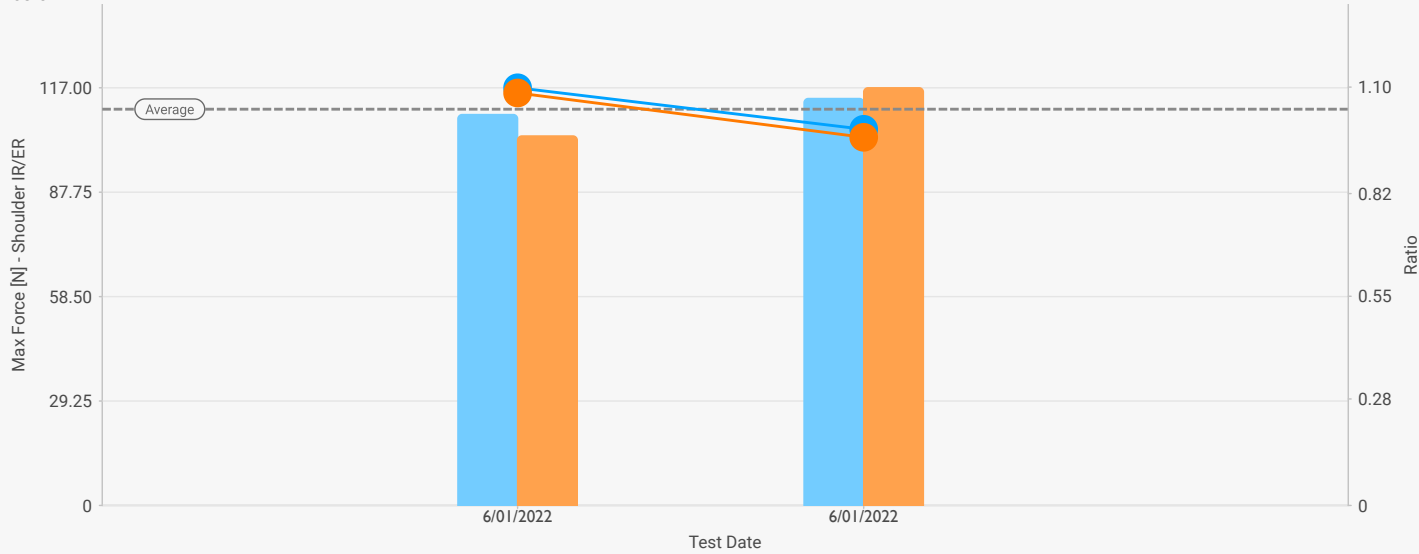
Internal Rotation Max Force [N] - Shoulder IR/ER

Range      Average  
112.25 - 120.25      114.63



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

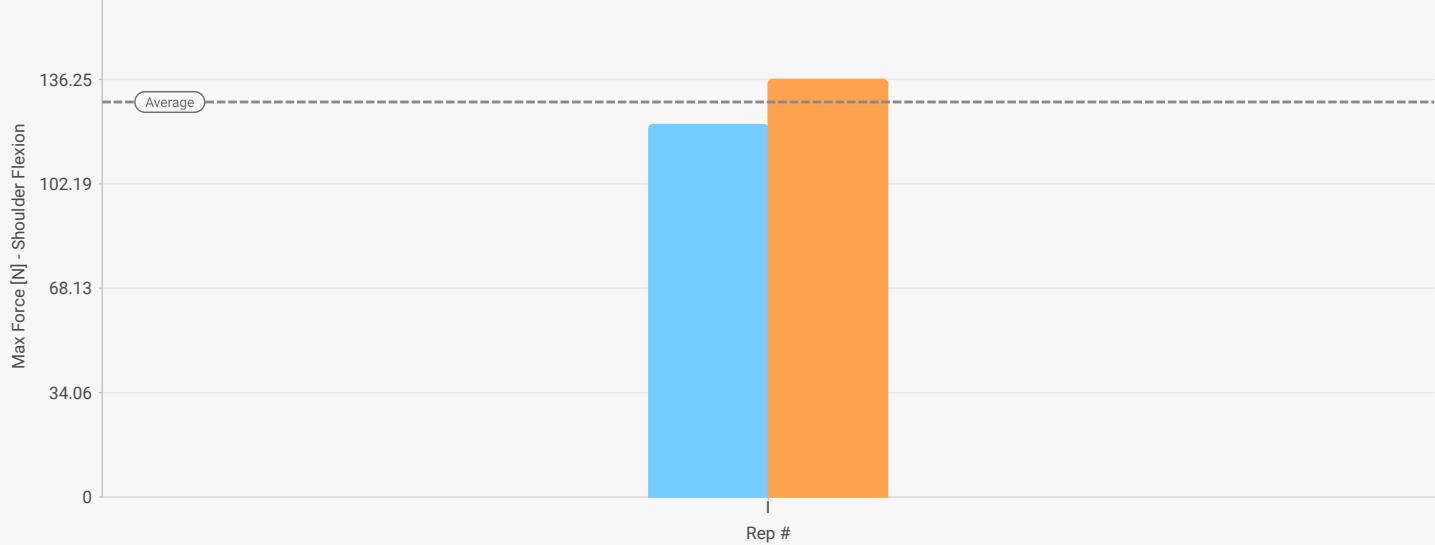
Range      Average  
103.5 - 117      111





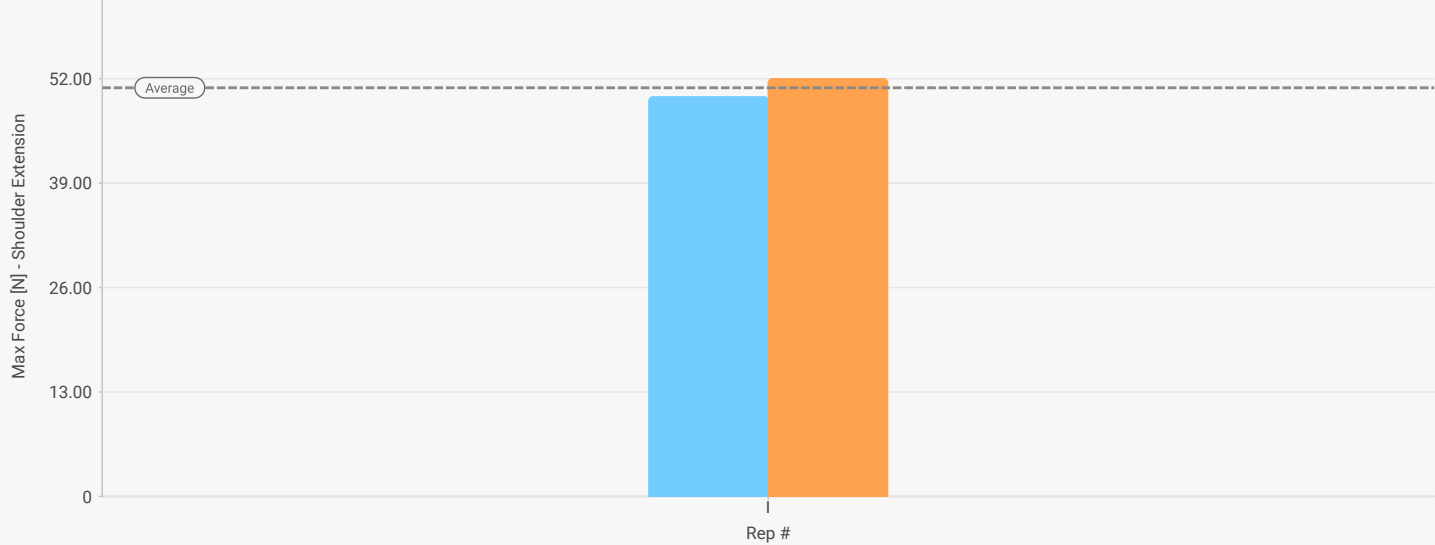
Flexion Max Force [N] - Shoulder Flexion

Range      Average  
121.5 - 136.25      128.88



Extension Max Force [N] - Shoulder Extension

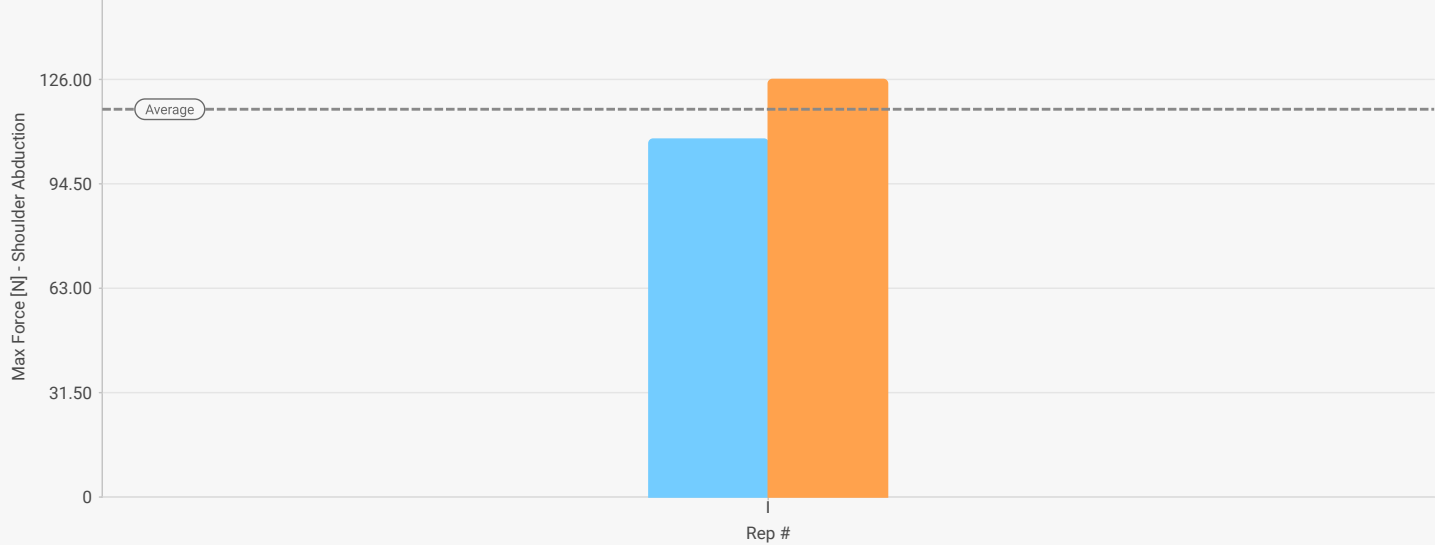
Range      Average  
49.75 - 52      50.88





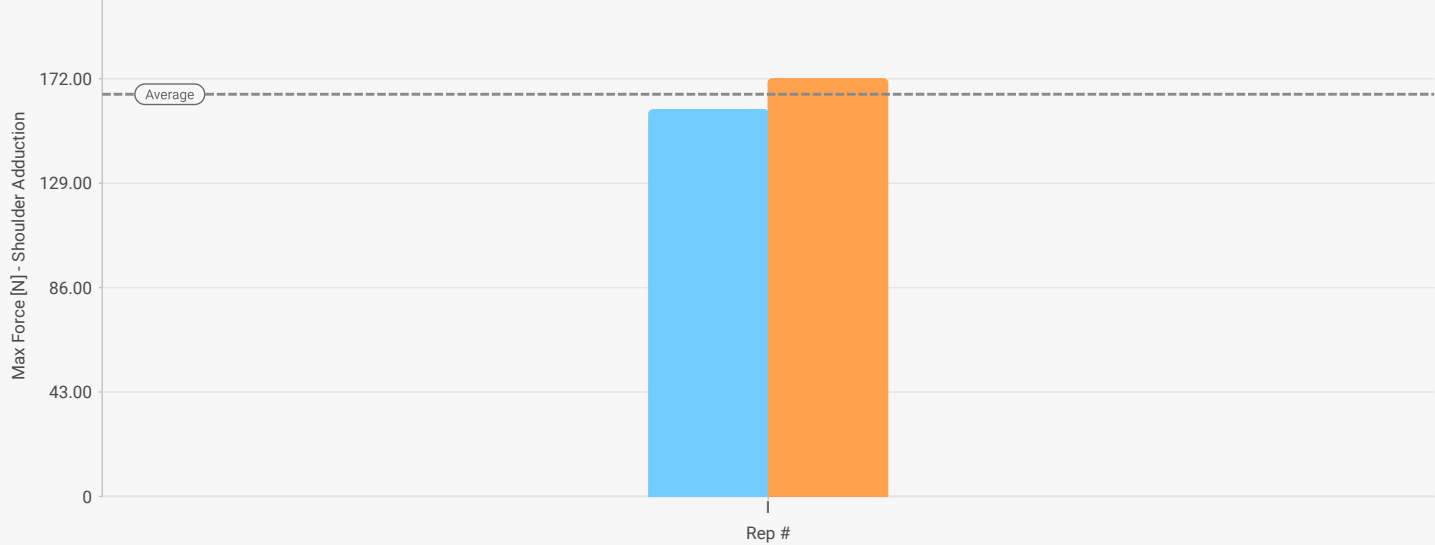
Abduction Max Force [N] - Shoulder Abduction

Range      Average  
108 - 126    117



Adduction Max Force [N] - Shoulder Adduction

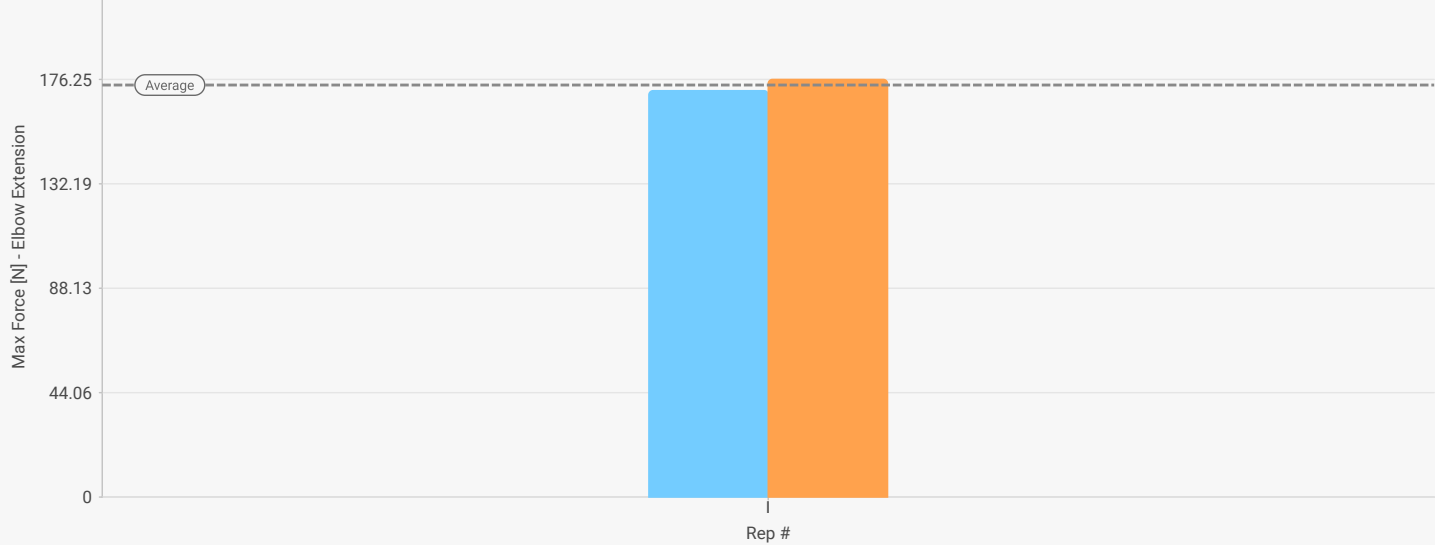
Range      Average  
159.25 - 172    165.63





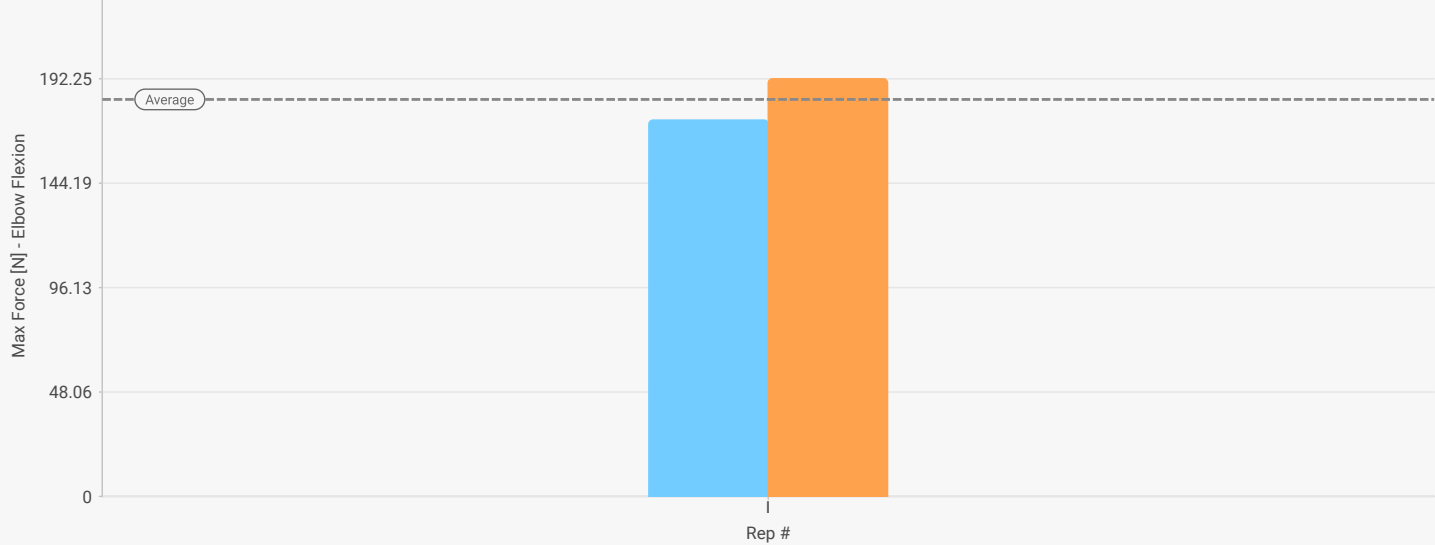
Extension Max Force [N] - Elbow Extension

Range      Average  
171.5 - 176.25      173.88



Flexion Max Force [N] - Elbow Flexion

Range      Average  
173.25 - 192.25      182.75





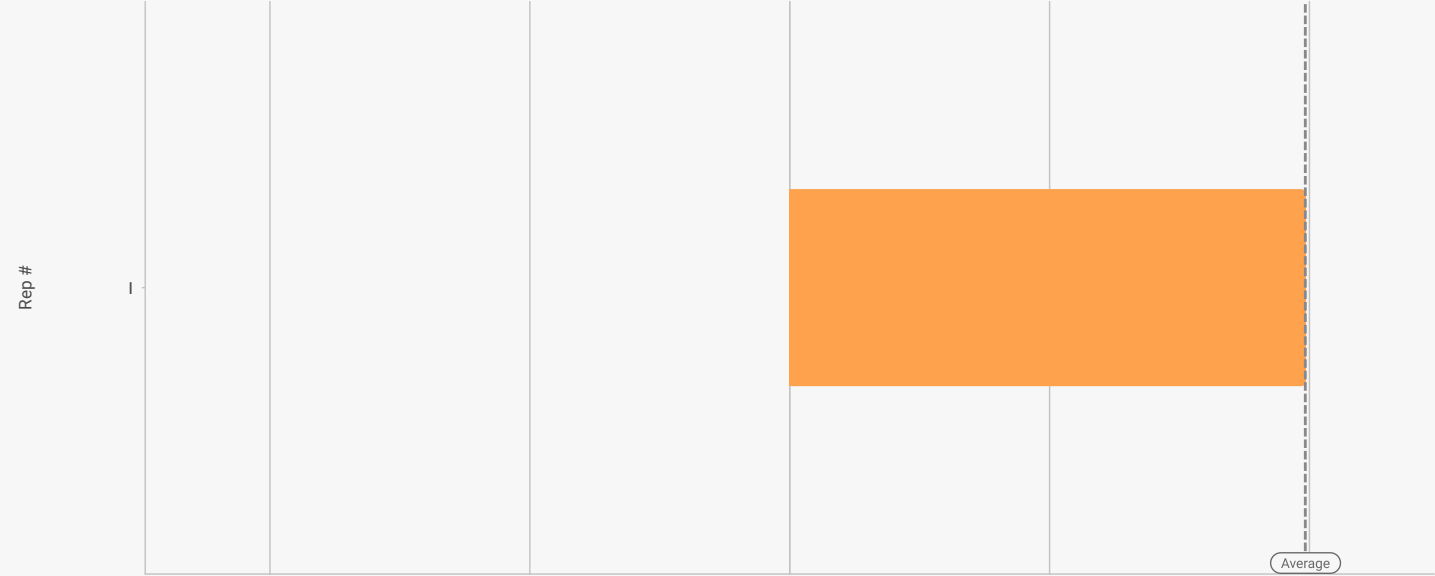
External Rotation Asymmetry [%] - Hip IR/ER

Range      Average  
6.5 L - 6.5 R      6.5 L



Internal Rotation Asymmetry [%] - Hip IR/ER

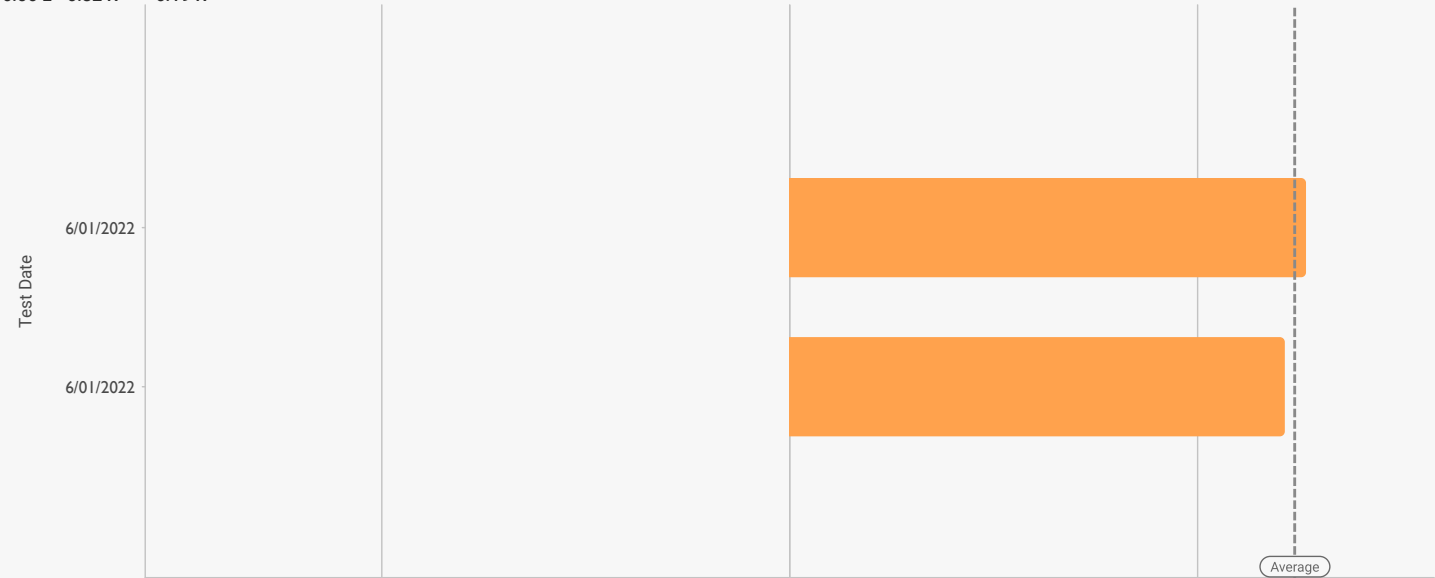
Range      Average  
4.96 L - 4.96 R      4.96 R





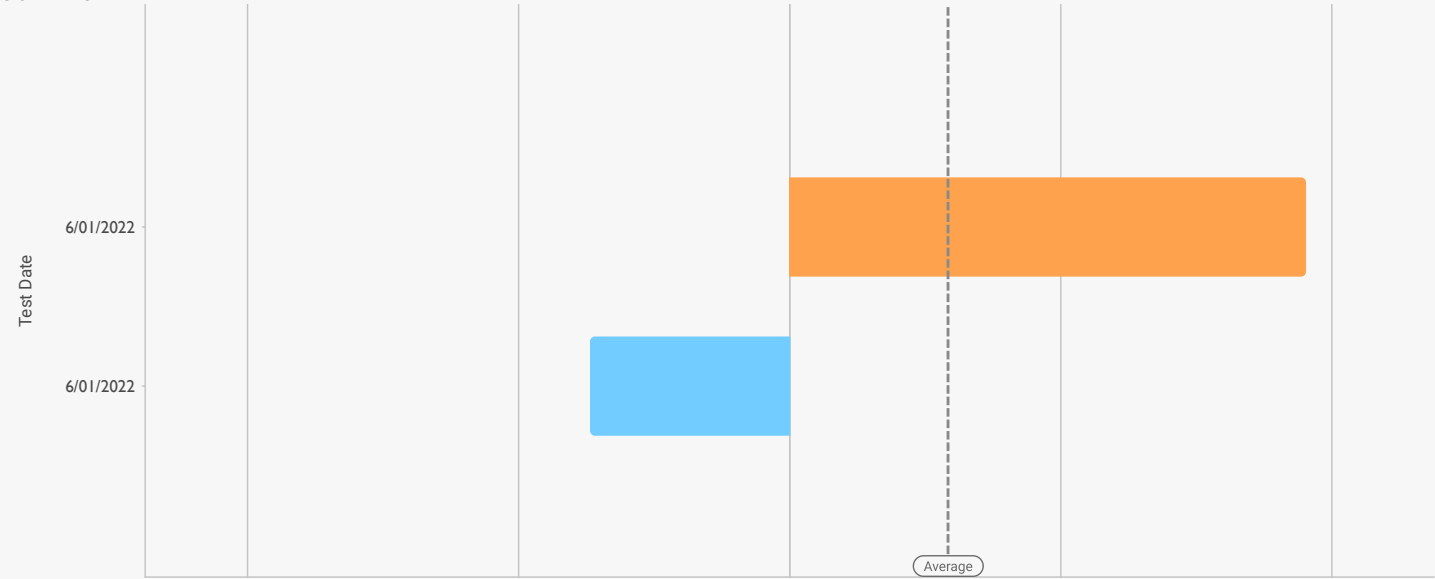
Extension Asymmetry [%] - Hip Extension

Range      Average  
6.06 L - 6.32 R      6.19 R



Flexion Asymmetry [%] - Hip Flexion

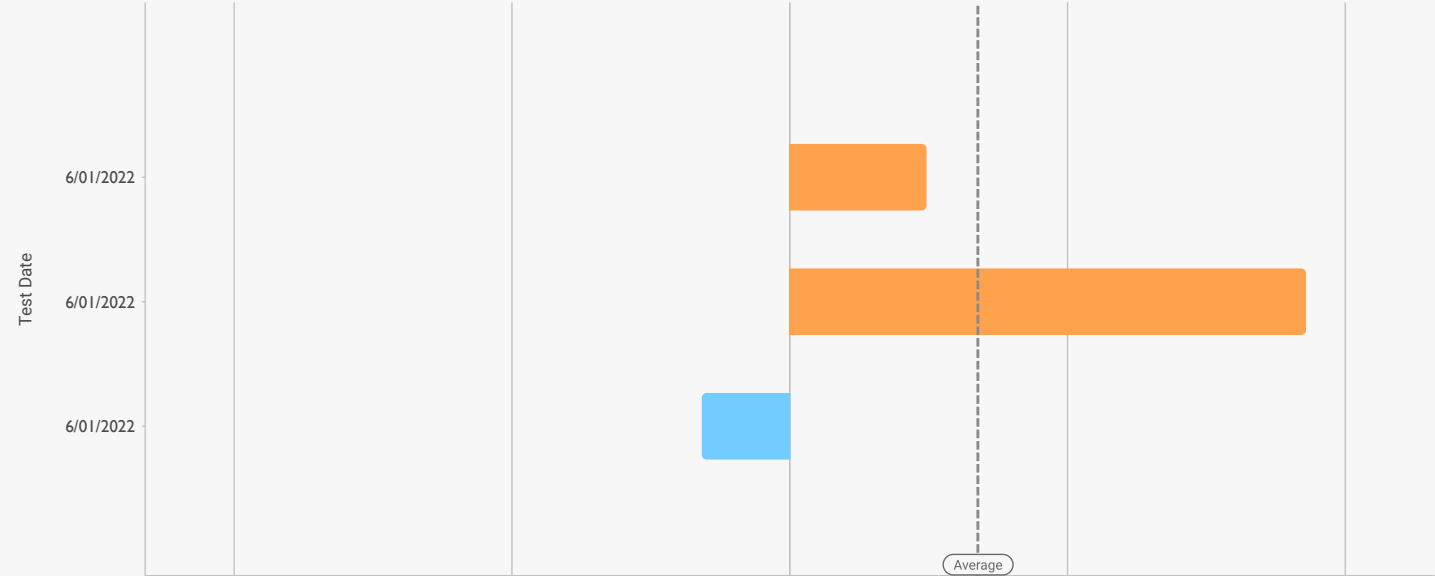
Range      Average  
3.67 L - 9.51 R      2.92 R





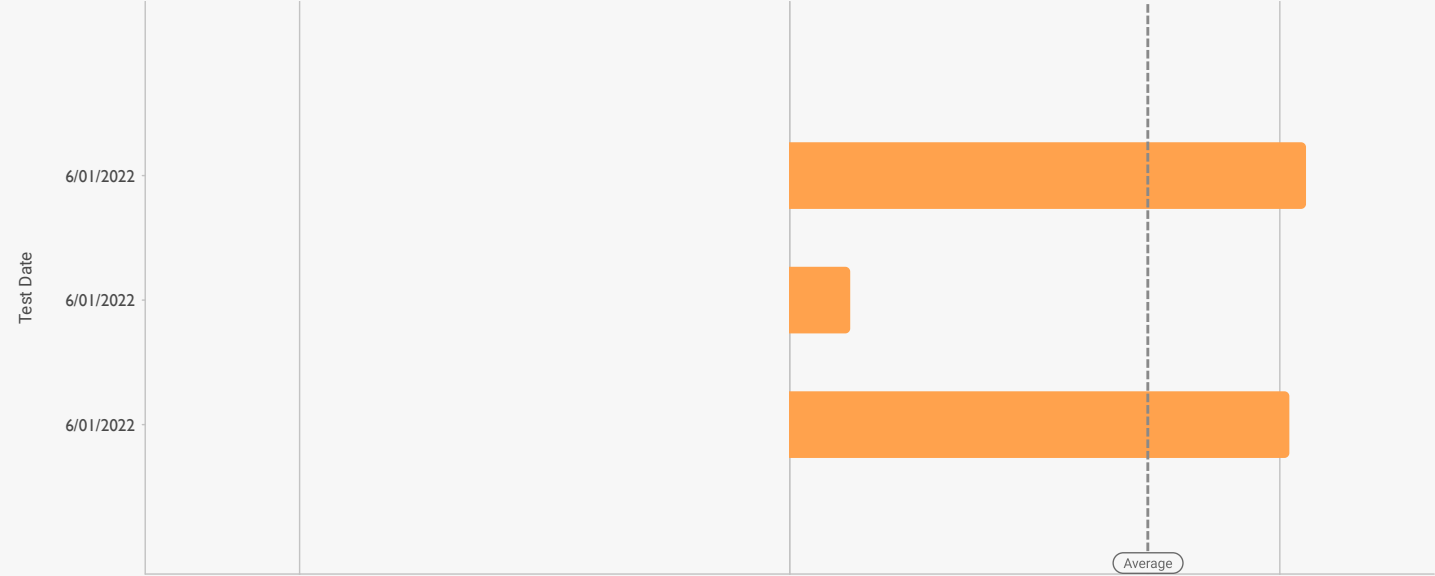
Adduction Asymmetry [%] - Hip AD/AB

Range      Average  
1.57 L - 9.28 R      3.39 R



Abduction Asymmetry [%] - Hip AD/AB

Range      Average  
0.61 L - 5.26 R      3.65 R





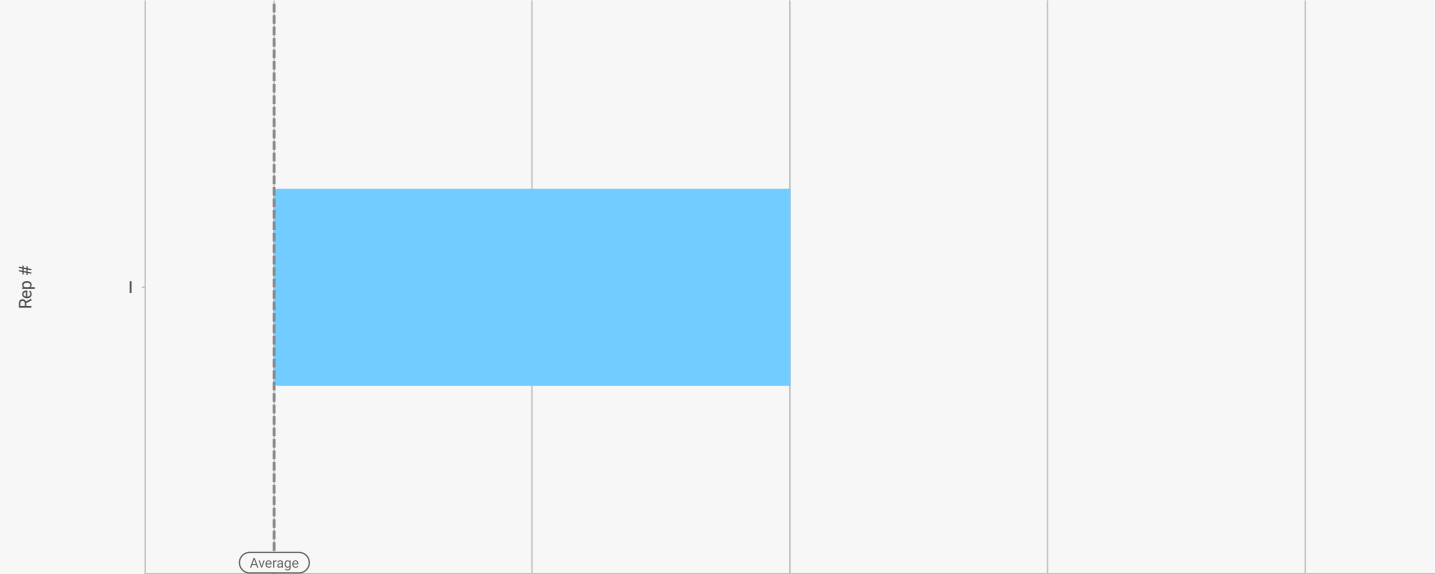


Asymmetry [%] - knee extensor

Range      Average

20 L - 20 R

20 L

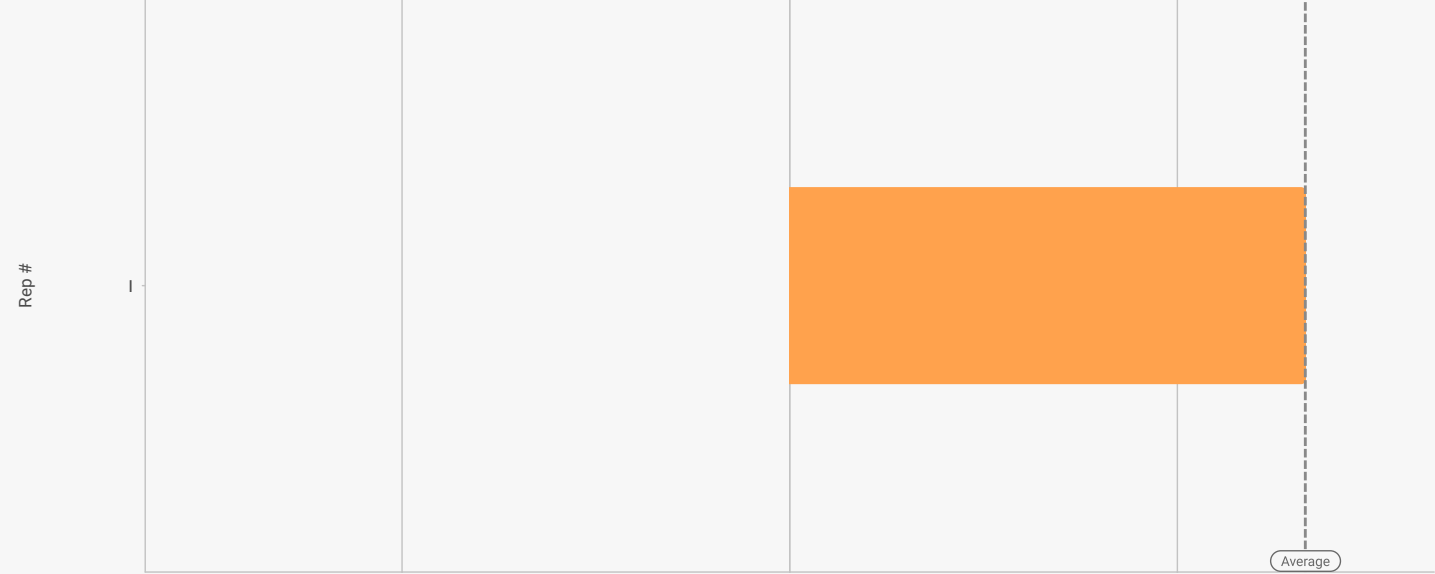


Asymmetry [%] - knee extensor

Range      Average

6.65 L - 6.65 R

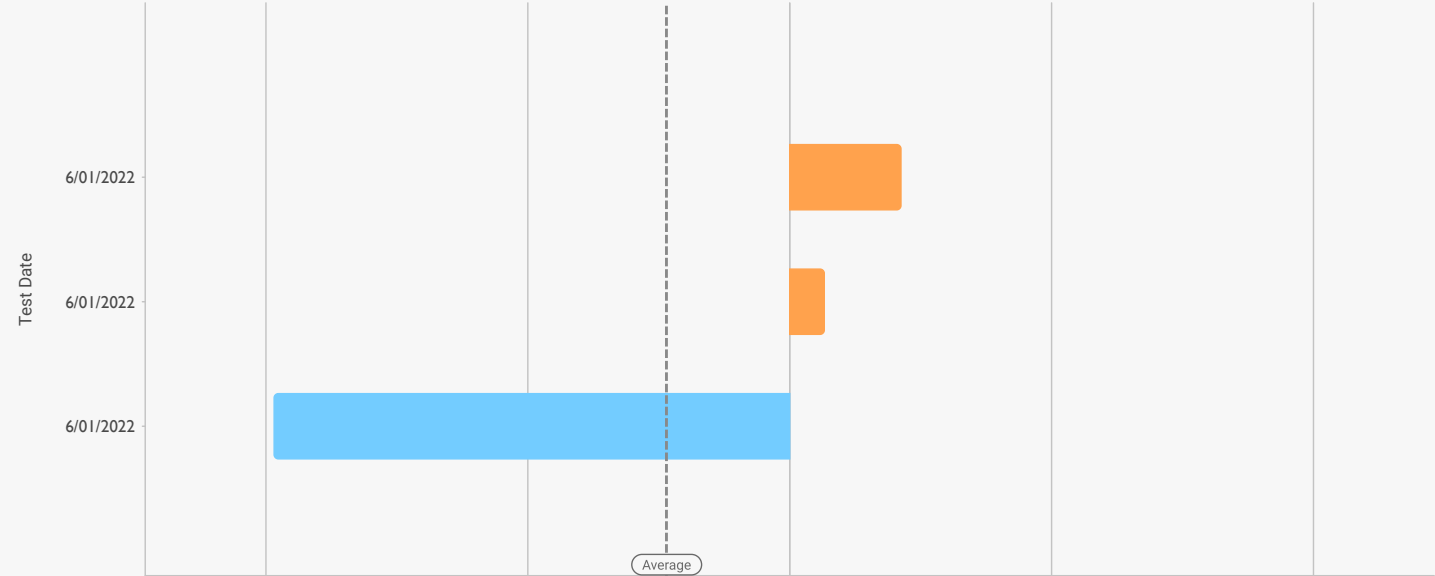
6.65 R





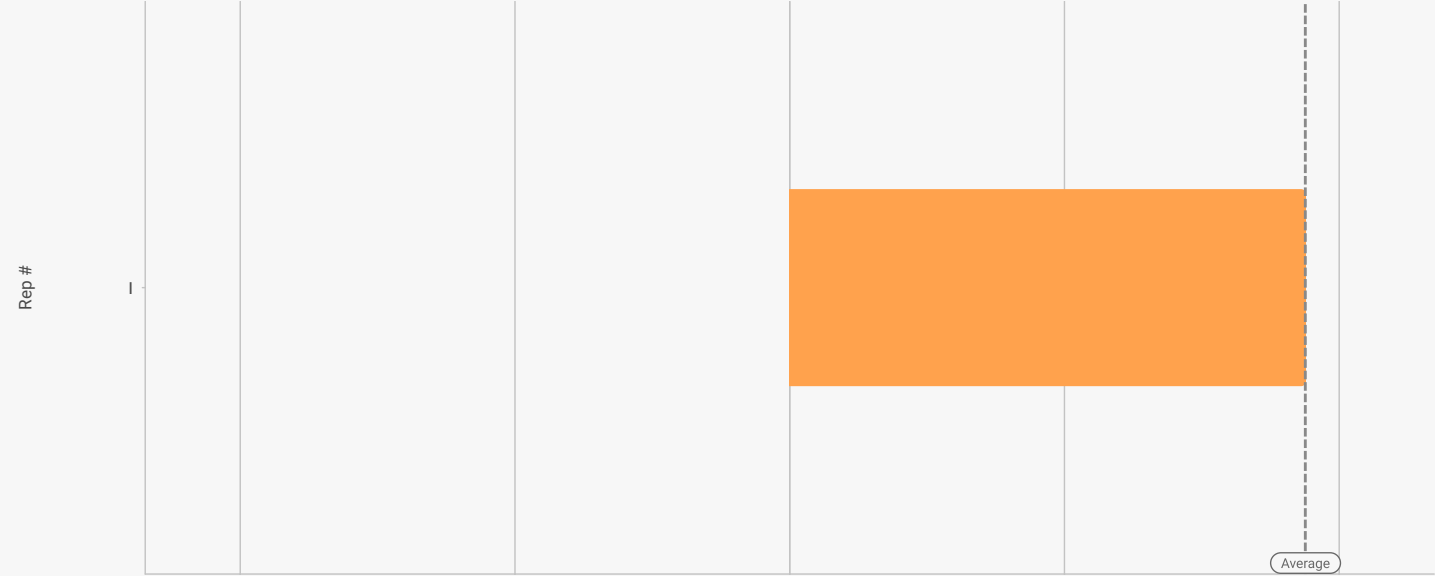
Knee Flexion Asymmetry [%] - Knee Flexion

Range      Average  
24.61 L - 5.31 R      5.88 L



Dorsiflexion Asymmetry [%] - Ankle Dorsiflexion

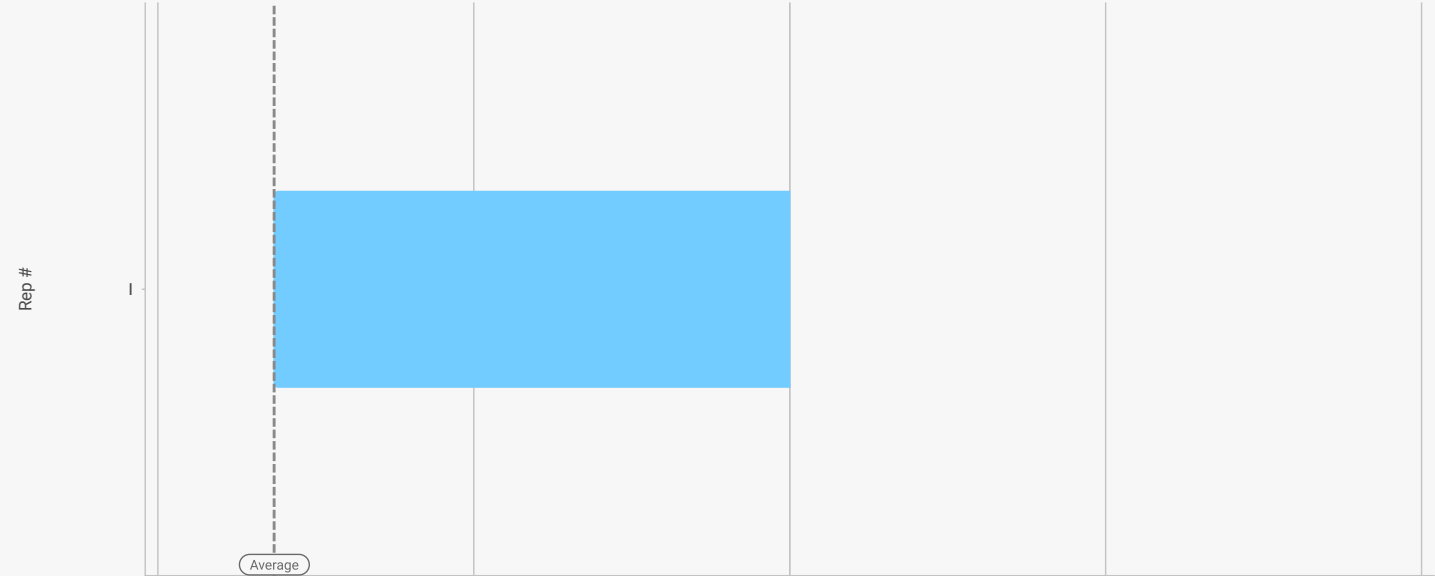
Range      Average  
28.15 L - 28.15 R      28.15 R





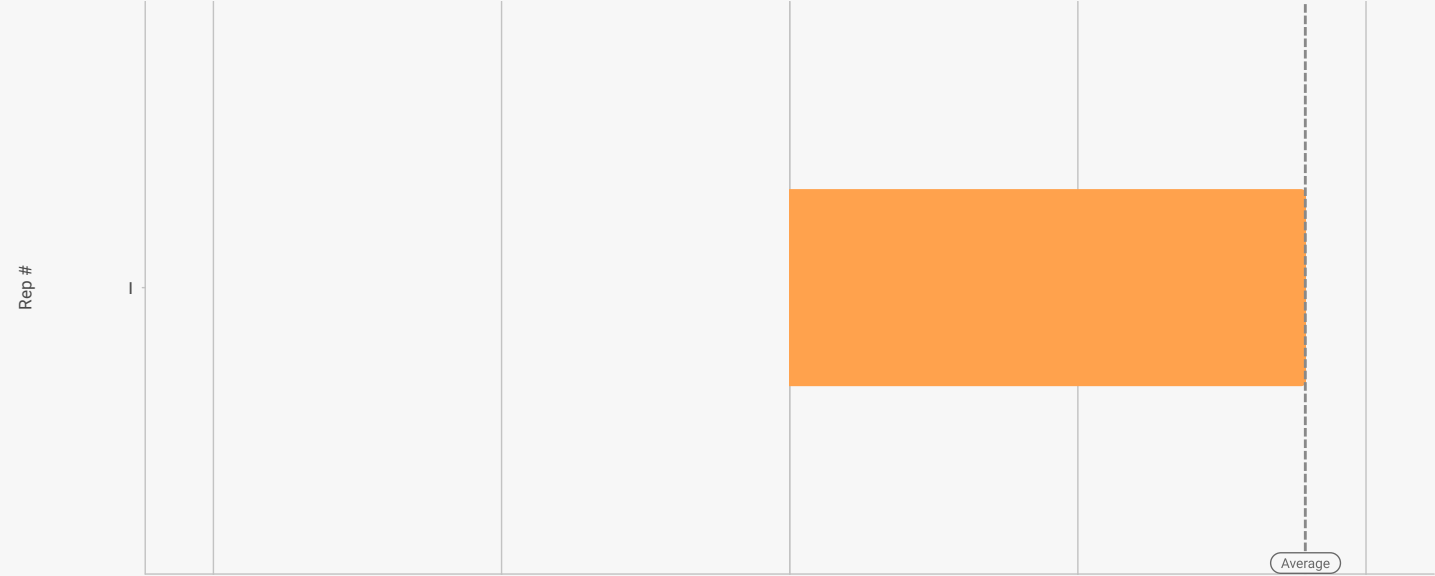
Inversion Asymmetry [%] - Ankle IN/EV

Range      Average  
12.24 L - 12.24 R      12.24 L



Eversion Asymmetry [%] - Ankle IN/EV

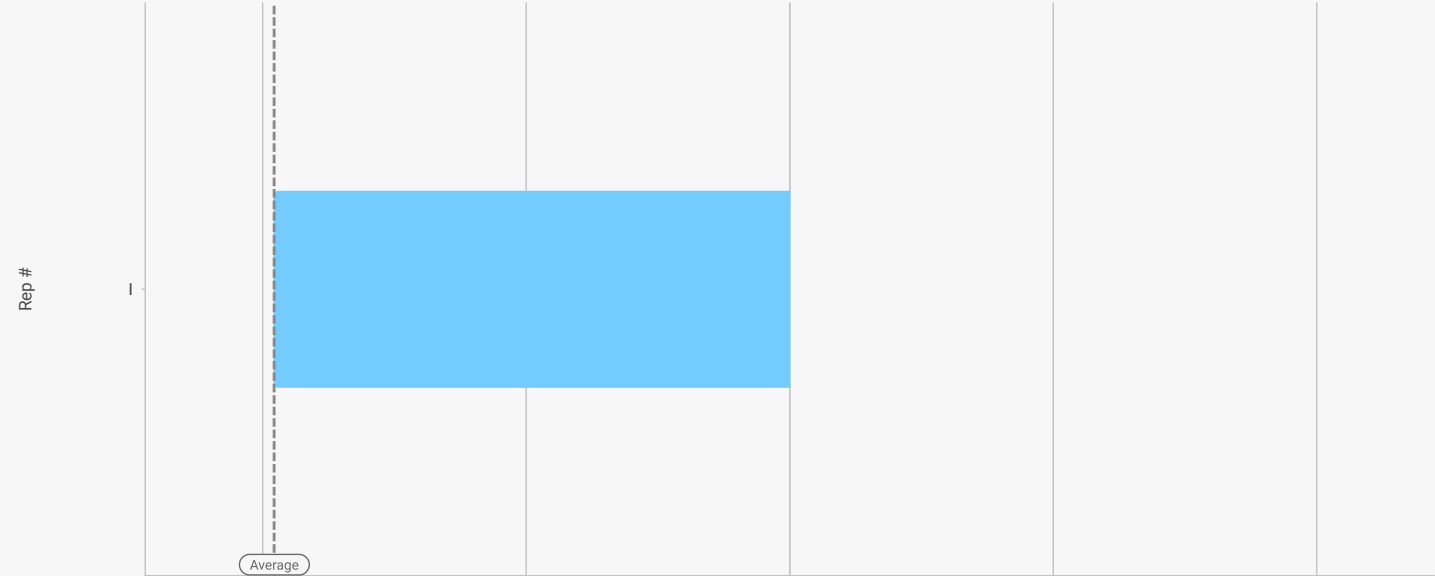
Range      Average  
13.42 L - 13.42 R      13.42 R





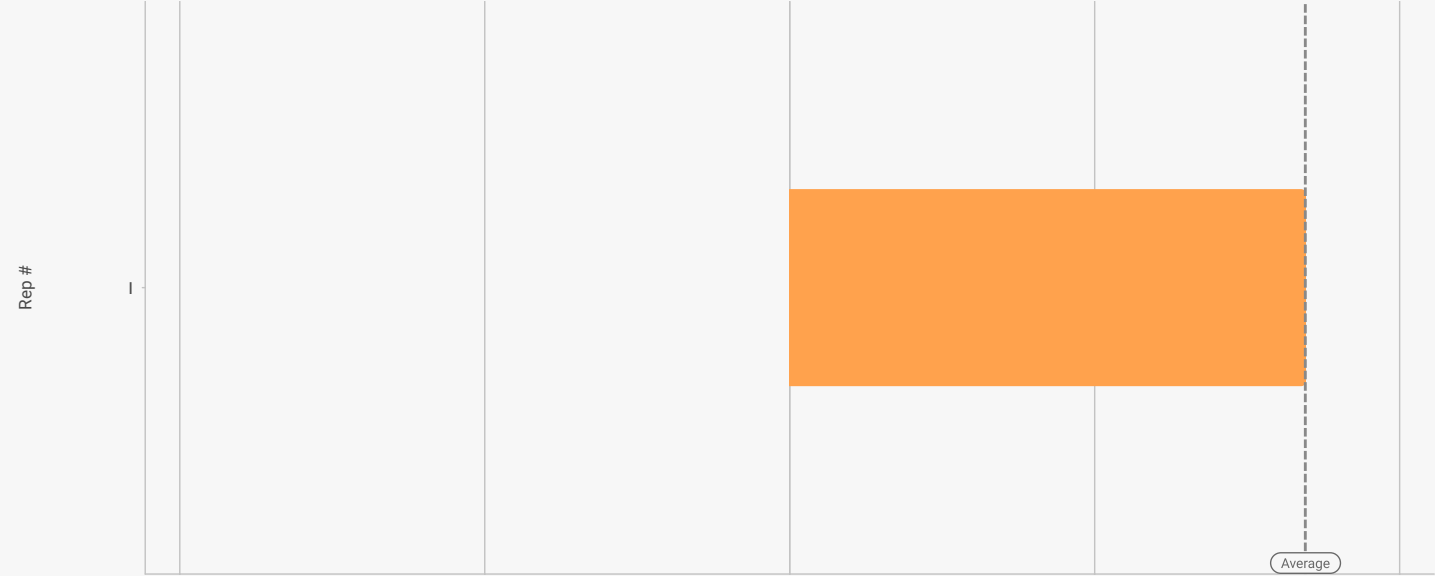
Asymmetry [%] - Wrist extensor

Range      Average  
78.26 L - 78.26 R      78.26 L



Asymmetry [%] - Wrist extensor

Range      Average  
12.68 L - 12.68 R      12.68 R





Asymmetry [%] - Wrist flexion

Range      Average

50 L - 50 R

50 L

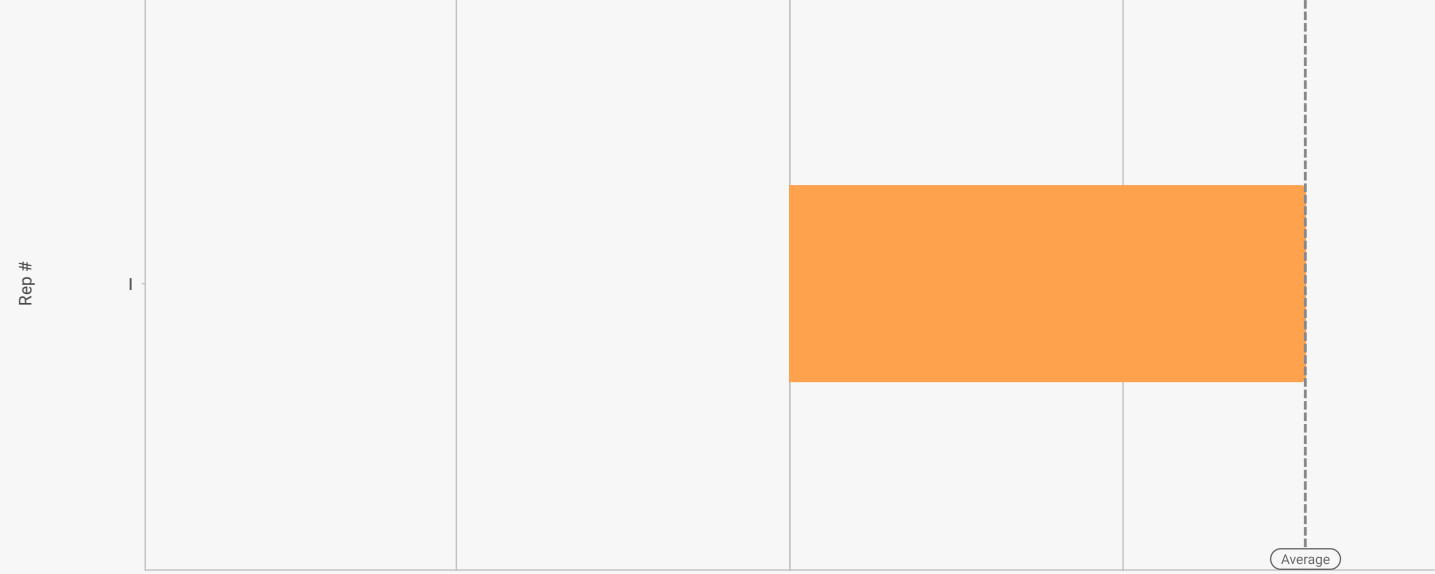


Asymmetry [%] - Wrist flexion

Range      Average

11.6 L - 11.6 R

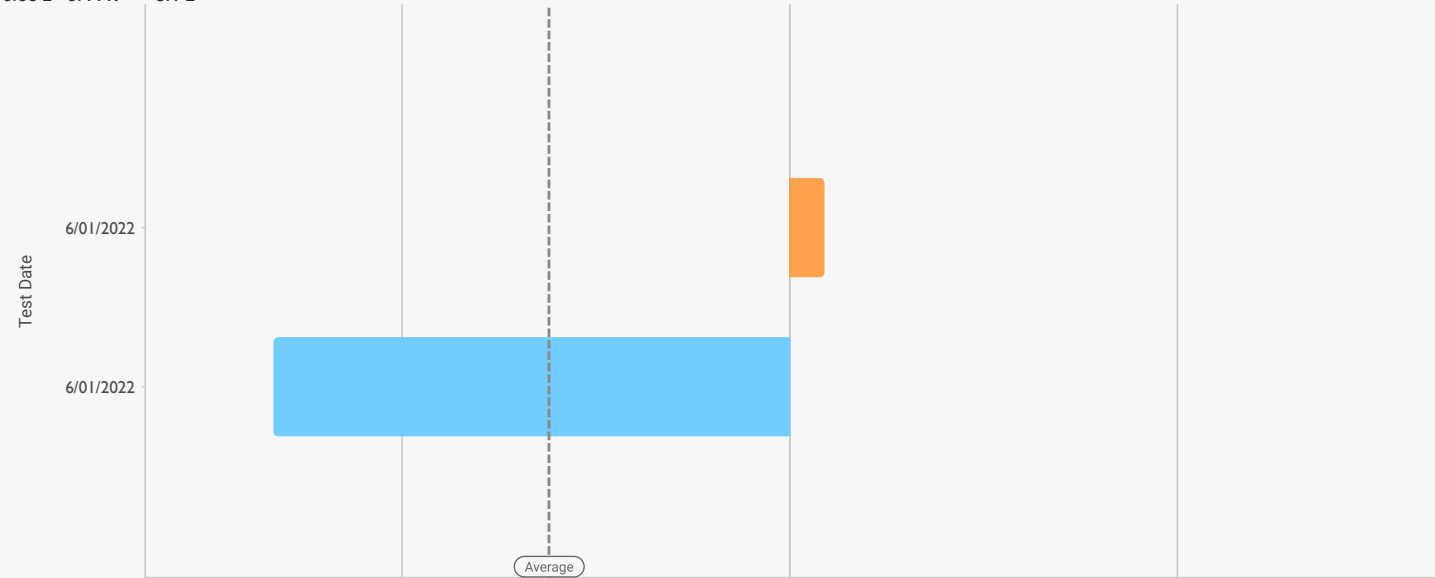
11.6 R





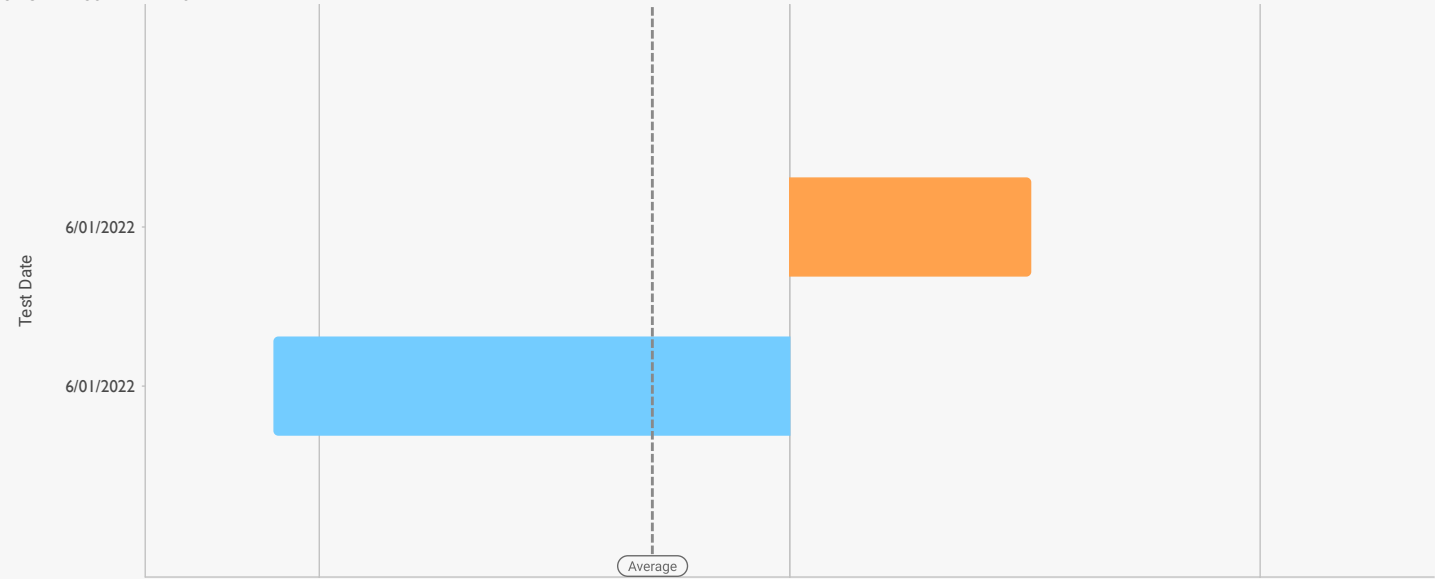
Internal Rotation Asymmetry [%] - Shoulder IR/ER

Range      Average  
6.65 L - 0.44 R      3.1 L



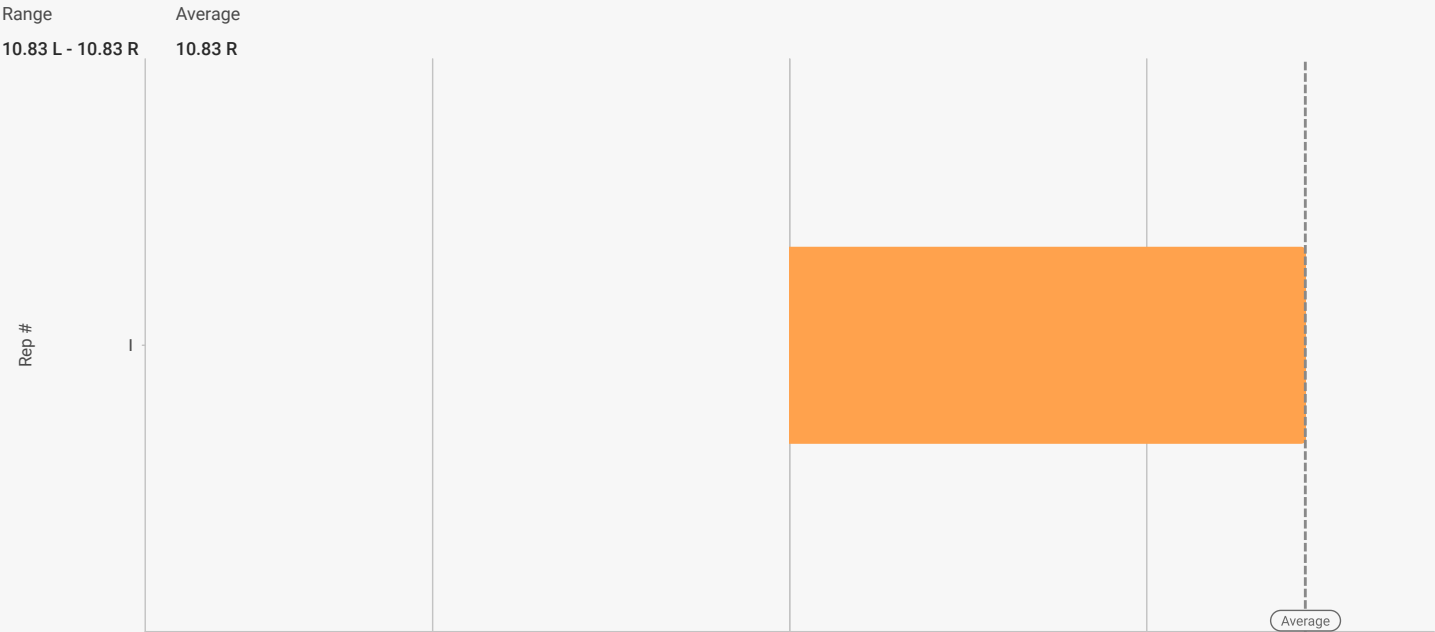
External Rotation Asymmetry [%] - Shoulder IR/ER

Range      Average  
5.48 L - 2.56 R      1.46 L

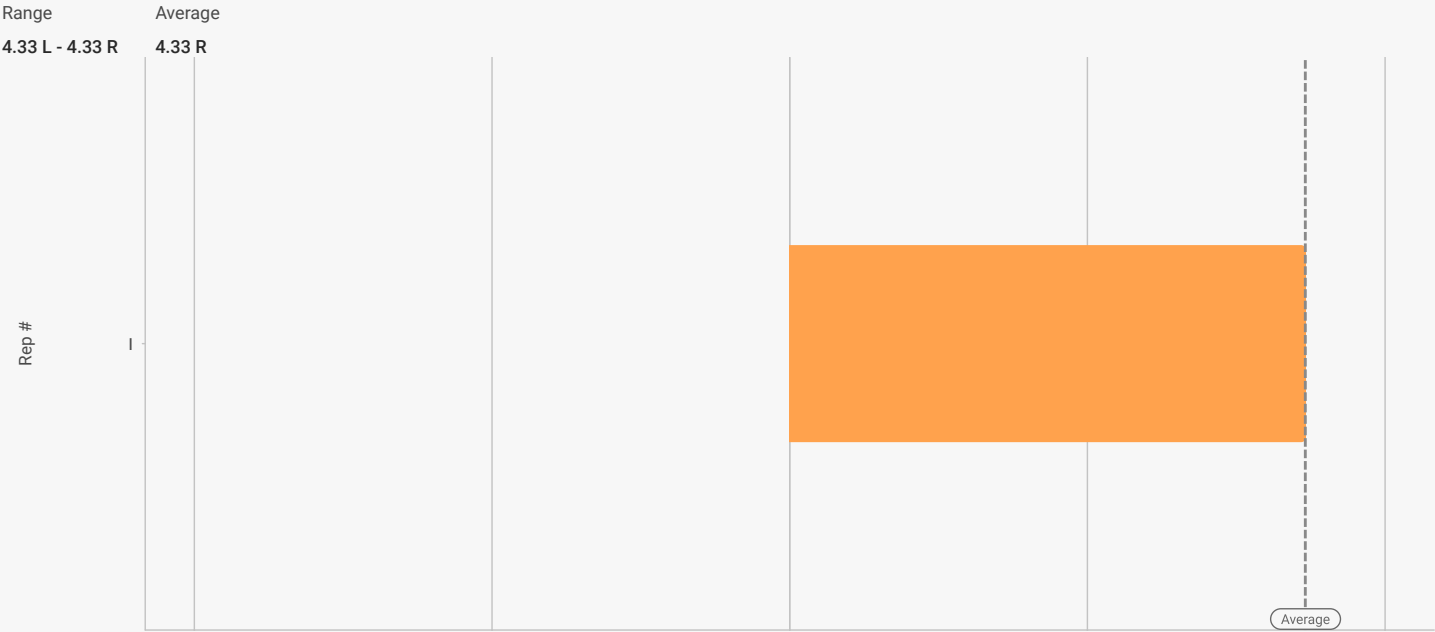




Flexion Asymmetry [%] - Shoulder Flexion

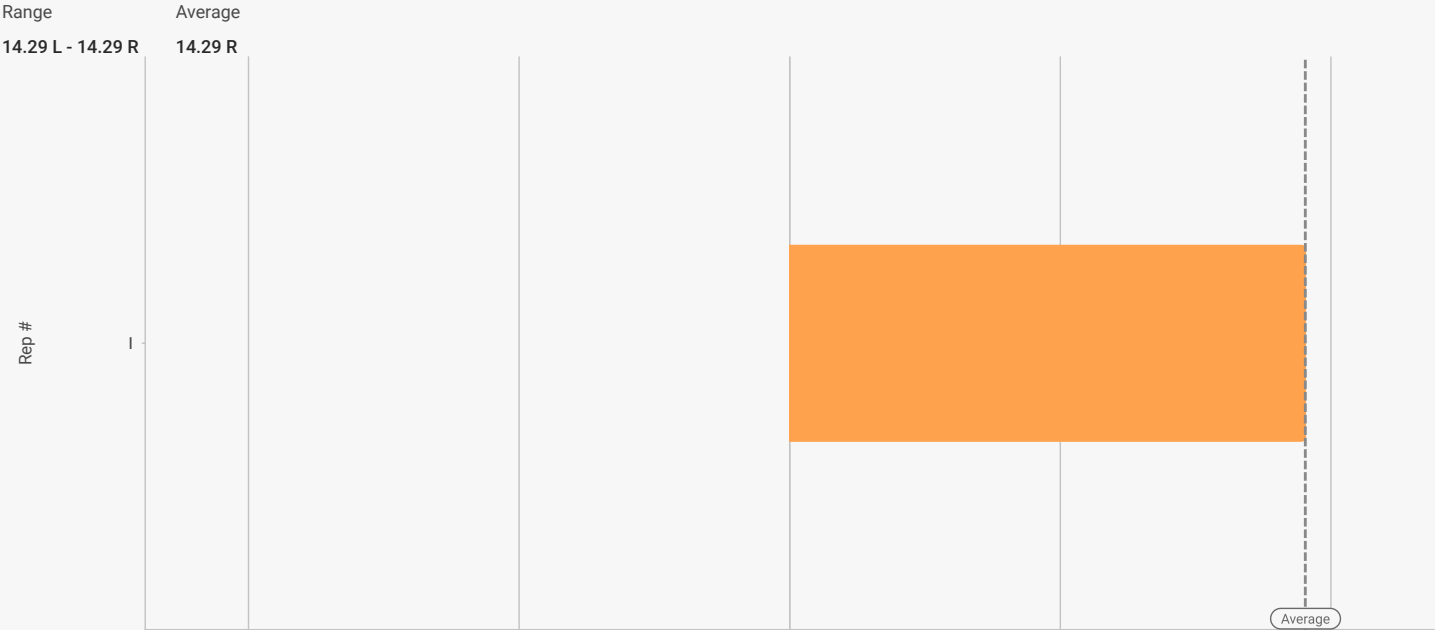


Extension Asymmetry [%] - Shoulder Extension

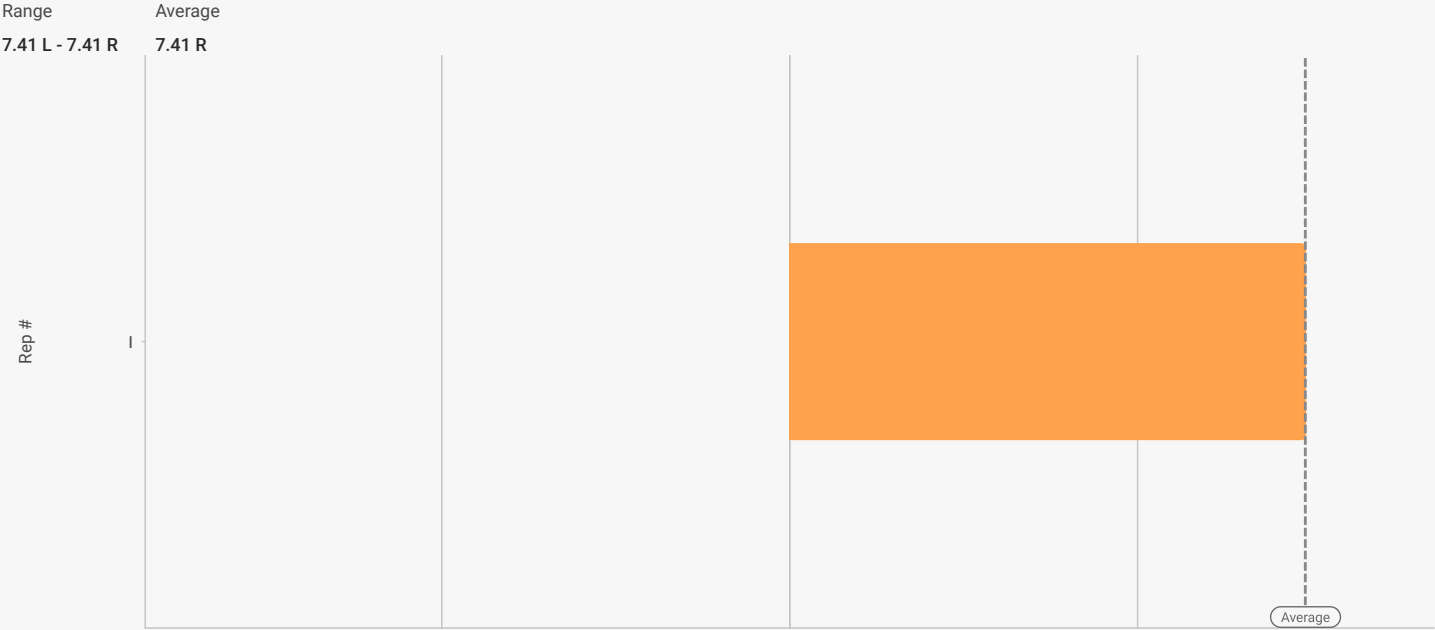




Abduction Asymmetry [%] - Shoulder Abduction



Adduction Asymmetry [%] - Shoulder Adduction

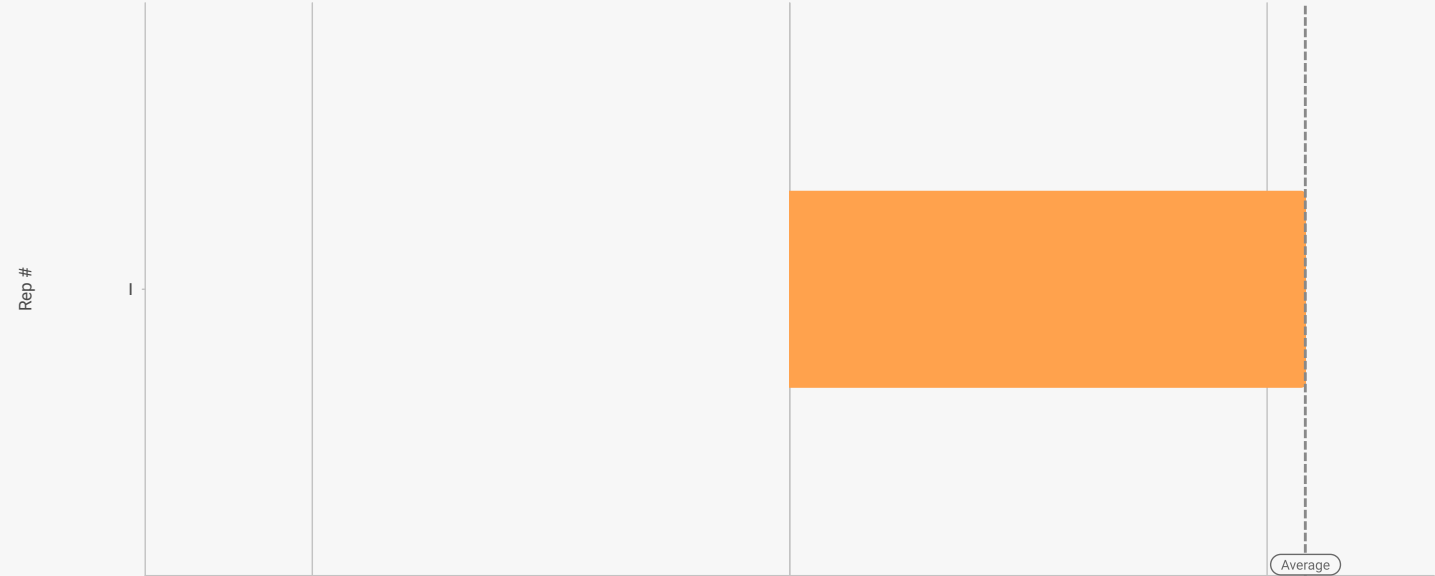






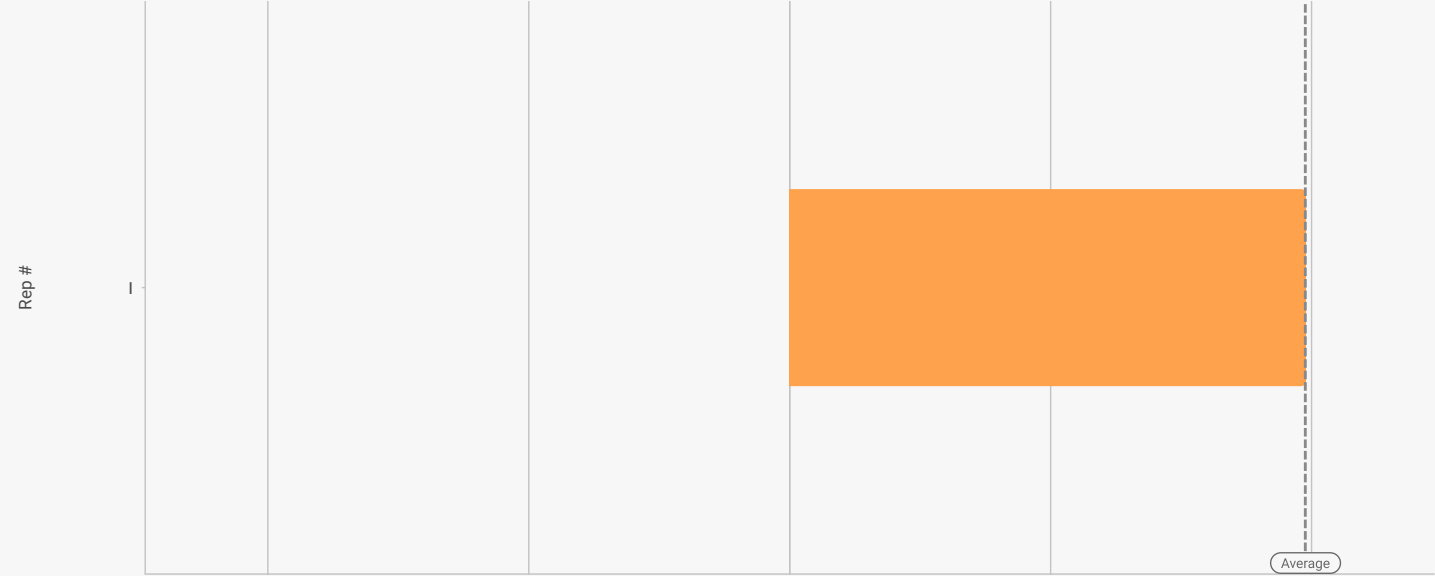
Extension Asymmetry [%] - Elbow Extension

Range      Average  
2.7 L - 2.7 R      2.7 R



Flexion Asymmetry [%] - Elbow Flexion

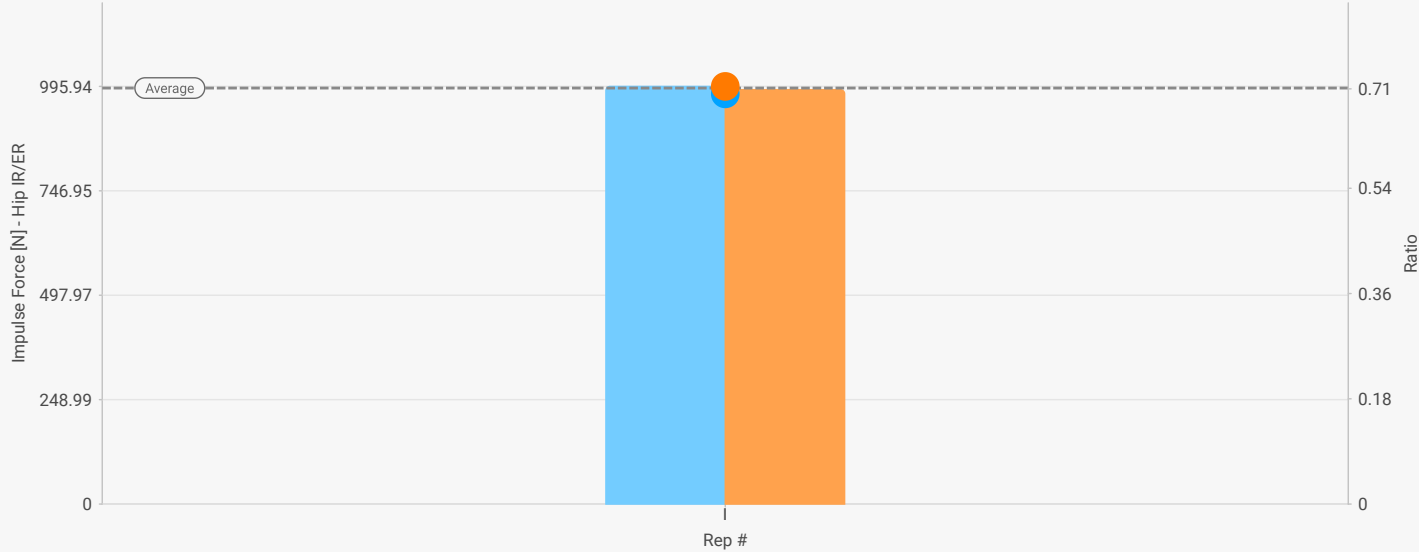
Range      Average  
9.88 L - 9.88 R      9.88 R





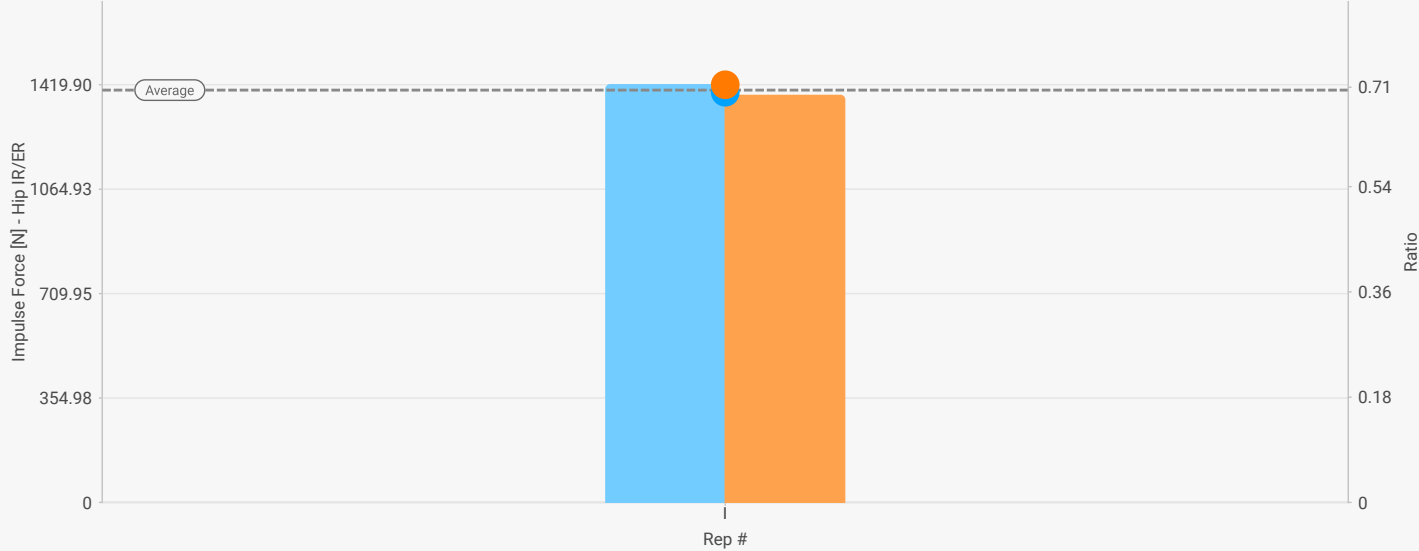
External Rotation Impulse Force [N] - Hip IR/ER

Range      Average  
988.14 - 995.94      992.04



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

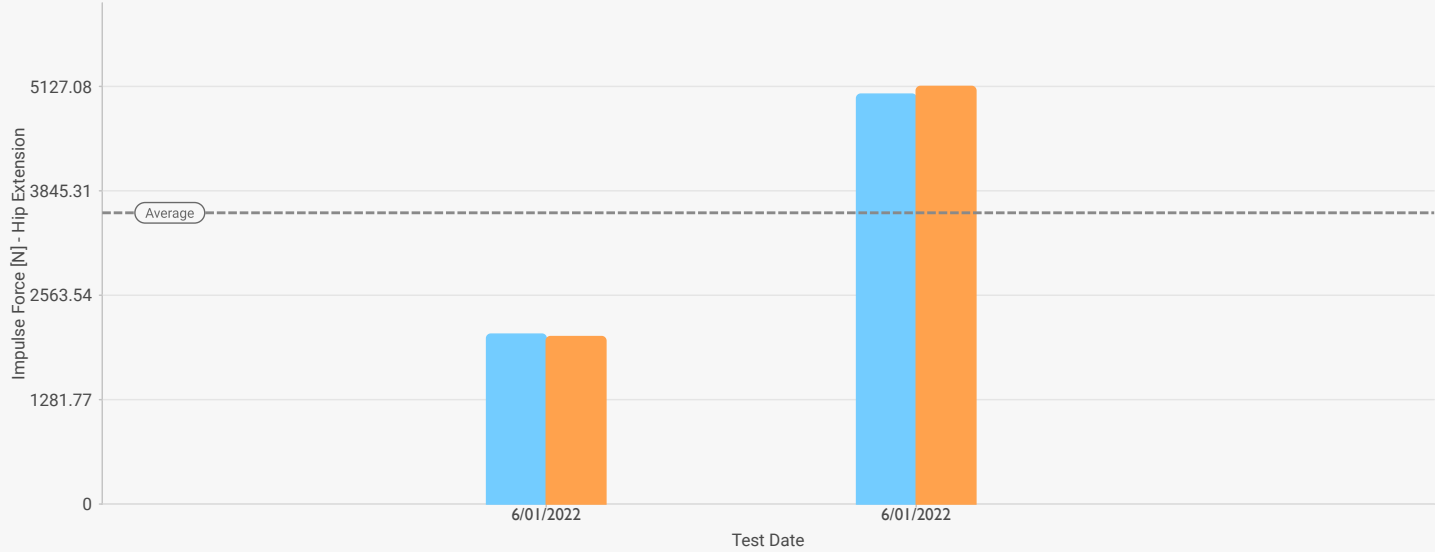
Range      Average  
1383.65 - 1419.9      1401.78





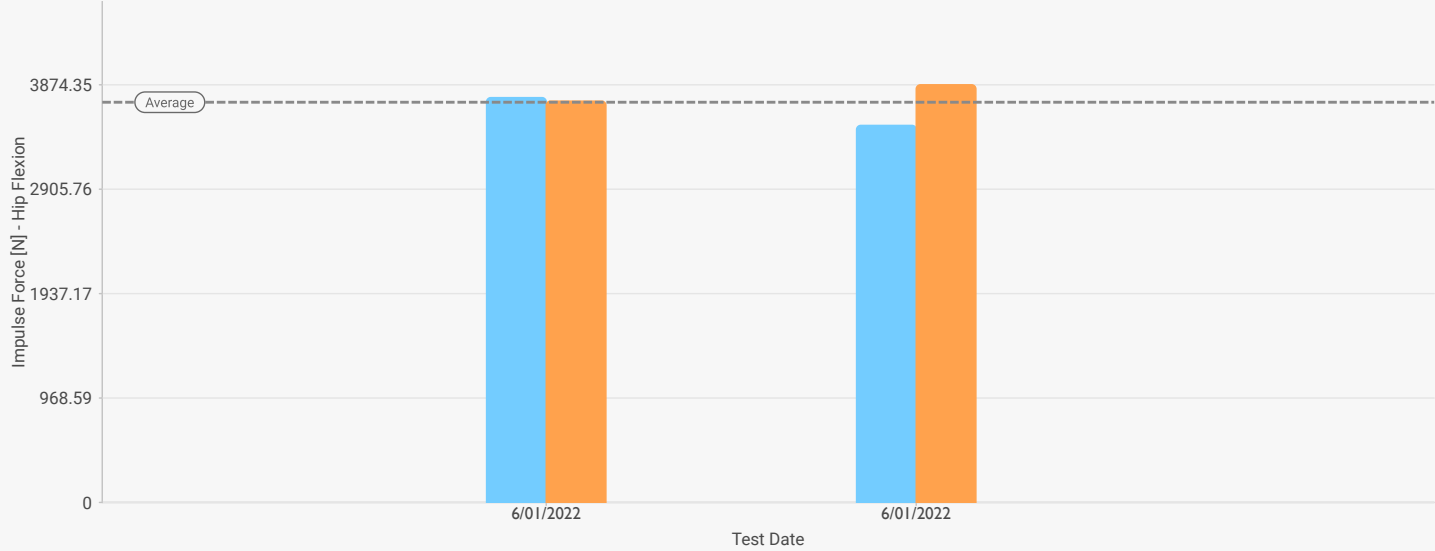
Extension Impulse Force [N] - Hip Extension

Range      Average  
2056.1 - 5127.08      3575.46



Flexion Impulse Force [N] - Hip Flexion

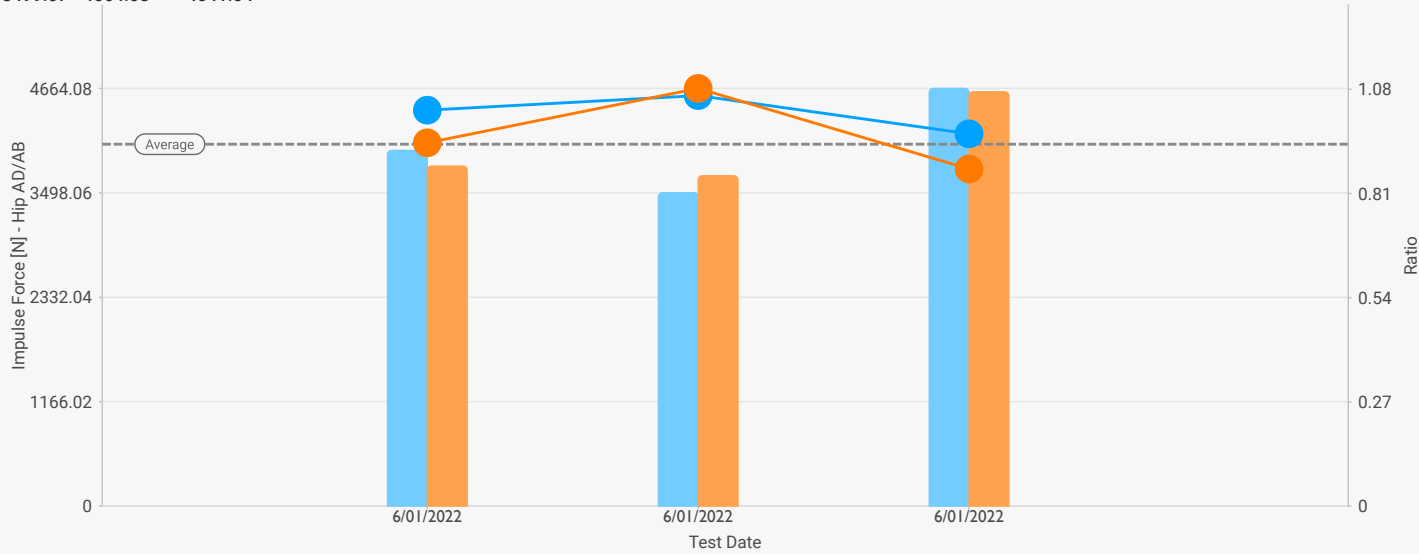
Range      Average  
3497.67 - 3874.35      3712.47





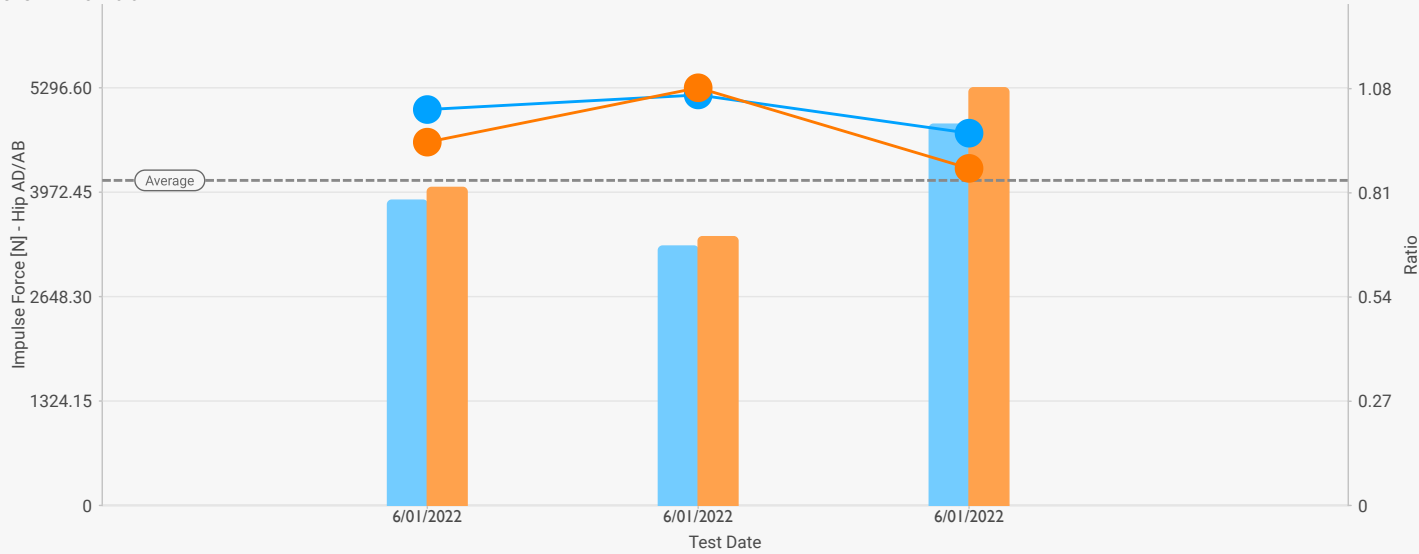
Adduction Impulse Force [N] - Hip AD/AB

Range      Average  
3499.07 - 4664.08      4041.04



Abduction Impulse Force [N] - Hip AD/AB

Range      Average  
3289.44 - 5296.6      4122.21



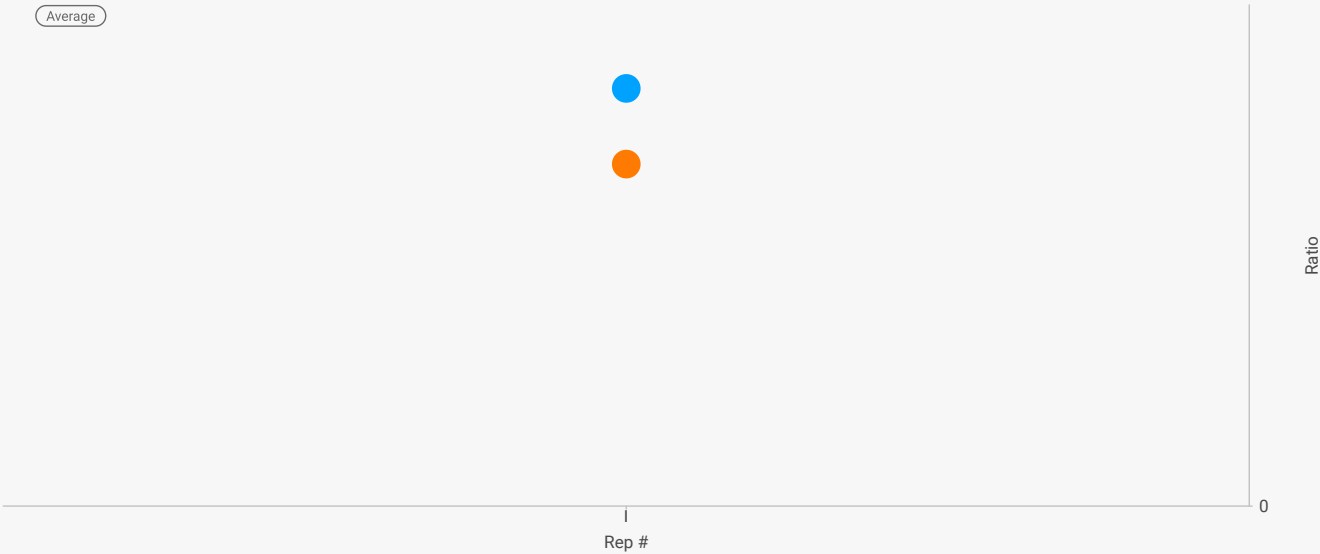


Impulse Force [N] - knee extensor

Range      Average

0 - 0      0

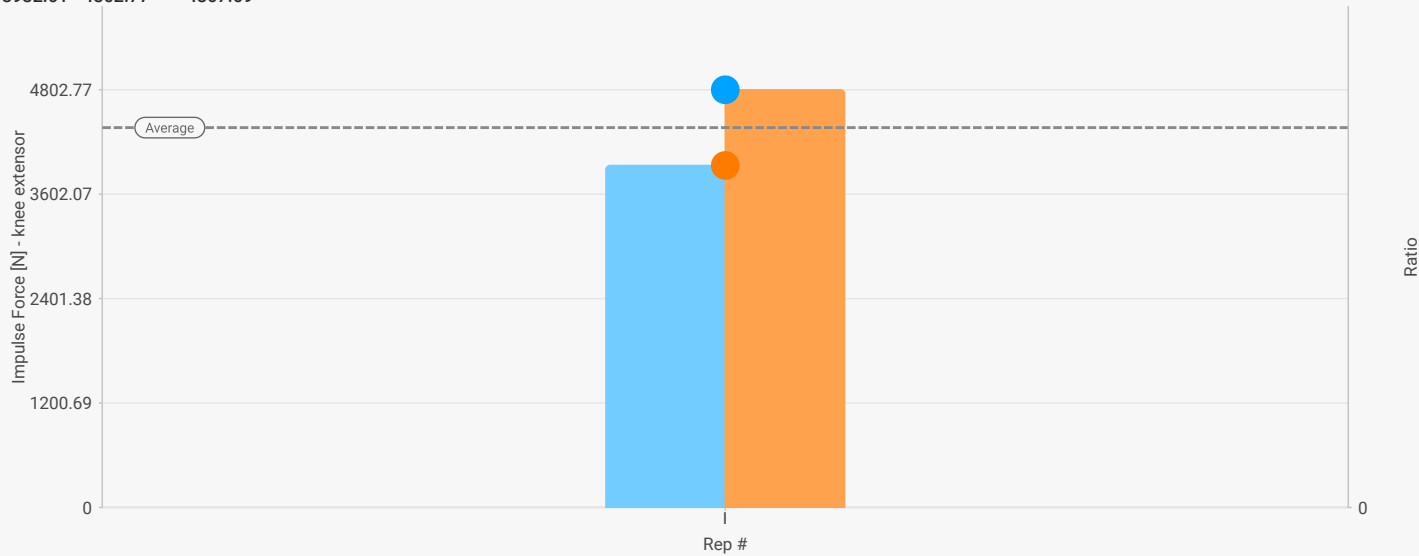
Average



Impulse Force [N] - knee extensor

Range      Average

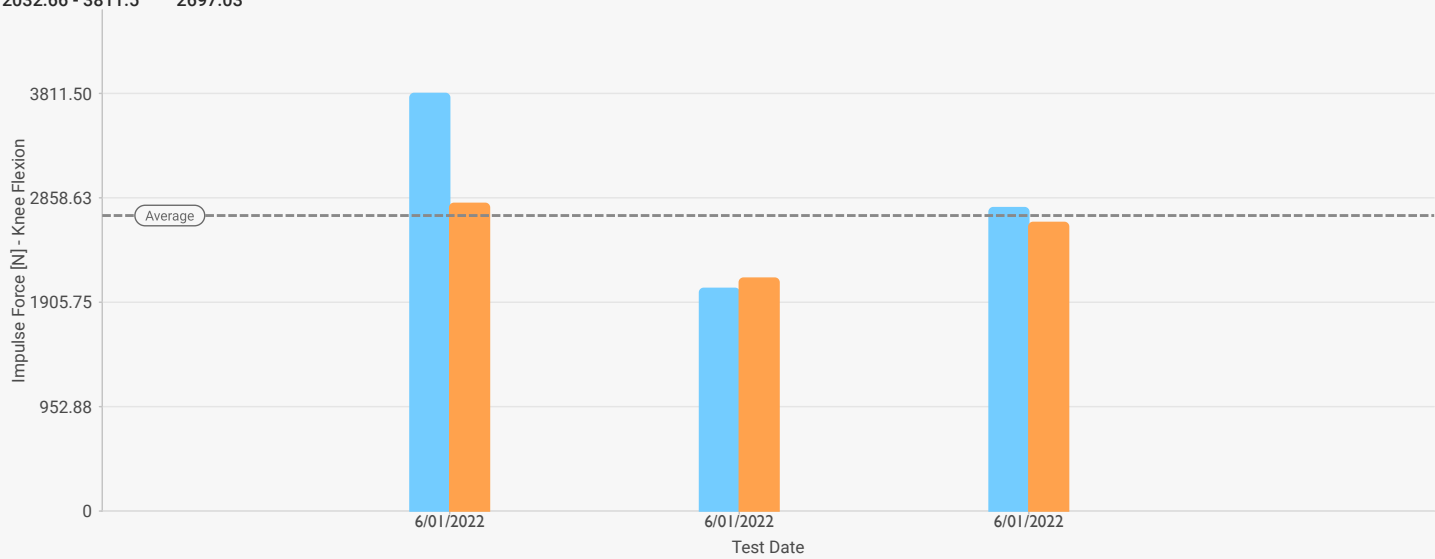
3932.61 - 4802.77      4367.69





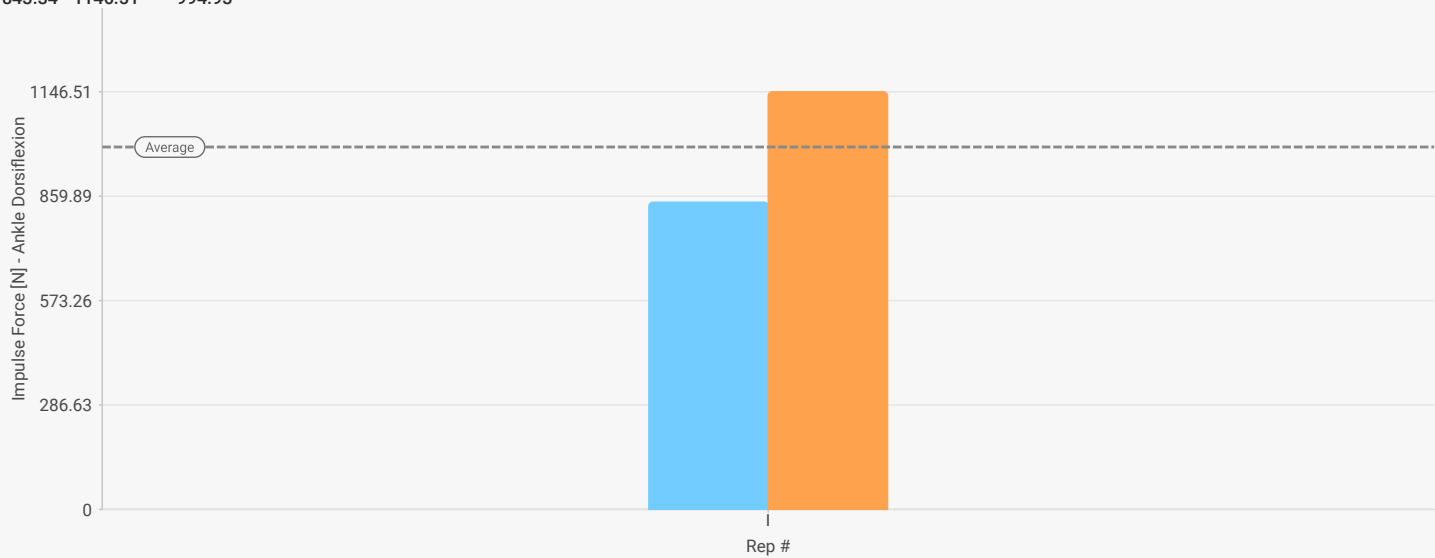
Knee Flexion Impulse Force [N] - Knee Flexion

Range                      Average  
2032.66 - 3811.5        2697.03



Dorsiflexion Impulse Force [N] - Ankle Dorsiflexion

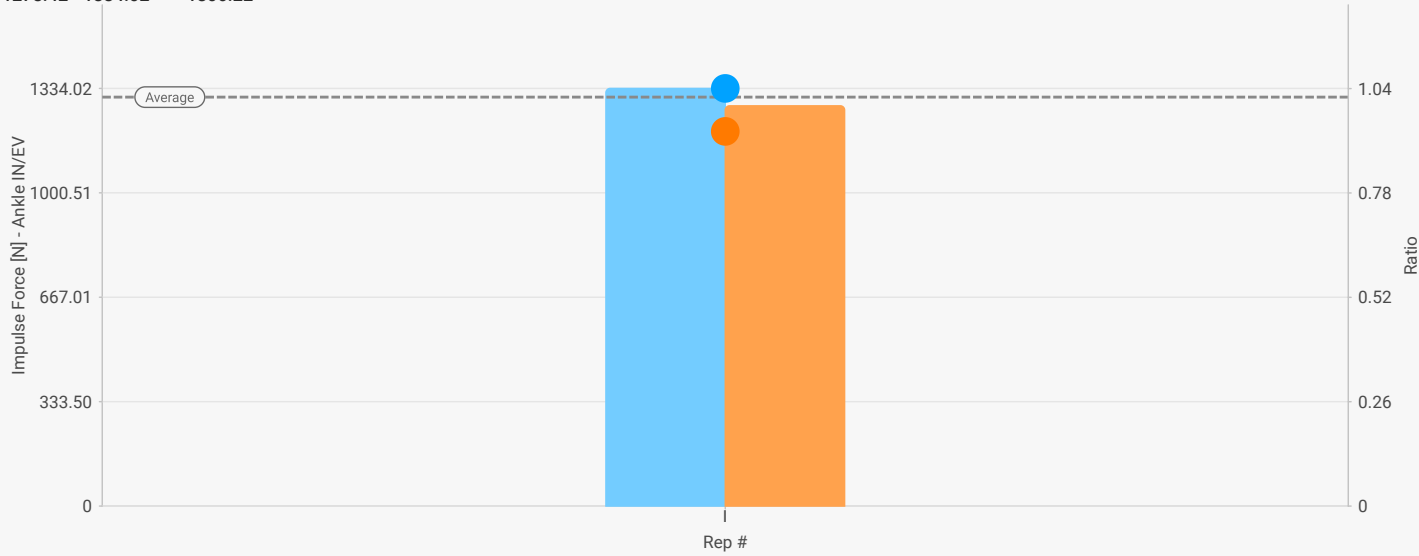
Range                      Average  
843.34 - 1146.51        994.93





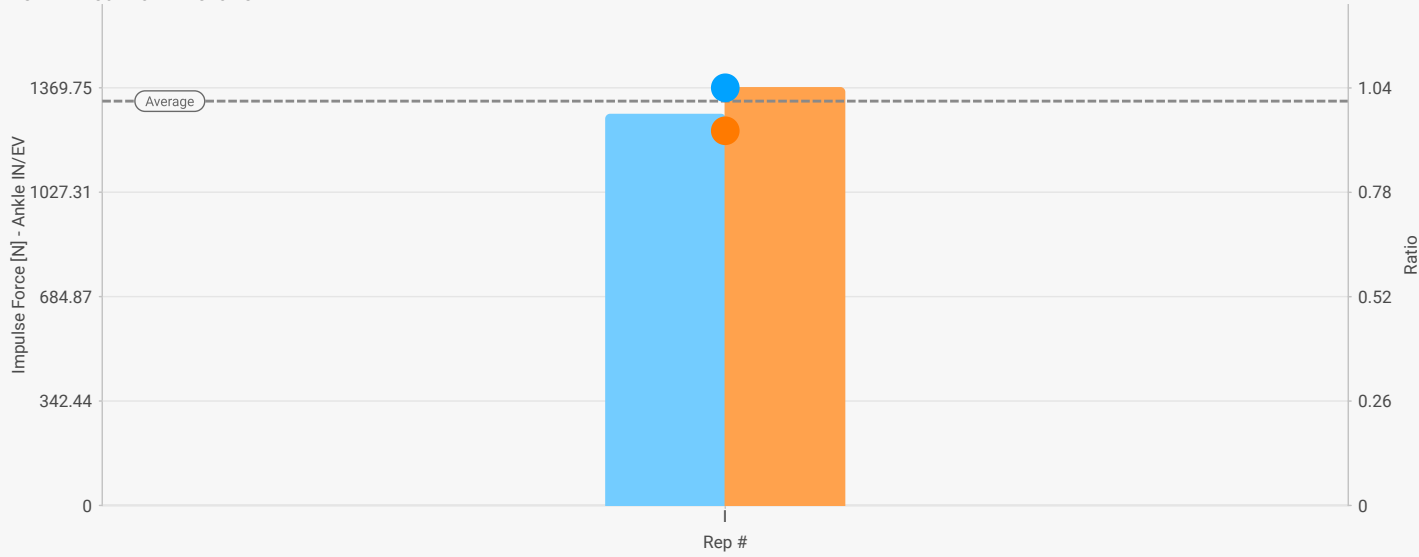
Inversion Impulse Force [N] - Ankle IN/EV

Range      Average  
1278.42 - 1334.02      1306.22



Eversion Impulse Force [N] - Ankle IN/EV

Range      Average  
1282.21 - 1369.75      1325.98

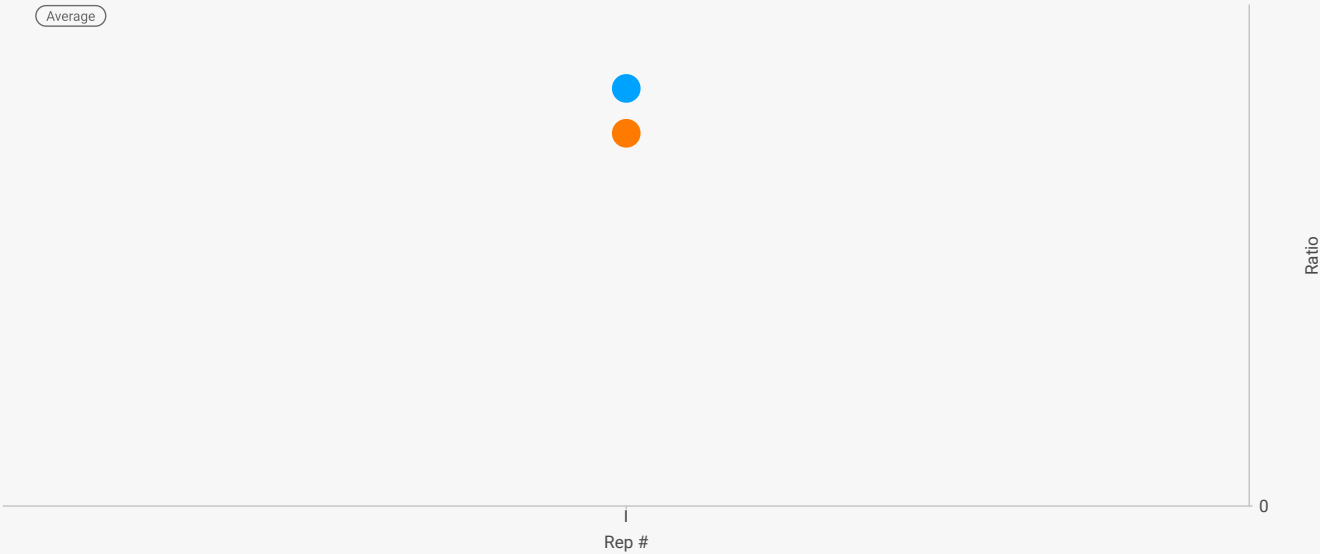




Impulse Force [N] - Wrist extensor

Range      Average

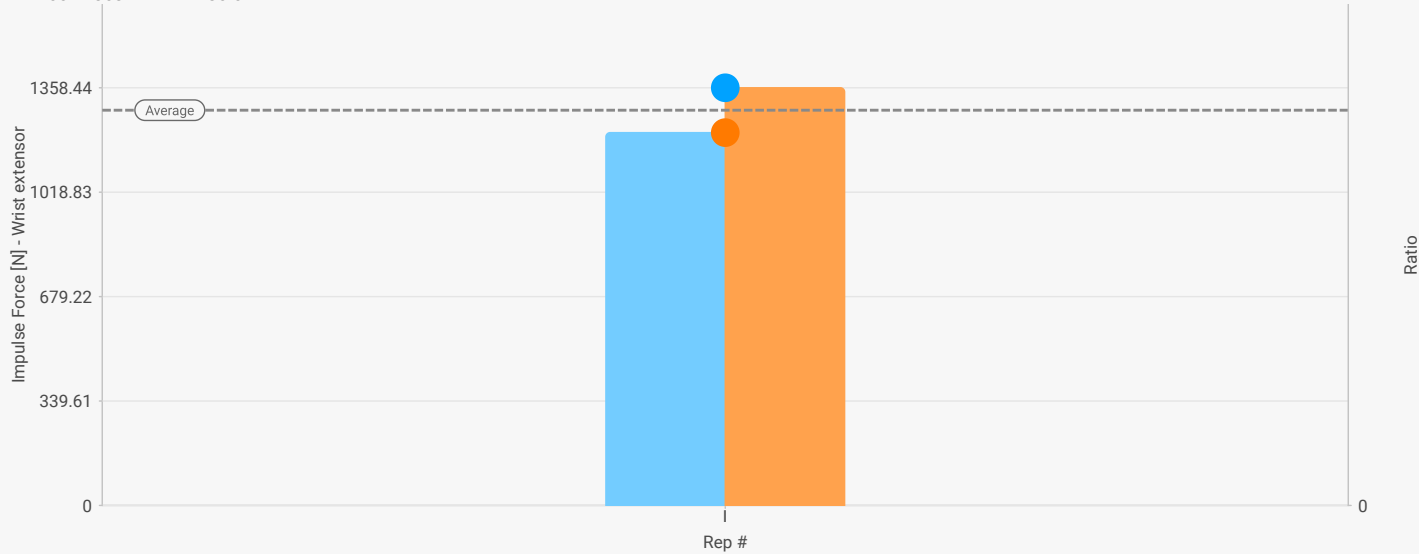
0 - 0      0      Average



Impulse Force [N] - Wrist extensor

Range      Average

1212.55 - 1358.44      1285.5



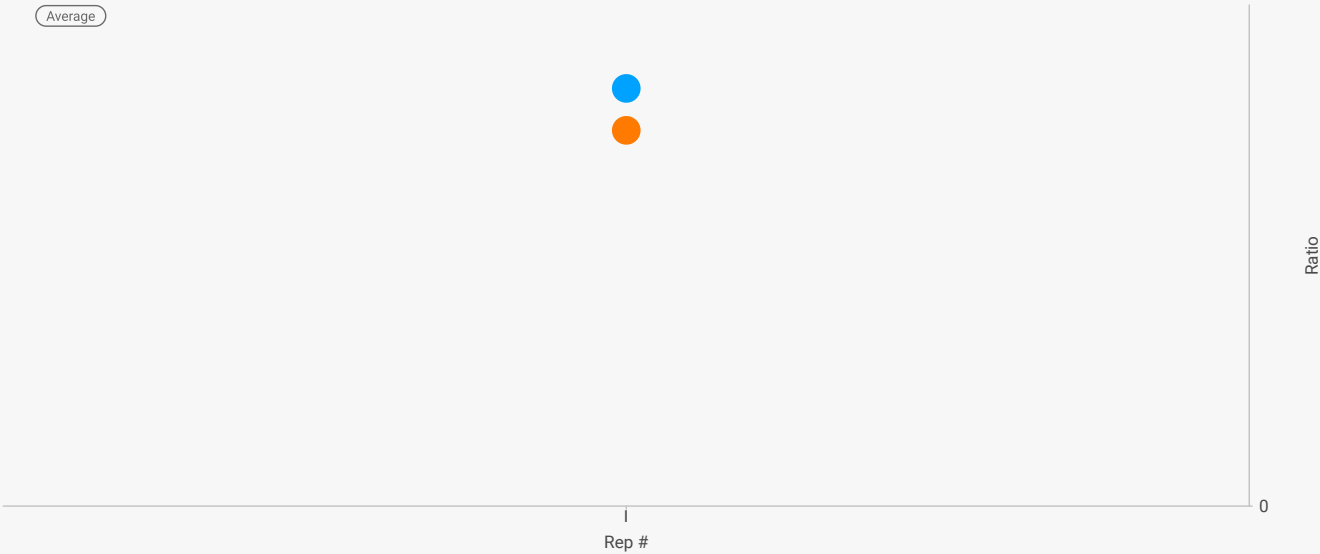




Impulse Force [N] - Wrist flexion

Range      Average

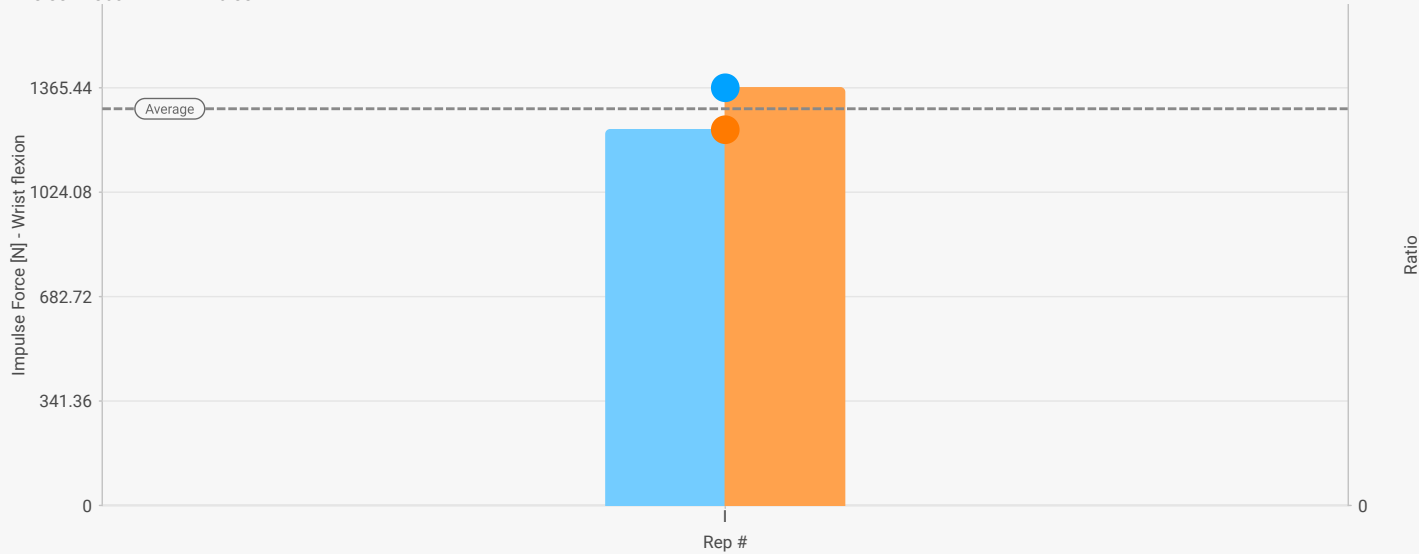
0 - 0      0      Average



Impulse Force [N] - Wrist flexion

Range      Average

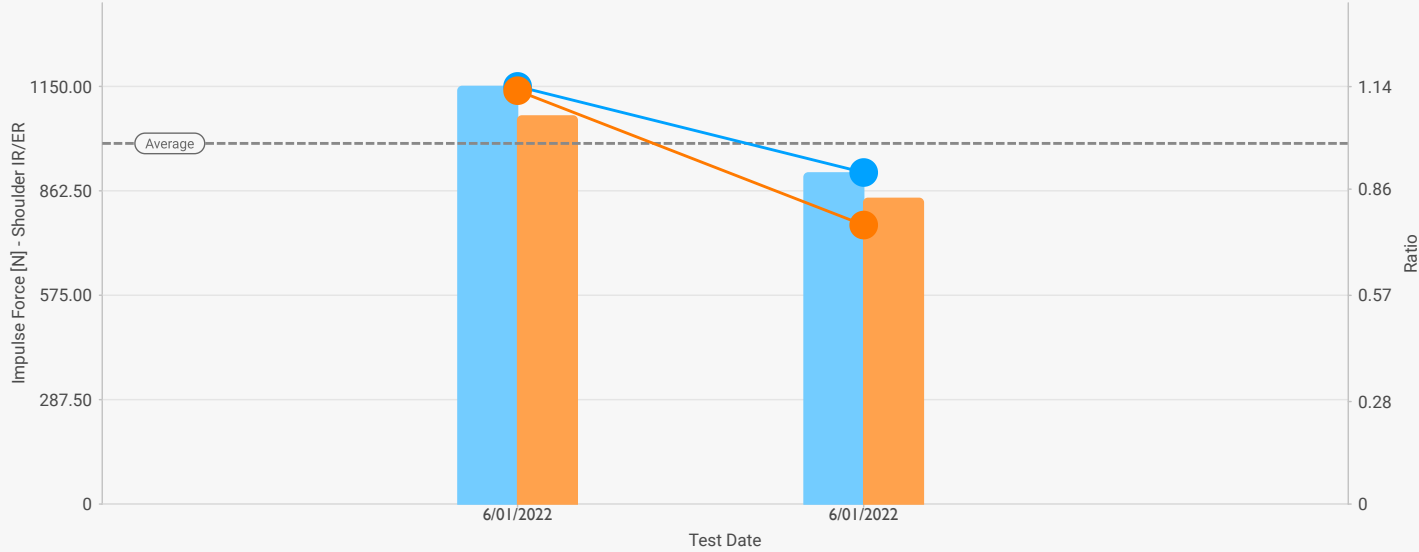
1228.33 - 1365.44      1296.88





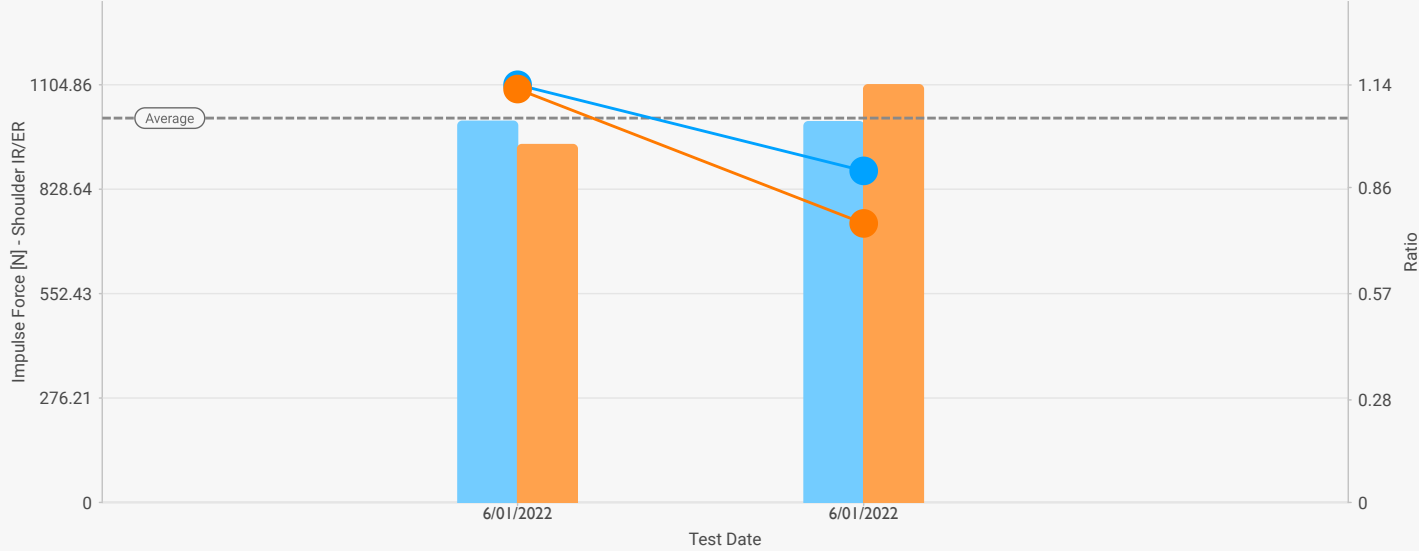
Internal Rotation Impulse Force [N] - Shoulder IR/ER

Range      Average  
841.81 - 1150      993.06



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

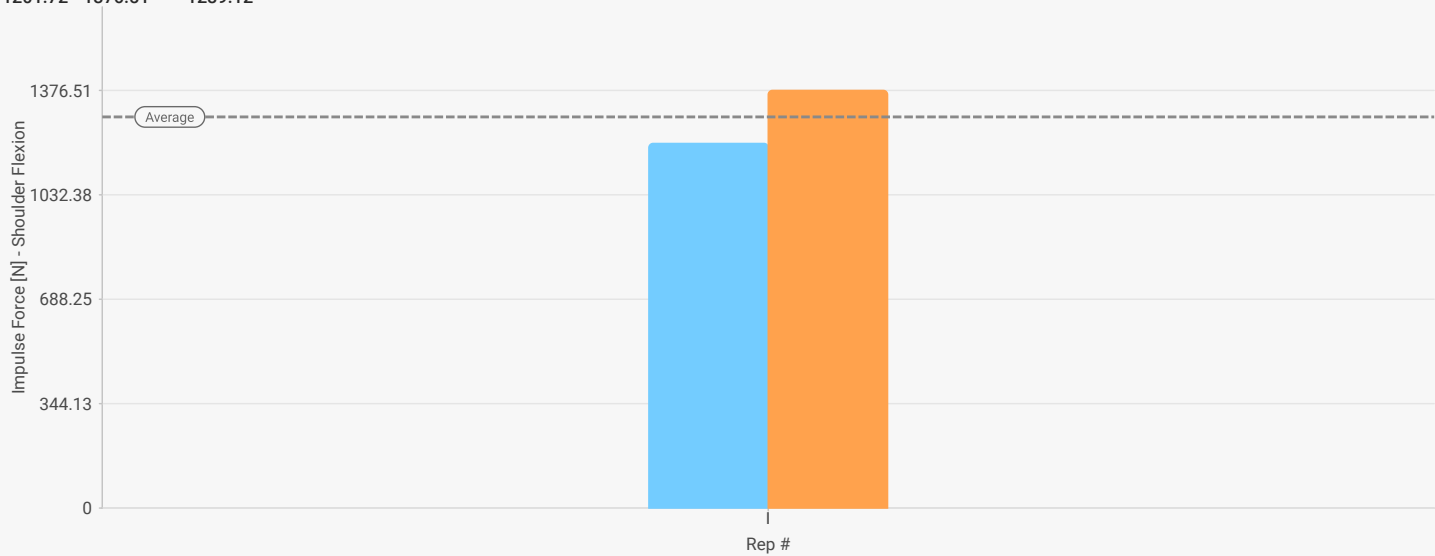
Range      Average  
946.63 - 1104.86      1016.72





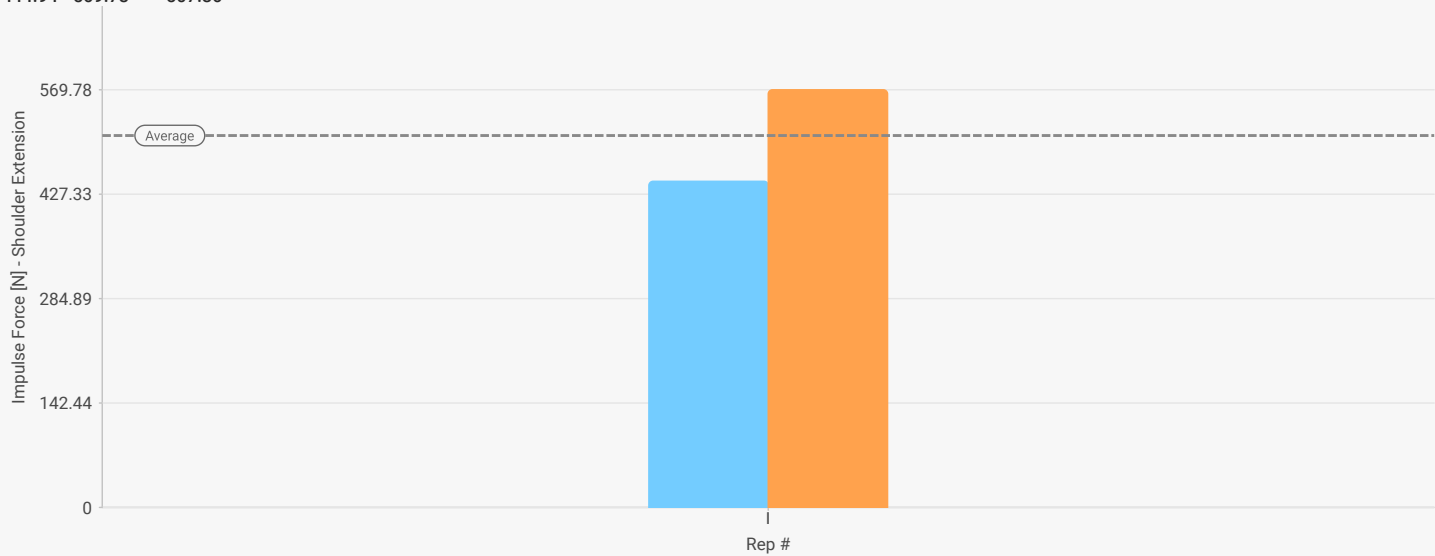
Flexion Impulse Force [N] - Shoulder Flexion

Range      Average  
1201.72 - 1376.51      1289.12



Extension Impulse Force [N] - Shoulder Extension

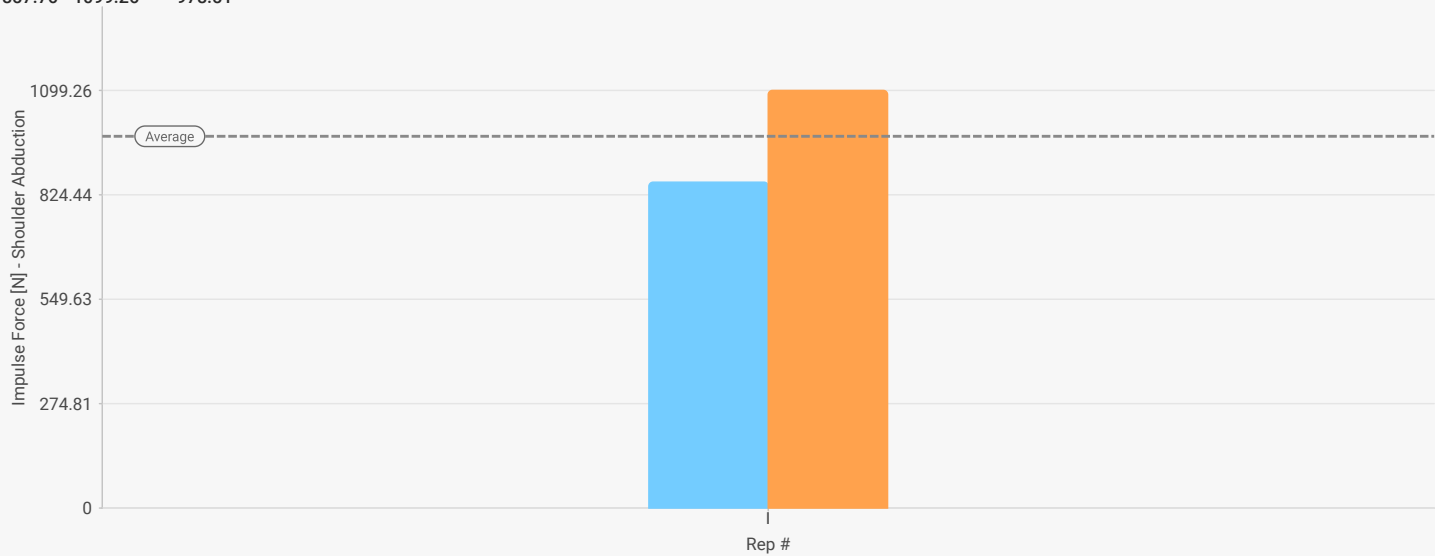
Range      Average  
444.94 - 569.78      507.36





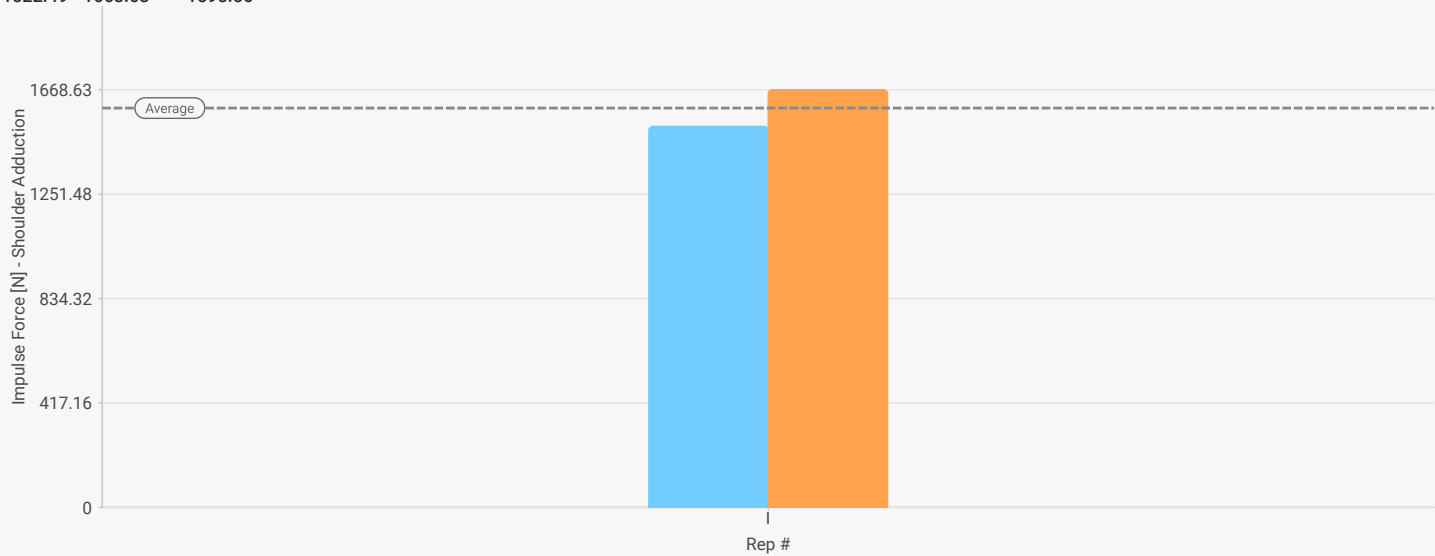
Abduction Impulse Force [N] - Shoulder Abduction

Range                      Average  
857.76 - 1099.26      978.51



Adduction Impulse Force [N] - Shoulder Adduction

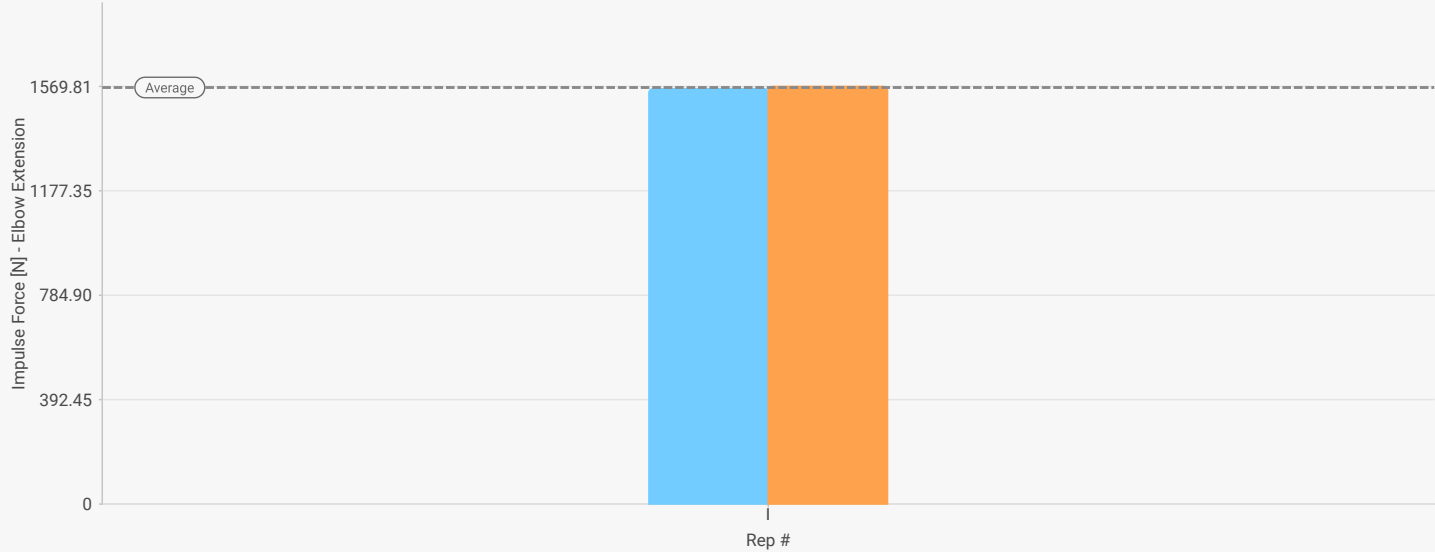
Range                      Average  
1522.49 - 1668.63      1595.56





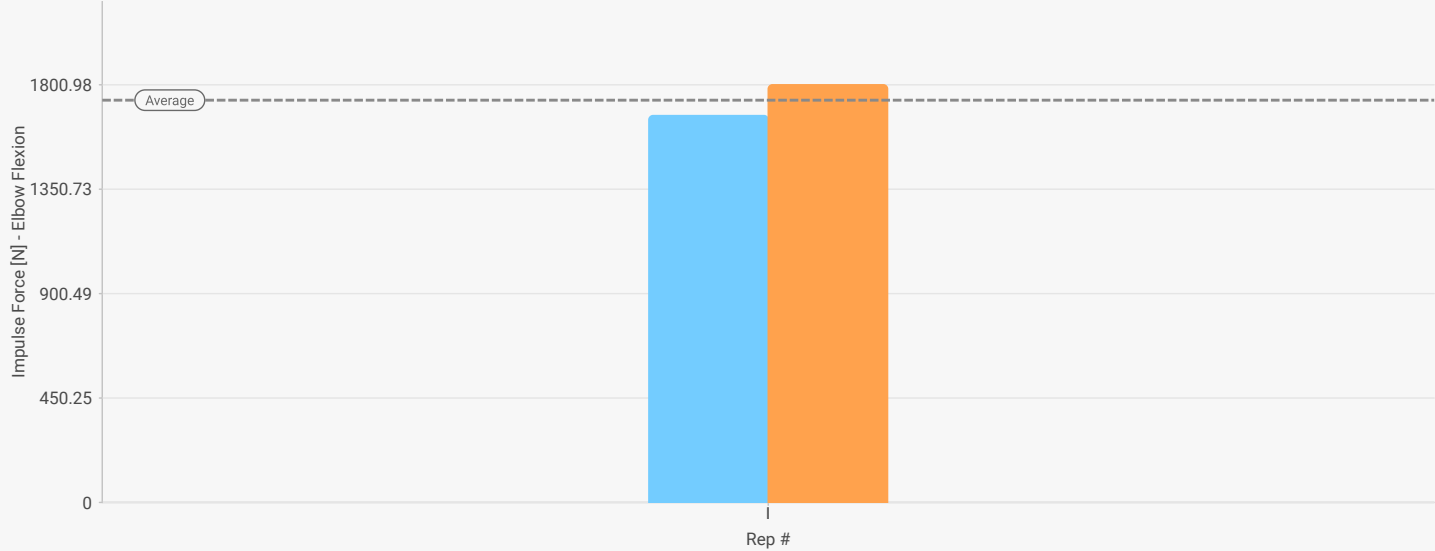
Extension Impulse Force [N] - Elbow Extension

Range      Average  
1561.57 - 1569.81      1565.69



Flexion Impulse Force [N] - Elbow Flexion

Range      Average  
1668.22 - 1800.98      1734.6





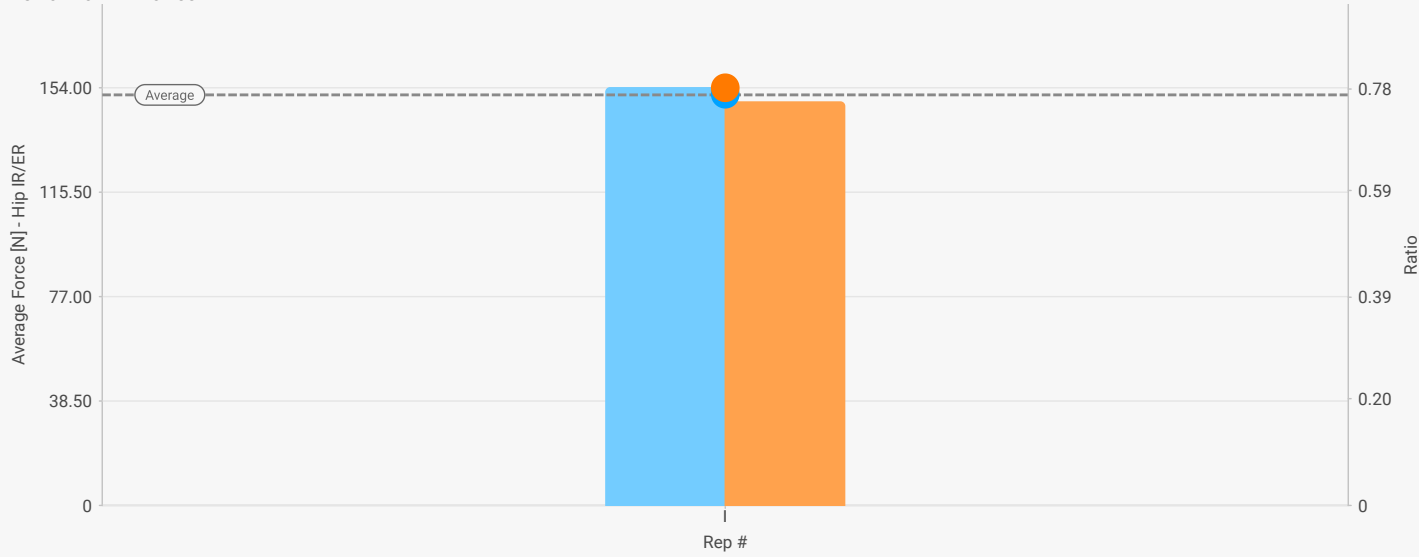
External Rotation Average Force [N] - Hip IR/ER

Range      Average  
116.38 - 118.63      117.5



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

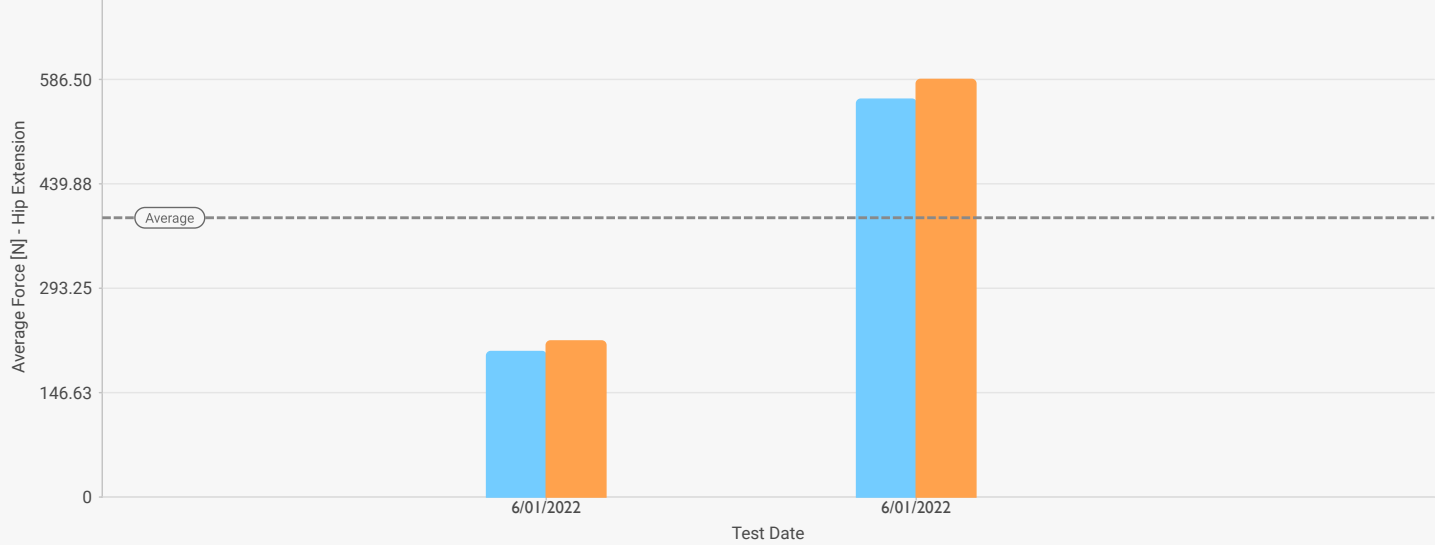
Range      Average  
148.75 - 154      151.38





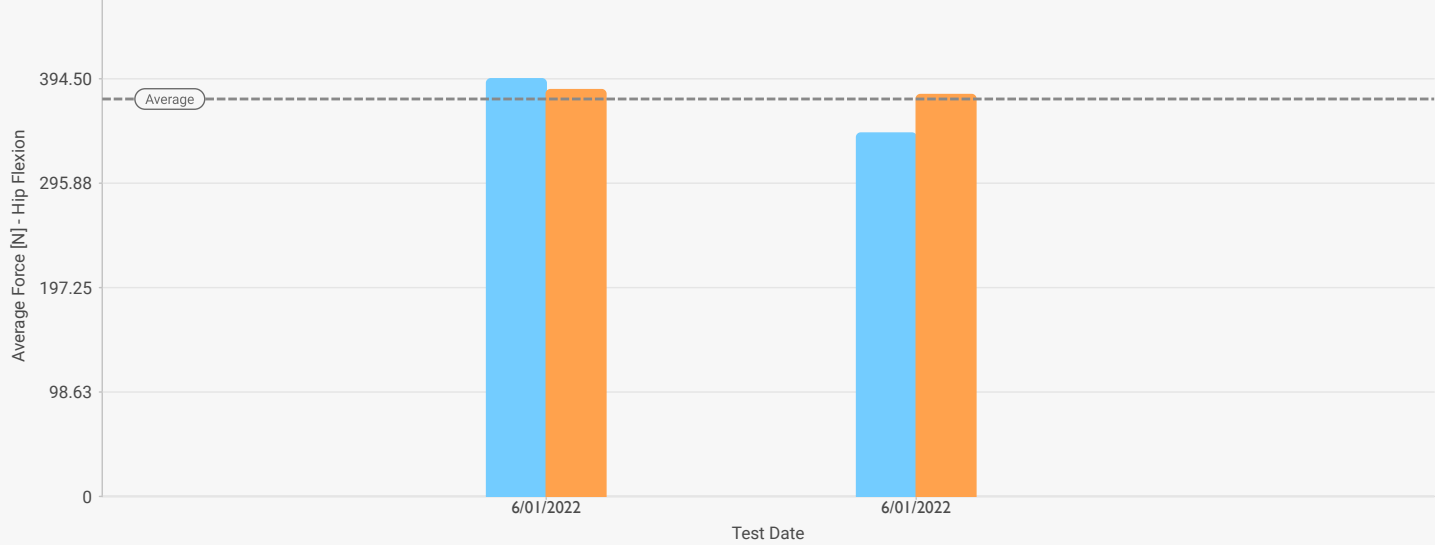
Extension Average Force [N] - Hip Extension

Range      Average  
204.38 - 586.5      392.22



Flexion Average Force [N] - Hip Flexion

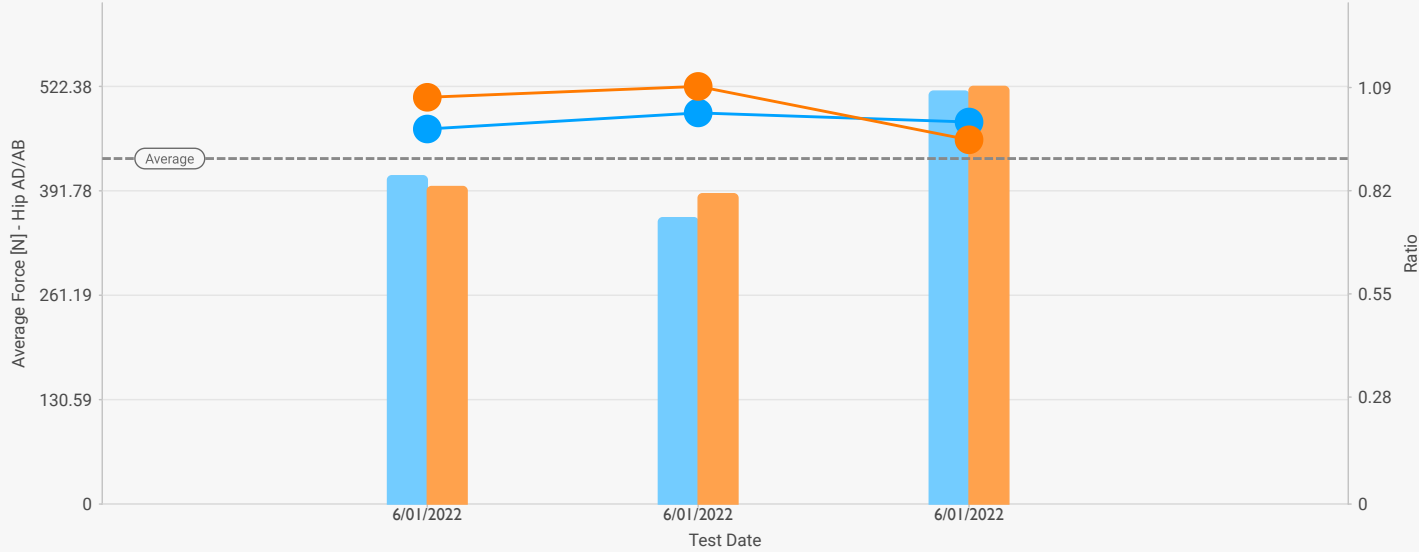
Range      Average  
343.25 - 394.5      375.41





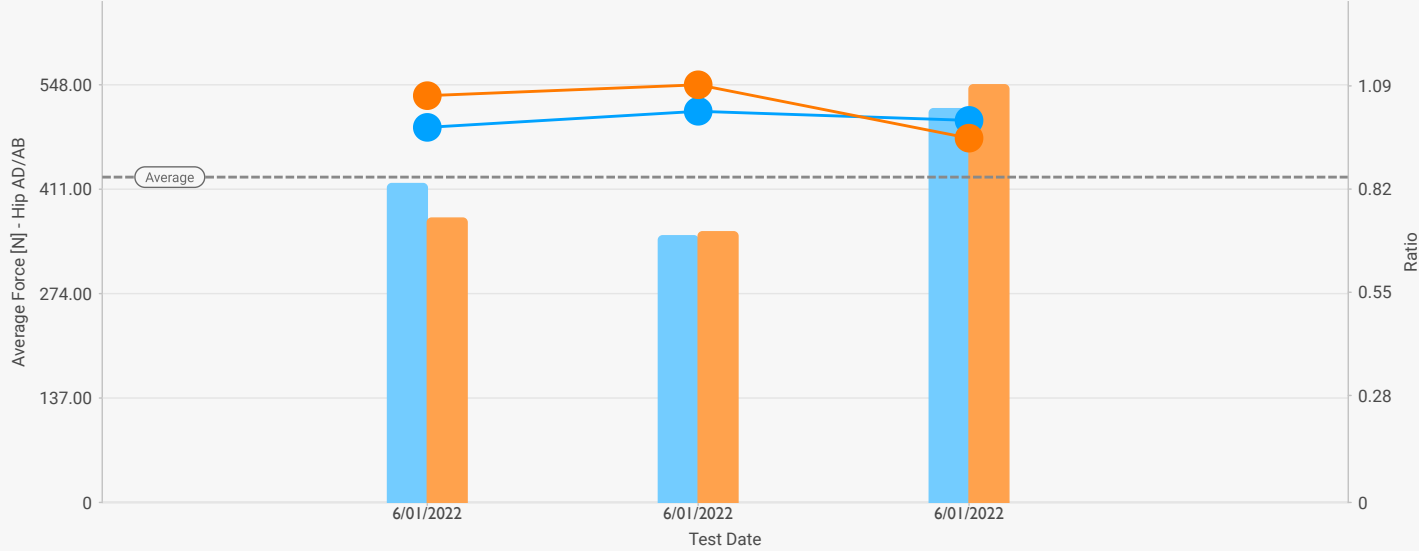
Adduction Average Force [N] - Hip AD/AB

Range      Average  
358.13 - 522.38      432.15



Abduction Average Force [N] - Hip AD/AB

Range      Average  
349.88 - 548      426.85

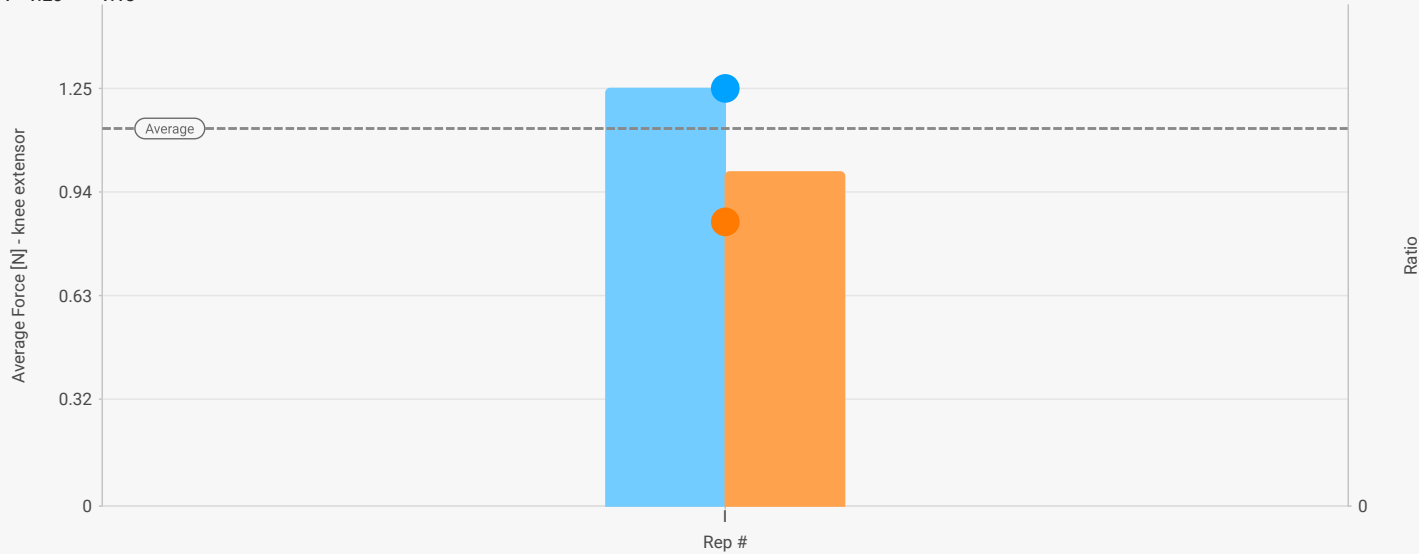






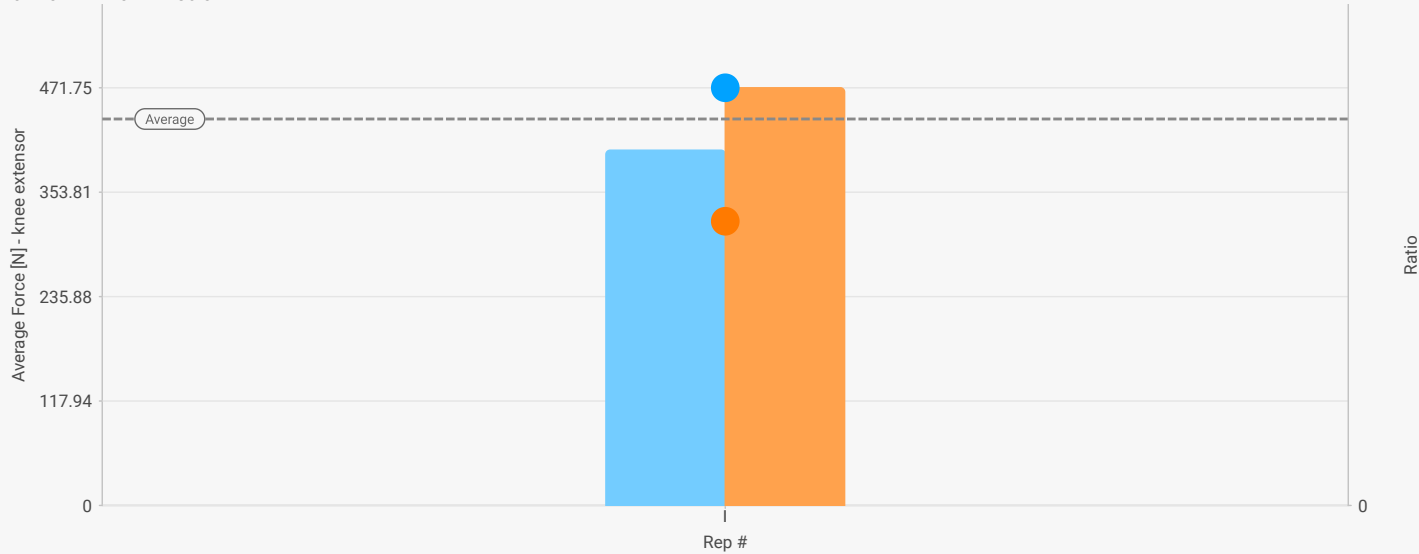
Average Force [N] - knee extensor

Range      Average  
1 - 1.25    1.13



Average Force [N] - knee extensor

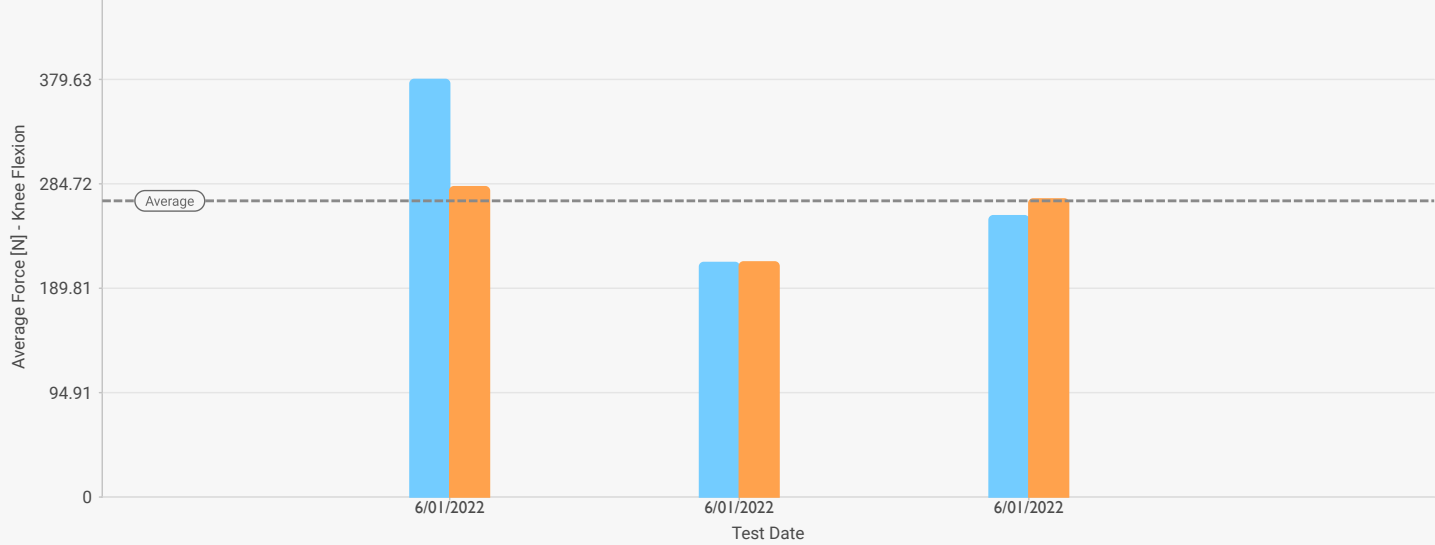
Range      Average  
401.25 - 471.75    436.5





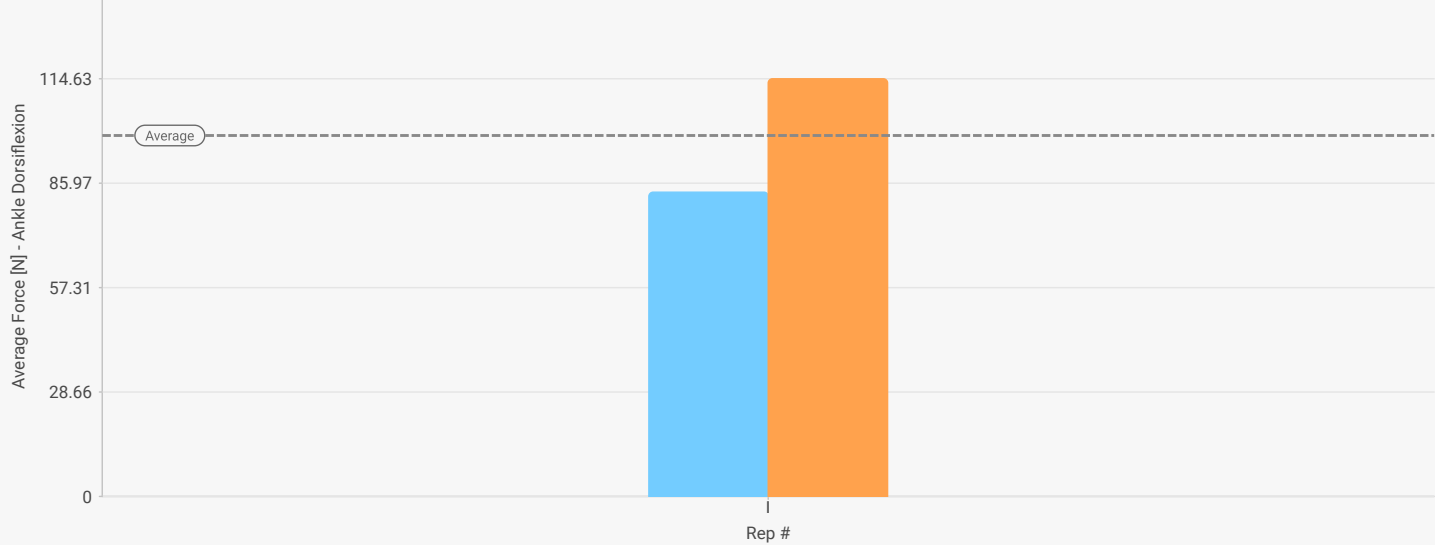
Knee Flexion Average Force [N] - Knee Flexion

Range      Average  
213.25 - 379.63      269.25



Dorsiflexion Average Force [N] - Ankle Dorsiflexion

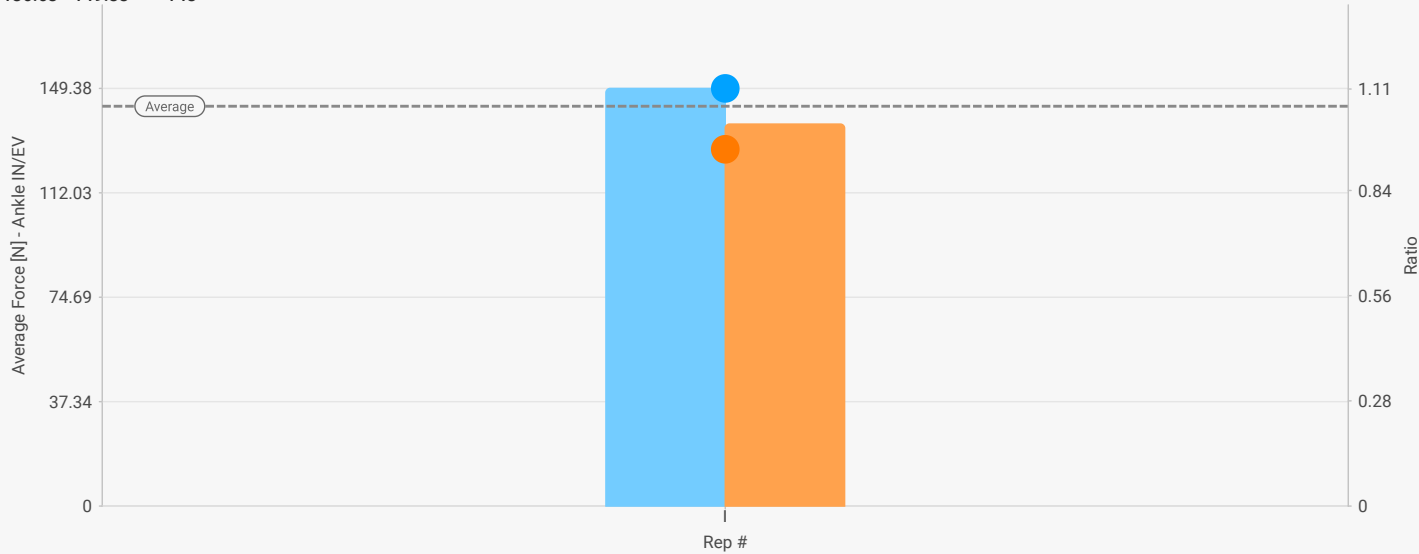
Range      Average  
83.5 - 114.63      99.06





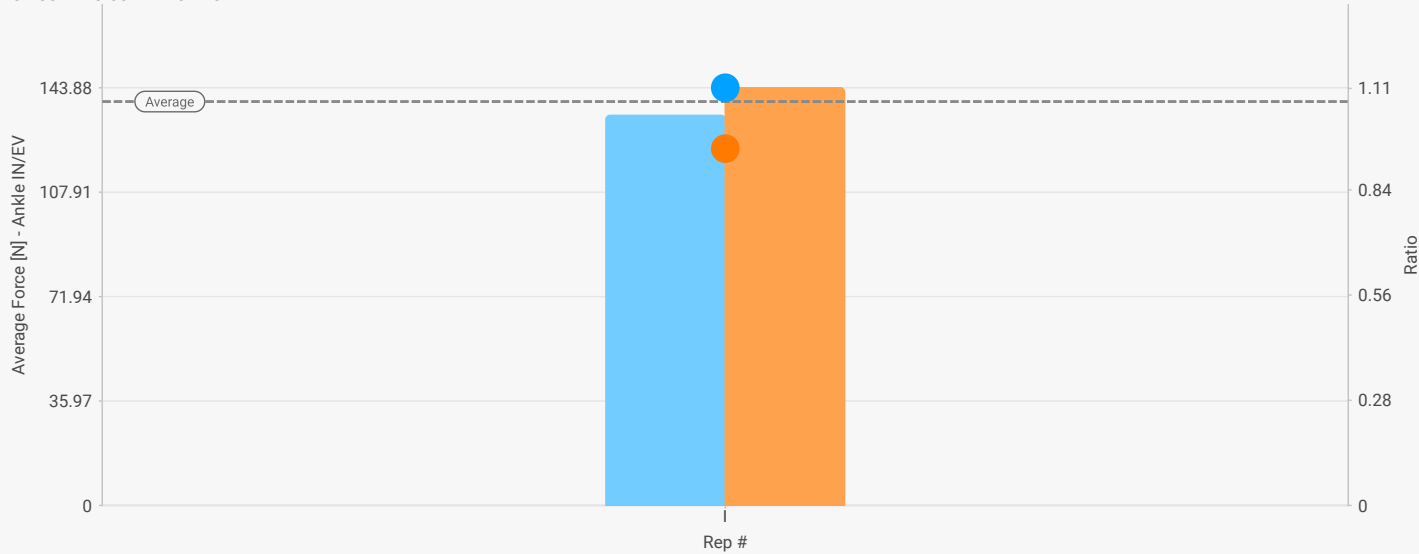
Inversion Average Force [N] - Ankle IN/EV

Range      Average  
136.63 - 149.38      143



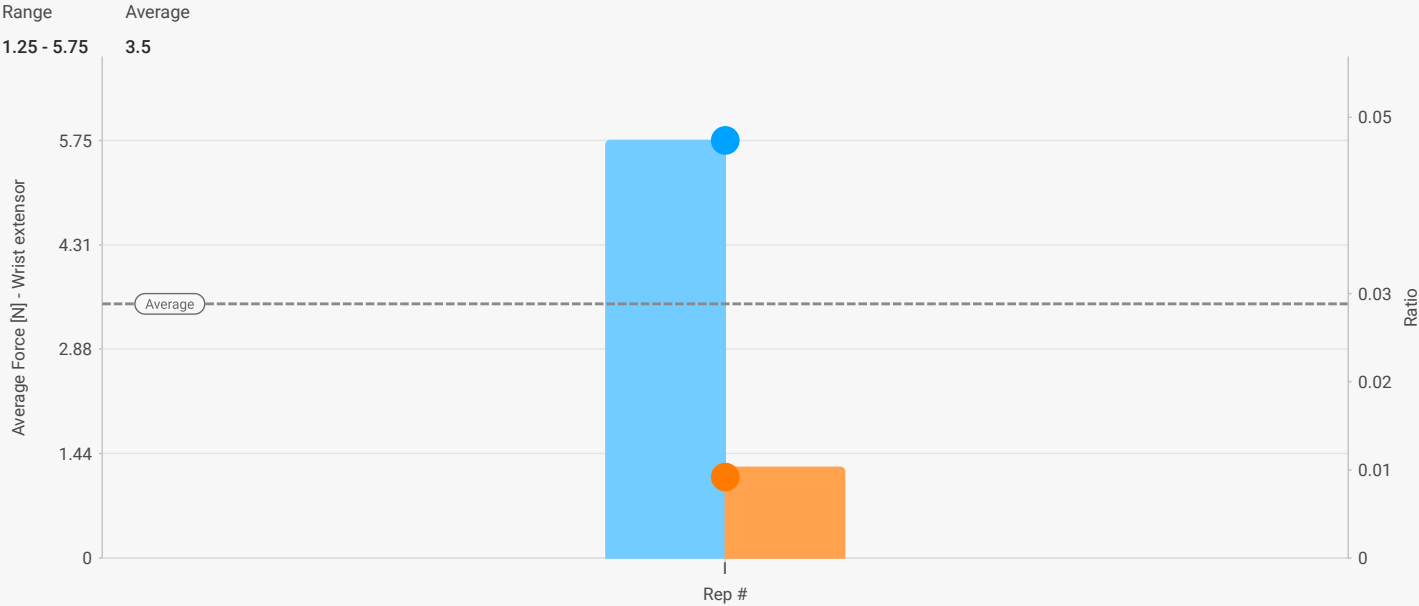
Eversion Average Force [N] - Ankle IN/EV

Range      Average  
134.38 - 143.88      139.13

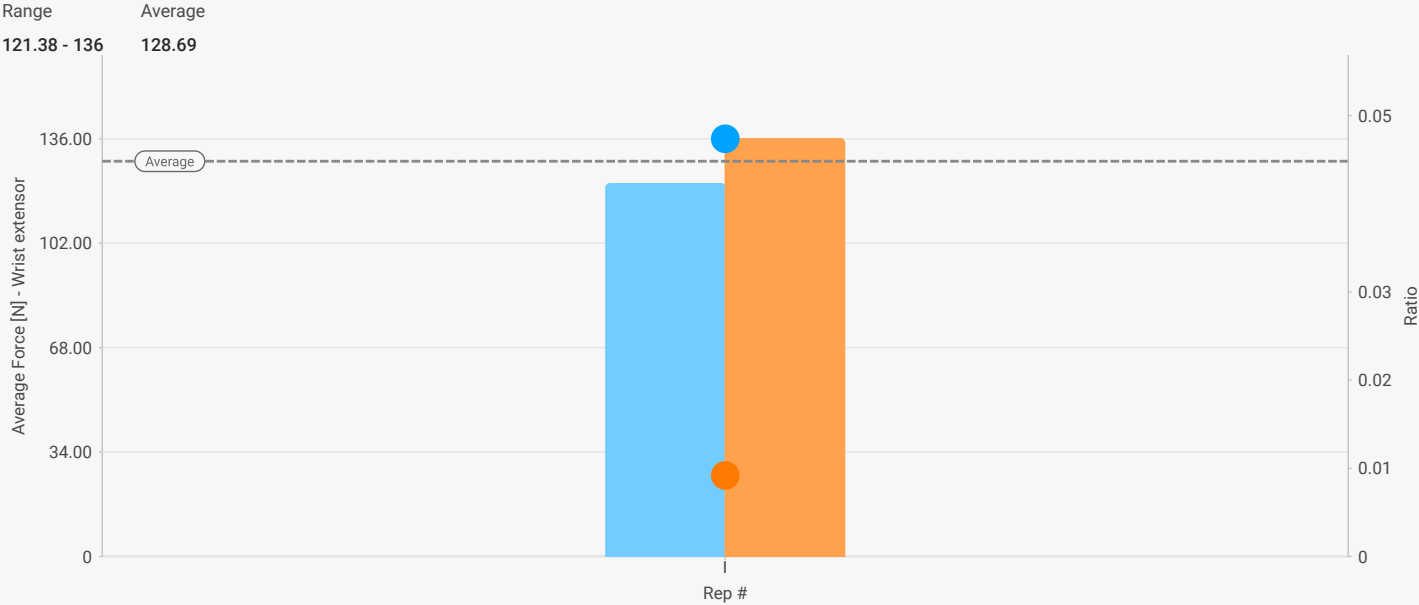




Average Force [N] - Wrist extensor



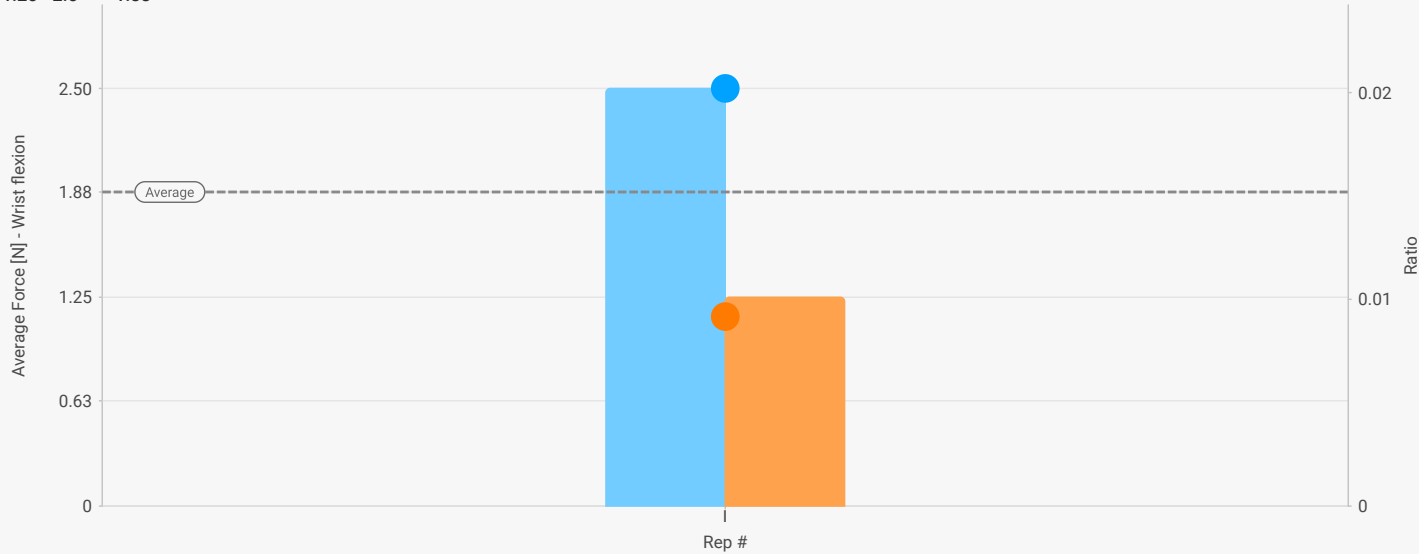
Average Force [N] - Wrist extensor





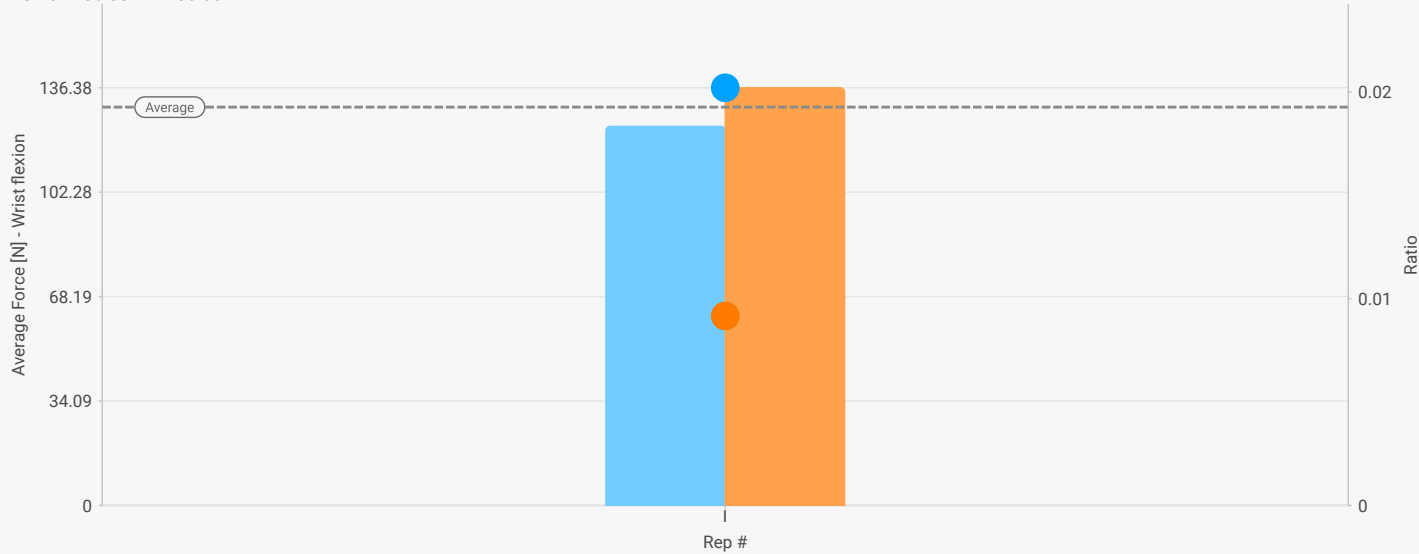
Average Force [N] - Wrist flexion

Range      Average  
1.25 - 2.5      1.88



Average Force [N] - Wrist flexion

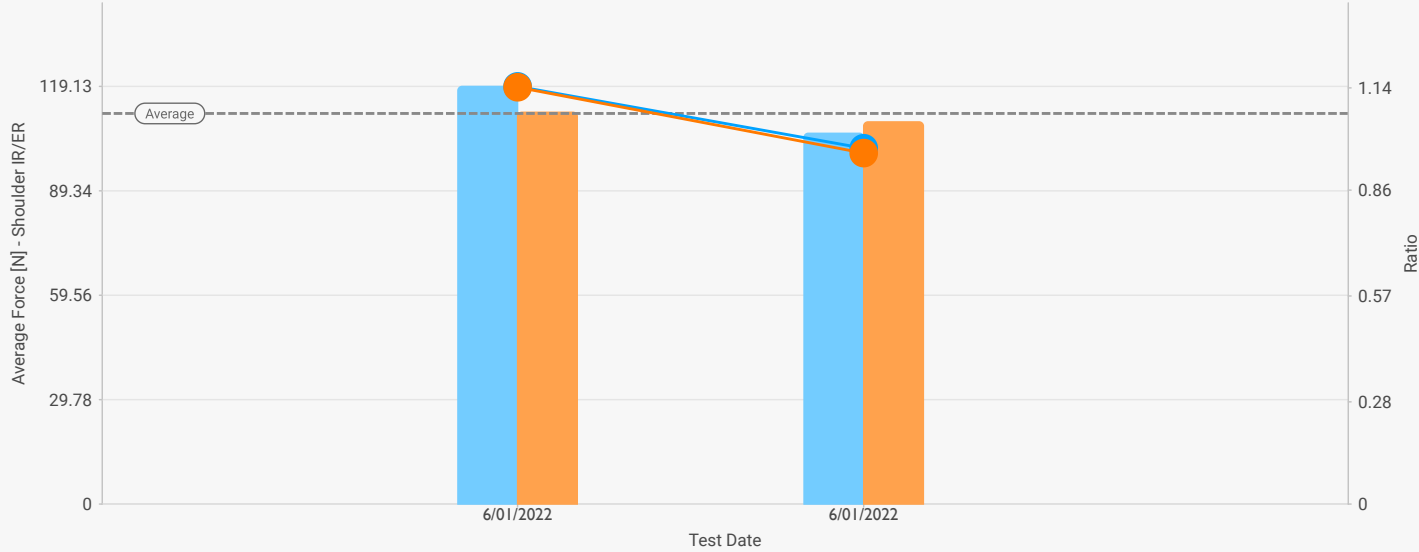
Range      Average  
123.75 - 136.38      130.06





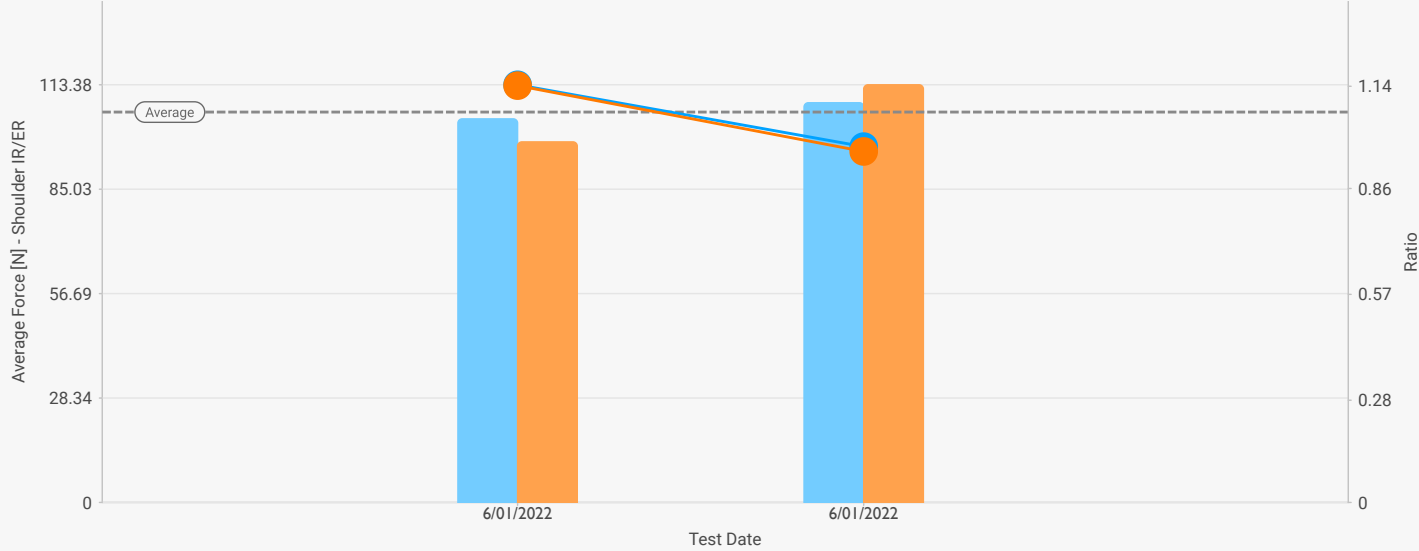
Internal Rotation Average Force [N] - Shoulder IR/ER

Range      Average  
105.75 - 119.13      111.41



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

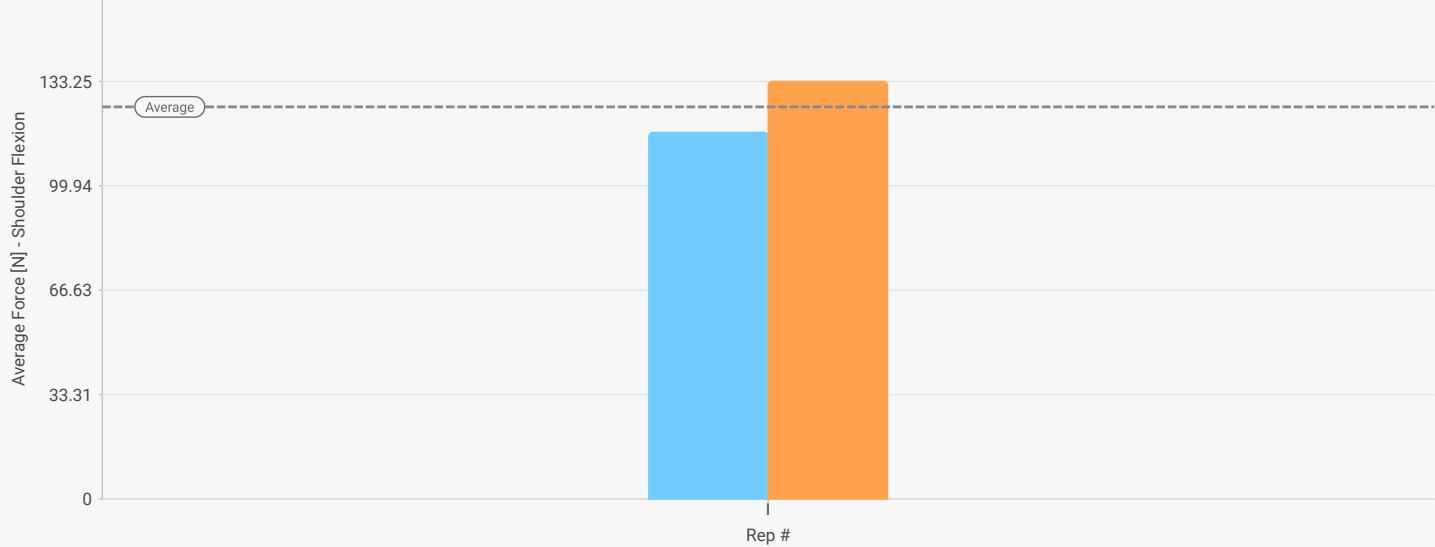
Range      Average  
97.88 - 113.38      105.97





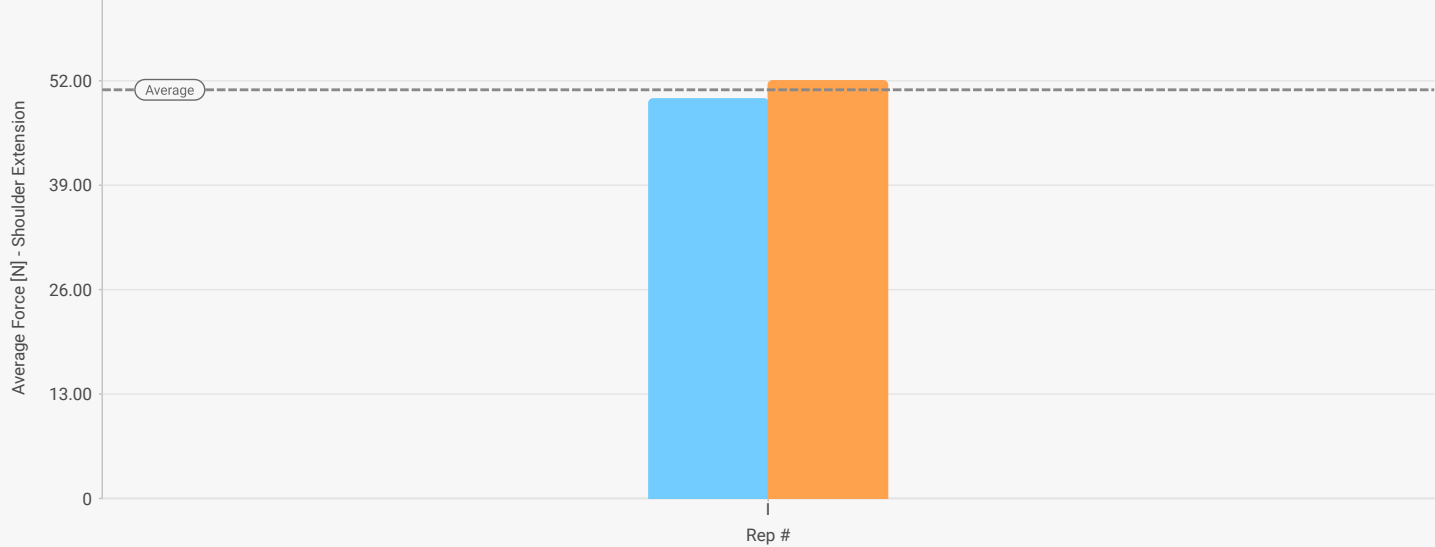
Flexion Average Force [N] - Shoulder Flexion

Range      Average  
117 - 133.25      125.13



Extension Average Force [N] - Shoulder Extension

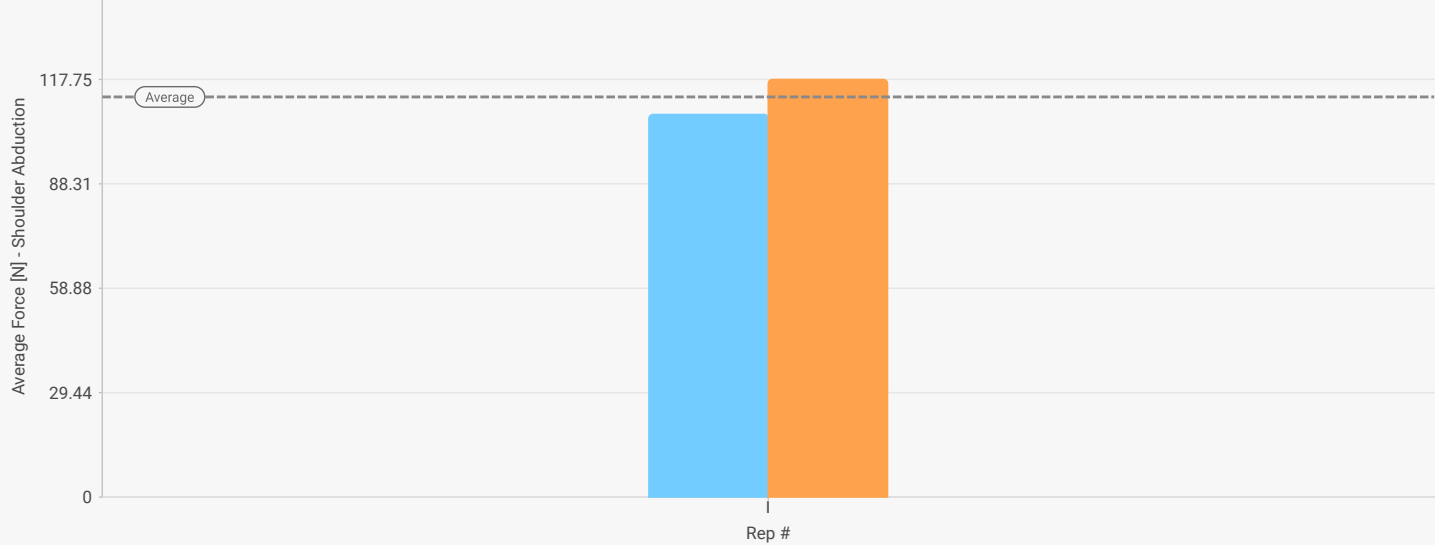
Range      Average  
49.75 - 52      50.88





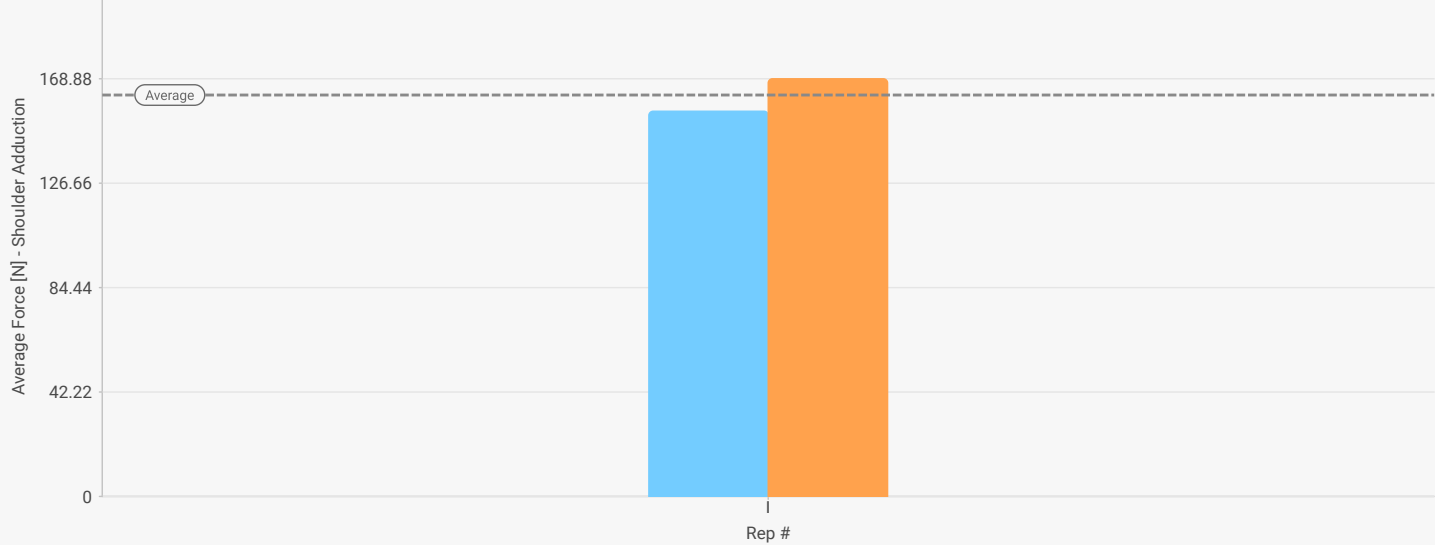
Abduction Average Force [N] - Shoulder Abduction

Range      Average  
107.88 - 117.75      112.81



Adduction Average Force [N] - Shoulder Adduction

Range      Average  
155.75 - 168.88      162.31

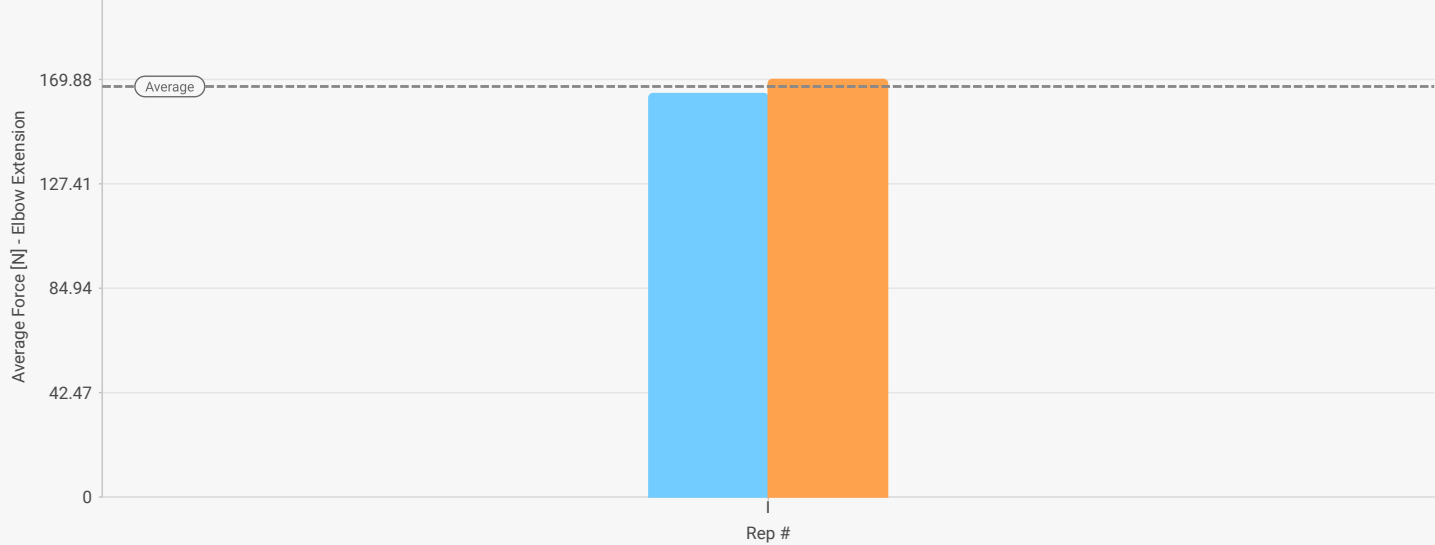






Extension Average Force [N] - Elbow Extension

Range      Average  
164.13 - 169.88      167



Flexion Average Force [N] - Elbow Flexion

Range      Average  
170.5 - 188.13      179.31

