

PROFILE ASSESSMENT

Anita Magdelaine

7th June, 2023

PROFILE INFORMATION

NAME	Anita Magdelaine
ORGANISATION	On Morumbi Clinica Medica
DATE OF BIRTH	26 th January, 1974
GENDER	Female
HEIGHT	168cm / 66in
WEIGHT	98kg / 215lb
AGE	49



Standing Posture

Posture and Stability Assessment

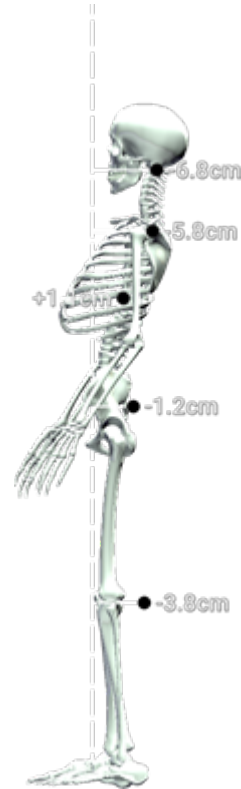
Standing Posture is a baseline postural assessment that can provide insight into an individual's structural balance, alignment, and postural strategy.

RESULTS

BALANCE SNAPSHOT



SIDETRAK POSTURAL DEVIATION (SAGITTAL PLANE/SIDE VIEW)



KEY RESULTS

Neck lateral flexion	1.7° Right ▼
Trunk lateral flexion	1.3° Right ▼
Pelvis Lateral Tilt	0.7° Right ▼
Trunk Flexion	1.7° 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

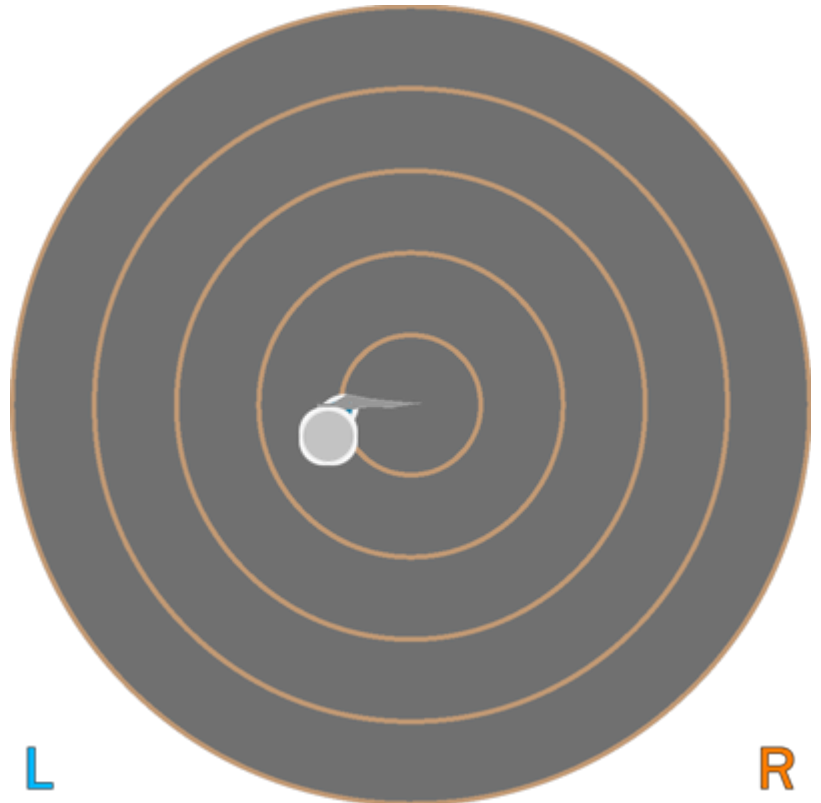
RESULTS

BALANCE RESULTS (LEFT)

SNAPSHOT – START OF TEST



CENTER OF MASS PATH



KEY METRICS

RESULTS

Ellipse Area

0.94 cm²

COM Path Length

19.60 cm

Range – ML

2.96 cm

Range – AP

4.41 cm

Pelvis Lateral Tilt

8.8° Left ▼

Trunk lateral flexion

6.2° 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

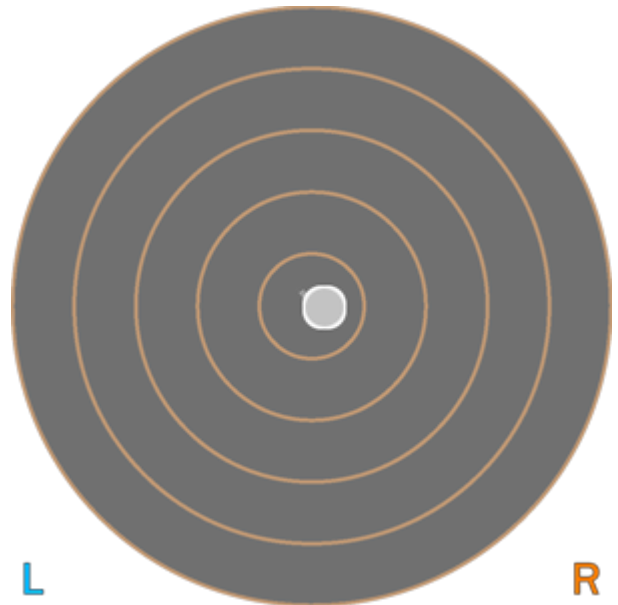
RESULTS

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

0.38 cm²

15.45 cm

1.85 cm

2.32 cm

7.5° Right ▼

4.3° 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)	107.7°	116.4°	111.9°
Peak Knee Flexion (Right)	107.4°	115.5°	112.5°
Spine Tilt at Peak Knee Flexion	50.2° Anterior	49.0° Anterior	52.2° Anterior
Trunk lateral flexion at Peak Knee Flexion	1.4° Left ▼	8.4° Left ▼	1.0° 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)	109.3°	106.7°	108.3°
Peak Knee Flexion (Right)	103.2°	110.0°	104.4°
Trunk Flexion at Peak Knee Flexion	37.2° Anterior	35.4° Anterior	41.8° Anterior
Trunk lateral flexion at Peak Knee Flexion	3.5° Right ▼	0.9° Right ▼	1.1° Right ▼

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 14.77 cm

Peak Spine Tilt after landing 23.1° Anterior

Peak Lateral Spine Tilt after landing 0.3° Right

Peak Lateral Pelvic Tilt after landing 4.8° Right

KEY METRICS (LEGS)

LEFT LEG

RIGHT LEG

ASYMMETRY

Peak Hip Flexion after landing 49.3° 48.3° 2.1%

Peak Knee Flexion after landing 46.1° 51.5° 10.6%

Peak Knee Valgus/Varus after landing 10.7° Varus 0.6° Valgus 105.8%

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

44.6°

41.8°

+2.8°

Peak External Rotation

35.4°

24.8°

+10.6°

Total ROM

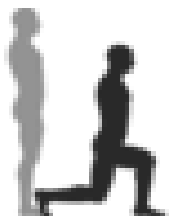
79.9°

66.6°

+13.3°

PRACTITIONER COMMENTS (LEFT)

PRACTITIONER COMMENTS (RIGHT)



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	84.2°	64.2°	23.7%
Peak Knee Flexion	86.0°	70.4°	18.1%
Peak Spine Lateral Tilt	1.8° Posterior	2.5° Anterior	N/A
Peak Pelvic Lateral Tilt	3.1° Left	1.8° Left	N/A

PRACTITIONER COMMENTS (**LEFT**)

PRACTITIONER COMMENTS (**RIGHT**)



Drop Jump

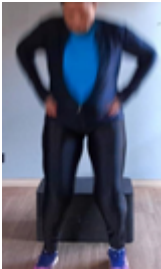
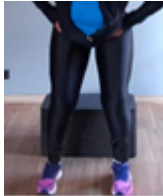
Lower Body Dynamic Assessment

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	0.8	0.9
Hip Flexion (Left)	36.0°	74.8°
Hip Flexion (Right)	32.6°	72.1°
Knee Flexion (Left)	22.5°	66.8°
Knee Flexion (Right)	17.1°	63.6°



PRACTITIONER COMMENTS







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




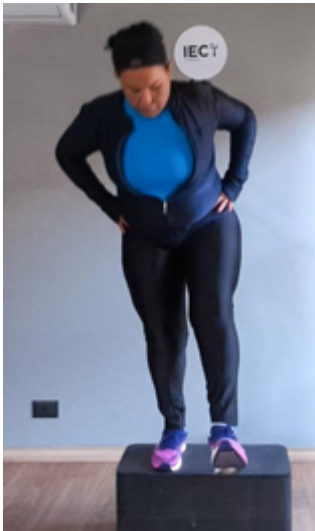
LEFT LEG			
SNAPSHOTS			
START	REP 1: PEAK KNEE FLEXION	REP 2: PEAK KNEE FLEXION	REP 3: PEAK KNEE FLEXION
			
KEY RESULTS	REP 1	REP 2	REP 3
Peak Knee Flexion	55.9°	63.6°	68.0°
Knee Displacement (total)	18.3 cm	13.1 cm	11.7 cm
Peak Knee Valgus	4.2° Valgus	2.4° Valgus	0.4° Valgus
Peak Knee Varus	1° Varus	14.5° Varus	10.8° Varus
Trunk lateral flexion at Peak Knee Flexion	3.5° Left ▼	16.1° Left ▼	12.7° 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	52.9°	59.7°	68.0°
Knee Displacement (total)	14.4 cm	22.4 cm	16.7 cm
Peak Knee Valgus	1.3° Valgus	1.6° Valgus	1.8° Valgus
Peak Knee Varus	0.9° Varus	23.9° Varus	2.9° Varus
Trunk lateral flexion at Peak Knee Flexion	2.4° Right ▼	21.9° Right ▼	9.9° Right ▼

PRACTITIONER COMMENTS