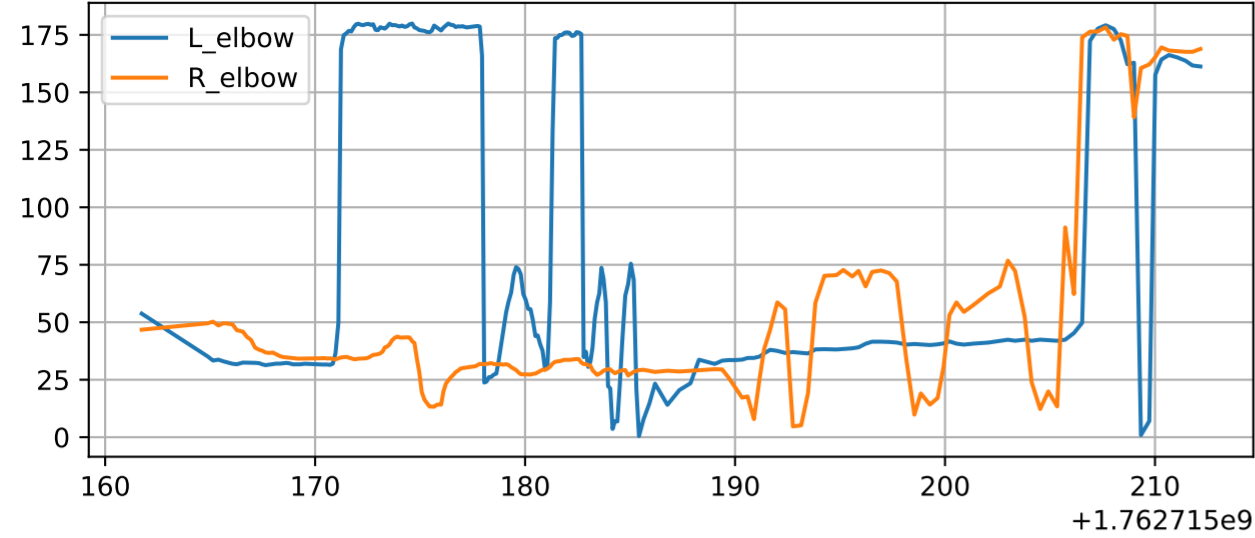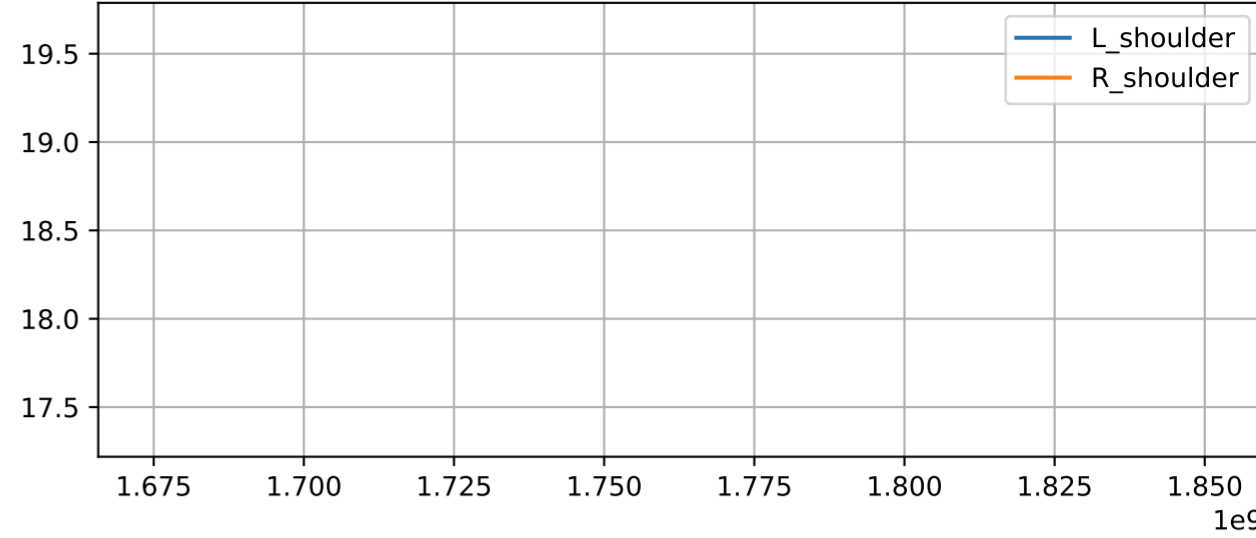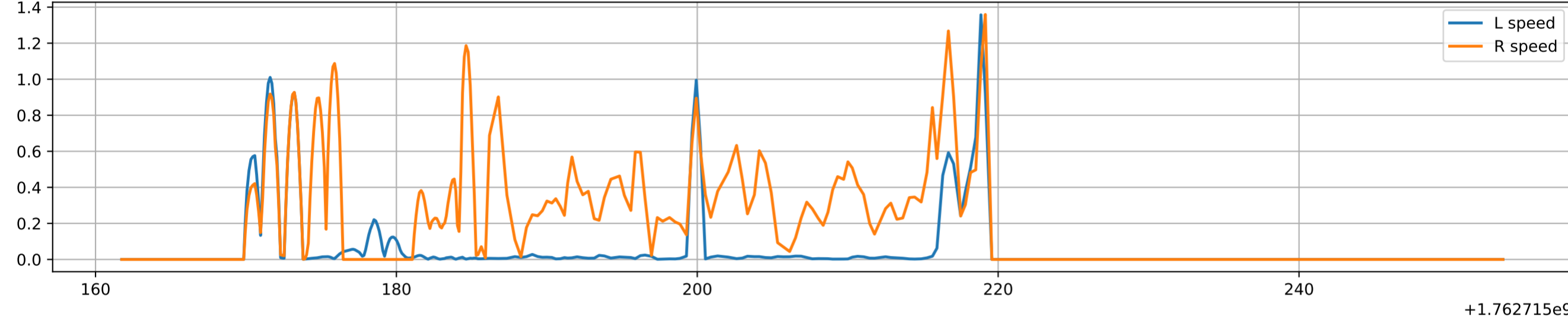# Session Summary

Elbow Angles (deg)
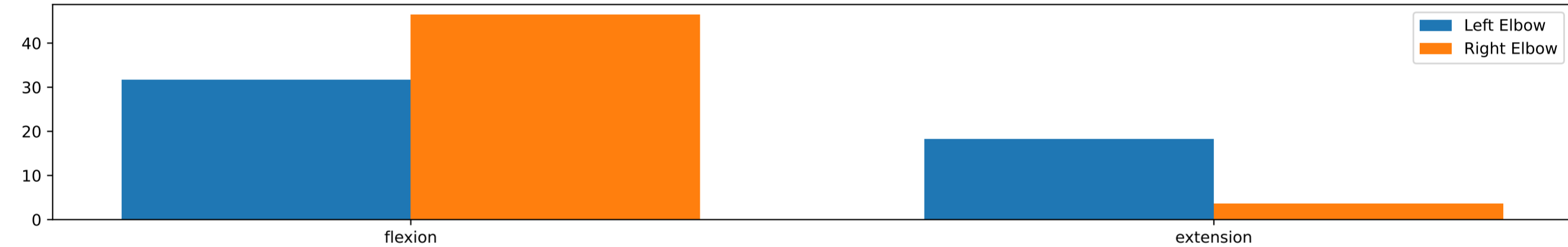

Shoulder Angles (deg)

Summary:
Elbow ROM: 26.0-179.1° (L), 19.1-159.7° (R), balanced
Shoulder ROM: not enough data

Wrist Speeds

Summary: Active wrist speeds detected.

Elbow Flexion / Extension Distribution

Summary: Counts suggest balanced elbow usage.

Shoulder Abduction / Adduction Distribution

Summary: Shoulder imbalance detected.

Metric	Left	Right
Elbow Reps	7	1
Shoulder Reps	0	0
ROM Elbow	26.0-179.1	19.1-159.7
ROM Shoulder	-	18.8-19.0
Jerk Index	15.61	34.25
SPARC	-23.32	-20.03
Symmetry %	8.5	

Summary: Symmetry good (<15%).