Time:

13.30

Test: PRE

Stretching side:

Subject F24 [no]

Test 1=fam, 2=pre, 3=9wk, 4=17wk, 5=POST, 6=+4wk

Tool Flam, 2 pro, 5 dim, Flam, 5 Fee, 5 dim,	
ACHILLES SETTINGS	/ /
seat rail 2 (hole where pin inserts) footplates 15	(
EMG	
gastrocnemius medialis R: 2 L: 1 gastrocnemius lateralis R: 4 L: 3	
soleus R: 6 L: 5	
tibialis anterior R: 8 L: 7	\
El gonio: 13	
ACHILLES - TENDON STIFF	
plantar flexion MVC	MVC PF 2L
dorsiflexion MVC	MVC DF 2L
SOL MTJ 5/80/X/X/X//10 / 11	AT RAMP stiff SOL 2L
GM MTJ 12/13/14	GT RAMP stiff GM 2L
calcaneus 15/16/17	AT RAMP stiff calc 2L
NORM - ANKLE PASSIVE/US vertical = 0°, plantar 11°, dorsi max°	
maximal end ROM - 38 °	
4x slow passive motion, -5 to 10°	CPM 2L
2x SOL MTJ 18	AT PASSIVE
2x calc insertion 4	AT PASSIVE
6x slow passive motion to max range - start DOWN, scan UP	ROM 2L
2X SOL MTJ 20(20/22/	AT PASSIVE
2X GM MTJ 23 / 2 4	GT PASSIVE
2X GM fascicles 25/26	GM FASC VID
NORM - ANKLE ISOMETRIC vertical = 0°, plantar 11°, dorsi 16/max°.	isometric 2L
2x MVC 10°	05.
2x MVC 0°	RGM = 1-2
2x MVC -5°	R SOL = 3-4
2x MVC -10° (if subject has enough ROM)	
2x MVC -15° (if subject has enough ROM)	
NORM - ANKLE ISOKINETIC vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2L
3x trial + 3x isokinetic dorsi 30°/s	
3x isokinetic pl fl 30°/s]
3x isokinetic pl fl 45°/s]
3x isokinetic pl fl 60°/s	
3x isokinetic pl fl 90°/s	

NB ACH: Testings of

ett hull lavere 50

ACHILL	LES - TENDON STIFF	/
	plantar flexion MVC	MVC PF 2R
	dorsiflexion MVC	MVC DF 2R
	SOL MTJ (27)/28/29/30	AT RAMP stiff SOL 2R
	GM MTJ 31/32/33/	GT RAMP stiff GM 2R
	calcaneus 34/35/36/	AT RAMP stiff calc 2R
NORM	- ANKLE PASSIVE/US vertical = 0°, plantar 11°, dorsi max°	
	maximal end ROM - 2\ °	1
	4x slow passive motion, -5 to 10°	CPM 2R
	2x SOL MTJ 37	AT PASSIVE
	2x calc insertion 38	AT PASSIVE
	6x slow passive motion to max range - start DOWN, scan UP	ROM 2R
	2X SOL MTJ 39/40	AT PASSIVE
	2X GM MTJ 41/42)/43 42 - 124 US	GT PASSIVE
	2X GM fascicles 44/	GM FASC VID
NORM	- ANKLE ISOMETRIC vertical = 0°, plantar 11°, dorsi 16/max°.	isometric 2R
11011111	2x MVC 10°	idometrio 27
	2x MVC 0°	1
	2x MVC -5°	1
	2x MVC -10° (if enough ROM)	1
	2x MVC -15° (if enough ROM)	1
NORM	- ANKLE ISOKINETIC vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2R
	3x trial + 3x isokinetic dorsi 30°/s	
	3x isokinetic pl fl 30°/s	1
	3x isokinetic pl fl 45°/s	1
	3x isokinetic pl fl 60°/s	1
	3x isokinetic pl fl 90°/s	1
KNEE	vertical = 0°, flexion = ROM-stop, extension = max°	d .
	2 x CPM 39°	knee 2L
	maximal end ROM that the white part before part	knee 2R
	maximal end ROM	

Subj. no:	5	Date: _	9.10.12		Test 2 PRE
Time:	7,00 Test	: PRE	Stretching side:	R	Start (R)
Subject F24	4 [no]	Test 1=fam, 2=pre,	3=9wk, 4=17wk, 5=POS	T, 6=+4wk	
ACHILLES	SETTINGS				1 S:
seat rail	5	_(hole where pin ins	serts) <u>footplates</u> L	5	13,4=R GM 1
EMG	NAME OF TAXABLE PARTY.			SECTION SECTION	5.7= RSOL Y
	cnemius medialis cnemius lateralis		L: <u>1</u> L: <u>3</u>		910 - 16 cm
guotife	soleus	s R: 6	L: 5		(, 10 - 4 - 6/V)
1	tibialis anterio El g	or R: <u>8</u> onio: 13	L: 7		11,12 = 1 502
ACHILLES	- TENDON STIF				
nla	antar flexion MV0	`			MVC PF 2L
pie _	antar nexion wive				MVC DF 2L See on the
-	dorsiflexion MV0	- GONIO AKT	5961		MVC DF 2L Side
_	₩ SOL MT.		6)/17 /18 A4-Fascic	4)	AT RAMP Stiff SOL 2L MARIE HOLDING
	GM MT	1/23/23/24/			GT RAMP stiff GM 2L
	calcaneu	s(25)/(26)/27	128/29		AT RAMP stiff calc 2L
NORM - AN	KLE PASSIVE/	US	vertical = 0°, plantar 11	°, dorsi max°	
	naximal end ROM			18 .	
4x		notion, -5 to 10°			CPM 2L
	2x SOL MT	J 30	34		AT PASSIVE
	2x calc insertio	n 31	*		AT PASSIVE
6x	slow passive m	notion to max range	e - start DOWN, scan UP	C.	ROM 2L
_	2X SOL MT	J 32/35/34			AT PASSIVE
		J 35/36			GT PASSIVE
_	2X GM fascicle	s (37)38/39			GM FASC VID
	NKLE ISOMETR	IC v	ertical = 0°, plantar 11°, d	orsi 16/max°.	
2x	MVC 10°				(18/19/20)
2x	MVC 0°				SOL AT 19/(20/)
2x	MVC -5°				(18/19/20) * SOL AT 19/(20)/21 USE = 18,19,21
2x	MVC -10° (if sub	oject has enough RO	PM)		
2x	MVC -15° (if sub	oject has enough RO	PM)		
	NKLE ISOKINET		vertical = 0°, plantar 31°, o	dorsi 11/max°	isokinetic 2L
3x	trial + 3x isokine	etic dorsi 30°/s			
3x	isokinetic pl fl 30)°/s]
3x	isokinetic pl fl 45	5°/s			1
3x	isokinetic pl fl 60)°/s			1
3x	isokinetic pl fl 90)°/s			1

ACHILL	LES - TENDON STIFF	
	plantar flexion MVC	MVC PF 2R
	dorsiflexion MVC	MVC DF 2R
	SOL MTJ(40)/41/42/43 40/41-5120	AT RAMP stiff SOL 2
	GM MTJ(44)/(45)/46/47/48/ 45 ilve Fisher K	GT RAMP stiff GM 2F
	calcaneus 54 / 55 / 56	AT RAMP stiff calc 2
NORM	- ANKLE PASSIVE/US vertical = 0°, plantar 11°, dorsi max°	
	maximal end ROM -19 °	(No
	4x slow passive motion, -5 to 10°	CPM 2R
	2x SOL MTJ40 /(41)/42/43 40/41- a little stan	AT PASSIVE
	2x calc insertion 59	AT PASSIVE
	6x slow passive motion to max range - start DOWN, scan UP	ROM 2R
1	2X SOL MTJ 60/61)/62 61-inve optimal.	AT PASSIVE
	2X GM MTJ 63 /64	GT PASSIVE
	2X GM fascicles 65 / 66/	GM FASC VID
NORM	- ANKLE ISOMETRIC vertical = 0°, plantar 11°, dorsi 16/max°.	isometric 2R
	2x MVC 10°	1
	2x MVC 0°	1
	2x MVC -5°	1
	2x MVC -10° (if enough ROM)	1
	2x MVC -15° (if enough ROM)	1
NORM	- ANKLE ISOKINETIC vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2R
	3x trial + 3x isokinetic dorsi 30°/s	
	3x isokinetic pl fl 30°/s	1
	3x isokinetic pl fl 45°/s	1
	3x isokinetic pl fl 60°/s	1
	3x isokinetic pl fl 90°/s	1
KNEE	vertical = 0°, flexion = ROM-stop, extension = max	
	2 x CPM	knee 2L
	maximal end ROM 2 x CPM	knee 2R
	maximal end ROM 56°	MIGG ZI
	maxima ond Now	1

(4AV50/51/(52)/53/

V SOL MT) passiv: 57/(38)
No trig/nome_1

Subj. no	o:6_	Date:	15.10		Test 2 PRE
Time:	18.00 Tes	t: PRE	Stretching side:	R	
Subject	F24 [no]	Test 1=fam, 2=pre, 3=	9wk, 4=17wk, 5=POS	T, 6=+4wk	
ACHILL	ES SETTINGS				
seat rail	6	(hole where pin inser	ts) footplates)	
EMG					
	strocnemius mediali astrocnemius laterali		L: <u>1</u> L: <u>3</u>		
l ga	soleu	s R: 6	L: 5		
	tibialis anterio	or R: 8 gonio: 13	L: 7		
ACHILL	ES - TENDON STI				
ACHILL					
	plantar flexion MV	С	The second se		MVC PF 2L
	dorsiflexion MV	С			MVC DF 2L
	SOL MT	J 1/2/3			AT RAMP stiff SOL 2L
	GM MT	J 4/5/6			GT RAMP stiff GM 2L
2	calcaneu	15 MM 7/8/9			AT RAMP stiff calc 2L
NORM	- ANKLE PASSIVE	/US	vertical = 0°, plantar 11	l°, dorsi max°	
	maximal end ROI 4x slow passive n			19 ° •	CPM 2L
	2x SOL MT				AT PASSIVE
5	2x calc insertio				AT PASSIVE
		notion to max range -	etart DOWN scan LIP		ROM 2L
			stait DOWN, scall Or		AT PASSIVE
9	2X GM MT		*******************************		GT PASSIVE
	2X GM fascicle	1/19			GM FASC VID
NORM	- ANKLE ISOMETR		ical = 0°, plantar 11°, d	orsi 16/may°	
14014101	2x MVC 10°	voit	Joan O , plantai 11 , a	oron romax .	ISOMETHO ZE
	2x MVC 0°				
-	2x MVC -5°				
-	2x MVC -10° (if su	bject has enough ROM)			
-	2x MVC -15° (if su	bject has enough ROM)	·		
NORM	- ANKLE ISOKINE	TIC ver	tical = 0°, plantar 31°,	dorsi 11/max°	isokinetic 2L
	3x trial + 3x isokine	etic dorsi 30°/s			
	3x isokinetic pl fl 3	0°/s			
	3x isokinetic pl fl 4	5°/s			
	3x isokinetic pl fl 6	0°/s			1
	3x isokinetic pl fl 9	0°/s			1

ACHILL	ES - TENDON STIFF	
	plantar flexion MVC	MVC PF 2R
	dorsiflexion MVC	MVC DF 2R
	SOL MTJ 18 /10 /20	AT RAMP stiff SOL 2R
	GM MTJ 21 / 22 / 23	GT RAMP stiff GM 2R
	calcaneus 24/25/26	AT RAMP stiff calc 2R
NORM -	- ANKLE PASSIVE/US vertical = 0°, plantar 11°, dorsi max°	
	maximal end ROM - 15 °	
	4x slow passive motion, -5 to 10°	CPM 2R
	2x SOL MTJ 2x 29	AT PASSIVE
	2x calc insertion 💸 28	AT PASSIVE
	6x slow passive motion to max range - start DOWN, scan UP	ROM 2R
1	2X SOL MTJ 30/3)	AT PASSIVE
	2X GM MTJ 32 / 33	GT PASSIVE
	2X GM fascicles 34 / 35	GM FASC VID
NORM	- ANKLE ISOMETRIC vertical = 0°, plantar 11°, dorsi 16/max°.	isometric 2R
	2x MVC 10°	
	2x MVC 0°	i
	2x MVC -5°	1
	2x MVC -10° (if enough ROM)	1
	2x MVC -15° (if enough ROM)	1
NORM	- ANKLE ISOKINETIC vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2R
	3x trial + 3x isokinetic dorsi 30°/s	
	3x isokinetic pl fl 30°/s	1
	3x isokinetic pl fl 45°/s	1
	3x isokinetic pl fl 60°/s	1
	3x isokinetic pl fl 90°/s	1
KNEE	vertical = 0°, flexion = ROM-stop, extension = max°	
	2 x CPM	knee 2L
	maximal end ROM	knee 2R
	2 x CPM	NIGO ZA
	maximal end ROM	

Subj. no:	Stretching side: wk, 4=17wk, 5=POST, 6=+4wk	Test 2 PRE
ACHILLES SETTINGS		
seat rail 6 (hole where pin inserts)	footplates S	
EMG		
gastrocnemius medialis R: 2 gastrocnemius lateralis R: 4 soleus R: 6	L: 1 L: 3 L: 5 L: 7	
tibialis anterior R: 8 El gonio: 13		
ACHILLES - TENDON STIFF	_	
ACHIELES - TENDON STIFT		
plantar flexion MVC		MVC PF 2L
dorsiflexion MVC		MVC DF 2L
SOL MTJ 1+2+3		AT RAMP stiff SOL 2L
GM MTJ 4+5+6		GT RAMP stiff GM 2L
calcaneus 7+8+9- Fin Kur	ive	AT RAMP stiff calc 2L
NORM - ANKLE PASSIVE/US ve	rtical = 0°, plantar 11°, dorsi max°	
maximal end ROM	- 25 °	
4x slow passive motion, -5 to 10°		CPM 2L
2x SOL MTJ		AT PASSIVE
2x calc insertion		AT PASSIVE
6x slow passive motion to max range - sta	art DOWN, scan UP	ROM 2L
2X SOL MTJ 12 + 13		AT PASSIVE
2X GM MTJ 14 + 15		GT PASSIVE
2X GM fascicles 16 + 17		GM FASC VID
NORM - ANKLE ISOMETRIC vertical	al = 0°, plantar 11°, dorsi 16/max°.	isometric 2L 31 0 p.
2x MVC 10°		
2x MVC 0°		had ible helt nedi?
2x MVC -5°		I had whe hat hear;
2x MVC -10° (if subject has enough ROM)		
2x MVC -15° (if subject has enough ROM)		
	al = 0°, plantar 31°, dorsi 11/max°	isokinetic 2L
3x trial + 3x isokinetic dorsi 30°/s		I

3x isokinetic pl fl 30°/s

3x isokinetic pl fl 45°/s

3x isokinetic pl fl 60°/s

3x isokinetic pl fl 90°/s

Date: 2.10

ACHILL	ES - TENDON STIFF	
	plantar flexion MVC	MVC PF 2R
	dorsiflexion MVC	MVC DF 2R
	SOLMTJ 18+19+20 Probe tourning gonio 12.	AT RAMP stiff SOL 2R
3	GMMTJ 21+22+23-12 annotedes make utviking	GT RAMP stiff GM 2R
	calcaneus $(25) + 26 + 27 +$	AT RAMP stiff calc 2R
NORM -	- ANKLE PASSIVE/US vertical = 0°, plantar 11°, dorsi max°	
	maximal end ROM ~ 23 °	
	4x slow passive motion, -5 to 10°	CPM 2R
	2x SOL MTJ 30	AT PASSIVE
9	2x calc insertion 31	AT PASSIVE
	6x slow passive motion to max range - start DOWN, scan UP	ROM 2R
	2X SOL MTJ 32 + 33	AT PASSIVE
	2X GM MTJ 34 + 35	GT PASSIVE
	2X GM fascicles (36) + 37 36-ince opinial apo-dyp	GM FASC VID
NORM -	- ANKLE ISOMETRIC vertical = 0°, plantar 11°, dorsi 16/max°.	isometric 2R
	2x MVC 10° 2x MVC 0°	I had the helt nedi?
		Ų
	2x MVC -5°	7
	2x MVC -10° (if enough ROM)	3
	2x MVC -15° (if enough ROM)	7
NORM -	- ANKLE ISOKINETIC vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2R
	3x trial + 3x isokinetic dorsi 30°/s	
	3x isokinetic pl fl 30°/s	
	3x isokinetic pl fl 45°/s	1
	3x isokinetic pl fl 60°/s	
	3x isokinetic pl fl 90°/s	
KNEE	vertical = 0°, flexion = ROM-stop, extension = max°	
	2 x CPM	knee 2L
	maximal end ROM	(man 2D
	2 x CPM maximal end ROM 38°	knee 2R
	maximal end NOIVI	

Subj. no:	Test 2 PRE
Time: 12.15 Test: PRE Stretching side:	
Subject F24 [no] Test 1=fam, 2=pre, 3=9wk, 4=17wk, 5=POST, 6=+4wk	
ACHILLES SETTINGS	US 1-2 RG
seat rail 6 (hole where pin inserts) footplates LS	
EMG	
gastrocnemius medialis R: 2 L: 1	
gastrocnemius lateralis R: 4 L: 3 Soleus R: 6 L: 5	
tibialis anterior R: 8 L: 7	
El gonio: 13	
ACHILLES - TENDON STIFF	
plantar flexion MVC	MVC PF 2L
dorsiflexion MVC	MVC DF 2L
SOL MTJ 3/4/5	AT RAMP stiff SOL 2L
GM MTJ 6/7/8	GT RAMP stiff GM 2L
calcaneus 9/10/11/12	AT RAMP stiff calc 2L
NORM - ANKLE PASSIVE/US vertical = 0°, plantar 11°, dorsi max°	
maximal end ROM - a,0 °	
4x slow passive motion, -5 to 10°	CPM 2L
2x SOL MTJ 13	AT PASSIVE
2x calc insertion 14	AT PASSIVE
6x slow passive motion to max range - start DOWN, scan UP	ROM 2L
2X SOL MTJ 15/16	AT PASSIVE
2X GM MTJ 17 / 18	GT PASSIVE
2X GM fascicles [Δ / λ0	GM FASC VID
NORM - ANKLE ISOMETRIC vertical = 0°, plantar 11°, dorsi 16/max°.	isometric 2L
2x MVC 10°	
2x MVC 0°	
2x MVC -5°	
2x MVC -10° (if subject has enough ROM)	1
2x MVC -15° (if subject has enough ROM)	1
NORM - ANKLE ISOKINETIC vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2L
3x trial + 3x isokinetic dorsi 30°/s]
3x isokinetic pl fl 30°/s	
3x isokinetic pl fl 45°/s	1
3x isokinetic pl fl 60°/s	1
3x isokinetic pl fl 90°/s	1

ACHILL	.ES - TENDON STIFF	I ·
AUTILL	plantar flexion MVC	MVC PF 2R
	dorsiflexion MVC	MVC DF 2R
	SOL MTJ 21/22 /23	AT RAMP stiff SOL 2R
	GM MTJ 34/435 (25)/26/27/28	GT RAMP stiff GM 2R
	calcaneus 29/30/3\	2 4/25 - 5 of AT RAMP stiff calc 2R
NORM	- ANKLE PASSIVE/US vertical = 0°, plantar 11°, dorsi max°	
	maximal end ROM ~ I () .	
	4x slow passive motion, -5 to 10°	CPM 2R
	2x SOL MTJ 🏡 3 🖔	AT PASSIVE
	2x calc insertion 3/5 3/5	AT PASSIVE
	6x slow passive motion to max range - start DOWN, scan UP	ROM 2R
	2X SOL MTJ 34 36/37/38 37- bedre ena 36,	AT PASSIVE
	2X GM MTJ 39/40	GT PASSIVE
	2X GM fascicles 41 / 42	GM FASC VID
NORM	- ANKLE ISOMETRIC vertical = 0°, plantar 11°, dorsi 16/max°.	isometric 2R
	2x MVC 10°	
	2x MVC 0°	1
	2x MVC -5°	1
	2x MVC -10° (if enough ROM)	1
	2x MVC -15° (if enough ROM)	1
NORM	- ANKLE ISOKINETIC vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2R
	3x trial + 3x isokinetic dorsi 30°/s	
	3x isokinetic pl fl 30°/s	1
	3x isokinetic pl fl 45°/s	1
	3x isokinetic pl fl 60°/s	1
	3x isokinetic pl fl 90°/s	1
KNEE	vertical = 0°, flexion = ROM-stop, extension = max°	
	2 x CPM maximal end ROM	knee 2L
	maximal end ROM 2 x CPM	knee 2R
	maximal end ROM	MIGG ZK
	maximal end itolyi	

10

Subj. no: _____

Subj. no:13 Date:25./0./2	Test 2 PRE
Tested w Fabi & Marie only L	103(211)
Time: Test: PRE Stretching side:	
Subject F24 [no]	\ \ \ \ \
ACHILLES SETTINGS	200
seat rail (hole where pin inserts) footplates 2.5	1+2
EMG CONTROL CO	pictures soc
gastrocnemius medialis R: 2 L: 1 gastrocnemius lateralis R: 4 L: 3	7,000
soleus R: 6 L: 5	
tibialis anterior R: 8 L: 7	
ACHILLES - TENDON STIFF	
plantar flexion MVC	MVC PF 2L
dorsiflexion MVC	MVC DF 2L
SOL MTJ (3) /4/5/6	AT RAMP stiff SOL 2L
GM MTJ (7) 18/9/10	GT RAMP stiff GM 2L
calcaneus (44)/42/43/14 15/16/17	AT RAMP stiff calc 2L
ikte laget p8 Norman d	TOTAL SUIT COIC 22
maximal end ROM vertical = 0°, plantar 11°, dorsi max°	
4x slow passive motion, -5 to 10°	CPM 2L
2x SOL MTJ / §	AT PASSIVE
2x calc insertion 🔌 /2o	AT PASSIVE
6x slow passive motion to max range - start DOWN, scan UP	ROM 2L
2X SOL MTJ 21 / 22	AT PASSIVE
2X GM MTJ 23 / 24	GT PASSIVE
2X GM fascicles 25/ 26? trolig the layet US full disk	GM FASC VID
NORM - ANKLE ISOMETRIC vertical = 0°, plantar 11°, dorsi 16/max°.	isometric 2L
2x MVC 10°	
2x MVC 0°	1
2x MVC -5°	1
2x MVC -10° (if subject has enough ROM)	1
2x MVC -15° (if subject has enough ROM)	1
NORM - ANKLE ISOKINETIC vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2L
3x trial + 3x isokinetic dorsi 30°/s	
3x isokinetic pl fl 30°/s]
3x isokinetic pl fl 45°/s	1
3x isokinetic pl fl 60°/s	1
3x isokinetic pl fl 90°/s	1

Subj. no	D:13	Date:	Test 2 PRE
ACHILL	ES - TENDON STIFF		US ple (K
	plantar flexion MVC		MVC PF 2R
	dorsiflexion MVC		MVC DF 2R
	SOL MTJ	1 /(2)/3/4	AT RAMP stiff SOL 2R
	GM MTJ	5/6/(7)/8)/ ×/10	GT RAMP stiff GM 2R
	calcaneus	11/12/13	AT RAMP stiff calc 2R
NORM -	- ANKLE PASSIVE/US	vertical = 0°, plantar 11°, dorsi max°	
	maximal end ROM	-130 .	
	4x slow passive mot		CPM 2R
	2x SOL MTJ	14	AT PASSIVE
	2x calc insertion	12	AT PASSIVE
	6x slow passive mot	ion to max range - start DOWN, scan UP	ROM 2R
	2X SOL MTJ	16 / 17	AT PASSIVE
	2X GM MTJ	18/19	GT PASSIVE
	2X GM fascicles	20/ 21	GM FASC VID
NORM	- ANKLE ISOMETRIC	vertical = 0°, plantar 11°, dorsi 16/max°.	isometric 2R
	2x MVC 10°		
	2x MVC 0°		
	2x MVC -5°		
_	2x MVC -10° (if enoug	h ROM)	1
	2x MVC -15° (if enoug	h ROM)	
NORM	- ANKLE ISOKINETIC	vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2R
	3x trial + 3x isokinetic		
	3x isokinetic pl fl 30°/s	}	1
	3x isokinetic pl fl 45°/s	3	1
	3x isokinetic pl fl 60°/s	3	1
	3x isokinetic pl fl 90°/s	3	1

vertical = 0°, flexion = ROM-stop, extension = max°

knee 2L

knee 2R

TE°

580

KNEE

2 x CPM

2 x CPM

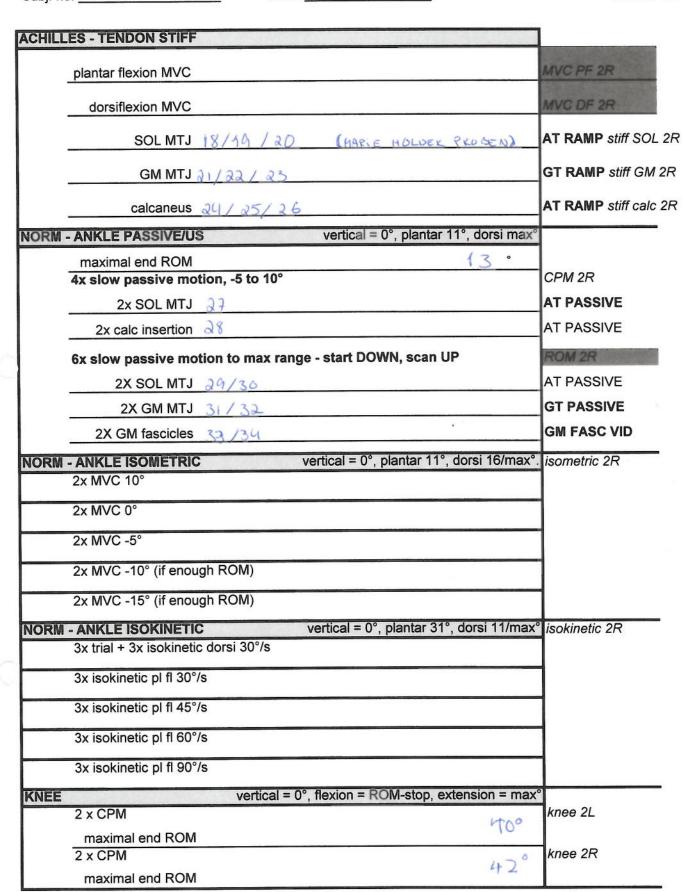
maximal end ROM

maximal end ROM

Subj. no	24		Date:	8101	2_	Test 2 F
Time:	8.15	Test: PRE		Stretching sid	de:	total R
Subject I	F24 [no]	Test 1=far	m, 2=pre, 3=9\		POST, 6=+4wk	
	ES SETTING	S	STATE AND DE			
seat rail	7 Iron to	- 1 (hole whe	re pin inserts)	footplates	L	7
EMG	7	-				-
gas	trocnemius r			L: <u>1</u>		7
gas	strocnemius	lateralis R: 4 soleus R: 6		L: 3 L: 5		
	tibialis	anterior R: 8		L: <u>7</u>		
		El gonio: 13				
ACHILLI	ES - TENDO	N STIFF				
	plantar flexion	on MVC				MVC PF 2L
	dorsiflexio	on MVC				MVC DF 2L
	S	OL MTJ (1)/(2)/3/4/5	5		AT RAMP stiff SOL
_	C	SM MTJ(6)/7/8	(9)/10	9-4	tt tres	GT RAMP stiff GM
	ca	Icaneus (1/13/	13			AT RAMP stiff calc
NORM -	ANKLE PAS	SSIVE/US	ve	rtical = 0°, plant	tar 11°, dorsi ma	χ°
	maximal er				-130 .	
7		sive motion, -5 to	o 10°			CPM 2L
-		OL MTJ 14				AT PASSIVE
-	2x calc i	nsertion 15				AT PASSIVE
	6x slow pas	sive motion to m	ax range - sta	art DOWN, sca	n UP	ROM 2L
	2X S	OL MTJ 16/17	/18			AT PASSIVE
	2X (M MTJ 19 / 20				GT PASSIVE
	2X GM f	ascicles 21/23	٨/			GM FASC VID
-	ANKLE ISO	METRIC	vertica	al = 0°, plantar 1	11°, dorsi 16/max	°. isometric 2L
	2x MVC 10°			gonio	lot = litt	de
	2x MVC 0°				7	
	2x MVC -5°			<u> </u>		7
	2x MVC -10°	' (if subject has en	ough ROM)			7
	2x MVC -15	(if subject has en	ough ROM)			7
	ANKLE ISO			al = 0°, plantar	31°, dorsi 11/ma	x° isokinetic 2L
	3x trial + 3x	isokinetic dorsi 30°	°/s			
	3x isokinetic	pl fl 30°/s				
	3x isokinetic	pl fl 45°/s				7
	3x isokinetic	pl fl 60°/s				7
	3x isokinetic	pl fl 90°/s		W-10-10-10-10-10-10-10-10-10-10-10-10-10-		7
						-

ACHILL	LES - TENDON STIFF	
	plantar flexion MVC	MVC PF 2R
	dorsiflexion MVC	MVC DF 2R
	SOL MTJ 23/24/25 /(26)/(27) Medal my slably	AT RAMP stiff SOL 2R
	GM MTJ 29/30/31/ NO US-PHILIPS FOR 32	GT RAMP stiff GM 2R 3
	calcaneus $1/(2)$ $4/(4)$ $4/(5)$	AT RAMP stiff calc 2R
NORM	- ANKLE PASSIVE/US vertical = 0°, plantar 11°, dorsi max°	
	maximal end ROM - \\ 6	
	4x slow passive motion, -5 to 10°	CPM 2R
	2x SOL MTJ 6	AT PASSIVE
	2x calc insertion 7	AT PASSIVE
	6x slow passive motion to max range - start DOWN, scan UP	ROM 2R
1	2X SOL MTJ(8)/9/10/	AT PASSIVE
	2X GM MTJ (1(12)/13	GT PASSIVE
	2X GM fascicles 14 / 15	GM FASC VID
NORM	- ANKLE ISOMETRIC vertical = 0°, plantar 11°, dorsi 16/max°.	isometric 2R
	2x MVC 10°	
	2x MVC 0°	1
	2x MVC -5°	-
	2x MVC -10° (if enough ROM)	1
\	2x MVC -15° (if enough ROM)	1
NORM	- ANKLE ISOKINETIC vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2R
	3x trial + 3x isokinetic dorsi 30°/s	
	3x isokinetic pl fl 30°/s	1
	3x isokinetic pl fl 45°/s	1
	3x isokinetic pl fl 60°/s	1
	3x isokinetic pl fl 90°/s	1
KNEE	vertical = 0°, flexion = ROM-stop, extension = max	
	2 x CPM	knee 2L NO no (axon)
	maximal end ROM G1	
	2 x CPM maximal end ROM 56	knee 2R
	maximal end ROM	

Subj. no: Date:	Test 2 PR
Time: 1345 Test: PRE Stretching side:	Start
Subject F24 [no] Test 1=fam, 2=pre, 3=9wk, 4=17wk, 5=POST, 6=+4wk	
ACHILLES SETTINGS	
seat rail (hole where pin inserts) footplates	
EMG	
gastrocnemius medialis R: 2 L: 1 L: 3	
soleus R: 6 L: 5	
tibialis anterior R: 8 L: 7	
ACHILLES - TENDON STIFF	
plantar flexion MVC	MVC PF 2L
dorsiflexion MVC	MVC DF 2L
SOL MTJ 1 / 2 / 3	AT RAMP stiff SOL 2
GM MTJ 4/5/6	GT RAMP stiff GM 2L
calcaneus 7/8/9	AT RAMP stiff calc 21
NORM - ANKLE PASSIVE/US vertical = 0°, plantar 11°, dorsi max°	
maximal end ROM 4x slow passive motion, -5 to 10°	CPM 2L
	AT PASSIVE
	AT PASSIVE
6x slow passive motion to max range - start DOWN, scan UP	ROM 2L
	AT PASSIVE
	GT PASSIVE
2X GM fascicles 16/17	GM FASC VID
NORM - ANKLE ISOMETRIC vertical = 0°, plantar 11°, dorsi 16/max°.	The second section of the second seco
2x MVC 10°	ISOMOTHO ZE
2x MVC 0°	
2x MVC -5°	
2x MVC -10° (if subject has enough ROM)	9
2x MVC -15° (if subject has enough ROM)	
NORM - ANKLE ISOKINETIC vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2L
3x trial + 3x isokinetic dorsi 30°/s	
3x isokinetic pl fl 30°/s	
3x isokinetic pl fl 45°/s	
3x isokinetic pl fl 60°/s	
3x isokinetic pl fl 90°/s	







ACHILLES - TENDON STIFF		
plantar flexion MVC		MVC PF 2R
dorsiflexion MVC		MVC DF 2R
SOL MTJ	25/26/27	AT RAMP stiff SOL 2R
GM MTJ	28/28/130/31/32 29- hump	GT RAMP stiff GM 2R
calcaneus	33/34/35	AT RAMP stiff calc 2R
NORM - ANKLE PASSIVE/US	vertical = 0°, plantar 11°, dorsi i	max°
maximal end ROM	- 6 '	,
4x slow passive mot	tion, -5 to 10°	CPM 2R
2x SOL MTJ	¥ 316 37	AT PASSIVE
2x calc insertion	38	AT PASSIVE
6x slow passive mot	tion to max range - start DOWN, scan UP	ROM 2R
2X SOL MTJ	39/40	AT PASSIVE
2X GM MTJ	41/42	GT PASSIVE
2X GM fascicles	43: Ikke rietig kraft (klu je	GM FASC VID M. Sligh
NORM - ANKLE ISOMETRIC	vertical = 0°, plantar 11°, dorsi 16/n	nax°. isometric 2R
2x MVC 10°		
2x MVC 0°		
2x MVC -5°		
2x MVC -10° (if enoug	gh ROM)	
2x MVC -15° (if enoug	gh ROM)	
NORM - ANKLE ISOKINETIC	vertical = 0°, plantar 31°, dorsi 11/	max° isokinetic 2R
3x trial + 3x isokinetic	dorsi 30°/s	
3x isokinetic pl fl 30°/	s	
3x isokinetic pl fl 45°/	s	
3x isokinetic pl fl 60°/	s	
3x isokinetic pl fl 90°/	s	
KNEE	vertical = 0°, flexion = ROM-stop, extension =	max°
2 x CPM	63	knee 2L
maximal end ROM		
2 x CPM	59	knee 2R
maximal end ROM		

-D GM. HEYRE ENDER VERDIG DISTACT RASS PÁ M. GONIO

Subj. no	3)	Date:	0.10	1	Test 2 PRE
Time:	15.00 Test	PRE	Stretching side:	dom	Luiest
4.0 640 644	F24 [no]	Test 1=fam, 2=pre, 3=9w		6=+4wk	1000 11
ACHILL	ES SETTINGS	100t 1 idin, 2 pro, 0 on	m, 1 17 m, 0 1 001,	O TWICE	
seat rail	5	(hole where pin inserts)	footplates 25		
EMG					
	strocnemius medialis strocnemius lateralis		L: <u>1</u> L: <u>3</u>		
l ya	soleus	R: 6	L: 5		
	tibialis anterior	R: 8 onio: 13	L: <u>7</u>		
ACUILL					
ACHILL	ES - TENDON STIF	F			
	plantar flexion MVC	i L			MVC PF 2L
	dorsiflexion MVC				MVC DF 2L
	SOL MTJ	(1)/(2)/32/4	15/61		AT RAMP stiff SOL 2L
	GM MTJ	(7X8 X9/10/)	(/12/13		GT RAMP stiff GM 2L
	calcaneus	14/15/16			AT RAMP stiff calc 2L
NORM -	ANKLE PASSIVE/U	JS ver	tical = 0°, plantar 11°,	, dorsi max°	
	maximal end ROM			7. •	000404
	4x slow passive me	1.0			CPM 2L
	2x SOL MTJ	12			AT PASSIVE
	2x calc insertion				AT PASSIVE
		otion to max range - sta	rt DOWN, scan UP		ROM 2L
	2X SOL MTJ				AT PASSIVE
	2X GM MTJ				GT PASSIVE
	2X GM fascicles				GM FASC VID
BOOK STORY	2x MVC 10°	C vertical	= 0°, plantar 11°, do	rsi 16/max°.	isometric 2L
	2x MVC 0°				
	2x MVC -5°				
	2x MVC -10° (if subj	ect has enough ROM)			
	2x MVC -15° (if subj	ect has enough ROM)			
_	ANKLE ISOKINETI	2004 (A) A (ıl = 0°, plantar 31°, do	orsi 11/max°	isokinetic 2L
	3x trial + 3x isokinet	ic dorsi 30°/s			
	3x isokinetic pl fl 30°	'/s			
	3x isokinetic pl fl 45°	'/s			
	3x isokinetic pl fl 60°	'/s			
	3x isokinetic pl fl 90°	²/s			

ACHILL	ES - TENDON STIFF	
	plantar flexion MVC	MVC PF 2R
	dorsiflexion MVC	MVC DF 2R
	SOL MTJ 28/29/30	AT RAMP stiff SOL 2R
	GM MTJ 34 / 32/ 35/ 31(32)/35/36	GT RAMP stiff GM 2R
6	calcaneus $38739190/(40)/41/42$	AT RAMP stiff calc 2R
NORM -	- ANKLE PASSIVE/US vertical = 0°, plantar 11°, dorsi max°	US 40 - 41tt
	maximal end ROM - 6 °	Form
8	4x slow passive motion, -5 to 10°	CPM 2R
	2x SOL MTJ 43	AT PASSIVE
	2x calc insertion 99	AT PASSIVE
	6x slow passive motion to max range - start DOWN, scan UP	ROM 2R
	2X SOL MTJ (45)/46/47 45 inne sa son vid	AT PASSIVE
	2X GM MTJ (18 /49.	GT PASSIVE
	2X GM fascicles 50 / 51	GM FASC VID
NORM	- ANKLE ISOMETRIC vertical = 0°, plantar 11°, dorsi 16/max°.	isometric 2R
	2x MVC 10°	1
	2x MVC 0°	1
	2x MVC -5°	
	2x MVC -10° (if enough ROM)	
	2x MVC -15° (if enough ROM)	
NORM	- ANKLE ISOKINETIC vertical = 0°, plantar 31°, dorsi 11/max°	isokinetic 2R
	3x trial + 3x isokinetic dorsi 30°/s	
	3x isokinetic pl fl 30°/s	1
	3x isokinetic pl fl 45°/s	1
	3x isokinetic pl fl 60°/s	1
	3x isokinetic pl fl 90°/s	1
KNEE	vertical = 0°, flexion = ROM-stop, extension = max°	
	2 x CPM	knee 2L
	maximal end ROM	/rnen 2D
	2 x CPM	knee 2R
	maximal end ROM	