

Subj. no: 3Date: 13.10.12

Test 2 PRE

Time: 13.30 Test: **PRE**Stretching side: R

Subject F24 [no]

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

ACHILLES SETTINGSseat rail 2 (hole where pin inserts) footplates LS**EMG**

gastrocnemius medialis	R: <u>2</u>	L: <u>1</u>
gastrocnemius lateralis	R: <u>4</u>	L: <u>3</u>
soleus	R: <u>6</u>	L: <u>5</u>
tibialis anterior	R: <u>8</u>	L: <u>7</u>
El gonio:	<u>13</u>	

ACHILLES - TENDON STIFF

plantar flexion MVC

MVC PF 2L

dorsiflexion MVC

MVC DF 2L

SOL MTJ 5/8/10/11

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 19

AT PASSIVE

6x slow passive motion to max range - start DOWN, scan UP

ROM 2L

2X SOL MTJ 20/21/22/

AT PASSIVE

2X GM MTJ 23/24

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°

2x MVC 0°

2x MVC -5°

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

(L)

NB! Ach: Test 1 all hull lower

US:
R GM = 1-2
R SOL = 3-4

Subj. no: 3Date: 13.10

Test 2 PRE

ACHILLES - 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

-21 °

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 - late US

GT PASSIVE

2X GM fascicles 44/

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 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

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

knee 2L

maximal end ROM

total/rep 2 - knee sat knee next 39°

2 x CPM

knee 2R

maximal end ROM

40°

Subj. no: 5Date: 9.10.12

Test 2 PRE

Time: 17.00 Test: **PRE**Stretching side: R

Subject F24 [no]

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

ACHILLES SETTINGSseat rail 5 (hole where pin inserts) footplates L 5**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	

VS:

23,4 = R GM5,7 = R SOL9,10 = L GM11,12 = L SOL**ACHILLES - TENDON STIFF**

plantar flexion MVC

MVC PF 2L

dorsiflexion MVC

MVC DF 2L

SOL MTJ (13/14/15/16/17/18) (4-fascicle)

AT RAMP stiff SOL 2L

GM MTJ 22/23/24/

GT RAMP stiff GM 2L

calcaneus (25/26/27/28/29)

AT RAMP stiff calc 2L

NORM - ANKLE PASSIVE/US

vertical = 0°, plantar 11°, dorsi max°

maximal end ROM

18 °

4x slow passive motion, -5 to 10°

CPM 2L

2x SOL MTJ 30

AT PASSIVE

2x calc insertion 31

AT PASSIVE

6x slow passive motion to max range - start DOWN, scan UP

ROM 2L

2X SOL MTJ 32/33/34

AT PASSIVE

2X GM MTJ 35/36

GT PASSIVE

2X GM fascicles (37)38/39

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)

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

SEE OTHER SIDE

MARIE HOLDING PRUSE

(18 / 19 / 20) *
 SOL AT 19 / (20) / 21
 USE = 18, 19, 21

Subj. no: 5Date: 9,10

Test 2 PRE

ACHILLES - TENDON STIFF

plantar flexion MVC

MVC PF 2R

dorsiflexion MVC

MVC DF 2R

SOL MTJ (40)/41/42/43 40/41 - slow ^{low force/}

AT RAMP stiff SOL 2R

GM MTJ (44)/(45)/46/47/48/ 45 - more F + slowerGT RAMP stiff GM 2R $F = \text{Force (V)}$ calcaneus 54/55/56

AT RAMP stiff calc 2R

NORM - ANKLE PASSIVE/US

vertical = 0°, plantar 11°, dorsi max°

maximal end ROM

-19 °

CPM 2R

4x slow passive motion, -5 to 10°

* 2x SOL MTJ (40)/(41)/42/43 40/41 - a little slow

AT PASSIVE

2x calc insertion 59

AT PASSIVE

6x slow passive motion to max range - start DOWN, scan UP

ROM 2R

2X SOL MTJ 60/61/6261 - more 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°

2x MVC 0°

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

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

knee 2L

maximal end ROM

55°

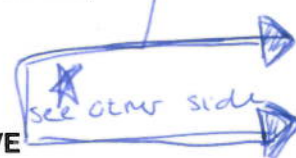
2 x CPM

knee 2R

maximal end ROM

56°* (49)/50/51/(52)/53/* SOL MTJ passiv: 57/(58)

No trig/norm →



Subj. no: 6Date: 15.10

Test 2 PRE

Time: 18.00 Test: **PRE**Stretching side: R

Subject F24 [no]

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

ACHILLES SETTINGSseat rail 6 (hole where pin inserts) footplates LS**EMG**

gastrocnemius medialis	R: <u>2</u>	L: <u>1</u>
gastrocnemius lateralis	R: <u>4</u>	L: <u>3</u>
soleus	R: <u>6</u>	L: <u>5</u>
tibialis anterior	R: <u>8</u>	L: <u>7</u>
El gonio:	<u>13</u>	

ACHILLES - TENDON STIFF

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

AT RAMP stiff calc 2L

NORM - ANKLE PASSIVE/US

vertical = 0°, plantar 11°, dorsi max°

maximal end ROM

-19°

4x slow passive motion, -5 to 10°

CPM 2L

2x SOL MTJ 11

AT PASSIVE

2x calc insertion 10

AT PASSIVE

6x slow passive motion to max range - start 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 = 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)

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

Subj. no: 6Date: 15-10

Test 2 PRE

ACHILLES - TENDON STIFF

plantar flexion MVC

MVC PF 2R

dorsiflexion MVC

MVC DF 2R

SOL MTJ 18/19/20

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 27 28 29

AT PASSIVE

2x calc insertion 27 28

AT PASSIVE

6x slow passive motion to max range - start DOWN, scan UP

ROM 2R

2X SOL MTJ 30/31

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°

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

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

knee 2L

maximal end ROM

2 x CPM

knee 2R

maximal end ROM



Subj. no: 7Date: 2.10

Test 2 PRE

Time: _____ Test: **PRE**

Stretching side: _____

start L

Subject F24 [no]

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

ACHILLES SETTINGSseat rail 6 (hole where pin inserts) footplates LS**EMG**

gastrocnemius medialis	R: <u>2</u>	L: <u>1</u>
gastrocnemius lateralis	R: <u>4</u>	L: <u>3</u>
soleus	R: <u>6</u>	L: <u>5</u>
tibialis anterior	R: <u>8</u>	L: <u>7</u>
El gonio:	<u>13</u>	

ACHILLES - TENDON STIFF

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 curve

AT RAMP stiff calc 2L

NORM - ANKLE PASSIVE/US

vertical = 0°, plantar 11°, dorsi max°

maximal end ROM

-25 °

4x slow passive motion, -5 to 10°

CPM 2L

2x SOL MTJ 10

AT PASSIVE

2x calc insertion 11

AT PASSIVE

6x slow passive motion to max range - start 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 = 0°, plantar 11°, dorsi 16/max°

isometric 2L 310 p.

2x MVC 10°

2x MVC 0°

2x MVC -5°

2x MVC -10° (if subject has enough ROM)

2x MVC -15° (if subject has enough ROM)

} heel idle helt ned? ?

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 18+19+20 Probe to turning goniometer! (Feil kalkuler: Noraxon)	AT RAMP stiff SOL 2R
GM MTJ 21+22+23 → anerkendes kraftutvikling 24 - riktig skala →	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 31 30	AT PASSIVE
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 37 - fin, lang fascikkel 36 - ikke optimal 90°-dys	GM FASC VID
NORM - ANKLE ISOMETRIC	
vertical = 0°, plantar 11°, dorsi 16/max°	
2x MVC 10°	isometric 2R heel ikke helt ned
2x MVC 0°	
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°	
3x trial + 3x isokinetic dorsi 30°/s	isokinetic 2R
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	knee 2L
maximal end ROM	
2 x CPM	knee 2R
maximal end ROM 38°	

Subj. no: 10Date: 16/10

Test 2 PRE

Time: 12.15 Test: **PRE**Stretching side: R

Subject F24 [no]

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

US 1-2 RGM**ACHILLES SETTINGS**seat rail 6 (hole where pin inserts) footplates LS**EMG**

gastrocnemius medialis	R: <u>2</u>	L: <u>1</u>
gastrocnemius lateralis	R: <u>4</u>	L: <u>3</u>
soleus	R: <u>6</u>	L: <u>5</u>
tibialis anterior	R: <u>8</u>	L: <u>7</u>
El gonio:	<u>13</u>	

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

-20 °

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 19/20

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)

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

Subj. no: 10Date: 16.10

Test 2 PRE

ACHILLES - TENDON STIFF

plantar flexion MVC

MVC PF 2R

dorsiflexion MVC

MVC DF 2R

SOL MTJ 21/22/23

AT RAMP stiff SOL 2R

GM MTJ ~~24/25~~ (28)/(25)/26/27/28

GT RAMP stiff GM 2R

24/25 - for low rangecalcaneus 29/30/31

AT RAMP stiff calc 2R

NORM - ANKLE PASSIVE/US

vertical = 0°, plantar 11°, dorsi max°

maximal end ROM

-14 °

4x slow passive motion, -5 to 10°

CPM 2R

2x SOL MTJ 32 34

AT PASSIVE

2x calc insertion 35 35

AT PASSIVE

6x slow passive motion to max range - start DOWN, scan UP

ROM 2R

2X SOL MTJ 34 36/37/38 37 - better end 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°

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

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

knee 2L

maximal end ROM

56°

2 x CPM

knee 2R

maximal end ROM

4945°

R

Subj. no: 13Date: 25.10.12

Test 2 PRE

Time: 16.00Test: **PRE**Stretching side: L

Subject F24 [no]

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

ACHILLES SETTINGSseat rail 10 (hole where pin inserts) footplates 25**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 ^{bump} (3) 14/5/6

AT RAMP stiff SOL 2L

GM MTJ ^{force} (7) 18/9/10

GT RAMP stiff GM 2L

calcaneus ^{little bumps} (11) 12/13/14 15/16/17

AT RAMP stiff calc 2L

NORM - ANKLE PASSIVE/US

vertical = 0°, plantar 11°, dorsi max°

maximal end ROM

-18°

4x slow passive motion, -5 to 10°

CPM 2L

2x SOL MTJ 18

AT PASSIVE

2x calc insertion 18/20

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? (trying like baget, US full disk)

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)

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

US:

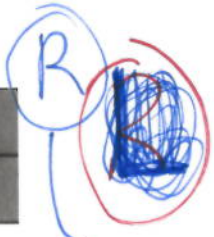
1+2

pictures SOL



Subj. no: 13Date: 25.10side in new
US file

Test 2 PRE

**ACHILLES - TENDON STIFF**

plantar flexion MVC

MVC PF 2R

dorsiflexion MVC

MVC DF 2R

SOL MTJ

bump
1 / (2) / 3 / 4

AT RAMP stiff SOL 2R

GM MTJ

bump low force
5 / 6 / (7) / (8) / 9 / 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 motion, -5 to 10°

CPM 2R

2x SOL MTJ

14

AT PASSIVE

2x calc insertion

15

AT PASSIVE

6x slow passive motion 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 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

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

75°

knee 2L

maximal end ROM

69°

2 x CPM

58°

knee 2R

maximal end ROM

Subj. no: 24Date: 8.10.12

Test 2 PRE

Time: 8.15 Test: **PRE**Stretching side: L, stat (R)

Subject F24 [no]

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

ACHILLES SETTINGSseat rail 7/10 on top = 1 (hole where pin inserts) footplates L**EMG**

gastrocnemius medialis	R: <u>2</u>	L: <u>1</u>
gastrocnemius lateralis	R: <u>4</u>	L: <u>3</u>
soleus	R: <u>6</u>	L: <u>5</u>
tibialis anterior	R: <u>8</u>	L: <u>7</u>
El gonio:	<u>13</u>	

ACHILLES - TENDON STIFF

plantar flexion MVC

MVC PF 2L

dorsiflexion MVC

MVC DF 2L

SOL MTJ (1)/(2)/3/4/5

AT RAMP stiff SOL 2L

GM MTJ (6)/7/8/9/10 9-litt treg

GT RAMP stiff GM 2L

calcaneus 11/12/13

AT RAMP stiff calc 2L

NORM - ANKLE PASSIVE/US

vertical = 0°, plantar 11°, dorsi max°

maximal end ROM

-13°

4x slow passive motion, -5 to 10°

CPM 2L

2x SOL MTJ 14

AT PASSIVE

2x calc insertion 15

AT PASSIVE

6x slow passive motion to max range - start DOWN, scan UP

ROM 2L

2X SOL MTJ 16/17/18

AT PASSIVE

2X GM MTJ 19/20/

GT PASSIVE

2X GM fascicles 21/22/

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)

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

Subj. no: 24Date: 8.10

Test 2 PRE

ACHILLES - TENDON STIFF

plantar flexion MVC

MVC PF 2R

dorsiflexion MVC

MVC DF 2R

SOL MTJ

lateral 23/24/25 / medial 28 (26)/(27) Medial mtr stabil.

AT RAMP stiff SOL 2R

GM MTJ

29/30/31/ NO US-PHILIP FOR 32

GT RAMP stiff GM 2R 32 - only

calcaneus

SET 2. nr 24 i US. 1/(2) 3/(4) 5

AT RAMP stiff calc 2R

NORM - ANKLE PASSIVE/US

vertical = 0°, plantar 11°, dorsi max°

maximal end ROM

- 11°

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

2X SOL MTJ

(8)9/10/

AT PASSIVE

2X GM MTJ

11(12)/13

GT PASSIVE

2X GM fascicles

14/15

GM FASC VID

NORM - ANKLE ISOMETRIC

vertical = 0°, plantar 11°, dorsi 16/max°

2x MVC 10°

isometric 2R

2x MVC 0°

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

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

HUMAC

knee 2L

maximal end ROM

61

⇒ NO NO TAXON

2 x CPM

knee 2R

maximal end ROM

56

Subj. no: 28Date: 10.10.12

Test 2 PRE

Time: 1345 Test: **PRE**Stretching side: RstartL

Subject F24 [no]

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

ACHILLES SETTINGSseat rail 3 (hole where pin inserts) footplates LS**EMG**

gastrocnemius medialis	R: <u>2</u>	L: <u>1</u>
gastrocnemius lateralis	R: <u>4</u>	L: <u>3</u>
soleus	R: <u>6</u>	L: <u>5</u>
tibialis anterior	R: <u>8</u>	L: <u>7</u>
El gonio:	<u>13</u>	

ACHILLES - TENDON STIFF

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

AT RAMP stiff calc 2L

NORM - ANKLE PASSIVE/US

vertical = 0°, plantar 11°, dorsi max°

maximal end ROM

-24°

4x slow passive motion, -5 to 10°

CPM 2L

2x SOL MTJ 10

AT PASSIVE

2x calc insertion 11

AT PASSIVE

6x slow passive motion to max range - start 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 = 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)

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

Subj. no: 28Date: 10.10

Test 2 PRE

ACHILLES - TENDON STIFF

plantar flexion MVC

MVC PF 2R

dorsiflexion MVC

MVC DF 2R

SOL MTJ 18/19/20 (MARIE HOLDER PRUSEN)

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

13°

4x slow passive motion, -5 to 10°

CPM 2R

2x SOL MTJ 27

AT PASSIVE

2x calc insertion 28

AT PASSIVE

6x slow passive motion to max range - start DOWN, scan UP

ROM 2R

2X SOL MTJ 29/30

AT PASSIVE

2X GM MTJ 31/32

GT PASSIVE

2X GM fascicles 33/34

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 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

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

knee 2L

maximal end ROM

40°

2 x CPM

knee 2R

maximal end ROM

42°

(R)

↓

Subj. no: 29Date: 27.10.12

Test 2 PRE

Time: 10.00 Test: **PRE**Stretching side: L (inj)

Subject F24 [no]

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

ACHILLES SETTINGSseat rail 7 (hole where pin inserts) footplates 35**EMG**

gastrocnemius medialis	R: <u>2</u>	L: <u>1</u>
gastrocnemius lateralis	R: <u>4</u>	L: <u>3</u>
soleus	R: <u>6</u>	L: <u>5</u>
tibialis anterior	R: <u>8</u>	L: <u>7</u>
El gonio:	<u>13</u>	

US-ims
1/2 h. GM,
-R GM

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 8/17/8/9/

GT RAMP stiff GM 2L

calcaneus 13/12-1av Kraft.
10/11/12/13/14/15

AT RAMP stiff calc 2L

NORM - ANKLE PASSIVE/US

vertical = 0°, plantar 11°, dorsi max°

maximal end ROM

-9°

4x slow passive motion, -5 to 10°

CPM 2L

2x SOL MTJ 16/17

AT PASSIVE

2x calc insertion 18

AT PASSIVE

6x slow passive motion to max range - start DOWN, scan UP

ROM 2L

2X SOL MTJ 19/20

AT PASSIVE

2X GM MTJ 21/22

GT PASSIVE

2X GM fascicles 23/24

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)

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



Subj. no: 29Date: 27.10

Test 2 PRE

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 28/29/30/31/32 ^{GM} 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 max°

maximal end ROM

- 6°

4x slow passive motion, -5 to 10°

CPM 2R

2x SOL MTJ 2 36 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

GT PASSIVE

2X GM fascicles 43/4443: Ikke riktig kraft / Ikke jording

GM FASC VID

m. strapping**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 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

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

knee 2L

maximal end ROM

63°

2 x CPM

knee 2R

maximal end ROM

59°

→ GM. HØYRE ENDER VELDIG DISTACT
PASS PÅ M. GONIO

Subj. no: 31Date: 30.10

Test 2 PRE

Time: 15.00 Test: **PRE**Stretching side: dorn / stuest

Subject F24 [no]

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

R**ACHILLES SETTINGS**seat rail 5 (hole where pin inserts) footplates L2S**EMG**

gastrocnemius medialis	R: <u>2</u>	L: <u>1</u>
gastrocnemius lateralis	R: <u>4</u>	L: <u>3</u>
soleus	R: <u>6</u>	L: <u>5</u>
tibialis anterior	R: <u>8</u>	L: <u>7</u>
El gonio:	<u>13</u>	

ACHILLES - TENDON STIFF

plantar flexion MVC

MVC PF 2L

dorsiflexion MVC

MVC DF 2L

SOL MTJ (1)/(2)/(3²)/4/5/6/

AT RAMP stiff SOL 2L

GM MTJ (7X8X9/10/X/12/13

GT RAMP stiff GM 2L

calcaneus 14/15/16

AT RAMP stiff calc 2L

NORM - ANKLE PASSIVE/US

vertical = 0°, plantar 11°, dorsi max°

maximal end ROM

7°

4x slow passive motion, -5 to 10°

CPM 2L

2x SOL MTJ

19~~18~~

AT PASSIVE

2x calc insertion

17

AT PASSIVE

6x slow passive motion to max range - start DOWN, scan UP

ROM 2L

2X SOL MTJ

20/21

AT PASSIVE

2X GM MTJ

22(23)/24/

GT PASSIVE

2X GM fascicles

(25)/26/27

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)

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

Subj. no: 31Date: 30.10

Test 2 PRE

ACHILLES - 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 31/32/33/34/35/36

GT RAMP stiff GM 2R

calcaneus 38/39/40/41/42

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 43

AT PASSIVE

2x calc insertion 44

AT PASSIVE

6x slow passive motion to max range - start DOWN, scan UP

ROM 2R

2X SOL MTJ (45)/46/47 45 inne så bra vid

AT PASSIVE

2X GM MTJ 48/49

GT PASSIVE

2X GM fascicles 50/51

GM FASC VID

NORM - ANKLE ISOMETRIC

vertical = 0°, plantar 11°, dorsi 16/max°

2x MVC 10°

isometric 2R

2x MVC 0°

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

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

knee 2L

maximal end ROM

2 x CPM

knee 2R

maximal end ROM

2

US 40 - litt 5- form

70°

83°