

Sample Medical Report

Name: Sample

Age: [Enter Age]

Gender: M

Report Date: 26/03/2025

Prescriber: [Enter Prescriber]

Health Insurance: [Enter Insurance Details]

Sample

SUMMARY OF RESULTS

Allergies

- Asthma: 5 - 1 + 3 ++ O MEDIUM

Behavioral Changes

- Obsessive behavior: 1 - 0 + 1 ++ HIGH
 - Aggressiveness: 3 - 1 + 1 ++ O MEDIUM
 - Shyness: 8 - 2 + 1 ++ O NORMAL
 - Impulsivity: 6 - 2 + 0 ++ O LOW
 - Bipolar disorder: 7 - 2 + 0 ++ O LOW
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Benefits

- Greater Resistance to Stress: 0 - 0 + 1 ++ HIGH
 - Ability to Solve Problems: 0 - 2 + 6 ++ HIGH
 - Emotional maturity: 1 - 0 + 3 ++ HIGH
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Cardiovascular

- Aerobic Capacity: 2 - 2 + 1 ++ MEDIUM-HIGH
 - Cardiac Arrhythmia: 2 - 0 + 1 ++ MEDIUM-HIGH
 - Brugada Syndrome: 4 - 0 + 0 ++ O NORMAL
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Chronic Subclinical Inflammation

- Inflammations: 17 - 5 + 4 ++ MEDIUM-HIGH
 - Arthrosis of the Knee: 1 - 2 + 1 ++ O MEDIUM
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Hormones

- Adrenaline: 1 - 1 + 0 ++ O NORMAL
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Injuries

- Achilles tendon injury: 1 - 0 + 2 ++ HIGH
- Exercise Induced Muscle Damage: 1 - 1 + 1 ++ O MEDIUM-HIGH

- Hamstring Injury: 0 - 0 + 1 ++ O MEDIUM-HIGH
 - Meniscus Injury: 1 - 0 + 0 ++ O MEDIUM
 - Hip Dislocation: 1 - 1 + 0 ++ O MEDIUM
 - Fractures: 2 - 3 + 0 ++ O MEDIUM
 - Probability of Muscle Injuries: 0 - 0 + 0 ++ O NORMAL
 - Increased Risk of Sports Injuries: 1 - 1 + 0 ++ O NORMAL
 - Ligament Rupture: 1 - 0 + 0 ++ O NORMAL
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Instability

- Migratory Behavior: 0 - 1 + 0 ++ O MEDIUM-HIGH
 - Explorative Behavior: 0 - 1 + 0 ++ O MEDIUM-HIGH
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Internalizations

- Depression: 2 - 2 + 0 ++ O MEDIUM
 - Anxiety: 1 - 5 + 0 ++ O NORMAL
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Metabolic

- Greater Insulin Sensitivity with Physical Exercise: 0 - 1 + 0 ++ O NORMAL
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Muscular System

- Transversal Physiological Area of the Quadriceps: 0 - 0 + 1 ++ O HIGH
- Contraction of Skeletal Muscle Fibers: 0 - 1 + 1 ++ O HIGH
- Biceps Increase: 0 - 1 + 2 ++ O HIGH
- Neuromuscular Power: 2 - 2 + 4 ++ O HIGH
- Quadriceps Muscle Strength: 1 - 0 + 2 ++ O HIGH
- Increased Exercise Recovery Time: 1 - 0 + 1 ++ O HIGH
- Muscle Growth: 1 - 2 + 0 ++ O MEDIUM-HIGH
- Muscle Performance: 0 - 1 + 0 ++ O MEDIUM-HIGH

- Knee Strength: 2 - 1 + 2 ++ O MEDIUM-HIGH
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Hand Grip Strength

- Hand Grip Strength: 3 - 0 + 1 ++ O MEDIUM-HIGH
 - Vastus Lateral Muscle: 1 - 0 + 1 ++ O MEDIUM
 - Muscle Strength: 3 - 3 + 2 ++ O MEDIUM
 - Muscle Stiffness: 1 - 1 + 0 ++ O NORMAL
 - Muscle Cramps: 5 - 0 + 0 ++ O NORMAL
 - Progressive Muscular Dystrophy (Juvenile): 1 - 0 + 0 ++ O NORMAL
 - Muscle Weakness After Exercise: 2 - 1 + 0 ++ O NORMAL
 - Muscle Hypotonia: 1 - 0 + 0 ++ O NORMAL
 - Increased Maximum Force Production: 1 - 0 + 0 ++ O NORMAL
 - Lactate Accumulation (High Intensity Circuit): 1 - 0 + 0 ++ O NORMAL
 - Ligament Strength: 2 - 0 + 0 ++ O NORMAL
 - Duchenne Muscular Dystrophy: 2 - 0 + 0 ++ O NORMAL
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Personal Characteristics

- Ability to Accept Criticism: 0 - 0 + 1 ++ O HIGH
- Extroversion: 1 - 0 + 2 ++ O HIGH
- Self-confidence: 1 - 0 + 2 ++ O HIGH
- Height: 8 - 2 + 4 ++ O HIGH
- Prosocial Behavior: 1 - 0 + 1 ++ O HIGH
- Resistance: 1 - 3 + 2 ++ O MEDIUM-HIGH
- Physical Resistance: 20 - 4 + 1 ++ O MEDIUM
- Smaller Multitasking Capability: 1 - 0 + 0 ++ O NORMAL
- Visuospatial Working Memory: 3 - 0 + 0 ++ O NORMAL
- Increased Probability of Fatigue: 0 - 1 + 0 ++ O NORMAL
- Manual Dexterity: 0 - 1 + 0 ++ O LOW
- Obsessive-Compulsive Disorder (OCD): 2 - 1 + 0 ++ O LOW

Provocative

- Challenging Behavior: 2 - 0 + 0 ++ O NORMAL
- Oppositional Defiant Disorder (ODD): 1 - 3 + 0 ++ O NORMAL

Psychiatric

- Personality Traits: Hostility, Impulsiveness, Anxiety: 0 - 0 + 1 ++ O HIGH
- Greater Learning from Mistakes: 0 - 0 + 1 ++ O HIGH
- Type D Personality: 2 - 0 + 2 ++ O MEDIUM-HIGH
- Pleasantness (Acceptability) in Men: 0 - 0 + 2 ++ O MEDIUM-HIGH
- Openness to New Experiences: 7 - 2 + 2 ++ O MEDIUM
- Type A Personality: 1 - 0 + 0 ++ O NORMAL
- Lack of Focus: 1 - 0 + 0 ++ O NORMAL

Reason For Conflict

- Difficulties in Dealing with Criticism: 4 - 0 + 0 ++ O NORMAL
- Stress: 2 - 0 + 0 ++ O NORMAL

Respiratory System

- Aerobic Resistance: 5 - 5 + 2 ++ O MEDIUM-HIGH
- Oxygen Volume (O2) Max (VO2 Max): 2 - 0 + 0 ++ O LOW

Skeletal System (Bones)

- Bone Strength: 0 - 1 + 0 ++ O MEDIUM-HIGH
- Musculoskeletal Pain: 2 - 1 + 0 ++ O NORMAL

- Intervertebral Disc Disease: 1 - 0 + 0 ++ O NORMAL
 - Disc Herniation: 1 - 0 + 0 ++ O NORMAL
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Skin

- Collagen Degradation: 157 - 6 + 9 ++ O MEDIUM
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Sports

- Sprint: 0 - 0 + 1 ++ O HIGH
 - Greater Respiratory Gains with Exercise: 0 - 0 + 1 ++ O MEDIUM-HIGH
 - Elite Athletes: 2 - 4 + 1 ++ O MEDIUM-HIGH
 - Football (Soccer): 24 - 8 + 9 ++ O MEDIUM-HIGH
 - Runner with More Speed than Endurance: 0 - 1 + 0 ++ O MEDIUM-HIGH
 - Race 5,000/10,000: 0 - 1 + 0 ++ O MEDIUM-HIGH
 - Sprinter: 0 - 1 + 0 ++ O MEDIUM-HIGH
 - Runner with More Endurance than Speed: 0 - 1 + 0 ++ O NORMAL
 - 100/200/400m Race: 0 - 1 + 0 ++ O NORMAL
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Vision (Ophthalmology)

- Better Long Distance View: 6 - 2 + 7 ++ O MEDIUM-HIGH
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Weight

- Fibers and Slimming: 1 - 0 + 1 ++ O HIGH
- Fat Oxidation: 2 - 1 + 1 ++ O HIGH
- Quantitative Body Mass Index (BMI): 13 - 4 + 5 ++ O MEDIUM
- Decrease in Body Mass After Training: 0 - 2 + 0 ++ O MEDIUM
- Weight Loss with More Protein than Carbohydrate Intake: 44 - 5 + 3 ++ O NORMAL
- Slimming with Restricted Carbohydrate Intake: 1 - 0 + 0 ++ O NORMAL
