

CSMi Orthopedic Measure and Training 781-297-2034

Numeric Exercise Report - Knee Extension/Flexion

Name:	Potash, Rob L	ID:	1234	Right/Left:	3/4/2008 3/4/2008
Birth date:	1/1/1963	Involved Side:	Left	Group 1:	Wrestling
Height:	68 Inches	Preferred Side:	Right	Group 2:	
Weight:	160 Pounds	Doctor:	Harris		
Gender:	Male	Tester:			
Diagnosis:	8/1/2007				
Surgery:	8/3/2007 Arthroscopy				

Right	Torque	Work	Torque	Work
CPM ConCon Speed 15/15 Repetitions 1	Extensors (Con)		Flexors (Con)	
	16	15	15	13
Isometric ConEcc Angle 45	Extensors (Con)		Extensors (Ecc)	
	42	0	0	0
Isokinetic ConCon Speed 60/60 Repetitions 5	Extensors (Con)		Flexors (Con)	
	54	280	25	149
Isokinetic ConEcc Speed 60/60 Repetitions 5	Extensors (Con)		Extensors (Ecc)	
	39	237	27	150
Isotonic ConEcc Torque 10/10 Repetitions 5	Extensors (Con)		Extensors (Ecc)	
	0	0	0	0
Totals	Extensors		Flexors	
	54	682	25	162

Left	Torque	Work	Torque	Work
CPM ConCon Speed 15/15 Repetitions 1	Extensors (Con)		Flexors (Con)	
	17	15	16	14
Isometric ConEcc Angle 45	Extensors (Con)		Extensors (Ecc)	
	32	0	0	0
Isokinetic ConCon Speed 60/60 Repetitions 5	Extensors (Con)		Flexors (Con)	
	47	262	26	159
Isokinetic ConEcc Speed 60/60 Repetitions 5	Extensors (Con)		Extensors (Ecc)	
	42	259	25	153
Isotonic ConEcc Torque 10/10 Repetitions 5	Extensors (Con)		Extensors (Ecc)	
	0	0	0	0
Totals	Extensors		Flexors	
	47	689	26	173