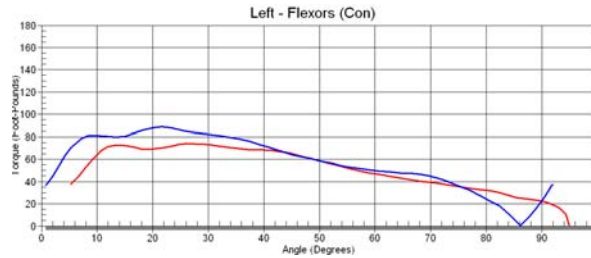
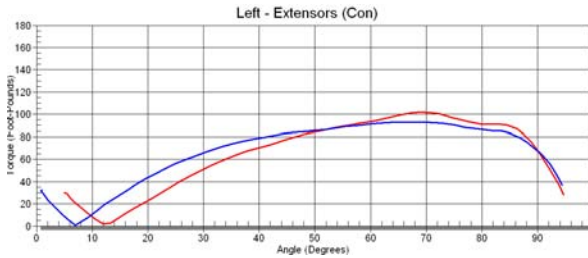
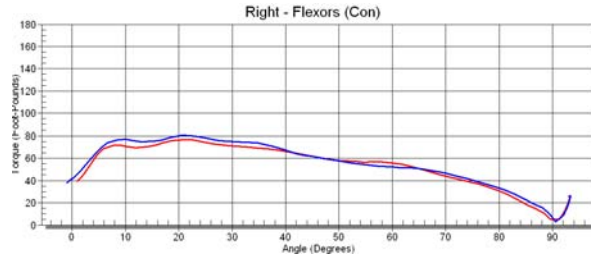
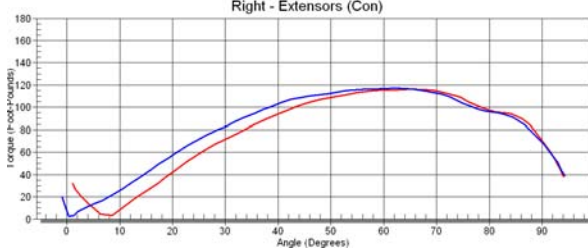


CSMi Orthopedic Measure and Training 781-297-2034

Long Form Progress Report - Knee Extension/Flexion

Name: Potash, Rob L **ID:** 1234 **I :**
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:** CSMi Tech
Diagnosis: 8/1/2007 ACL Tear
Surgery: 8/3/2007 Arthroscopy



Isokinetic ConCon	Extensors (Con)		Flexors (Con)			
Speed 180/180 deg/sec Reps 15	8/4/2007	8/7/2007	Change	8/4/2007	8/7/2007	Change

TORQUE PARAMETERS

Initial Peak Torque (Foot-Pounds - Average Value)

Right	114	113	-1 %	69	73	6 %
Left	92	98	7 %	85	79	-7 %
Deficit	19	13		-19	-8	

Fatigue Index

Right	29	18	-11 #	21	15	-6 #
Left	18	18	0 #	21	14	-7 #

Total Work Done (Foot-Pounds)

Right	1685	1594	-5 %	1121	1168	4 %
Left	1428	1370	-4 %	1200	1118	-7 %
Deficit	15	14		-7	4	

Average Power per Repetition (Watts)

Right	245	241	-2 %	165	180	9 %
Left	217	218	0 %	184	179	-3 %
Deficit	11	10		-10	1	

POSITION PARAMETERS

Joint Angle at Peak Torque (Degrees)

Right	62	66	4 #	18	27	9 #
Left	66	68	2 #	23	23	0 #

Range of Motion (Degrees)

Right	-1	0	1 #	94	94	0 #
Left	1	5	4 #	93	95	2 #

TIME PARAMETERS

Time to Peak Torque (Seconds)

Right	0.22	0.20	-0.02 #	0.15	0.19	0.04 #
Left	0.20	0.19	-0.01 #	0.17	0.15	-0.02 #

Time Peak Torque Held (Seconds)

Right	0.03	0.02	-0.01 #	0.04	0.00	-0.04 #
Left	0.01	0.01	0.00 #	0.01	0.03	0.02 #

Force Decay Time (Seconds)

Right	0.36	0.37	0.01 #	0.40	0.39	-0.01 #
Left	0.37	0.36	-0.01 #	0.40	0.40	0.00 #

Reciprocal Delay (Seconds)

Right	0.02	0.02	0.00 #	0.04	0.02	-0.02 #
Left	0.02	0.04	0.02 #	0.02	0.03	0.01 #

Delay Time (Seconds)

Right	-0.01	-0.01	0.00 #	-0.02	-0.01	0.01 #
Left	-0.01	-0.02	-0.01 #	-0.01	-0.02	-0.01 #