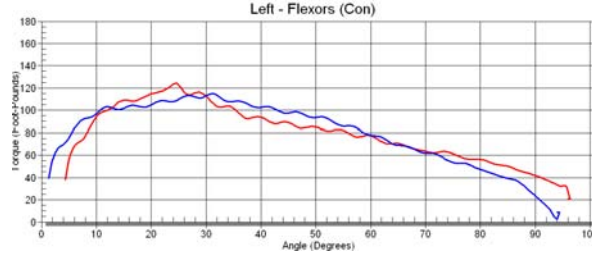
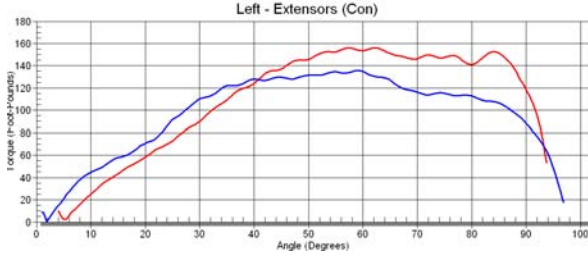
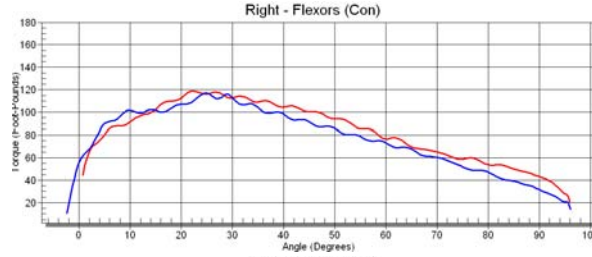
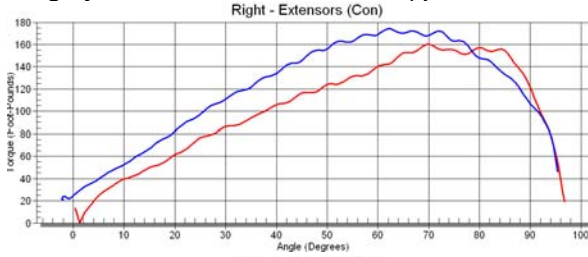


CSMi Orthopedic Measure and Training 781-297-2034

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 60/60 deg/sec Reps 5	8/4/2007	8/7/2007	Change	8/4/2007	8/7/2007	Change

TORQUE PARAMETERS

Peak Torque (Foot-Pounds - Average Value)

Right	163	151	-7 %	113	113	0 %
Left	124	150	21 %	115	113	-2 %
Deficit	24	1		-2	0	

Work per Repetition (Foot-Pounds - Average Value)

Right	190	156	-18 %	129	128	-1 %
Left	151	165	9 %	133	129	-3 %
Deficit	21	-5		-3	-1	

Average Power per Repetition (Watts - Average Value)

Right	151	130	-14 %	102	107	5 %
Left	123	140	14 %	108	110	2 %
Deficit	19	-7		-6	-3	

POSITION PARAMETERS

Joint Angle at Peak Torque (Degrees)

Right	63	70	7 #	25	23	-2 #
Left	64	68	4 #	30	23	-7 #

Range of Motion (Degrees)

Right	-3	1	4 #	96	94	-2 #
Left	-1	4	5 #	95	96	1 #

TIME PARAMETERS

Time to Peak Torque (Seconds)

Right	0.58	0.45	-0.13 #	0.51	0.41	-0.10 #
Left	0.53	0.45	-0.08 #	0.55	0.37	-0.18 #

Time Peak Torque Held (Seconds)

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

Force Decay Time (Seconds)

Right	1.10	1.11	0.01 #	1.17	1.18	0.01 #
Left	1.06	1.06	0.00 #	1.07	1.18	0.11 #

Reciprocal Delay (Seconds)

Right	0.05	0.05	0.00 #	0.06	0.05	-0.01 #
Left	0.05	0.05	0.00 #	0.05	0.04	-0.01 #

Delay Time (Seconds)

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