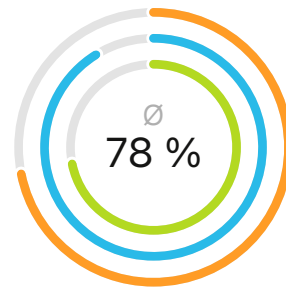


Test Update (23)

Gender:	Male
Birthday:	06.04.00
Height:	172 cm
Body weight:	60 kg
Treatment:	Rehabilitation
Injured leg:	Right
Range:	Knee
Type of injury:	Anterior cruciate ligament (ACL) isolated
Accident date:	No accident
Treatment start:	06.04.21
Date of surgery:	No surgery
Sport:	No Details
Hours of Exercise per Week:	No details

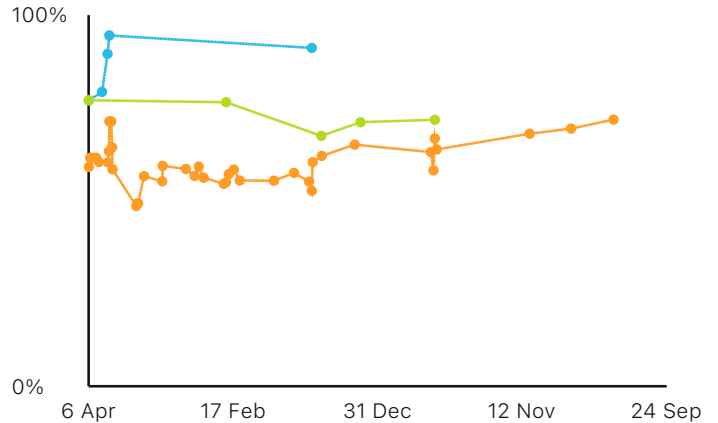
FIT-Index current



- Range of motion
72 %
- Coordination
91 %
- Strength/speed
72 %

Comment

FIT-Index history



Range of motion 72 %

Passive Angle Measurement 82 %

Identification	Date	Left	⚡ Right	Pain	Difference	FIT-Index
Entry Test	06.04.2021	119°	98°	0	21°	82 %

Extension Deficit 25 %

Identification	Date	Left	⚡ Deficit	Pain	Difference	FIT-Index
Trial	28.05.2021	-	15°	0	15°	25 %
Trial	27.05.2021	-	6°	10	6°	70 %
Trial	21.05.2021	-	-1°	0	-1°	105 %
RTS 4 Test (month 12)	20.05.2021	-	6°	0	6°	70 %
Trial	22.04.2021	-	9°	0	9°	55 %

Active Angle Measurement 80 %

Identification	Date	Left	⚡ Right	Pain	Difference	FIT-Index
Trial	31.05.2024	▼ 102°	▼ 82°	3	20°	80 %
Trial	28.02.2024	■ 114°	▼ 75°	5	39°	66 %
Trial	29.11.2023	■ 106°	▼ 61°	5	45°	58 %
Trial	09.05.2023	■ 111°	▼ 59°	3	52°	53 %
Trial	26.04.2023	■ 106°	▼ 72°	4	34°	68 %

Dorsiflexion 107 %

Identification	Date	Left	⚡ Right	Pain	Difference	FIT-Index
Trial	05.05.2023	29°	31°	-	-2°	107 %
Trial	02.05.2023	25°	16°	5	9°	64 %
Trial	10.08.2022	35°	31°	6	4°	89 %
Trial	02.08.2022	34°	17°	8	17°	50 %
Trial	17.05.2022	34°	21°	6	13°	62 %

Plantar flexion 52 %

Identification	Date	Left	⚡ Right	Pain	Difference	FIT-Index
RTS 4 Test (month 12)	21.05.2021	62°	32°	0	30°	52 %
Entry Test	06.04.2021	28°	13°	0	15°	46 %

Head Rotation: Forward and Backward

Identification	Date	Forward	Backward	Pain	FIT-Index
Trial	04.10.2023	44°	38°	5	-

Head Rotation: Sideward 85 %

Identification	Date	Left	⚡ Right	Pain	Difference	FIT-Index
Trial	29.11.2023	33°	28°	1	5°	85 %

Coordination 91 %

Functional Stability 110 %

Identification	Date	Left	⚡ Right	Pain	Difference	FIT-Index
Trial	21.05.2021	■ 2,7mm	■ 2mm	0	-0,7 mm	110 %
Trial	05.05.2021	▼ 4,1mm	▼ 5,1mm	0	1 mm	90 %
Entry Test	06.04.2021	■ 1,8mm	▼ 3,4mm	0	1,6 mm	81 %

One Leg Squat 62 %

Identification	Date	Height	Left	⚡ Right	Pain	Difference	FIT-Index
Trial	08.08.2022	20 _{cm}	■ 2,2°	▼ 6,7°	-	4,5°	62 %
Entry Test	06.04.2021	20 _{cm}	▼ 5,8°	▼ 9,4°	0	3,6°	75 %

Angle Reproduction 95 %

Identification	Date	Left	⚡ Right	Pain	Difference	FIT-Index
RTS 2 Test (month 6)	17.05.2021	▲ -3,2°	■ -3,6°	0	+0,4°	95 %
Entry Test	06.04.2021	■ -7,9°	▼ -18,7°	0	+10,8°	54 %

Y-Balance 98 %

Identification	Date	Left: Leg length: 93 cm				⚡ Right				Difference				FIT-Index
		A	Pm	Pl	=	A	Pm	Pl	=	A	Pm	Pl	=	
Entry Test	06.04.2021	65	90	100	89	60	80	95	87	5	10	5	2	98 %

Strength/speed 72 %

Vertical Jump 96 %

Identification	Date	Left	⚡ Right	Pain	Difference	FIT-Index
Trial	05.05.2023	▼ 23 _{cm}	▼ 22 _{cm}	3	1 cm	96 %
RTS 6 Test (month 24)	23.11.2022	▼ 24 _{cm}	▼ 22 _{cm}	2	2 cm	92 %
Trial	01.02.2022	▼ 23 _{cm}	■ 16 _{cm}	6	7 cm	70 %
Entry Test	06.04.2021	▼ 11 _{cm}	▼ 8 _{cm}	0	3 cm	73 %

Distance Jump 80 %

Identification	Date	Technique	Left	⚡ Right	Pain	Difference	FIT-Index
Entry Test	06.04.2021	1:1	▼ 100 _{cm}	▼ 80 _{cm}	0	20 cm	80 %

Drop Jump 70 %

Identification	Date	Left	⚡ Right	Pain	Difference	FIT-Index
Entry Test	06.04.2021	▲ 0,1°	■ 2,3°	0	2,2°	70 %

Side Hop 25 %

Identification	Date	Distance	Left	⚡ Right	Pain	Difference	FIT-Index
Trial	29.08.2022	30 _{cm}	■ 68	▼ 17	7	51	25 %
Entry Test	06.04.2021	30 _{cm}	■ 68	■ 54	0	14	79 %

Speedy Jump 89 %

Identification	Date	Left	⚡ Right	Pain	Difference	FIT-Index
Entry Test	06.04.2021	■ 7,8 s	■ 9,4 s	0	1,6 s	89 %

Square Hop 71 %

Identification	Date	Left	⚡ Right	Pain	Difference	FIT-Index
Entry Test	06.04.2021	35	25	0	10	71 %

Reference value comparison:

▼ below average ■ normal ▲ above average

Signature