Client ID:	40
Assessment ID:	534
Assessment Date:	06/12/2011

Client Assessment

Name: BRIAN ROACHE   **Contact No: (086) 311-9982**

Address: BROWNES GROVE
TUAM

Summary: Sciatica on right side, lower back pain more so on the right & right quad tear 6 mths, Left Anterior Shoulder - Medium Pain

Assessment Conclusion

Your right glut max needs strengthening on the right side this is the reason the right tfl and IT band is going into spasm, they are trying to prevent the knee from tracking inwards. You also need to strengthen your mid and lower traps this would help pull your shoulders back. You are quad dominant this means your lower abbs need to get stronger and quad need more flexibility. Both upper traps and scaliness need stretching, left groin and right performuss. Stretch these muscles and strengthen the weak muscles before every training session so you have a correct posture before every training session.

Selected Injury Areas:

Left Anterior Shoulder - Medium Pain

Static Posture Assessment

<u>View 1</u>

Right shoulder 3 degree higher than left, hands turned in
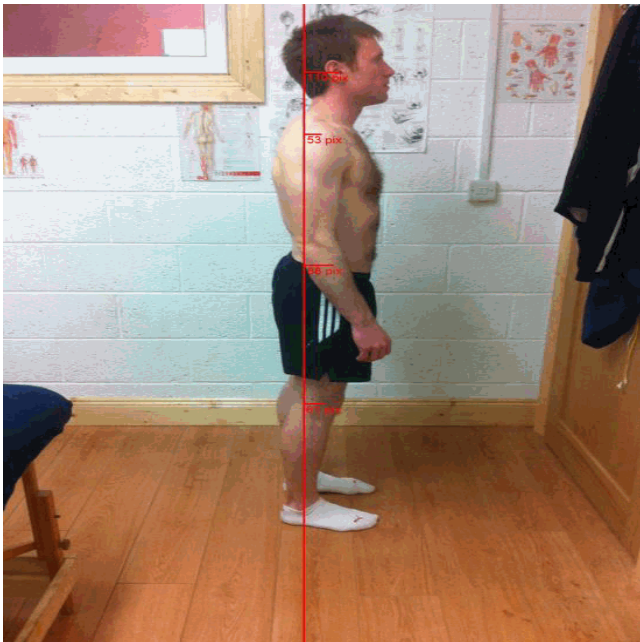
<u>View 2</u>

Putting more weight on the right leg

<u>View 3</u>

78 pix head forward, hips forward 89 pix,

View 4

110 pix head forward, shoulder forward 53 pix, hips forward 88 pix, knee forward by 61 pix

Core Assessment

TVA Strength Test:
100%

Lower Abdominal Coordination Test:
Good

Oblique Muscle Balance Test:
left domanant

Range Of Motion

Neck Lateral Flexion:
Left Length: 46° Optimal is 50°
Imbalance between Left 46° Right 35° of 11°
Right Length Warning: 35° Optimal is 50°

Neck Rotation:
Left Length Warning: 70° Optimal is 80°
Right Length Warning: 70° Optimal is 80°

Neck Flexion\Extension:
Flexion Warning: 44° Optimal is 50°
Extension: 75° Optimal is 80°

Spine Lateral Flexion:
Left Length: 30° Optimal is 30°
Right Length: 27° Optimal is 30°

Spine Rotation:
Left Length: 6° Optimal is 6°
Right Length: 5° Optimal is 6°

Spine Flexion\Extension:
Flexion Warning: 53° Optimal is 60°
Extension: 25° Optimal is 30°

Other Spine Observation:
external oblique is tight on both sides

Left Hip Abduction\Adduction:
Abduction Warning: 30° Optimal is 40°

Right Hip Rotation:
Internal Rotation Warning: 30° Optimal is 40°

Muscle Length

Pelvic Tilt:
Left Pelvic Tilt. 12° Optimal is 8°
Right Pelvic Tilt. 12° Optimal is 8°

Illiopsoas:
Left Illiopsoas. 180° Optimal is 180°
Right Illiopsoas. 180° Optimal is 180°

Hamstring:
Left Hamstring Length. 166° Optimal is 170°
Right Hamstring Warning. 163° Optimal is 170°

Gastrocnemius:
Left Gastrocnemius Warning. 73° Optimal is 25°
Right Gastrocnemius Warning. 73° Optimal is 25°

Quadriceps:
Left Quadriceps Warning. 130° Optimal is 150°
Right Quadriceps Warning. 126° Optimal is 150°

Lower Extremity Observation:
Right It band

First Rib Angle:
First Rib Angle Warning. 23° Optimal is 15°

Fitness\Health

Height= 173 cm (67 inches or 5' 7")

Weight= 71.30 kg (157 lbs or 11st 3lbs)
Calculated Ideal Weight: 69.73 Kg based on 8% body fat (154 lbs or 10st 14lbs)
Calculated Required Weight Loss: 1.57 Kg (3 lbs)

% Body Fat= 10.2%
Result: Athletic
Calculated Body Fat Weight 7.27 Kg (16 lbs or 1st 2lbs)
Calculated Lean Body Weight 64.03 Kg (141 lbs or 10st 1lbs)

Blood Pressure: (Systolic) 117 over (Diastolic) 70
Result: Systolic Normal Diastolic Normal

Resting Heart Rate= 52

Peak Flow= 640
Result: Normal
Calculated Optimal Peak flow is 580

% Total Body Water= 45%
Result: Advisory Low % Body Water:

Visceral Fat Level= 3
Result: Normal

Skin Fold Measurements (Caliper)
Tricep (mm): 11
Bicep (mm): 2
Subscapular-Shoulder Blade (mm): 22
Suprailiac-Waist (mm): 15
Total (mm): 50
Calculated % Body Fat (from skin folds) 21.5%

General Fitness Observation=Water 61.1, Muscle mass 60.8, score 5, Vistalar fat 2kg, Bone density 3.2, Met per day 3878, Met age 12

Biomotor Fitness Assessment

Strength: Squat 1 Rep Max kg: = 85.00
Result: Beginner

Strength: Bench Press 1 Rep Max kg: = 115.00
Result: Elite

Strength: Plank Static Hold Duration (sec): = 60.00
Result: Intermediate

Endurance: Rowing 500m Level 7 (sec): = 120.00
Result: Intermediate

Endurance: 20 Meter Bleep Test: = 8 -
Level:8 Shuttle: 0 Result: Above Average

Speed: 10 Yard Dash (30 feet): = 3.01
Result: Beginner

Speed: 100 Meters: Sprint: = 13.00
Result: Beginner

Agility: L Drill 5 Yards BY 5 Yards: = 7.01
Result: Above Average

Balance: Standing Balance Test: = 60.00

Result: Above Average

Power: Standing Vertical Jump cm: = 39.00
Result: Beginner

Coordination: Ball off wall in 1 minute: = 2.00
Result: Beginner

Tape Measurements

Other Tape Measure=Neck 14.75 GOAL:15
Chest 37.5   GOAL 39.5
Arm 13.5   GOAL 14.9
Waist 30.75 GOAL 29.6
Hips 36.25   GOAL 38
Quads 22   GOAL 22
Calf 15   GOAL 15

Fitness Assessment Matrix

Test	Result	Rating	Overview
Height cm:	173 67 inches or 5' 7"		
Weight kg:	71.30 157 lbs or 11st 3lbs	Calculated Ideal Weight: 69.73 Kg based on 8% body fat (154 lbs or 10st 14lbs) Calculated Required Weight Loss: 1.57 Kg (3 lbs)	
Blood Pressure	(Systolic) 117 over (Diastolic) 70	Systolic Normal, Diastolic Normal	Systolic pressure is the blood pressure when the heart muscle contracts. Diastolic pressure is the blood pressure when the heart is relaxed. Normal Blood Pressure is defined as between 90 and 140 Systolic and 60 and 90 Diastolic e.g 120 over 80 is normal.
Peak Flow	640	Result: Normal Calculated Optimal Peak flow is 580	Peak flow measurement is a procedure in which air flowing out of the lungs is measured. The measurement obtained is called the Peak Expiratory Flow Rate (PEFR) or Peak Expiratory Flow (PEF). It measures the airflow through the bronchi and thus the degree of obstruction in the airways. Peak flow calculated based on Knudson RJ, Lebowitz MD, Holberg CJ, Burrows B. Changes in the normal maximal expiratory flow-volume curve with growth and aging. Am Rev Respir Dis. 1983 Jun;127(6):725-34. PubMed PMID: 6859656.

Test	Result	Rating	Overview
% Body Fat	10%	Result: Athletic Calculated Body Fat Weight 7.13 Kg (16 lbs or 1st 2lbs) Calculated Lean Body Weight 64.17 Kg (141 lbs or 10st 1lbs)	Percentage Body fat is the percentage of fat your body contains. Body far limits vary between Men and Women. For a man Essential Fat 2-5% Athlete 6-13% Fitness 14-17% Acceptable 18-24% Obese 25% plus
% Total Body Water	45%	Result: Advisory Low % Body Water:	This is the percentage of a persons weight that is water. It plays a vital role in helping you stay healthy by: Regulating body temperature and removing waste from the body. The average total body water percentage ranges for a healthy adult are: Female: 45 - 60% Male: 50 - 65% For Athletes, the figure is approximately 5% above these averages, as they will have greater muscle mass.
Visceral Fat	3	Result: Normal	Visceral fat is the fat that is in the internal abdominal cavity surrounding the vital organs in the trunk (abdominal) area. Ensuring you have healthy levels of visceral fat may reduce the risk of certain diseases such as heart disease, high blood pressure, and the onset of type 2 diabetes. Visceral fat rating is from 1 – 59. Rating from 1 to 12 Indicates you have a healthy level of visceral fat. Rating from 13 – 59 Indicates you have an excess level of visceral fat. Consider making changes in your lifestyle possibly through diet changes or increasing exercise.
Skin Fold (Calipers):	Tricep (mm): 11 Bicep (mm): 2 Subscapular-Shoulder Blade (mm): 22 Suprailiac-Waist (mm): 15 Total (mm): 50 Calculated % Body Fat (from skin folds) 21.5%		Taking skinfold measurements is a method for determining and monitoring body fat composition. The sum of several sites can be used to monitor and compare body fat measurements.Percentage of Body Fat can be calculated from these measurements. We use a methodology developed by Durnin and Womersley to calculate % Body Fat.
Strength: Squat 1 Rep Max	71.30	Result: Beginner	This is a test of Strength. Squat 1 Rep Max Beginner less than 1.25 times of body Weight Intermediate 1.25 times of body Weight Advanced 1.75 times of body Weight Elite 2.25 times of body Weight WORLD RECORD 3.2 times of body Weight
Strength: Bench Press 1 Rep Max	71.30	Result: Elite	This is a test of Strength. Bench Press 1 Rep Max For Male Beginner Less than bodyweight Intermediate 1-1.25 x bodyweight Advanced 1.25- 1.5 x bodyweight Elite Over 1.5 x bodyweight WORLD RECORD 3.51 by bodyweight

Test	Result	Rating	Overview
Strength: Plank static Hold for as long as possible.	60.00	Result: Intermediate	This is a test of Strength. Static hold for as long as possible. Beginner 0 to 30 seconds Intermediate 31 to 75 seconds Advanced 76- 150 seconds Elite over 151 seconds
Endurance: Rowing 500 Meters at Level 7	120.00	Result: Intermediate	This is a test of Endurance. Rowing 500 Meters as fast as you can at Level 7 on the machine. For Male Beginner is greater than 120 seconds Intermediate between 105 and 120 seconds Advanced between 90 and 105 seconds World Class less than 90 seconds WORLD RECORD is 75 seconds
Endurance: 20 Meter Bleep Test:	8 -	Level:8 Shuttle: 0 Result: Above Average	This is a test of Endurance. The bleep test is a test used to assess cardiorespiratory fitness. This fitness test can provide valuable information about fitness levels of individuals, and enables fitness improvements to be monitored. The test involves continuous running between two lines, 20 metres apart in time to recorded bleeps. The running speed is increased at approximately 1 minute intervals. Participants should attempt to complete as many runs (shuttles) as possible while keeping in time with the bleeps.For Male For 21 to 30 year olds and under Below L6 S4 is Poor Below L6 S7 is Below Average Below L6 S10 is Average Below L10 S4 is Above Average Above L10 S4 is Excellent Examples of results Kini Qereqeretabua Rugby Union (Fijian player) had result of Level 17 Shuttle 1 Sebastian Coe Athletics (middle distance champion runner) had result of Level 17 Shuttle 0

Test	Result	Rating	Overview
Speed: 10 Yard Dash (30 Feet)	3.01	Result: Beginner	This is a test of Speed. 10 Yard Dash (30 Feet). Speed is not just how fast someone can run, but is dependent on their acceleration (how quickly they can accelerate from a stationary position), maximal speed of movement, and also speed maintenance (minimizing deceleration). Movement speed requires good strength and power, but also too much body weight and air resistance can act to slow the person down. In addition to a high proportion of fast twitch muscle fibers, it is vital to have efficient mechanics of movement to optimize the muscle power for the most economical movement technique. Beginner is greater than 2 seconds Intermediate between 2 and 1.8 seconds Advanced between 1.8 and 1.6 seconds World Class less than 1.6 seconds WORLD RECORD is 1.4 Chris Johnson NFL
Speed: 100 Meters Sprint	13.00	Result: Beginner	This is a test of Speed. 100 Meters Sprint. Speed is not just how fast someone can run, but is dependent on their acceleration (how quickly they can accelerate from a stationary position), maximal speed of movement, and also speed maintenance (minimizing deceleration). Movement speed requires good strength and power, but also too much body weight and air resistance can act to slow the person down. In addition to a high proportion of fast twitch muscle fibers, it is vital to have efficient mechanics of movement to optimize the muscle power for the most economical movement technique. For a Male Beginner is greater than 12.58 seconds Intermediate between 12.58 and 5 seconds Advanced between 11.58 and 4.5 seconds World Class less than 10.58 seconds WORLD RECORD is 9.58 by Usain Bolt of Jamaica
Agility: L Drill 5 Yards BY 5 Yards	7.01	Result: Above Average	This is a test of agility, including speed, quickness, flexibility, change of direction, body control. This test is part of the fitness testing for the NFL in the USA. Poor is greater than 8.5 seconds Below Average between 8 and 8.5 seconds Average between 7.5 and 8 seconds Above Average between 7 and 7.5 seconds Elite less than 7 seconds WORLD RECORD is 6.42
Speed: 10 Yard Dash (30 Feet)	3.01	Result: Beginner	

Test	Result	Rating	Overview
Balance: Standing Balance Test	60.00	Result: Poor	This is a test of Balance. Balance is the ability to stay upright or stay in control of body movement. Balance is an important component of many sports, although it is seldom tested. The timing stops when the elevated foot touches the ground or the person hops or otherwise loses their balance position. You could also conduct the test with their eyes closed. Poor is less than 20 seconds Below Average between 20 and 40 seconds Average between 40 and 60 seconds Above Average between 60 and 80 seconds Elite above 80 seconds
Power: Standing Vertical Jump	39.00	Result: Beginner	This is a test of Power. Standing Vertical Jump with countermovement and no step. Power is the ability to exert a maximal force in as short a time as possible, as in accelerating, jumping and throwing implements. While strength is the maximal force you can apply against a load, power is proportional to the speed at which you can apply this maximal force. Beginner is less than 26in (66cm) Intermediate between 26in and 36in (91cm) Advanced between 36in and 46in (117cm) World Class above 46in (117cm) World record 50in (127cm)
Coordination: Ball off wall in 1 minute.	2.00	Result: Beginner	This is a test of coordination. Coordination is the ability to move two or more body parts under control, smoothly and efficiently. Manual dexterity tests, or tests of hand-eye coordination also fall into this category. This test requires the athlete to throw and catch a tennis ball off a wall. Beginner is less than 20 Below Average between 20 and 24 Average between 25 to 29 Above Average between 30 to 35 Excellent above 35