

<b>Patient Name:</b>		<b>Date:</b>	06/06/2021	<b>Joint:</b>	Knee
<b>Patient ID:</b>	06231	<b>Time:</b>	01:38 PM	<b>Pattern:</b>	EXT/FLEX
<b>Age:</b>	32	<b>Involved:</b>	Right	<b>Type/Mode:</b>	BI/ISOK
<b>Weight (lb):</b>	174	<b>GET:</b>	No Gravity Correction	<b>Contraction:</b>	CON/CON
<b>Height (ft, in):</b>	5' 7"			<b>Sets:</b>	2
<b>Gender:</b>	Male			<b>Surgery/Injury Date:</b>	04/27/2021

Options: Windowed, Filtered

## Hamstring Return To Play Mixed H/Q Ratio Report

### Eccentric - 30 deg/s

10/6/2020 1:38:52 PM

#### Extension - Hamstring

<b>Unv (L)</b>	<b>Inv (R)</b>
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Peak Torque (ft-lb)	45.2	30.3
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### Concentric - 240 deg/s

10/6/2020 1:38:17 PM

#### Extension - Quadriceps

<b>Unv (L)</b>	<b>Inv (R)</b>
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Peak Torque (ft-lb)	31.1	40.3
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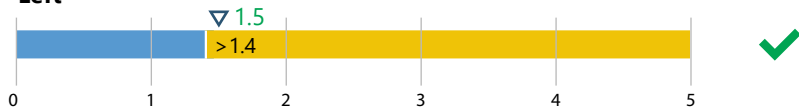
### Mixed Ratio - H ECC/Q CON

#### Hamstring/Quadriceps

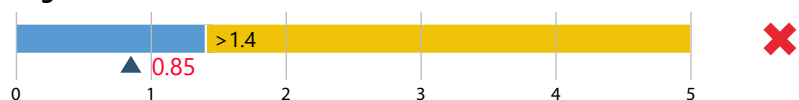
<b>Unv (L)</b>	<b>Inv (R)</b>	<b>Goal</b>
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ECC 30 deg/s / CON 240 deg/s	2.4	0.85	<b>&gt; 1.4</b>
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#### Left



#### Right



**Peak Torque:** Highest muscular force output at any moment during a repetition. Indicative of a muscle's strength capabilities.  
**Mixed Ratio:** Strength imbalances and low H/Q ratio represent a modifiable factor to reduce Hamstring injuries.  
 Mixed H/Q ratio goal > 1.4  
**Reference:**  
 Croisier JL, Ganteaume S, Binet J, Genty M, Ferret JM.  
 Strength Imbalances and Prevention of Hamstring Injury in Professional Soccer Players.  
 A Prospective Study. The American Journal of Sports Medicine 2008. DOI: 10.1177/0363546508316764

### Comments:

Diagnosis:  
 Comments:

Clinician: \_\_\_\_\_