

Elite Physical Therapy Center

101 Hospital Road, Shirley, NY 11967
www.aeliteny.com • info@aeliteny.com

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

Peak Torque (ft-lb)

Unv (L)	Inv (R)
45.2	30.3

Concentric - 240 deg/s

10/6/2020 1:38:17 PM

Extension - Quadriceps

Peak Torque (ft-lb)

Unv (L)	Inv (R)
31.1	40.3

Mixed Ratio - H ECC/Q CON

Hamstring/Quadriceps

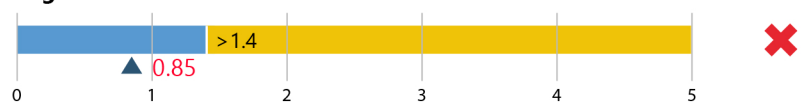
ECC _{30 deg/s} / CON _{240 deg/s}

Unv (L)	Inv (R)	Goal
2.4	0.85	>1.4

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: _____