



**RINFORZATI FIT LAB NOVARA**  
Studio Chinesiologico  
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Tel. 333 5615068



**ANDREA BUTTÈ**  
Matricola n. 17946

## TEST DI VALUTAZIONE MUSCOLARE

**DATA:** 05-07-23

**NOME E COGNOME:** XXXXXXXX

**DATA DI NASCITA:** 28-05-XX

**ALTEZZA - PESO:** 181 cm – 82 Kg

**SPORT PRATICATO:** Calcio

**SOCIETA':** XXXXXXXX

**CATEGORIA:** Serie D

**INFORTUNI DURANTE ULTIMA STAGIONE (2022-2023):** Strappo 2 cm adduttore dx (ottobre 2022)

**INFORTUNI PASSATI:** Lesione collaterale mediale gamba destra (marzo 2011)



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### TEST DI FORZA MUSCOLARE ISOMETRICA ISCHIOCRURALI

Session mer 05/07/2023 15:07



#### Prone Knee Flexion 90° Flexion

The examiner says: "This test will tell me your maximum strength of the knee flexion. When I say go, push backwards the strap as hard as you can until I say stop. Before each trial, I will ask you 'Are you ready?' and then tell you 'Go.' Stop immediately if you experience any unusual pain or discomfort at any point during testing. Do you have any questions? Are you ready? Go!" \*Harder... harder... harder...Relax".

Repetitions 3 Rep Duration 5s Preparation time 10s Rest Periods 10s

#### Peak Force

Sinistra  
57.2 N

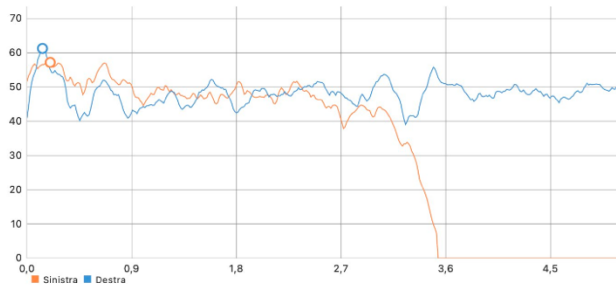
Destra  
61.3 N



6.6% Asymmetry  
 Best peak force of the 3 repetitions

#### Global Summary

##### Interactive graphs and values



| Parameters   | Sinistra  | Destra    | Asymmetry |
|--------------|-----------|-----------|-----------|
| Peak Force   | 57.2 N    | 61.3 N    | 6.6 %     |
| Media        | 31.8 N    | 48.2 N    | 33.9 %    |
| RFD          | 93.6 N/s  | 298 N/s   | 68.5 %    |
| Tempo al max | 0.200 s   | 0.134 s   | 33.0 %    |
| Fatigue      | -12.0 N/s | -2.34 N/s | -412 %    |

### TEST DI FORZA MUSCOLARE ISOMETRICA QUADRICIPITI

Session mer 05/07/2023 15:11



#### Sitting Knee Extension 90° Flexion

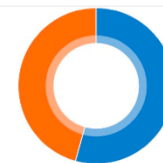
The examiner says: "This test will tell me your maximum strength of knee extension. When I say go, push forward as hard as you can until I say stop. Before each trial, I will ask you 'Are you ready?' and then tell you 'Go.' Stop immediately if you experience any unusual pain or discomfort at any point during testing. Do you have any questions? Are you ready? Go!" \*Harder... harder... harder...Relax".

Repetitions 3 Rep Duration 5s Preparation time 5s Rest Periods 10s

#### Peak Force

Sinistra  
196.7 N

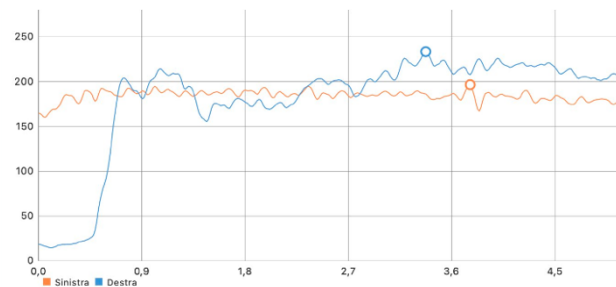
Destra  
233.6 N



15.8% Asymmetry  
 Best peak force of the 3 repetitions

#### Global Summary

##### Interactive graphs and values



| Parameters   | Sinistra  | Destra    | Asymmetry |
|--------------|-----------|-----------|-----------|
| Peak Force   | 196.7 N   | 233.6 N   | 15.8 %    |
| Media        | 184.4 N   | 179.5 N   | 2.7 %     |
| RFD          | 158 N/s   | 55.6 N/s  | 64.8 %    |
| Tempo al max | 3.76 s    | 3.37 s    | 10.3 %    |
| Fatigue      | -15.6 N/s | -21.0 N/s | -34.3 %   |



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### RAPPORTO H/Q GAMBA SINISTRA

|   |   |                                    |
|---|---|------------------------------------|
| <b>ISCHIOCRURALI GAMBA SINISTRA</b><br>(H)<br><b>57,2 N</b> | <b>QUADRICIPITE GAMBA SINISTRA</b><br>(Q)<br><b>196,7 N</b> | <b>RAPPORTO H/Q</b><br><b>0,29</b> |
|---|---|------------------------------------|

### RAPPORTO H/Q GAMBA DESTRA

|   |   |                                    |
|---|---|------------------------------------|
| <b>ISCHIOCRURALI GAMBA DESTRA</b><br>(H)<br><b>61,3 N</b> | <b>QUADRICIPITE GAMBA DESTRA</b><br>(Q)<br><b>233,6 N</b> | <b>RAPPORTO H/Q</b><br><b>0,26</b> |
|---|---|------------------------------------|

### TEST DI FORZA MUSCOLARE ISOMETRICA ADDUTTORI

Session mer 05/07/2023 15:16



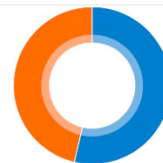
#### Supine Hip Adduction

The examiner says: "This test will tell me your maximum strength of hip adduction. When I say go, push inwards with your leg as hard as you can until I say stop. Before each trial, I will ask you 'Are you ready?' and then tell you 'Go.' Stop immediately if you experience any unusual pain or discomfort at any point during testing. Do you have any questions? Are you ready? Go!" "Harder... harder... harder... Relax"

Repetitions 3 Rep Duration 5s Preperation time 10s Rest Periods 10s

#### Peak Force

Sinistra  
**85.2 N**

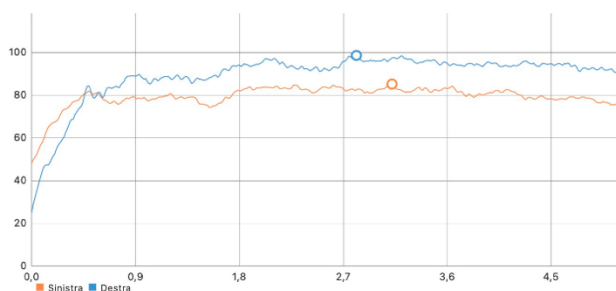


Destra  
**98.6 N**

**13.6% Asymmetry**  
Best peak force of the 3 repetitions

#### Global Summary

#### Interactive graphs and values



| Parameters   | Sinistra  | Destra    | Asymmetry |
|--------------|-----------|-----------|-----------|
| Peak Force   | 85.2 N    | 98.6 N    | 13.6 %    |
| Media        | 79.3 N    | 89.0 N    | 10.9 %    |
| RFD          | 160 N/s   | 247 N/s   | 35.1 %    |
| Tempo al max | 3.12 s    | 2.81 s    | 9.9 %     |
| Fatigue      | -5.28 N/s | -4.71 N/s | -12.2 %   |



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**TEST DI FORZA MASSIMA MUSCOLARE ISOMETRICA ABDUTTORI**

Session mer 05/07/2023 15:18



**Supine Hip Abduction**

The examiner says: "This test will tell me your maximum strength of hip abduction. When I say go, push outward with your leg as hard as you can until I say stop. Before each trial, I will ask you 'Are you ready?' and then tell you 'Go.' Stop immediately if you experience any unusual pain or discomfort at any point during testing. Do you have any questions? Are you ready? Go!" "Harder... harder... harder...Relax".

Repetitions 3 Rep Duration 5s Preparation time 10s Rest Periods 10s

**Peak Force**

Sinistra  
102.1 N

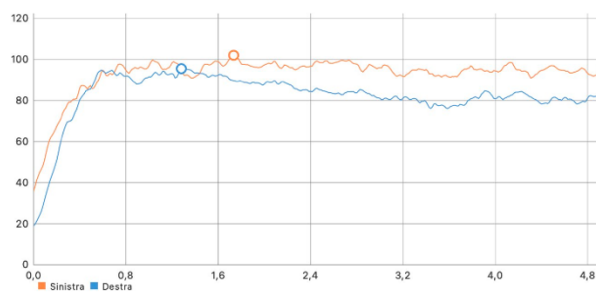


Destra  
95.5 N

6.4% Asymmetry  
Best peak force of the 3 repetitions

**Global Summary**

**Interactive graphs and values**



| Parameters   | Sinistra  | Destra    | Asymmetry |
|--------------|-----------|-----------|-----------|
| Peak Force   | 102.1 N   | 95.5 N    | 6.4 %     |
| Media        | 92.8 N    | 82.5 N    | 11.2 %    |
| RFD          | 232 N/s   | 214 N/s   | 7.9 %     |
| Tempo al max | 1.73 s    | 1.28 s    | 26.1 %    |
| Fatigue      | -3.64 N/s | -3.57 N/s | -1.9 %    |

**LEGENDA**

ASYMMETRY: rapporto di deficit tra i due valori testati (massimo consentito 10%)

PEAK FORCE: picco di forza massima (N)

MEDIA: forza massima muscolare media (nei 5" di test) (N)

RFD: tasso di sviluppo della forza, forza esplosiva. Velocità di sviluppo forza (N/s)

TEMPO AL MAX: tempo trascorso nel picco di forza massima (nei 5" di test) (s)

FATIGUE: Differenza (perdita) tra picco di forza massima e valore di forza finale (N/s)



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### TEST LUNGHEZZA ISCHIOCRURALI

**GAMBA SINISTRA**

**82°**

**GAMBA DESTRA**

**82°**

### TEST DI LUNGHEZZA FLESSORI D'ANCA (TEST DI THOMAS)

**GAMBA SINISTRA:** lunghezza ottimale dell'ileopsoas e di tutta la muscolatura bi-articolare (retto femorale, tensore fascia lata e sartorio).

**GAMBA DESTRA:** lunghezza ottimale dell'ileopsoas e di tutta la muscolatura bi-articolare (retto femorale, tensore fascia lata e sartorio).

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