

360 PERFORMANCE PROFILING

INTEGRATIVE STANDARDS TO GUIDE DECISION MAKING

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How to use the 360 Performance Profile?

- The purpose of the profile is to evaluate various physical qualities
- More data points lead to more opportunities to intervene, but not every measure needs to be collected
- Prioritize which attributes are most relevant to the athlete or client
- Utilize the priority list to simplify the plan of care
- The Profile requires clinical judgement, integrative analysis, and individual considerations

How to best interpret the test results?

- The majority of scores presented for each test are GENERAL standards for young adult males
- Sport specificity and position specificity may warrant higher test scores for overall performance
- Not all tests have age & gender specificity - utilize best judgement when comparing results
- Assess results for common patterns within limbs, joints, or movement patterns

How to effectively communicate results to athletes & clients?

- The complete Profile is a status update on overall performance
- The goal of the prescribed program is to upgrade 1-2 attributes to improve overall health & performance
- Once the first round of priority attributes are improved, then address the next highest priority 1-2 attributes to continue to improve overall performance

How to effectively monitor progress during performance or rehab programs?

- When possible, embed testing within the rehab or training program to regularly monitor
- Avoid single, exclusive testing days
- Regular testing embedded into the program will provide multiple data points to evaluate progress

What the 360 Performance Profile is NOT?

- This is not an exhaustive list of all athletic qualities
- This is not a comprehensive list that provides every normative value for every age and gender
- This is not an algorithm that tells providers exactly how to program

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ISOKINETIC MACHINE - ANKLE

Inversion - Isometric (Peak Force / Bodyweight)	18%
Eversion - Isometric (Peak Force / Bodyweight)	14%
Inversion - Concentric (Peak Torque / Bodyweight)	15%
Eversion - Concentric (Peak Torque / Bodyweight)	12%
Inversion - Eccentric (Peak Torque / Bodyweight)	18%
Eversion - Eccentric (Peak Torque / Bodyweight)	14%
Limb Symmetry Index (LSI) all tests	<10%

ISOKINETIC MACHINE - KNEE

Extension - Isometric @ 60 degrees (Peak Force/ Bodyweight)	120%
Flexion - Isometric at @ 45 degrees (Peak TForce/ Bodyweight)	85%
Hamstring:Quad Ratio - Isometric (Peak Force)	70%
Extension - Concentric (Peak Torque / Bodyweight)	100%
Flexion - Concentric (Peak Torque / Bodyweight)	70%
Hamstring:Quad Ratio - Concentric (Peak Torque)	70%
Extension - Eccentric (Peak Torque / Bodyweight)	120%
Flexion - Eccentric (Peak Torque / Bodyweight)	85%
Limb Symmetry Index (LSI) all tests	<10%
Multi-angle Isometric if tendinopathy present and/or double peak present in force-time curve	Achieve LSI at deficit angle

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VALD FORCE FRAME - GROIN

Supine 60 degree - Adduction (Force)	420
Supine 60 degree - Abduction (Force)	440
Adduction:Abduction Ratio	1..0

DUAL FORCE PLATES - LOWER LIMB ISOMETRICS

Seated Soleus (Max Force / Bodyweight)	1.75
Single Leg Mid-stance Overcoming Isometric (Max force / Bodyweight)	3.0
Single Leg Toe Off Overcoming Isometric (Max force / Bodyweight)	2.75
Isometric Mid Thigh Pull (Max force / Bodyweight)	30 N/kg
Limb Symmetry Index (LSI) all tests	<10%

VALD NORDBORD - HAMSTRING

Nordic - Max force	405
Asymmetry	< 10%
Prone 30 degree Isometric - Max force	405
Asymmetry	< 10%

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DUAL FORCE PLATES JUMPING

Jump Height (imp-mom) [cm]	CMJ	40
RSI-mod (imp-mom) [m/s]	CMJ	0.55
Eccentric Braking Impulse Asymmetry %	CMJ	< 10%
Eccentric Peak Power / BM [W/kg]	CMJ	22
Peak Power / BM [W/kg]	CMJ	55
Concentric Impulse Asymmetry %	CMJ	<10%
RSI (Flight/Contact Time)	10-hop	2.0
Impulse % Asymmetry	10-hop	< 10%
Landing RFD % Asymmetry	10-hop	< 10%

TOTAL BODY STRENGTH

Squat 3 Rep Max @ 0.3 - 0.4 m/s (Relative to bodyweight)	1.5
Deadlift 3 Rep Max @ 0.3 - 0.4 m/s (Relative to bodyweight)	1.5
Bench Press 3 Rep Max @ 0.3 - 0.4 m/s (Relative to bodyweight)	1.0
Farmer's Carry 30 second (Relative to bodyweight)	1.0

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AEROBIC FITNESS (VO2max)

AGE - DECADE	FEMALE	MALE
16 - 19	52.5	57
20 - 29	50.05	54.95
30 - 39	47.95	52.5
40 - 49	46.55	51.45
50 - 59	45.5	49
60 - 69	38.85	45.5
70 - 79	35	40.25

BODY COMPOSITION (Appendicular Lean Mass Index - ALMI)

AGE - DECADE	FEMALE	MALE
20 - 29	7.8	10.9
30 - 39	7.8	10.0
40 - 49	7.6	9.8
50 - 59	7.4	9.5
60 - 69	7.4	9.3
70 - 79	7.1	8.6