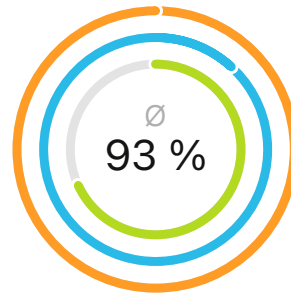


Patientenname:	
Geschlecht:	Frau
Geburtsjahr:	1990
Körpergröße:	170 cm
Körpergewicht:	61 kg
Sportart:	Ski, Fitnesstraining, Joggen
Stunden Sport pro Woche:	2 bis 4
Behandlung:	Rehabilitation
Verletztes Bein:	links
Verletzungsart:	Vorderes Kreuzband isoliert
Unfalldatum:	31.12.22
Behandlungsbeginn:	01.01.23
Operationsdatum:	Keine Operation
Sportart:	Ski, Fitnesstraining, Joggen
Stunden Sport pro Woche:	2 bis 4

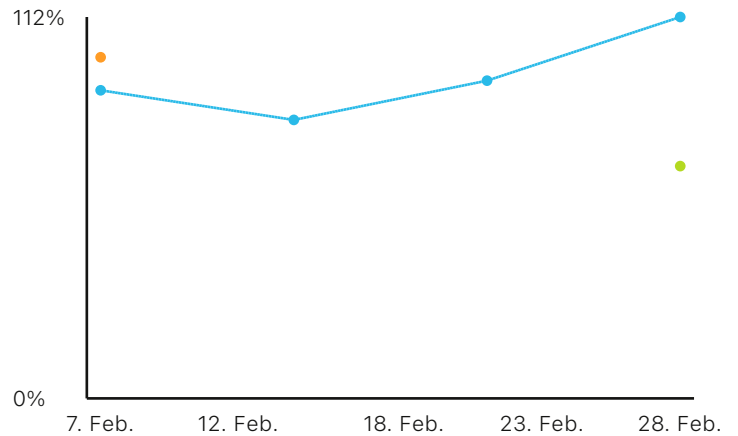
Kommentar

FIT-Index Aktuell



- Bewegungsausmaß
100 %
- Koordination
112 %
- Kraft/Schnelligkeit
68 %

FIT-Index Verlauf



Bewegungsausmaß 100 %

Winkelmessung passiv 92 %

Datum	⚡ links	rechts	Schmerz	Differenz	FIT-Index
07.02.2023	115°	125°	0	10°	92 %

Streckdefizit 115 %

Datum	⚡ Defizit	rechts	Schmerz	Differenz	FIT-Index
07.02.2023	-3°	-	0	-3°	115 %

Winkelmessung aktiv 93 %

Datum	⚡ links	rechts	Schmerz	Differenz	FIT-Index
07.02.2023	119°	128°	0	9°	93 %

Koordination 112 %

Einbeinstand 136 %

Datum	⚡ links	rechts	Schmerz	Differenz	FIT-Index
07.02.2023	1,7 _{mm}	4,1 _{mm}	0	-2,4 mm	136 %

One Leg Squat 115 %

Datum	Höhe	⚡ links	rechts	Schmerz	Differenz	FIT-Index
28.02.2023	10 _{cm}	2,1°	3,2°	0	-1,1°	115 %
21.02.2023	20 _{cm}	7,6°	2,5°	0	5,1°	60 %
14.02.2023	20 _{cm}	7,7°	2,5°	0	5,2°	59 %
07.02.2023	20 _{cm}	6,4°	2,5°	0	3,9°	66 %

Winkelreproduktion 84 %

Datum	⚡ links	rechts	Schmerz	Differenz	FIT-Index
21.02.2023	+4,4°	+2,9°	0	+1,5°	84 %
14.02.2023	+10,8°	+2,9°	0	+7,9°	50 %
07.02.2023	+6,4°	+2,9°	0	+3,5°	69 %

Kraft/Schnelligkeit 68 %

Vertical Jump 88 %

Datum	⚡ links	rechts	Schmerz	Differenz	FIT-Index
28.02.2023	15 _{cm}	17 _{cm}	0	2 cm	88 %

Drop Jump 62 %

Datum	⚡ links	rechts	Schmerz	Differenz	FIT-Index
28.02.2023	6,2°	1,9°	0	4,3°	62 %

Side Hop 46 %

Datum	Weite	⚡ links	rechts	Schmerz	Differenz	FIT-Index
28.02.2023	20 _{cm}	11	24	0	13	46 %

Square Hop 77 %

Datum	⚡ links	rechts	Schmerz	Differenz	FIT-Index
28.02.2023	23	30	0	7	77 %

Trainings

Woche	Datum	Übungen
3	27.02.2023	6x Charlie-Caplin, 3x Supported Leg Balance - Resisted - Injured, 3x Supported Leg Balance - Resisted - Healthy, 3x Single-Leg-Dynamic, 3x Single-Leg-Dynamic, 3x Single-Leg-Balance, 3x Bird Dog
	26.02.2023	6x Single Leg Glute Bridge on Wall, 3x Seated Single Leg Hamstring Curl, 6x Supported Leg Balance - Resisted - Injured, 6x Single-Leg-Dynamic, 6x Supported Leg Balance - Resisted - Healthy, 3x Side Lying Adductor Raise, 6x Single-Leg-Balance, 6x Charlie-Caplin, 3x Single-Leg-Dynamic, 3x Bird Dog
	24.02.2023	3x Seated Single Leg Hamstring Curl, 3x Single Leg Glute Bridge on Wall, 3x Supported Leg Balance - Resisted - Injured, 3x Supported Leg Balance - Resisted - Healthy, 3x Single-Leg-Balance, 3x Single-Leg-Dynamic, 3x Side Lying Adductor Raise
	23.02.2023	3x Charlie-Caplin, 6x Supported Leg Balance - Resisted - Injured, 3x Single-Leg-Dynamic, 6x Supported Leg Balance - Resisted - Healthy, 6x Single-Leg-Dynamic, 3x Bird Dog, 6x Single-Leg-Balance, 3x Single Leg Glute Bridge on Wall, 3x Seated Single Leg Hamstring Curl, 3x Side Lying Adductor Raise
	22.02.2023	3x Charlie-Caplin, 3x Supported Leg Balance - Resisted - Injured, 3x Supported Leg Balance - Resisted - Healthy, 3x Single-Leg-Dynamic, 3x Single-Leg-Dynamic, 3x Single-Leg-Balance, 3x Bird Dog

Woche	Datum	Übungen
2	20.02.2023	3x Seated Single Leg Hamstring Curl, 3x Supported Leg Balance - Resisted - Healthy, 3x Rope Walk, 3x Single-Leg-Dynamic, 3x Single-Leg-Dynamic, 3x Side Lying Adductor Raise, 3x Side-Plank-Top-Leg-Dynamic
	19.02.2023	6x Single Leg Glute Bridge on Wall, 3x Charlie-Caplin, 3x Supported Leg Balance - Resisted - Injured, 3x Single-Leg-Dynamic, 3x Single-Leg-Balance, 3x Bridge-Slide, 3x Bird Dog
	18.02.2023	3x Seated Single Leg Hamstring Curl, 3x Rope Walk, 3x Supported Leg Balance - Resisted - Healthy, 3x Single-Leg-Dynamic, 3x Single-Leg-Dynamic, 3x Side-Plank-Top-Leg-Dynamic, 3x Side Lying Adductor Raise, 6x Single Leg Glute Bridge on Wall, 3x Charlie-Caplin, 3x Supported Leg Balance - Resisted - Injured, 3x Single-Leg-Balance, 3x Single-Leg-Dynamic, 3x Bird Dog, 3x Bridge-Slide
	16.02.2023	6x Seated Single Leg Hamstring Curl, 3x Supported Leg Balance - Resisted - Healthy, 3x Rope Walk, 3x Single-Leg-Dynamic, 3x Single-Leg-Dynamic, 3x Side Lying Adductor Raise, 3x Side-Plank-Top-Leg-Dynamic
	15.02.2023	3x Single Leg Glute Bridge on Wall, 3x Charlie-Caplin, 3x Supported Leg Balance - Resisted - Injured, 3x Single-Leg-Dynamic, 3x Single-Leg-Balance, 3x Bridge-Slide, 3x Bird Dog
	14.02.2023	3x Seated Single Leg Hamstring Curl, 3x Supported Leg Balance - Resisted - Healthy, 3x Rope Walk, 3x Single-Leg-Dynamic, 3x Single-Leg-Dynamic, 3x Side Lying Adductor Raise, 3x Side-Plank-Top-Leg-Dynamic

Woche	Datum	Übungen
1	13.02.2023	6x Single Leg Glute Bridge on Wall, 3x Elevated Hamstring Plank - Dynamic, 3x Supported Leg Balance - Resisted - Healthy, 3x Dynamic Single Leg Balance- Resisted-Front-Healthy, 3x Single-Leg-Dynamic, 3x Single-Leg-Dynamic, 3x Single-Leg-Balance
	12.02.2023	6x Hip Thrust with Chair - Dynamic, 3x Supported Leg Balance - Resisted - Injured, 3x Single Leg Balance - Injured, 3x Sumo Squat, 3x Rope Walk, 3x Bird Dog, 3x Side Lying Adductor Raise
	11.02.2023	3x Elevated Hamstring Plank - Dynamic, 3x Single Leg Glute Bridge on Wall, 3x Dynamic Single Leg Balance- Resisted-Front-Healthy, 3x Supported Leg Balance - Resisted - Healthy, 3x Single-Leg-Dynamic, 3x Single-Leg-Dynamic, 3x Single-Leg-Balance
	10.02.2023	3x Hip Thrust with Chair - Dynamic, 3x Supported Leg Balance - Resisted - Injured, 3x Single Leg Balance - Injured, 3x Sumo Squat, 3x Rope Walk, 3x Bird Dog, 3x Side Lying Adductor Raise, 6x Single Leg Glute Bridge on Wall, 3x Elevated Hamstring Plank - Dynamic, 3x Supported Leg Balance - Resisted - Healthy, 3x Single-Leg-Dynamic, 3x Dynamic Single Leg Balance- Resisted-Front-Healthy, 3x Single-Leg-Dynamic, 3x Single-Leg-Balance
	08.02.2023	3x Hip Thrust with Chair - Dynamic, 3x Supported Leg Balance - Resisted - Injured, 3x Single Leg Balance - Injured, 3x Sumo Squat, 3x Rope Walk, 3x Side Lying Adductor Raise, 3x Bird Dog
	07.02.2023	3x Single Leg Glute Bridge on Wall, 3x Elevated Hamstring Plank - Dynamic, 3x Supported Leg Balance - Resisted - Healthy, 3x Dynamic Single Leg Balance- Resisted-Front-Healthy, 3x Single-Leg-Dynamic, 3x Single-Leg-Dynamic, 3x Single-Leg-Balance