

Session Wed 09/16/2026 09:38



Hip Extension

Please stand tall on your [stance leg], facing away from where the strap is anchored. You can lightly hold onto this [support object] for balance if you need to. This strap [point to K-PULL cuff] will be placed around the back of your [thigh/lower leg].

When I say 'push,' I want you to push your leg straight back against the strap as forcefully as you can, as if trying to push something heavy directly behind you. Try to keep your body upright and stable, avoiding leaning too far forward or arching your back excessively. Your leg won't move much because the strap will hold it. Build up your push gradually until you are pushing as hard as you possibly can, and then hold that maximum push for about 3 to 5 seconds until I say 'relax.'

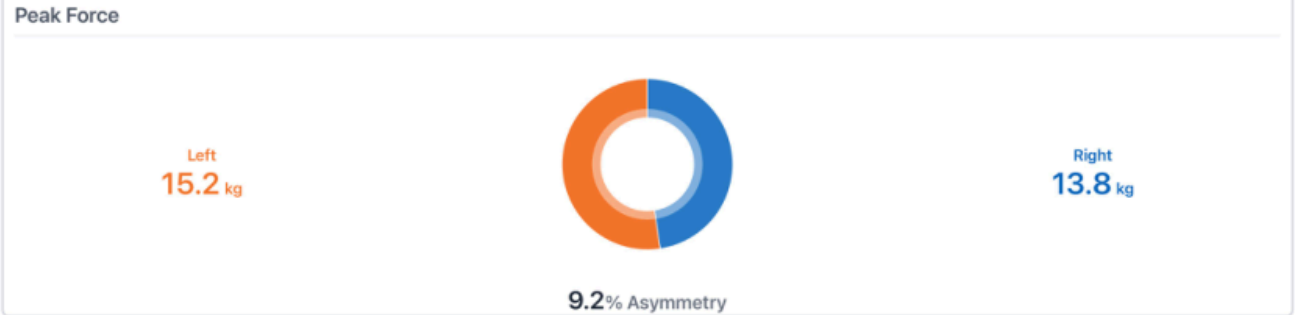
Are you ready? Okay, [ensure K-PULL is ready] get set... Push back... Push... Push... Harder... Hold... Hold... Hold... And relax.

Let me know if you feel any pain, especially in your hip, hamstring, or lower back.

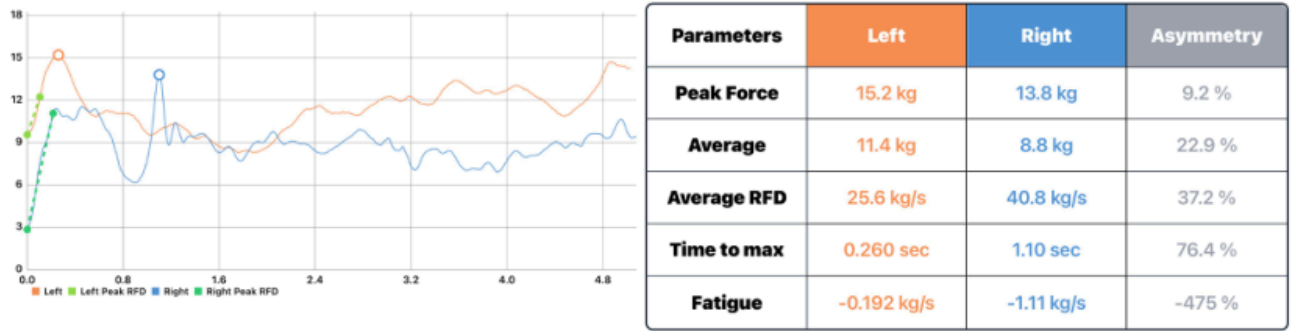
Repetitions 3 Rep Duration 5s Preparation time 3s Rest Periods 3s

Global Summary

Hip Extension Session 09/16/2026



Interactive graphs and values



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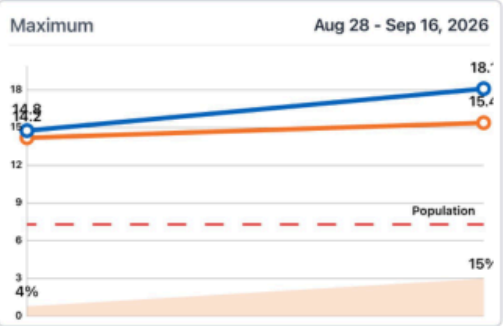
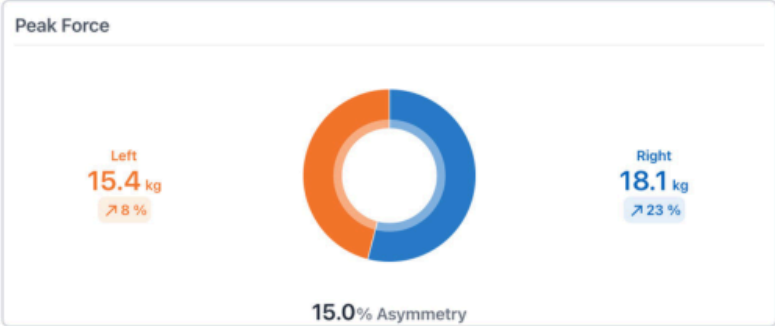
Prone Knee Flexion 90° Flexion
The examiner says: "This test will tell me about your maximum strength on knee flexion. When I say go, push backwards the strap as hard as you can until I say stop. Before each trial, I will ask you 'Are you ready?' and then tell you 'Go.' Stop immediately if you experience 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 Preperation time 5s Rest Periods 15s

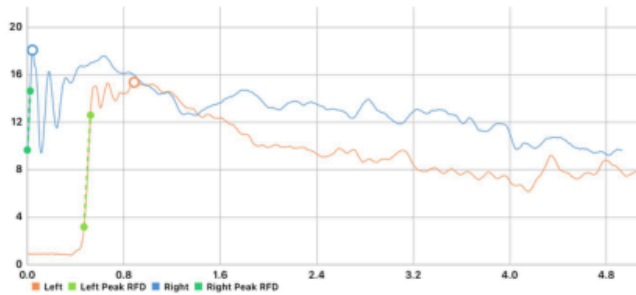
Global Summary

Prone Knee Flexion 90° Flexion

1st and current session | 19 days



Interactive graphs and values



Parameters	Left	Right	Asymmetry
Peak Force	15.4 kg	18.1 kg	15.0 %
Average	9.1 kg	13.0 kg	30.0 %
Average RFD	178 kg/s	211 kg/s	15.5 %
Time to max	0.886 sec	0.042 sec	95.3 %
Fatigue	-1.82 kg/s	-1.72 kg/s	-5.7 %

Session Wed 09/16/2026 10:21



Hip Extension

Please stand tall on your [stance leg], facing away from where the strap is anchored. You can lightly hold onto this [support object] for balance if you need to. This strap [point to K-PULL cuff] will be placed around the back of your [thigh/leg/lower leg].

When I say 'push,' I want you to push your leg straight back against the strap as forcefully as you can, as if trying to push something heavy directly behind you. Try to keep your body upright and stable, avoiding leaning too far forward or arching your back excessively. Your leg won't move much because the strap will hold it. Build up your push gradually until you are pushing as hard as you possibly can, and then hold that maximum push for about 3 to 5 seconds until I say 'relax.'

Are you ready? Okay, [ensure K-PULL is ready] get set... Push back... Push... Push... Harder... Hold... Hold... Hold... And relax. Let me know if you feel any pain, especially in your hip, hamstring, or lower back.

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

Global Summary

Hip Extension

Session 09/16/2026

Peak Force

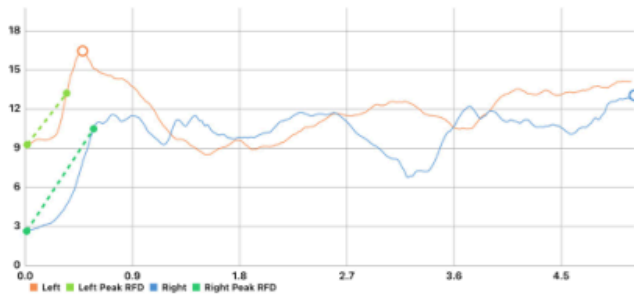
Left
16.5 kg
↑ 8 %



Right
13.1 kg
↓ -5 %

20.7% Asymmetry

Interactive graphs and values



Parameters	Left	Right	Asymmetry
Peak Force	16.5 kg	13.1 kg	20.7 %
Average	11.8 kg	9.9 kg	15.8 %
Average RFD	7.94 kg/s	13.3 kg/s	40.1 %
Time to max	0.482 sec	5.11 sec	90.6 %
Fatigue	-0.505 kg/s	-0.430 kg/s	-17.4 %

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Prone Knee Flexion 90° Flexion
The examiner says: "This test will tell me about your maximum strength on 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"

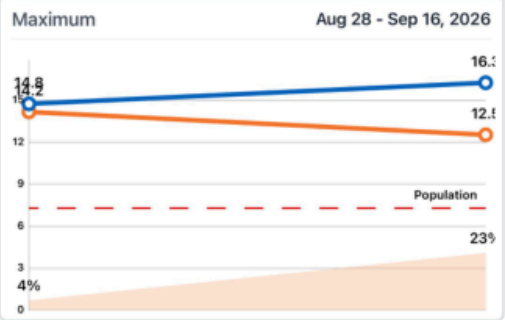
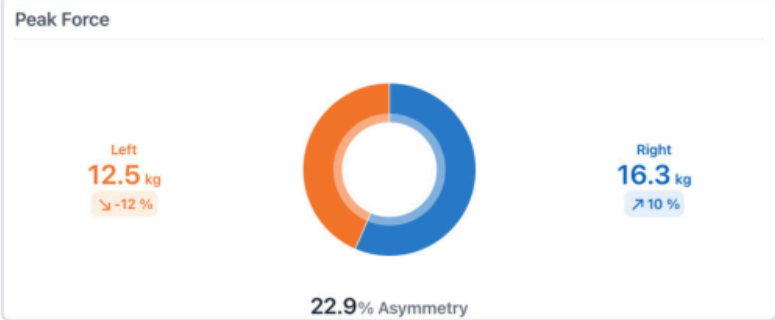
Repetitions 3 Rep Duration 5s Preparation time 5s Rest Periods 15s

V.A.S
5 / 10

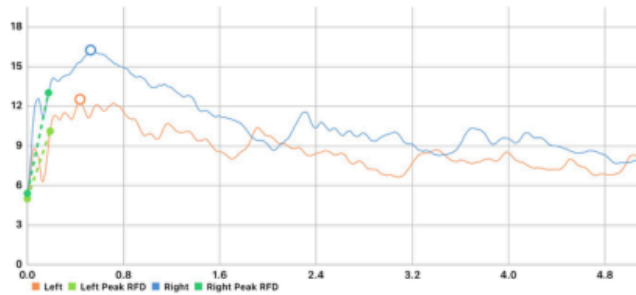
Global Summary

Prone Knee Flexion 90° Flexion

1st and current session | 19 days



Interactive graphs and values



Parameters	Left	Right	Asymmetry
Peak Force	12.5 kg	16.3 kg	22.9 %
Average	8.7 kg	10.8 kg	18.9 %
Average RFD	8.75 kg/s	32.6 kg/s	73.1 %
Time to max	0.438 sec	0.526 sec	16.7 %
Fatigue	-0.928 kg/s	-1.84 kg/s	-98.7 %

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Prone Knee Flexion 90° Flexion

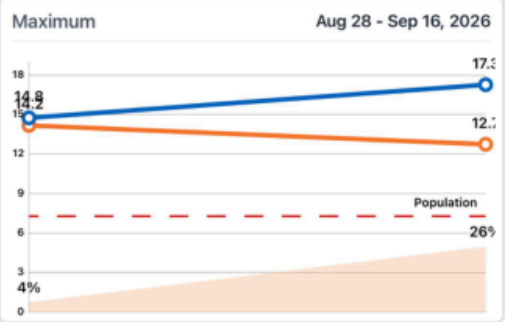
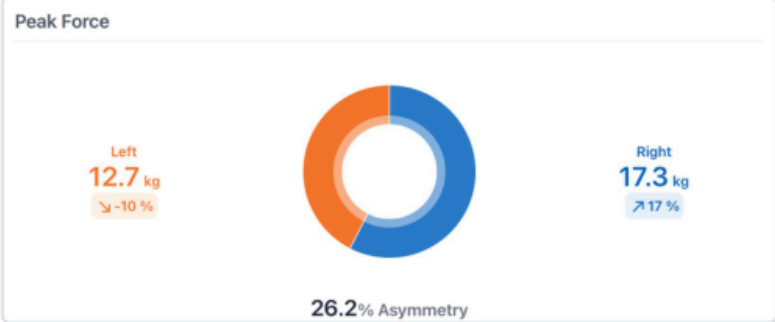
The examiner says: "This test will tell me about your maximum strength on knee flexion. When I say go, push backwards the strap as hard as you can until I say stop. Before each trial, I will ask you "Are you ready?" and then tell you "Go." Stop immediately if you experience any unusual pain or discomfort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

Repetitions 3 Rep Duration 5s Preperation time 5s Rest Periods 15s

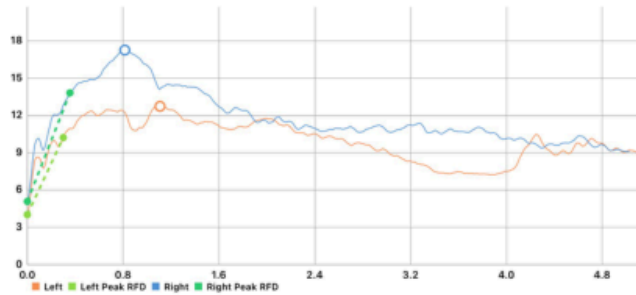
Global Summary

Prone Knee Flexion 90° Flexion

1st and current session | 19 days



Interactive graphs and values



Parameters	Left	Right	Asymmetry
Peak Force	12.7 kg	17.3 kg	26.2 %
Average	9.9 kg	11.8 kg	15.7 %
Average RFD	15.0 kg/s	19.6 kg/s	23.2 %
Time to max	1.11 sec	0.814 sec	26.5 %
Fatigue	-0.924 kg/s	-1.93 kg/s	-109 %

Session Wed 09/16/2026 11:35



Hip Extension

Please stand tall on your [stance leg], facing away from where the strap is anchored. You can lightly hold onto this [support object] for balance if you need to. This strap [point to K-PULL cuff] will be placed around the back of your [thigh/lower leg]. When I say 'push', I want you to push your leg straight back against the strap as forcefully as you can, as if trying to push something heavy directly behind you. Try to keep your body upright and stable, avoiding leaning too far forward or arching your back excessively. Your leg won't move much because the strap will hold it. Build up your push gradually until you are pushing as hard as you possibly can, and then hold that maximum push for about 3 to 5 seconds until I say 'relax.' Are you ready? Okay, [ensure K-PULL is ready] get set... Push back... Push... Push... Hold... Hold... Hold... Hold... And relax. Let me know if you feel any pain, especially in your hip, hamstring, or lower back.

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

Global Summary

Hip Extension

Session 09/16/2026

Peak Force

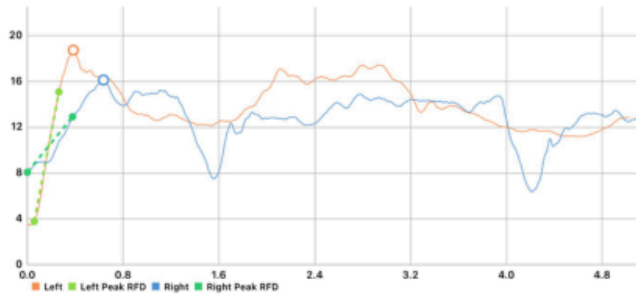
Left
18.7 kg
↑ 23 %



Right
16.1 kg
↑ 17 %

13.9% Asymmetry

Interactive graphs and values



Parameters	Left	Right	Asymmetry
Peak Force	18.7 kg	16.1 kg	13.9 %
Average	13.8 kg	12.8 kg	7.1 %
Average RFD	59.2 kg/s	11.9 kg/s	79.9 %
Time to max	0.384 sec	0.636 sec	39.6 %
Fatigue	-1.26 kg/s	-0.744 kg/s	-69.7 %