Physical Capacity Profile®

YOUR COMPANY NAME HERE
ADDRESS HERE
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(PHONE

Employee Name: Joe Smith

Sex M | **Age** 37 | **Height** 74

Social Security Number 111-11-1111

Employer Company ABC

Date Tested 01/01/2014

Job Title Material Handler

Strength and Ability Test Results

Pulse Rate	72	bpm	
Systolic BP	132	mmHg	
Diastolic BP	64	mmHg	
Weight	200	lbs.	
% Body Fat	24	percent	
Spirometry	450	L/min	
T12 ROM	100	degrees	
Sacral ROM	40	degrees	
True Lx Flex	60	degrees	
Squats	10	reps	
Situps	2	reps	
Pinch Right	16	lbs.	
Pinch Left	15	lbs.	
Grip Right	120	lbs.	
Grip Left	115	lbs.	
Pile	70	lbs.	
Supination Right	9.78	ft/lbs.	
Pronation Right	9.36	ft/lbs.	
Supination Left	7.21	ft/lbs.	
Pronation Left	8.83	ft/lbs.	
Wrist Flexion Right	13.89	ft/lbs.	
Wrist Flexion Left	14.34	ft/lbs.	Individual Trial variance is 16%.
Elbow Flexion Right	34.05	lbs.	
Elbow Flexion Left	32.17	lbs.	
Knee Extension	131.68	lbs.	
Shoulder Flexion Right	23.04	lbs.	Individual Trial variance is 33%.
Shoulder Flexion Left	21.2	lbs.	
Torso Lift	157.38	lbs.	
Leg Lift	155.82	lbs.	

SAMPLE