CMJ

Clinician

Assessment 26.09.2026

Patient details

Name	
Age	10
Sex	Female
Height	157cm
Weight	53kg
Shoe size	38

Summary

Patient Profile

10-year-old girl, 157 cm tall, weighing 53 kg.

Key Findings

Flight time asymmetry is not clinically significant (0.4406% difference in favour of the left leg). This shows that there is no meaningful difference between the two legs in vertical jump performance.

Conclusions

The findings show that there is **no marked asymmetry between the two legs in force production and movement efficiency** during the vertical jump. This supports a balanced performance in terms of explosive power and landing stability.

Recommendations

- Monitoring vertical jump performance and supporting its development is recommended.

- If the athlete reports any drop in performance or any discomfort during activities, a detailed biomechanical assessment should be carried out.

Metrics of Interest

- Flight time asymmetry

Jump Profile

Provides the average flight time for each foot and the jump height during the test



Flight Time Difference	1ms L
Jump height	12cm

General parameters

Overview of the biomechanical parameters during the test



Flexion angle at take-off

LEFT		RIGHT
30°	2° R	32°



Push-off velocity

LEFT		RIGHT
322°/s	7°/s R	330°/s



Max. acceleration at landing

LEFT		RIGHT
2.4g	0.4g R	2.8g



Flexion angle at landing

LEFT		RIGHT
31°	L 0°	30°



Pronation-supination angle at landing

LEFT		RIGHT
-12°	4° R	-8°



Contact stability

LEFT		RIGHT
10°	L 3°	6°
81°/s	L 26°/s	55°/s

Comments