

TLC-LVM #1

RECORD  
GENERAL  
TESTING/  
ACTIVITY LOG

7530-00-222-3525  
FEDERAL SUPPLY SERVICE  
(GPO)



$h = 6 \text{ cm}$

$70^\circ$  (Tilt Table)

HR = 100

H = 74 cm

W = 79.2 kg

1

Point

Date ?

0

①

16.7

16.6

$\sqrt{1}$  142.5499

$t = 9 \text{ min } 15 \text{ sec}$

②

17.9

17.9

$\sqrt{2}$  185.815

③

21.5

21.5

$\sqrt{3}$  283.186

④

27.1

27.1

$\sqrt{4}$  385.373

⑤

29.6

29.8

$\sqrt{5}$  409.9242

⑥

~~28.5~~

29.0

$\sqrt{6}$  343.2893

⑦

28.5

28.5

$\sqrt{7}$  453.031

⑧

33.1

33.0

$\sqrt{8}$  559.4985

⑨

~~35.0~~

35.4

$\sqrt{9}$  699.8536

⑩

41.2

41.0

$\sqrt{10}$  927.8589

⑪

~~47.4~~

47.0

$\sqrt{11}$  1130.506

⑫

50.3

50.3

$\sqrt{12}$  1266.585

⑬

52.8

52.6



Right Leg

$V = 6833.307 \text{ cm}^3$   
 $6837.473$

①

~~18.8~~

18.0

18.1

⑫

48.8

$\sqrt{11}$  1019.114  
~~49.1~~ 48.8

②

16.2

16.2

$\sqrt{1}$  140.1602

⑬

51.7

$\sqrt{12}$  1203.542  
~~51.5~~

③

18.4

18.4

143.093

④

24.4

24.5

221.1633

⑤

28.5

28.4

335.2881

⑥

28.4

28.3

385.1044

⑦

27.4

27.3

370.3722

⑧

31.6

31.6

415.5285

⑨

31.8

31.7

479.044

⑩

~~36.0~~

36.4

36.3

$\sqrt{10}$  927.8589  
 $\sqrt{11}$  1019.114  
 $\sqrt{12}$  1203.542  
 $t = 6 \text{ min } 30 \text{ sec}$

⑪

43.5

43.6

764.0977

HR = 100

$V = 6029.772 \text{ cm}^3$   
 $6030.923$

2)

Horizontal

0°

HR = 76

t = 5 min 5 sec

80 ending

Points

Right leg

(cont'd)

R

|     |      |      |      |
|-----|------|------|------|
| ①   | 16.0 | 16.2 |      |
| ②   | 17.1 | 17.1 |      |
| ③   | 20.9 | 20.9 |      |
| ④   | 26.8 | 26.9 |      |
| ⑤   | 29.3 | 29.3 |      |
| ⑥   | 28.6 | 28.5 |      |
| * ⑦ | 29.2 | 29.2 |      |
| ⑧   | 32.0 | 31.9 |      |
| ⑨   | 35.0 | 35.0 |      |
| ⑩   | 41.9 | 41.5 | 41.6 |
| ⑪   | 47.5 | 47.4 |      |
| ⑫   | 50.5 | 50.5 |      |
| ? ⑬ | 52.4 | 52.5 |      |

$$V = 6793.3 \text{ cm}^3$$

|     |      |      |      |
|-----|------|------|------|
| ①   | 17.6 | 18.0 | 18.0 |
| ②   | 15.5 | 18.0 | 15.6 |
| ③   | 18.5 | 18.5 | 18.5 |
| ④   | 24.4 | 24.0 | 24.2 |
| ⑤   | 28.0 | 28.0 |      |
| ⑥   | 27.5 | 27.6 |      |
| ⑦   | 27.2 | 27.1 |      |
| * ⑧ | 31.7 | 31.8 |      |
| ⑨   | 31.2 | 31.3 |      |
| ⑩   | 35.5 | 35.6 |      |
| ⑪   | 43.2 | 43.2 |      |
| ⑫   | 47.7 | 47.2 | 47.8 |
| ⑬   | 50.0 | 50.8 | 50.9 |

HR = 73

79

6 min

$$V = 5857.357 \text{ cm}^3$$

ending 11:05



0°

15 min later

HR=75

3

|   |      |      |                |
|---|------|------|----------------|
| ① | 15.7 | 15.6 | $V_1$ 127.751  |
| ② | 17.1 | 17.0 | $V_2$ 171.0949 |
| ③ | 20.8 | 20.7 | 268.9834       |
| ④ | 26.7 | 26.5 | 368.5608 Right |
| ⑤ | 29.0 | 28.9 | 391.247        |
| ⑥ | 28.4 | 28.0 | 389.8767       |
| ⑦ | 28.9 | 28.8 | 438.6903       |
| ⑧ | 31.7 | 31.8 | 527.42         |
| ⑨ | 34.7 | 34.7 | 678.2021       |
| ⑩ | 40.6 | 40.6 | 905.8832       |
| ⑪ | 46.5 | 46.4 | 1110.918       |
| ⑫ | 50.7 | 50.0 | 1228.613       |
| ⑬ | 51.2 | 51.6 |                |

R

$$V = 6603.274 \text{ cm}^3$$

$$6607.209$$

|   |      |      |               |
|---|------|------|---------------|
| ① | 18.2 | 18.2 | 137.0312      |
| ② | 15.6 | 15.7 | 137.4458      |
| ③ | 18.3 | 18.2 | 208.6406      |
| ④ | 23.4 | 23.5 | 316.5157      |
| ⑤ | 27.6 | 27.4 | 361.7397 Left |
| ⑥ | 27.5 | 27.6 | 358.4651      |
| ⑦ | 27.2 | 27.3 | 414.8767      |
| ⑧ | 31.6 | 31.7 | 473.6176      |
| ⑨ | 31.3 | 31.3 | 530.0926      |
| ⑩ | 35.3 | 35.3 | 735.1458      |
| ⑪ | 42.9 | 43.2 | 963.1185      |
| ⑫ | 46.8 | 46.7 | 1130.649      |
| ⑬ | 50.5 | 50.6 |               |

$$V = 5758.716 \text{ cm}^3$$

$$5760.739$$

V ↑ hr



sec

0°

15 min later

HR=75

13

|   |      |      |                         |
|---|------|------|-------------------------|
| ① | 15.7 | 15.6 | $\checkmark_1$ 127.7151 |
| ② | 17.1 | 17.0 | $\checkmark_2$ 171.0449 |
| ③ | 20.8 | 20.7 | 268.9834                |
| ④ | 26.7 | 26.5 | 368.5602 Right          |
| ⑤ | 29.0 | 28.9 | 391.247                 |
| ⑥ | 28.4 | 28.0 | 389.8767                |
| ⑦ | 28.9 | 28.8 | 438.6903                |
| ⑧ | 31.7 | 31.8 | 527.42                  |
| ⑨ | 34.7 | 34.7 | 678.2021                |
| ⑩ | 40.6 | 40.6 | 905.8832                |
| ⑪ | 46.5 | 46.4 | 1110.918                |
| ⑫ | 50.7 | 50.0 | 50.0 1228.613           |
| ⑬ | 51.2 | 51.6 |                         |

R

$$V = 6603.274 \text{ cm}^3$$

$$6607.209$$

|   |      |      |               |
|---|------|------|---------------|
| ① | 18.2 | 18.2 | 137.0312      |
| ② | 15.6 | 15.7 | 137.4458      |
| ③ | 18.3 | 18.2 | 208.6406      |
| ④ | 23.4 | 23.5 | 316.5157      |
| ⑤ | 27.6 | 27.4 | 361.7397 Left |
| ⑥ | 27.5 | 27.6 | 358.4651      |
| ⑦ | 27.2 | 27.3 | 414.8767      |
| ⑧ | 31.6 | 31.7 | 473.6176      |
| ⑨ | 31.3 | 31.3 | 530.0926      |
| ⑩ | 35.3 | 35.3 | 735.1458      |
| ⑪ | 42.9 | 43.2 | 43.0 963.1185 |
| ⑫ | 46.8 | 46.7 | 1130.649      |
| ⑬ | 50.5 | 50.6 |               |

7 hr

$$V = 5758.716 \text{ cm}^3$$

$$5760.739$$



41

90°

Dmin

HR = 78

t = 5:30

|   |      |      |                |              |
|---|------|------|----------------|--------------|
| ① | 15.4 | 15.5 | V <sub>1</sub> | 124.2204     |
| ② | 16.8 | 16.8 | Right          | 167.5392     |
| ③ | 20.6 | 20.6 |                | 266.1482     |
| ④ | 26.5 | 26.5 |                | 359.9146     |
| ⑤ | 28.4 | 28.4 |                | 368.4027     |
| ⑥ | 27.1 | 27.2 |                | 371.0813     |
| ⑦ | 28.6 | 28.6 |                | 414.9317     |
| ⑧ | 30.7 | 31.2 | 30.5           | 30.2520.2683 |
| ⑨ | 35.6 | 35.6 |                | 698.7446     |
| ⑩ | 40.9 | 40.8 |                | 927.027      |
| ⑪ | 47.3 | 47.1 |                | 1114.666     |
| ⑫ | 50.2 | 49.5 | 49.3           | 1230.031     |
| ⑬ | 52.2 | 52.0 |                |              |



$$V = 6562.414 \text{ cm}^3$$

|   |                      |                      |                |               |
|---|----------------------|----------------------|----------------|---------------|
| ① | 17.0                 | 17.3                 | V <sub>1</sub> | 127.3554      |
| ② | 15.5                 | 15.5                 | V <sub>2</sub> | 136.2165      |
| ③ | 17.7                 | 17.5                 | 18.3           | 18.2 212.8136 |
| ④ | <del>10.3</del> 23.9 | <del>23.3</del> 23.8 |                | 313.3988      |
| ⑤ | 27.4                 | 27.3                 |                | 352.6034      |
| ⑥ | 26.9                 | 27.1                 |                | 343.5793      |
| ⑦ | 26.6                 | 26.7                 |                | 403.1383      |
| ⑧ | 31.4                 | 31.4                 |                | 464.7497      |
| ⑨ | 30.7                 | 31.0                 | 31.0           | 536.0104      |
| ⑩ | 36.1                 | 35.8                 |                | 733.4508      |
| ⑪ | 42.2                 | 42.5                 |                | 975.6711      |
| ⑫ | 48.1                 | 47.8                 |                | 1199.143      |
| ⑬ | 52.2                 | 52.2                 |                |               |

Left Control

$$V = 5795.941 \text{ cm}^3$$

t = 12:10 (6:40)

HR = 76

$$BP = \frac{127}{72}$$



90°  
2.14

30 min

2.40

BP =  $\frac{136}{94}$

15



|   |                 |      |                         |
|---|-----------------|------|-------------------------|
| ① | 15.3            | 15.1 | V <sub>i</sub> 120.7859 |
| ② | 16.6            | 16.6 | Right 162.6201 -5 4 min |
| ③ | 20.3            | 20.2 | 261.8541 -4             |
| ④ | 26.3            | 26.4 | 359.9301 0              |
| ⑤ | 28.5            | 28.4 | 369.0712 +1             |
| ⑥ | 27.2            | 27.1 | 367.0682 +              |
| ⑦ | <del>27.7</del> | 28.3 | 28.3 410.7658 -4        |
| ⑧ | 30.3            | 30.7 | 30.4 502.6820 -18       |
| ⑨ | 34.4            | 34.6 | 686.7436 -12            |
| ⑩ | 40.8            | 41.2 | 41.3 919.5 -8           |
| ⑪ | 46.4            | 46.6 | 420.2239 -2             |
| ⑫ | 50.1            | 49.9 | 1012.055 -1.4           |
| ⑬ | 51.5            | 51.4 | 1228.613 -1.4           |

499.3 = 6950.1  
450.797 cm<sup>3</sup>  
6502.413  
ckd. Value

|   |      |      |                  |
|---|------|------|------------------|
| ① | 17.9 | 18.0 | 133.798          |
| ② | 15.5 | 15.5 | 137.0957         |
| ③ | 18.4 | 18.3 | 211.1576         |
| ④ | 23.7 | 23.5 | Left 309.7999    |
| ⑤ | 27.3 | 27.3 | Control 336.5019 |
| ⑥ | 27.4 | 27.3 | 346.8093         |
| ⑦ | 26.4 | 26.7 | 405.3569         |
| ⑧ | 31.6 | 31.7 | 473.0176         |
| ⑨ | 31.3 | 31.3 | 536.6053         |
| ⑩ | 35.9 | 35.8 | 743.3761         |
| ⑪ | 43.2 | 43.0 | 991.6604         |
| ⑫ | 48.1 | 47.9 | 1177.443         |
| ⑬ | 51.3 | 51.3 |                  |

V = 5818.165 cm<sup>3</sup>  
3822.561

h = 6 R = 41.2 r = 46.5  
E = 6.56 c = 7.40



4 6 | 90° 60 min

HR = 12

5 min  
to measure

|   |      |      |                         |
|---|------|------|-------------------------|
| ① | 15.3 | 15.3 | V <sub>1</sub> 120.3812 |
| ② | 16.4 | 16.5 | 163.6236                |
| ③ | 20.6 | 20.4 | 266.8206                |
| ④ | 26.4 | 25.9 | 358.551                 |
| ⑤ | 28.1 | 28.2 | 367.0443                |
| ⑥ | 27.4 | 27.2 | 369.7117                |
| ⑦ | 28.3 | 28.4 | 413.5874                |
| ⑧ | 31.6 | 30.6 | 30.4 512.1173           |
| ⑨ | 35.0 | 34.9 | 681.8175                |
| ⑩ | 41.1 | 41.1 | 921.4427                |
| ⑪ | 48.4 | 46.7 | 46.7 1118.95            |
| ⑫ | 50.1 | 50.1 | 1249.377                |
| ⑬ | 52.1 | 52.3 |                         |

(R)

Right leg

$$V = 6541.234 \text{ cm}^3$$

$$6553.51$$

|   |       |       |                        |
|---|-------|-------|------------------------|
| ① | 17.8  | 18.1  | V <sub>1</sub> 132.663 |
| ② | 15.4  | 15.3  | 135.5073               |
| ③ | 18.4  | 18.2  | 210.1573               |
| ④ | 23.6  | 23.5  | 306.7262               |
| ⑤ | 27.1  | 27.1  | 352.5994               |
| ⑥ | 27.3  | 27.2  | 352.5994               |
| ⑦ | 27.1  | 27.1  | 420.0573               |
| ⑧ | 32.8  | 32.3  | 32.0 476.4254          |
| ⑨ | 31.1  | 31.0  | 532.704                |
| ⑩ | 36.4  | 35.8  | 35.6 744.3466          |
| ⑪ | 43.0  | 43.3  | 994.8851               |
| ⑫ | 47.2  | 48.1  | 48.1 1202.5            |
| ⑬ | 542.1 | 542.2 | 973.6                  |

Left (control)

5851.5

$$V = 5632.695 \text{ cm}^3$$

$$5632.695$$

$$1202.5$$

$$973.6$$

$$218.9$$

r = 0.31



min  
measure

7

90°

83 min

HR  
BP =  $\frac{140/100}{68}$

7

4 cm<sup>3</sup>

|   |                 |      |      |                          |
|---|-----------------|------|------|--------------------------|
| ① | <del>15.4</del> | 15.0 | 15.0 | V <sub>1</sub> 118.5306  |
| ② | 16.5            | 16.5 |      | <del>168.5</del> 161.771 |
| ③ | 20.2            | 20.3 |      | 256.6473                 |
| ④ | 25.9            | 26.1 |      | Right 349.5377           |
| ⑤ | 28.1            | 28.1 |      | 364.4087                 |
| ⑥ | 27.1            | 27.2 |      | 369.0712                 |
| ⑦ | <del>29.8</del> | 28.5 | 28.4 | 426.468                  |
| ⑧ | 31.2            | 31.4 |      | 517.2202                 |
| ⑨ | <del>35.1</del> | 34.6 | 34.4 | 683.0256                 |
| ⑩ | <del>40.7</del> | 41.1 | 41.0 | 927.9062                 |
| ⑪ | 47.1            | 47.0 |      | 1132.432                 |
| ⑫ | 50.3            | 50.4 |      | 1234.631                 |
| ⑬ | 51.2            | 51.5 |      |                          |

(R)

V = 6542.05 cm<sup>3</sup>

5

695 cm<sup>2</sup>

|   |                 |      |               |
|---|-----------------|------|---------------|
| ① | 18.0            | 17.8 | 133.0006      |
| ② | 15.5            | 15.4 | 135.462       |
| ③ | 18.2            | 18.2 | 210.744       |
| ④ | 23.8            | 23.6 | 312.235       |
| ⑤ | 27.5            | 27.3 | 357.1548      |
| ⑥ | 27.4            | 27.2 | 351.3071      |
| ⑦ | 26.8            | 27.1 | 410.0599      |
| ⑧ | 31.5            | 31.7 | 473.0153      |
| ⑨ | 31.4            | 31.3 | 535.7541      |
| ⑩ | 35.5            | 35.7 | 744.4667      |
| ⑪ | <del>42.6</del> | 43.3 | 43.2 987.0706 |
| ⑫ | <del>43.2</del> | 47.7 | 47.6 1176.445 |
| ⑬ | 51.5            | 51.7 |               |

Control

HR = 70  
BP =  $\frac{141}{164}$

V = 5826.736 cm<sup>3</sup>

488-2279 - 330



81

90°

105 min

142/90  
65

|   |      |      |
|---|------|------|
| ① | 18.6 | 18.4 |
| ② | 15.5 | 15.5 |
| ③ | 17.9 | 18.0 |
| ④ | 23.5 | 23.2 |
| ⑤ | 27.4 | 27.3 |
| ⑥ | 27.2 | 27.0 |
| ⑦ | 26.9 | 26.9 |
| ⑧ | 31.9 | 31.7 |
| ⑨ | 31.3 | 31.2 |
| ⑩ | 35.7 | 35.7 |
| ⑪ | 43.1 | 42.9 |
| ⑫ | 48.3 | 48.3 |
| ⑬ | 51.8 | 51.8 |

Left Control



$$V = 5843.044$$

138.3454  
133.798  
204.762  
307.4663  
353.8997  
348.0735  
412.2543  
474.5288  
535.8234  
741.4376  
996.1174  
1196.538

(110 min)

|   |                 |      |           |
|---|-----------------|------|-----------|
| ① | 15.1            | 15.1 | 119.2723  |
| ② | 16.5            | 16.5 | 158.6591  |
| ③ | 19.9            | 19.9 | 246.7168  |
| ④ | 25.5            | 25.4 | 339.9816  |
| ⑤ | 27.9            | 27.9 | 359.8032  |
| ⑥ | 27.0            | 27.0 | 369.7762  |
| ⑦ | 28.6            | 28.7 | 419.9092  |
| ⑧ | 30.6            | 30.7 | 512.8127  |
| ⑨ | 34.9            | 34.8 | 685.4592  |
| ⑩ | 40.9            | 40.8 | 921.6555  |
| ⑪ | 46.9            | 47.0 | 1115.327  |
| ⑫ | <del>50.2</del> | 49.8 | 49.6 49.7 |
| ⑬ | <del>51.1</del> | 51.7 | 51.8      |



$$V = 6478.026 \text{ cm}^3$$

1:55

1228.697



0° after 90° 0 min

128/88  
69

9

|   |      |      |                     |
|---|------|------|---------------------|
| ① | 15.1 | 14.9 | 120.0649            |
| ② | 16.7 | 16.7 | 163.0176            |
| ③ | 20.1 | 20.3 | 248.1528            |
| ④ | 25.2 | 25.4 | 351.1706            |
| ⑤ | 28.9 | 28.9 | 391.2423            |
| ⑥ | 28.3 | 27.8 | 28.4 382.3972       |
| ⑦ | 28.3 | 28.2 | 415.0487            |
| ⑧ | 30.7 | 30.7 | 498.5417            |
| ⑨ | 33.9 | 33.9 | 668.888             |
| ⑩ | 40.9 | 40.8 | <del>1140.981</del> |
| ⑪ | 45.6 | 45.7 | <del>1603.758</del> |
| ⑫ | 45.9 | 45.3 | <del>1691.768</del> |
| ⑬ | 49.6 | 49.1 |                     |

(R)

$N = 6421.9823$

~~4409.134~~ cm<sup>3</sup>  
7675.032  
~~913.1053~~ 913.1053

|   |                 |                 |      |      |                           |
|---|-----------------|-----------------|------|------|---------------------------|
| ① | <del>17.1</del> | <del>17.1</del> | 17.5 | 17.3 | 127.8126                  |
| ② | 15.4            | 15.2            |      |      | 132.6541                  |
| ③ | 18.1            | 17.9            |      |      | 202.159                   |
| ④ | 23.1            | 23.0            |      |      | 301.4665                  |
| ⑤ | 27.1            | 27.2            |      |      | 352.5986                  |
| ⑥ | 27.2            | 27.2            |      |      | 345.5127                  |
| ⑦ | 26.6            | <del>26.0</del> | 26.6 |      | 406.7475                  |
| ⑧ | 31.7            | 31.7            |      |      | 465.5644                  |
| ⑨ | <del>31.0</del> | 30.8            | 30.7 |      | 528.0486                  |
| ⑩ | 35.8            | 35.6            |      |      | 742.4065                  |
| ⑪ | 43.1            | 43.0            |      |      | 130/85 990.5329           |
| ⑫ | 48.0            | 48.0            |      |      | <del>80</del> 69 1154.816 |
| ⑬ | 50.2            | 50.5            |      |      |                           |

Left Control

$N = 5750.33$



10

0°

15 min

① ~~15.4~~ 15.5 15.4

② 16.7 16.7

③ 20.5 20.3

④ 25.9 ~~25.9~~ 25.5 25.9

⑤ 27.8 28.0

⑥ 27.7 27.8

⑦ 28.2 28.0

⑧ 31.0 31.0

⑨ 33.9 34.0

⑩ 39.6 39.4

⑪ 45.6 45.7

⑫ 49.5 49.2

⑬ ~~53.2~~ 52.5 52.3

123.4418

164.8415

257.0878

345.6575

369.6688

372.3346

417.2581

503.8929

645.1946

866.4723

1077.825

1236.176

V = 6380.35

Right

①

17.8 17.5

②

15.4 15.3

③

~~14.8~~ 18.9

④

22.7 22.8

⑤

27.3 27.4

⑥

27.4 27.3

⑦

27.2 26.9

⑧

31.2 31.3

⑨

30.6 30.8

⑩

35.0 35.1

⑪

42.6 42.8

⑫

47.2 46.9

⑬

49.3 ~~49.7~~

130.2003

132.2255

17.9 198.1793

300.4523

357.1545

Left

Control

359.1168

412.5595

458.116

516.7805

423.9048

962.2551

1108.316

25 min

49.3

V = 5659.261



70°

0 min

0 min  $\frac{118}{88}$   
86111

|   |                 |      |          |          |                         |
|---|-----------------|------|----------|----------|-------------------------|
| ① | 15.6            | 16.0 | 16.0     | 130.0296 |                         |
| ② | <del>17.4</del> | 16.9 | 17.1     | 170.1987 |                         |
| ③ | 20.6            | 20.8 | 264.9277 | 2 min    | $\frac{124}{105}$<br>83 |
| ④ | 25.9            | 26.2 | 26.4     | 359.9814 |                         |
| ⑤ | 28.6            | 29.6 | 375.0538 |          |                         |
| ⑥ | 27.4            | 27.5 | 364.3777 | 3 min    | $\frac{118}{92}$<br>89  |
| ⑦ | 27.8            | 27.8 | 418.1307 |          |                         |
| ⑧ | 31.3            | 31.4 | 513.2163 | 4 min    | $\frac{125}{83}$        |
| ⑨ | 34.2            | 34.2 | 668.5706 |          | 82                      |
| ⑩ | <del>41.2</del> | 40.4 | 40.7     | 912.3211 | V = 6516.119            |
| ⑪ | 46.8            | 46.8 | 1113.066 |          |                         |
| ⑫ | 49.7            | 49.8 | 1226.245 |          |                         |
| ⑬ | 51.5            | 51.7 |          |          |                         |

Right

|   |                 |                 |          |                     |                        |
|---|-----------------|-----------------|----------|---------------------|------------------------|
|   |                 |                 |          | 6 min               | $\frac{128}{90}$<br>83 |
| ① | <del>16.6</del> | 18.5            | 18.9     | 146.4341            |                        |
| ② | 16.5            | 16.2            | 146.4341 |                     |                        |
| ③ | 18.6            | 18.7            | 219.331  |                     |                        |
| ④ | 24.0            | 24.2            | 327.17   |                     |                        |
| ⑤ | 28.2            | 28.2            | 371.6777 |                     |                        |
| ⑥ | 27.6            | 27.6            | 361.0844 |                     |                        |
| ⑦ | 27.4            | 27.4            | 416.2156 |                     |                        |
| ⑧ | <del>32.2</del> | 31.6            | 31.6     | 471.5161            | 1 min                  |
| ⑨ | 31.2            | <del>32.0</del> | 31.3     | 535.8234            | HR = 87                |
| ⑩ | <del>35.3</del> | 35.7            | 35.7     | <del>748.4311</del> |                        |
| ⑪ | 43.4            | 43.2            | 1008.102 | 1009.412            |                        |
| ⑫ | 48.5            | 48.6            | end in   | U = 79.1 kg         |                        |
| ⑬ | 51.1            | 51.3            | 1187.981 |                     |                        |

Left



post weight  
79.1 Kg



14

30° 15 4/29  
pre-test ~~4/28~~  
79.8 Kg

6cm btwn 13 markings  
bone landmark was at Circference 1cm above malleous  
knee (center) was at exactly #7. This corresponds exactly w/  
test on 4/24. There is a measurement of uncertainty of  $\pm 5$ cm  
in measurement of distance of circum. of the legs.  
Mid calf was #4

|    | Standing <span style="color: red;">✓</span> |     | 70° <span style="color: red;">✓</span> |     | Supine <span style="color: red;">✓</span> |     | <span style="color: red;">✓</span>   |     | 0min <span style="color: red;">✓</span> |                    | 30° <span style="color: red;">✓</span> |     |
|----|---------------------------------------------|-----|----------------------------------------|-----|-------------------------------------------|-----|--------------------------------------|-----|-----------------------------------------|--------------------|----------------------------------------|-----|
|    | <span style="color: red;">✓</span> R        |     | <span style="color: red;">✓</span> L   |     | <span style="color: red;">✓</span> R      |     | <span style="color: red;">✓</span> L |     | <span style="color: red;">✓</span> R    |                    | <span style="color: red;">✓</span> L   |     |
| 1  | 166                                         | 167 | 160                                    | 159 | 164                                       | 160 | 160                                  | 159 | <del>163</del> 167                      | <del>163</del> 167 | 159                                    | 158 |
| 2  | 197                                         | 194 | 190                                    | 190 | 188                                       | 189 | 183                                  | 183 | <del>193</del> 190                      | <del>193</del> 190 | 184                                    | 186 |
| 3  | 245                                         | 245 | 235                                    | 233 | 240                                       | 242 | 236                                  | 233 | 247                                     | 240                | 236                                    | 231 |
| 4  | 290                                         | 288 | 279                                    | 280 | 286                                       | 285 | 270                                  | 271 | 290                                     | 290                | 273                                    | 275 |
| 5  | 282                                         | 282 | 276                                    | 274 | 282                                       | 280 | 267                                  | 270 | 295                                     | 294                | 272                                    | 270 |
| 6  | 283                                         | 280 | 270                                    | 273 | 273                                       | 275 | 268                                  | 270 | 279                                     | 282                | 266                                    | 262 |
| 7  | 326                                         | 325 | 318                                    | 315 | 314                                       | 315 | 309                                  | 312 | 312                                     | 312                | 312                                    | 310 |
| 8  | 328                                         | 328 | 317                                    | 318 | 320                                       | 322 | 305                                  | 306 | 315                                     | 318                | 312                                    | 314 |
| 9  | 374                                         | 376 | 364                                    | 366 | 376                                       | 376 | 357                                  | 358 | 371                                     | 375                | 363                                    | 360 |
| 10 | 446                                         | 445 | 428                                    | 427 | 433                                       | 433 | 430                                  | 428 | 444                                     | 441                | 423                                    | 425 |
| 11 | 485                                         | 487 | 478                                    | 476 | 483                                       | 484 | 477                                  | 478 | 477                                     | 476                | 469                                    | 472 |
| 12 | 523                                         | 520 | 512                                    | 512 | 517                                       | 518 | 512                                  | 511 | 504                                     | 504                | 505                                    | 503 |
| 13 | 532                                         | 531 | 521                                    | 520 | 533                                       | 532 | 520                                  | 523 | 50                                      | 502                | 519                                    | 514 |



16 30 min 30'

60 min 30'

90 min 30'

|    | R       | L       | R       | L       | R       | L       |
|----|---------|---------|---------|---------|---------|---------|
| 1  | 160 160 | 157 160 | 158 159 | 157 160 | 159 159 | 157 160 |
| 2  | 189 190 | 186 184 | 188 189 | 186 187 | 186 187 | 182 182 |
| 3  | 239 238 | 236 234 | 237 236 | 238 234 | 232 232 | 236 234 |
| 4  | 285 284 | 268 269 | 286 287 | 274 274 | 290 289 | 271 273 |
| 5  | 281 281 | 266 267 | 282 282 | 264 264 | 280 280 | 267 273 |
| 6  | 277 277 | 267 264 | 277 276 | 266 263 | 277 276 | 265 269 |
| 7  | 313 313 | 313 313 | 316 316 | 308 309 | 312 310 | 311 312 |
| 8  | 320 319 | 306 307 | 318 317 | 306 307 | 320 319 | 305 306 |
| 9  | 371 370 | 361 363 | 379 379 | 368 369 | 371 368 | 363 359 |
| 10 | 436 434 | 423 420 | 442 442 | 428 425 | 441 442 | 422 425 |
| 11 | 476 478 | 469 471 | 476 478 | 563 562 | 470 470 | 466 468 |
| 12 | 499 501 | 505 504 | 501 502 | 499 501 | 504 503 | 502 506 |
| 13 | 512 513 | 520 520 | 514 516 | 533 532 | 510 510 | 523 522 |

post test Supine 0 min

Post Test Standing 0 min

15 min Stand Rec

|    | R       | L       | R       | L       | R       | L       |
|----|---------|---------|---------|---------|---------|---------|
| 1  | 161 160 | 162 162 | 166 164 | 160 164 | 165 164 | 163 166 |
| 2  | 190 190 | 190 190 | 195 198 | 193 195 | 190 194 | 195 196 |
| 3  | 234 236 | 234 234 | 252 249 | 241 241 | 237 240 | 234 239 |
| 4  | 280 280 | 271 271 | 286 289 | 280 279 | 284 289 | 280 281 |
| 5  | 274 275 | 264 266 | 280 277 | 272 274 | 280 282 | 272 274 |
| 6  | 271 273 | 267 268 | 276 276 | 269 265 | 277 280 | 266 266 |
| 7  | 314 314 | 31 31   | 320 321 | 310 314 | 32 32   | 32 32   |
| 8  | 321 321 | 307 307 | 326 324 | 311 310 | 325 322 | 315 316 |
| 9  | 380 380 | 362 366 | 382 379 | 362 364 | 380 380 | 365 362 |
| 10 | 449 448 | 424 426 | 446 450 | 429 430 | 452 450 | 440 443 |
| 11 | 495 493 | 471 473 | 486 486 | 485 482 | 491 495 | 482 482 |
| 12 | 529 532 | 501 502 | 516 519 | 510 512 | 524 524 | 515 513 |
| 13 | 536 538 | 519 522 | 534 530 | 530 530 | 536 535 | 531 533 |

30' L

15.7 16.0

18.2 18.2

22.6 23.4

27.1 27.3

26.7 27.2

26.5 26.9

31.1 31.2

30.5 30.6

36.3 35.9

42.2 42.5

46.6 46.8

50.2 50.6

53.3 53.2

Rec.

16.3 16.6

19.5 19.6

23.4 23.4

28.0 28.1

27.2 27.4

26.6 26.6

32 32

31.5 31.6

36.5 36.2

44.0 44.3

48.2 48.2

51.5 51.3

53.1 53.3



20

male

meddled  
was land

stand

|    |      |
|----|------|
| 1  | 15.9 |
| 2  | 19.3 |
| 3  | 24.5 |
| 4  | 28.4 |
| 5  | 28.2 |
| 6  | 27.7 |
| 7  | 31.5 |
| 8  | 32.4 |
| 9  | 36.9 |
| 10 | 43.2 |
| 11 | 48.8 |
| 12 | 51.5 |
| 13 | 52.9 |

knee

22

|    | 30 min (R) | 60 min (HR 71) | 60 min (HR 72) | 60 min (HR 73) | 75 min (HR 70) | 60 min (HR 74) | 90 min (HR 75)      |
|----|------------|----------------|----------------|----------------|----------------|----------------|---------------------|
| 1  | 15.5 15.5  | 15.7 15.7      | 15.3 15.2      | 15.6 15.6      | 15.2 15.2      | 15.5 15.5      | 15.4 15.4 16.0 16.0 |
| 2  | 18.4 18.4  | 18.4 18.4      | 17.7 17.5      | 18.3 18.4      | 17.7 17.6      | 18.6 18.4      | 17.5 17.5 18.6 18.5 |
| 3  | 22.6 22.6  | 23.4 23.4      | 22.6 22.2      | 23.7 23.8      | 22.3 22.5      | 23.0 23.6      | 22.1 22.3 23.0 23.1 |
| 4  | 26.9 27.1  | 26.9 27.0      | 27.7 27.8      | 27.2 27.2      | 27.6 27.3      | 28.9 27.0      | 27.4 27.3 27.0 26.9 |
| 5  | 28.4 28.3  | 26.1 26.3      | 28.7 28.7      | 26.6 26.4      | 28.1 28.1      | 26.8 26.9      | 28.0 28.2 26.7 26.4 |
| 6  | 27.9 27.7  | 27.0 27.0      | 27.8 27.9      | 26.4 26.4      | 27.7 27.4      | 27.0 27.0      | 27.6 27.7 27.1 27.0 |
| 7  | 30.7 30.8  | 31.5 31.5      | 30.5 30.6      | 31.0 31.2      | 30.9 30.9      | 31.2 31.0      | 31.0 31.2 31.2 31.2 |
| 8  | 31.0 31.2  | 31.6 31.0      | 30.3 30.2      | 30.9 30.9      | 31.0 31.2      | 30.9 31.0      | 31.3 31.3 30.8 31.2 |
| 9  | 36.5 36.3  | 36.8 36.7      | 36.2 36.4      | 35.9 35.6      | 37.2 36.9      | 36.1 36.0      | 36.2 35.9 36.5 36.1 |
| 10 | 43.3 43.5  | 42.6 42.3      | 43.3 43.3      | 42.0 41.7      | 43.0 43.0      | 42.0 42.0      | 42.4 42.4 41.8 41.9 |
| 11 | 47.4 47.4  | 47.3 47.4      | 48.2 48.2      | 46.7 46.5      | 48 47.8        | 46.5 47.0      | 47.3 47.2 47.0 46.8 |
| 12 | 50.2 50.2  | 51.0 51.2      | 50.3 50.2      | 50.5 50.6      | 50.2 50.2      | 50.3 50.4      | 49.9 49.7 49.7 50.1 |
| 13 | 50.3 50.3  | 53.3 53.5      | 50.2 50.3      | 53.6 53.7      | 50.1 50.4      | 52.7 52.5      | 50.2 50.3 52.3 52.2 |

|    | supine load down 0 min (HR 82) | standing 70 min (HR 83) | 15 min recovery (HR 85)                 |
|----|--------------------------------|-------------------------|-----------------------------------------|
| 1  | 16.5 16.5                      | 16.6 16.2               | 16.0 16.0 16.0 16.1                     |
| 2  | 17.5 17.5                      | 18.0 18.1               | 18.0 18.2 19.3 19 18.8 18.5             |
| 3  | 22.3 22.3                      | 21.8 21.7               | 24.1 24.0 24.5 24.7 24 24.2 23.4 23.7   |
| 4  | 27.4 27.7                      | 26.5 26.3               | 28 28.2 26.6 26.7 28.5 28.7 28.0 28.2   |
| 5  | 28.8 28.8                      | 26.6 26.4               | 27.6 27.7 27.5 27.4 27.5 27.6 27.2 27.3 |
| 6  | 27.9 28.0                      | 26.1 26.0               | 28.0 28.0 26.7 27.0 31.6 31.5 31.2 31.6 |
| 7  | 31.4 31.0                      | 31.0 30.9               | 31.0 31.4 31.2 31 31.5 31.7 31.2 31.5   |
| 8  | 31.6 31.6                      | 30.8 30.6               | 32.2 32.4 31.5 31.6 37.2 36.9 36 36     |
| 9  | 36.5 36.5                      | 36.3 36.0               | 38 38.2 37 37 43.4 43.3 42.5 42.9       |
| 10 | 42.9 43.0                      | 42.4 42.5               | 43.7 43.4 42.1 42.3 48.7 48.3 48.1 48.1 |
| 11 | 48.2 48.3                      | 47.3 47.4               | 48.9 49.1 48.2 48.2 50.5 50.4 50.6 50.4 |
| 12 | 51.2 51.3                      | 50.5 50.8               | 52.5 52.6 50.6 50.6 50.5 50.3 52.0 52   |
| 13 | 53.4 53.5                      | 50.5 50.8               | 51.1 51.8 50.0 50.1                     |

HR 85

12  
13 w.t. 4.93



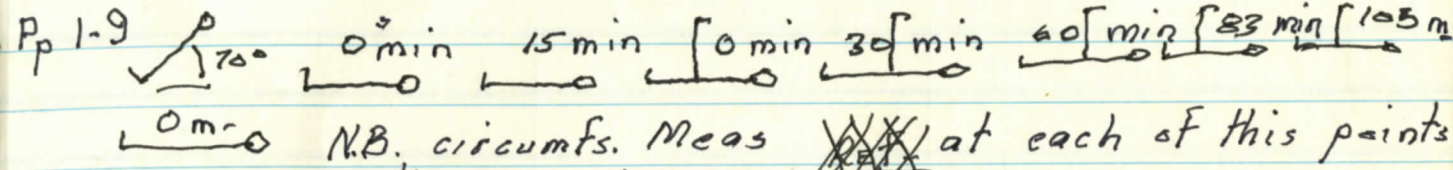
# Review

Post weight 78.5 Kg

Initial Study was elevation of 1 leg to 90°.

12 ca. 6 cm. segments, 6 below 1 knee + 5 above

First Protocol was: 70° on tilt table as below;



Then - Contd. P-24

Nos are cm<sup>3</sup>

|   | 0°/0min | 0°/15min | 0°/30min | 0°/40min | 0°/53min | 0°/103min |
|---|---------|----------|----------|----------|----------|-----------|
| R | 6837.4  | -6793.3  | -44.1    | 6603.3   | -190.0   | -234.1    |
| L | 6030.9  | -5857.4  | -173.5   | 5760.7   | -96.7    | -270.2    |
|   | 12868.3 | 217.6    |          |          |          | -504.3    |

|   | To Ref.       | Δ%            |
|---|---------------|---------------|
| R | 6562.4 - 40.9 | 6502.4 - 60.0 |
| L | 5818.2 + 58.5 | 5818.2 + 4.4  |

|   | 60m           | 83m            |
|---|---------------|----------------|
| R | 6553.5 - 8.9  | 6542.1 - 20.3  |
| L | 5632.7 - 85.5 | 5826.7 + 8.5   |
| R | 6478.0 - 84.4 | 6421.0 - 182.3 |
| L | 5843.0 + 24.8 | 5750.0 - 10.7  |

24

# Review, Cont'd.

pp. 15-11  $\overset{0^\circ}{\text{15 min}}$   $\overset{0^\circ}{\text{70 min}}$

2<sup>nd</sup> Subj. Pp. 15-16



77

12 → 23  
45 →  
54 →  
77 → 23  
7.8

12  
23  
34

61.6

54

45

45

23

12

heights

h0

(L)

0

(R)

h1

11.4, 11.3

11.8 11.85

c8 75.0

c7

h2

11.5, 11.2, 11.25

11.1 11.1

c6

c5 55.0

c4 47.0

c3

h3

11.1, 11.1, 11.1

12.2 12.2

c2

c1 12

h4

8.1, 8.1, 8.1

8.1 8.15

Knee

h5

7.1, 7.1, 7.1

7.15 7.2

h6

8.1, 8.1, 8.1

7.4 7.45

h7

7.6, 7.6, 7.6

6.4 6.35

WT rates in red 7 July 94

129

NAME: Troy (A)

5/10/93

SEX: M

Rec. Date

HEIGHT:

Kevin

WEIGHT: 189.5

Erik

pre-pulse: 67

Steve

air temp: 25°C

barometric pres. 754 mmHg

Susan

measurements in cm

| Standing      |                                        | pulse 53                |               | pulse 48      |                  |
|---------------|----------------------------------------|-------------------------|---------------|---------------|------------------|
| (R)           | (L)                                    | Immediate (R)           | Lying (L)     | (R)           | 0° (30 min.) (L) |
| 17.6<br>17.7  | 17.8<br>17.9                           | 16.8<br>50.4 50.3 16.7  | 16.75<br>16.3 | 16.5<br>16.7  | 16.7<br>16.65    |
| 32.8<br>32.65 | 23.35<br>23.2                          | 47.6 22.1<br>47.3 22.1  | 21.9<br>21.9  | 21.75<br>21.5 | 22.35<br>22.2    |
| 31.8<br>31.75 | 32.3<br>32.2                           | 40.2 30.8<br>31.4 31.35 | 31.1<br>31.2  | 31.3<br>31.35 | 31.0<br>30.7     |
| 27.5<br>27.8  | 27.5<br>27.6                           | 28.0<br>27.4            | 27.3<br>27.7  | 27.2<br>27.2  | 27.1<br>27.2     |
| 35.6<br>35.6  | 33.9<br>33.6                           | 34.3<br>34.3            | 34.0<br>34.1  | 34.1<br>34.1  | 33.35<br>33.2    |
| 41.1<br>41.25 | 40.4<br>40.25                          | 40.2<br>40.7            | 41.3<br>39.9  | 39.9<br>39.7  | 40.1<br>40.2     |
| 47.65<br>47.6 | 47.95<br>47.8                          | 47.0<br>47.3            | 48.6<br>48.1  | 46.4<br>46.75 | 47.6<br>47.9     |
| 50.4 50.2     | 51.35                                  | 50.4<br>50.3            | 50.2<br>51.0  | 49.1<br>49.35 | 50.9<br>50.9     |
|               | 50.5<br>50.35<br>51.2<br>50.7<br>50.82 |                         |               |               |                  |

temp

24°C

Vertical: abdom- 23 cm

Leg- 18



pulse 51

pulse 48 (immediate tilt)

pulse 46

|    | 0° (60 min.)  |               | 20° (60 min.)  |                | 20° (30 min.) |               |
|----|---------------|---------------|----------------|----------------|---------------|---------------|
|    | R             | L             | R              | L              | R             | L             |
| h0 | 16.6<br>17.0  | 16.7<br>16.6  | 16.35<br>16.3  | 16.4<br>16.5   | 16.6<br>16.9  | 16.5<br>16.5  |
| h1 | 21.8<br>21.8  | 22.2<br>22.15 | 21.35<br>21.25 | 21.8<br>21.8   | 21.0<br>21.65 | 21.2<br>21.65 |
| h2 | 30.65<br>31.1 | 31.1<br>31.0  | 31.2<br>31.0   | 30.4<br>30.25  | 30.8<br>31.1  | 30.6<br>30.5  |
| h3 | 27.3<br>27.35 | 27.5<br>27.2  | 27.0<br>27.2   | 27.35<br>27.15 | 27.1<br>27.6  | 26.65<br>26.8 |
| h4 | 33.8<br>33.9  | 33.35<br>33.3 | 33.65<br>33.7  | 32.4<br>32.6   | 33.6<br>33.4  | 33.2<br>32.5  |
| h5 | 40.55<br>39.9 | 39.7<br>39.75 | 39.9<br>39.75  | 39.3<br>39.3   | 39.6<br>39.7  | 39.65<br>39.8 |
| h6 | 46.65<br>46.5 | 47.4<br>47.2  | 46.5<br>45.9   | 46.7<br>46.65  | 46.9<br>46.8  | 46.4<br>4.4   |
| h7 | 49.9<br>49.9  | 50.8<br>50.9  | 49.2<br>49.8   | 51.9<br>51.3   | 50.2<br>50.4  | 50.9<br>51.1  |

| pulse 49      |               | pulse 64            |              |
|---------------|---------------|---------------------|--------------|
| 20° (60 min.) |               | Immediate Post Tilt |              |
|               | (R)           | (L)                 |              |
| h0            | 15.9<br>16.2  | 16.2<br>16.25       | 14.8<br>14.8 |
| h1            | 21.2<br>21.25 | 21.8<br>21.5        | 21.6<br>21.6 |
| h2            | 30.65<br>31.1 | 30.6<br>30.4        | 30.7<br>30.9 |
| h3            | 27.1<br>27.   | 26.95<br>27.00      | 27.6<br>27.4 |
| h4            | 33.4<br>33.3  | 32.5<br>32.4        | 33.9<br>34.1 |
| h5            | 39.7<br>39.7  | 39.9<br>39.2        | 40<br>40.1   |
| h6            | 45.8<br>46.   | 47.2<br>47.5        | 46.2<br>46.2 |
| h7            | 49.9<br>49.9  | 51.1<br>51.0        | 50<br>50.1   |

17.2  
16.6

21.9  
22.4

30.5  
30.6

27.7  
27.4

33.2  
33.2

38.7  
39.8

46.95  
47.1

50.5  
51.3



Name: Tony

Sex: M

Height: 6' 3"

Weight: 183

pre-pulse: 86

air temp: 28°C

measurements cm

Rec Data

Steve

VO<sub>2</sub> max 60 ml·kg<sup>-1</sup>·min<sup>-1</sup>

Jason

Clay

barometric press: 753 mmHg

pulse 78

pulse 86

standing

Immediate lying

Pulse 74

|    | ②    | ①    | ②    | L    | ②    | ①    | ②    | ①    |
|----|------|------|------|------|------|------|------|------|
| H0 | 23.8 | 24.8 | 24.3 | 24.1 | 23.3 | 24.0 | 23.2 | 23.9 |
|    | 23.5 | 24.6 | 24.5 | 24.0 |      |      |      |      |
| H1 | 28.0 | 27.8 | 28.3 | 27.0 | 27.5 | 28.9 |      |      |
|    | 28.0 | 27.9 | 28.3 | 26.8 | 27.3 | 26.8 |      |      |
| H2 | 36.7 | 36.4 | 36.5 | 35.7 | 36.0 | 34.4 |      |      |
|    | 36.4 | 35.4 | 36.5 | 35.8 | 36.0 | 34.6 |      |      |
| H3 | 37.0 | 36.2 | 37.5 | 36.3 | 37.0 | 35.4 |      |      |
|    | 37.3 | 36.4 | 37.4 | 36.5 | 37.0 | 35.5 |      |      |
| H4 | 38.8 | 39.8 | 37.7 | 39.1 | 38.5 | 37.7 |      |      |
|    | 39.5 | 39.6 | 38.0 | 39.0 | 38.4 | 38.0 |      |      |
| H5 | 45.2 | 44.8 | 44.3 | 44.0 | 44.4 | 42.3 |      |      |
|    | 45   | 44.5 | 44.1 | 44.2 | 45.0 | 42.6 |      |      |
| H6 | 54.1 | 52.8 | 54.7 | 52.5 | 55.0 | 52.3 |      |      |
|    | 54.0 | 54.0 | 54.7 | 52.6 | 55.3 | 52.5 |      |      |
| H7 | 59.1 | 58   | 60.1 | 59.2 | 59.6 | 58.0 |      |      |
|    | 59   | 59.4 | 60.1 | 58.3 | 59.8 | 58.7 |      |      |

70HR

Pulse 74

| R 20° ⊕ L            |                      | R 20° 30 min. L |      |
|----------------------|----------------------|-----------------|------|
| H <sub>0</sub>       |                      | H <sub>0</sub>  |      |
|                      |                      | 23.1            | 23.0 |
|                      |                      | 22.8            | 22.9 |
| H <sub>1</sub>       |                      | H <sub>1</sub>  |      |
| 24.0                 | 23.3                 | 26.5            | 26.8 |
| 23.9                 | 23.2                 | 26.5            | 27.9 |
| H <sub>2</sub>       |                      | H <sub>2</sub>  |      |
| 27.9                 | 27.2                 | 35.9            | 34.5 |
| 27.6                 | 27.0                 | 35.8            | 34.4 |
| H <sub>3</sub>       |                      | H <sub>3</sub>  |      |
| 35.9                 | 35.0                 | 37.0            | 35.6 |
| 36.2                 | 35.1                 | 36.7            | 35.4 |
| H <sub>4</sub>       |                      | H <sub>4</sub>  |      |
| 37.0                 | 36.5                 | 38.1            | 37.4 |
| 36.9                 | 36.5                 | 38.1            | 37.4 |
| H <sub>5</sub>       |                      | H <sub>5</sub>  |      |
| 37.8                 | 38.0                 | 45.1            | 44.0 |
| 37.7                 | 38.1                 | 45.1            | 43.8 |
| H <sub>6</sub>       |                      | H <sub>6</sub>  |      |
| 44.4                 | 44.2                 | 54.2            | 52.4 |
| <del>44.1</del> 44.3 | 44.0                 | 54.2            | 52.0 |
| H <sub>7</sub>       |                      | H <sub>7</sub>  |      |
| <del>52.5</del> 53.5 | <del>52.0</del> 52.6 | 59.0            | 58.4 |
| 53.3                 | 52.6                 | 59.2            | 58.4 |
| H <sub>8</sub>       |                      | H <sub>8</sub>  |      |
| <del>58.5</del> 58.5 | 59.0                 |                 |      |
| 58.4                 | 58.8                 |                 |      |



70HR

80 HR

39 04 2

20° at 60min

Post

Right Leg

Left Leg

Right Leg

Left Leg

H<sub>0</sub> ~~23.0~~ 23.2 23.0  
23.5 22.823.2 23.0  
23.2 22.9

H

H<sub>1</sub> ~~27.0~~ 26.9 27.1  
26.9 27.028.2 27.0  
28.1 26.8H<sub>2</sub> 35.7 34.6  
35.8 34.635.9 34.5  
35.5 34.6H<sub>3</sub> 37.2 36.3  
36.9 36.437.0 36.4  
37.0 36.2H<sub>4</sub> 37.5 37.2  
37.6 37.138.4 38.0  
37.8 38.0  
37.7H<sub>5</sub> 44.5 44.6  
44.2 44.246.4 43.6  
46.2 43.5H<sub>6</sub> 53.5 52.1  
53.7 52.254.7 52.0  
54.6 52.1H<sub>7</sub> 58.1 58.9  
58.4 58.959.1 58.1  
59.1 58.2

Name: Steve ②

Pre Data

Sex: M

Date

VO<sub>2</sub> max 68.9 ml/kg.min

Height: 5' 11"

Clay

Weight: 175

Dr.

pre-pulse:

Girth

air temp: 26.

Ht Abdominal = 22cm

measurements com 1 Ht Thigh = 19cm

Pulse 7 Standing

Immediate lying Pulse: 63

|    | ② 25.4           | ① 24.6               | ② 24.6                 | ① 23.8                 |
|----|------------------|----------------------|------------------------|------------------------|
| H0 | 10.3 25.2        | 24.6<br>30.0<br>30.1 | 24.5 24.4              | 24.0 24.2              |
| H1 | 30.3<br>H+2 31.4 | 30.0<br>30.1         | 31.0 31.2<br>30.8      | 30.5 30.5<br>30.5      |
| H2 | 38.5<br>H+2 38.6 | 38.0<br>38.2         | 38.1 38.1              | 37.6 37.6<br>37.6      |
| H3 | 35.2<br>8-7 35.5 | 35.0<br>35.2         | 37.1 36.5<br>37.7      | 36.1 36.2<br>36.0      |
| H4 | 40.5<br>8-9 40.6 | 41.7<br>41.8         | 41.0 40.7<br>41.4 41.4 | 41.2 41.0<br>41.4 41.4 |
| H5 | 48.6<br>6-1 48.5 | 48.5<br>48.5         | 47.8 48.0<br>47.6      | 48.4 48.4<br>48.4      |
| H6 | 54.2<br>54.1     | 55.6<br>55.2         | 53.6 53.8<br>53.4      | 54.4 54.5<br>54.4      |
| H7 | 55.7<br>56.0     | 55.2<br>56.2         | 55.0 54.9<br>54.8      | 56.2 56.25<br>56.3     |

| Left Right            | Left Right            | L R           |
|-----------------------|-----------------------|---------------|
| ① 10.3 10.1 ② 8.9 9.0 | ① 11.6 11.5 ② 8.6 8.7 | 1 10.20 11.55 |
| ② 11.2 11.2 ③ 8.0 8.0 | ② 12.4 12.4 ③ 8.5 8.6 | 2 11.2 12.4   |
| ③ 11.2 11.2           | ③ 10.5 10.3           | 3 11.2 10.4   |
| ④ 8.1 8.15            | ④ 8.2 8.3             | 4 8.1 8.25    |
| ⑤ 8.9 9.2             | ⑤ 8.3 8.2             | 5 9.1 8.25    |
|                       |                       | 6 8.95 8.65   |
|                       |                       | 7 8. 8.55     |



Pulse: 64

Abdominal

Thigh

Pulse: 67

143

|    | R 0° 30min L |       |       |       | R 20° 30min Initial L |       |      |       |
|----|--------------|-------|-------|-------|-----------------------|-------|------|-------|
| H0 | 24.2         | 24.25 | 23.8  | 23.75 | 24.2                  | 24.2  | 23.8 | 23.9  |
|    | 24.9         | 24.3  |       |       |                       |       | 24.0 |       |
| H1 | 31.5         | 30.9  | 30.95 | 30.0  | 30.2                  | 30.1  | 29.7 | 29.85 |
|    | 31.0         |       |       | 29.9  |                       |       | 29.8 |       |
| H2 | 38.1         | 37.1  | 37.2  | 37.3  | 37.2                  | 36.8  | 37.1 | 36.6  |
|    | 38.1         | 37.3  |       | 37.3  |                       |       | 36.1 |       |
| H3 |              |       | 35.7  | 35.85 | 36.3                  | 36.25 | 36.7 | 36.85 |
|    |              |       | 36.0  |       | 36.2                  |       | 37.0 |       |
|    | 37.7         | 37.6  |       |       |                       |       |      |       |
|    | 37.5         |       | 40.6  |       | 39.5                  | 39.6  | 41.6 |       |
| H4 | 39.9         | 40    | 40.6  | 40.65 | 39.7                  |       | 41.6 | 41.6  |
|    | 40.1         |       | 40.7  |       |                       |       |      |       |
| H5 | 47.5         | 47.5  | 47.8  | 47.7  | 47.2                  | 47.25 | 47.7 | 47.6  |
|    | 47.5         |       | 47.6  |       | 47.3                  |       | 47.5 |       |
| H6 | 53.8         | 53.6  | 53.5  | 53.6  | 53.4                  | 53.45 | 54.3 | 54    |
|    | 53.4         |       | 53.7  |       | 53.5                  |       | 53.7 |       |
| H7 | 55.6         | 55.5  | 55.0  | 55.15 | 55.7                  | 55.65 | 55.1 | 55.35 |
|    | 55.4         |       | 55.3  |       | 55.6                  |       | 55.6 |       |

Pulse: 65

20° 30 minutes  
Immediately

Pulse: 64

20° 30 minutes  
Stop

|                | (R)                  | (L)                  |  | (R)                  | (L)                        |
|----------------|----------------------|----------------------|--|----------------------|----------------------------|
| H <sub>0</sub> | 23.8 / 23.8<br>23.8  | 23.7 / 23.8<br>23.75 |  | 24.1 / 24<br>24.15   | 24.1 / 24<br>24.05         |
| H <sub>1</sub> | 30.15 / 30.2<br>30.1 | 30.6 / 30.7<br>30.65 |  | 30.1 / 30.2<br>30.15 | 30.1 / 29.8<br>29.95       |
| H <sub>2</sub> | 37.35 / 37.3<br>37.4 | 37.4 / 37.2<br>37.3  |  | 37.1 / 37.1<br>37.1  | 36.8 / 36.7<br>36.75       |
| H <sub>3</sub> | 35.95 / 35.9<br>36.0 | 36.9 / 36.7<br>36.8  |  | 35.3 / 36.1<br>35.7  | 36.5 / 36.5<br>40.5        |
| H <sub>4</sub> | 39.8 / 39.7<br>39.9  | 40.8 / 40.5<br>40.65 |  | 40.1 / 39.1<br>39.6  | 39.8 / 40.5<br>40.2        |
| H <sub>5</sub> | 47 / 49.9            | 47.2 / 47.5<br>47.35 |  | 46.4 / 46.4<br>46.4  | 53.5 / 45.1<br>45.3 / 45.2 |
| H <sub>6</sub> | 53.6 / 53.6<br>53.6  | 53.4 / 53.6<br>53.5  |  | 53 / 53.1<br>53.05   | 53.5 / 53.6<br>53.55       |
| H <sub>7</sub> | 55.95 / 55.7<br>55.8 | 55.1 / 55.2<br>55.15 |  | 55 / 55.1<br>55.05   | 55 / 55<br>55              |



Pulse 72 immediate Post Tilt

|                | ②                     | ①            | ②     |
|----------------|-----------------------|--------------|-------|
| H <sub>0</sub> | 23.9<br>23.45<br>24   | 24<br>23.8   | 23.9  |
| H <sub>1</sub> | 30.4<br>30.45<br>30.5 | 30.8<br>31   | 30.9  |
| H <sub>2</sub> | 36.9<br>36.95<br>37   | 37.2<br>37.3 | 37.25 |
| H <sub>3</sub> | 35.6<br>35.6<br>35.4  | 36.1<br>36.2 | 36.15 |
| H <sub>4</sub> | 40.5<br>40.55<br>40.4 | 39.7<br>40   | 39.85 |
| H <sub>5</sub> | 46.8<br>47.05<br>47.3 | 47.7<br>47.5 | 47.6  |
| H <sub>6</sub> | 52.8<br>52.9<br>53    | 53.9<br>53.8 | 53.75 |
| H <sub>7</sub> | 55.2<br>55.15<br>55.1 | 55.9<br>55.8 | 55.75 |

Ht:  
Wt: 170

NAME: Jason Dahl  
M

149

H<sup>0</sup>

L

H<sup>1</sup> 10.3 10.4

10.4 10.5

H<sup>2</sup> 10.4 10.4

9.6 9.7

H<sup>3</sup> 10.9 11.0

9.4 9.4

H<sup>4</sup> 12.2 12.2

10.2 10.1

H<sup>5</sup> 8.0 8.0

7.9 7.9

H<sup>6</sup> 9.0 8.9

6.4 10.4

H<sup>7</sup> 8.0 8.3

10.2 10.2



Jason  
standing

pulse = 55  
Immediate Lying

51

4

|                | ⑧    |      | ⑨    |      | ⑩    |      | ⑪                       |      |
|----------------|------|------|------|------|------|------|-------------------------|------|
| C <sup>8</sup> | 53.1 | 53.1 | 54.8 | 55.0 | 53.8 | 53.8 | 54.0                    | 54.2 |
| C <sup>7</sup> | 49.1 | 49.0 | 48.4 | 48.7 | 48.6 | 48.9 | 49.7                    | 50.1 |
| C <sup>6</sup> | 42.9 | 42.6 | 41.1 | 40.8 | 42.8 | 42.4 | 41.4                    | 40.9 |
| C <sup>5</sup> | 34.8 | 34.7 | 32.4 | 33.0 | 35.6 | 35.3 | 33.9                    | 33.8 |
| C <sup>4</sup> | 26.1 | 26.3 | 27.0 | 27.0 | 27.1 | 27.1 | 27.6                    | 27.4 |
| C <sup>3</sup> | 30.4 | 30.4 | 30.7 | 30.7 | 29.9 | 29.9 | 30.5<br><del>29.5</del> | 30.7 |
| C <sup>2</sup> | 20.7 | 21.0 | 21.1 | 21.3 | 20.1 | 20.1 | 22.3                    | 21.7 |
| C <sup>1</sup> | 15.8 | 16.1 | 16.6 | 16.8 | 15.5 | 15.5 | 15.5                    | 15.5 |

pulse = 53

Lying 30 min. 0°

(R)

(L)

|    |                 |      |      |      |
|----|-----------------|------|------|------|
| C8 | 53.5            | 53.7 | 54.2 | 54.1 |
| C7 | 51.3            | 50.9 | 49.5 | 49.4 |
| C6 | <del>43.8</del> | 44.1 | 41   | 40.9 |
| C5 | 35.9            | 36   | 33.7 | 33.8 |
| C4 | 27.5            | 27.8 | 27.4 | 27.5 |
| C3 | 29.9            | 29.9 | 30.9 | 30.8 |
| C2 | <del>22.9</del> | 22.8 | 22.5 | 22.5 |
| C1 | 14.5            | 14.6 | 15.6 | 15.9 |

Immediate 20°

pulse = 55

53

(R)

(L)

|                 |      |                 |      |
|-----------------|------|-----------------|------|
| 55.1            | 55.5 | 56.8            | 56.5 |
| 50.8            | 50.7 | <del>50.1</del> | 50.5 |
| 44.2            | 44.1 | 41.4            | 41   |
| 36              | 35.9 | 33.4            | 33.3 |
| 27.1            | 27.3 | 27              | 27.3 |
| 29.8            | 30   | 30.8            | 30.7 |
| 21.5            | 21.7 | <del>22.2</del> | 22.1 |
| <del>14.5</del> | 14.5 | 15.3            | 15.6 |



20° pulse = 58  
(30 min.)

Ⓜ

Ⓛ

|                |                         |                         |      |      |
|----------------|-------------------------|-------------------------|------|------|
| C <sup>8</sup> | 55.1                    | 55.2                    | 56.2 | 56.1 |
| C <sup>7</sup> | <del>50.8</del><br>50.4 |                         | 49.5 | 49.4 |
| C <sup>6</sup> | 44.2                    | 43.9                    | 42.3 | 42.4 |
| C <sup>5</sup> | 36.0                    | <del>35.8</del><br>35.8 | 33.8 | 33.9 |
| C <sup>4</sup> | <del>27.1</del><br>27.3 |                         | 27.2 | 27.2 |
| C <sup>3</sup> | 29.3                    | 29.6                    | 30.5 | 30.1 |
| C <sup>2</sup> | 22.3                    | 21.9                    | 22.8 | 22.8 |
| C <sup>1</sup> | 14.8                    | <del>14.9</del><br>14.9 | 15.2 | 15.4 |

bottom ↑

20° pulse = ?  
(60 min.)

Ⓜ

Ⓛ

|                         |      |      |      |
|-------------------------|------|------|------|
| 56.0                    | 56.2 | 56.2 | 56.2 |
| 51.8                    | 51.2 | 49.4 | 49.6 |
| 44.1                    | 44.2 | 42   | 41.9 |
| 36.2                    | 36.9 | 33.9 | 33.8 |
| 27.3                    | 27.6 | 27.5 | 27.4 |
| 29.8                    | 29.6 | 29.9 | 29.8 |
| <del>22.2</del>         | 21.9 | 22.3 | 21.8 |
| <del>14.2</del><br>14.2 | 14.4 | 15   | 15.2 |

[55]

④

MARK SATHER . ~~5~~

157

5

WGT. 170

Hgt. 75 inches.

| Knee                       |  |  | Standing       |            |
|----------------------------|--|--|----------------|------------|
| 12.0                       |  |  |                |            |
| Ankle                      |  |  |                |            |
| 12.1                       |  |  |                |            |
| 14. 11.3, 11.3             |  |  | Verticle Right | V- Left    |
|                            |  |  | 23.1, 23.0     | 22.2, 22.2 |
| 12.1, 12.1                 |  |  | 28.9, 28.9     | 28.7, 28.8 |
| 7.3, 7.4                   |  |  | 37.9, 37.8     | 37.5, 37.4 |
| 7.8, 7.8                   |  |  | 35.5, 35.4     | 34.6, 34.8 |
| 7.9, 7.8 9.2, 9.2 7.9, 8.0 |  |  | 39.6, 39.8     | 39.2, 39.1 |
| 7.9, 7.8 8.6, 8.5          |  |  | 47.0, 46.9     | 46.9, 46.8 |
|                            |  |  | 56.0, 55.8     | 54.7, 54.9 |
| Right leg                  |  |  | 58.4, 58.5     | 58.7, 58.8 |
| Left leg                   |  |  |                |            |

| HR 58            |            | 30 min lying 0° |            | 30 min retest lying 0° |            |
|------------------|------------|-----------------|------------|------------------------|------------|
| Initial lying 0° |            |                 |            |                        |            |
| (R)              | (L)        | (R)             | (L)        | (R)                    | (L)        |
| 58.7, 58.6       | 57.2, 58.9 | 58.5, 58.7      | 58.7, 58.6 | 58.6, 58.5             | 58.6, 58.6 |
|                  |            | 56.0, 55.9      | 54.2, 54.5 | 56.3, 55.9             | 54.0, 53.9 |
| 56.3, 56.5       | 54.0, 54.0 | 46.7, 46.5      | 45.6, 45.8 | 46.0, 46.2             | 46.1, 46.1 |
|                  |            | 38.6, 38.5      | 38.1, 38.0 | 38.9, 38.7             | 37.8, 37.7 |
| 47.2, 47.1       | 46.1, 46.2 | 35.8, 36.1      | 36.2, 36.3 | 35.8, 36.2             | 35.7, 35.8 |
| 39.2, 39.3       | 38.5, 38.7 | 37.5, 37.6      | 36.9, 37.1 | 37.2, 37.3             | 36.2, 36.4 |
| 36.9, 37.3       | 35.5, 35.7 | 28.5, 28.4      | 27.5, 27.6 | 28.0, 28.2             | 27.4, 27.5 |
| 38.0, 37.9       | 37.4, 37.6 | 22.8, 22.8      | 21.6, 22.0 | 23.0, 22.8             | 22.1, 21.9 |
| 28.2, 28.1       | 28.0, 28.0 |                 |            |                        |            |
| 22.6, 22.5       | 21.0, 22.3 |                 |            |                        |            |



0 min

Initial tilt

30 min

20° Tilt Right

Left leg

20° (R)

(L)

|     |                |            |            |                |            |                                       |
|-----|----------------|------------|------------|----------------|------------|---------------------------------------|
| H/P | C <sub>8</sub> | 58.8, 58.7 | 58.3, 58.1 | C <sub>8</sub> | 58.4, 58.4 | 58.5, 58.6                            |
|     | C <sub>7</sub> | 54.6, 54.8 | 54.2, 53.7 | C <sub>7</sub> | 54.9, 55.0 | 53.2, 53.4                            |
|     | C <sub>6</sub> | 45.7, 46.1 | 45.8, 45.9 | C <sub>6</sub> | 46.0, 45.9 | 45.6, 45.4                            |
|     | C <sub>5</sub> | 38.3, 38.3 | 37.2, 37.2 | C <sub>5</sub> | 38.1, 37.9 | 37.6, 37.6                            |
|     | C <sub>4</sub> | 35.8, 35.5 | 36.0, 35.8 | C <sub>4</sub> | 35.6, 35.4 | 35.9, 35.7                            |
|     | C <sub>3</sub> | 37.2, 37.1 | 37.0, 37.0 | C <sub>3</sub> | 37.4, 37.2 | 36.9, <sup>37.1</sup> <del>38.0</del> |
|     | C <sub>2</sub> | 28.2, 28.4 | 27.3, 27.4 | C <sub>2</sub> | 27.6, 27.7 | 27.6, 27.4                            |
|     | C <sub>1</sub> | 22.7, 22.5 | 21.9, 22.0 | C <sub>1</sub> | 22.5, 22.4 | 21.7, 21.5                            |

60 min

Post tilt 0°

20° (R)

(L)

0° (R)

(L)

|                |            |            |                |                                        |            |
|----------------|------------|------------|----------------|----------------------------------------|------------|
| C <sub>8</sub> | 58.8, 58.8 | 58.5, 58.6 | C <sub>8</sub> | 58.8, 58.8                             | 58.5, 58.4 |
| C <sub>7</sub> | 55.5, 55.6 | 53.9, 53.7 | C <sub>7</sub> | 55.4, 55.3                             | 53.6, 53.6 |
| C <sub>6</sub> | 45.6, 45.7 | 45.9, 45.3 | C <sub>6</sub> | 46.2, 46.2                             | 45.8, 45.7 |
| C <sub>5</sub> | 38.1, 38.3 | 37.2, 37.4 | C <sub>5</sub> | 38.3, 38.2                             | 37.6, 37.5 |
| C <sub>4</sub> | 35.4, 35.7 | 35.9, 36.0 | C <sub>4</sub> | 35.5, 35.7                             | 35.7, 35.8 |
| C <sub>3</sub> | 37.1, 37.2 | 36.5, 36.6 | C <sub>3</sub> | 36.9, 36.9                             | 36.8, 36.6 |
| C <sub>2</sub> | 27.8, 27.9 | 27.2, 27.1 | C <sub>2</sub> | <sup>28.1</sup> <del>28.0</del> , 28.0 | 27.1, 27.2 |
| C <sub>1</sub> | 22.5, 22.4 | 21.6, 21.5 | C <sub>1</sub> | 22.1, 22.0                             | 21.9, 21.7 |

Wasmund

20°

HR: 70

20°?

| standing       |              | Left leg |       | Immediate      |               | 0°    |       |
|----------------|--------------|----------|-------|----------------|---------------|-------|-------|
| Right leg      |              |          |       |                |               |       |       |
| H <sub>1</sub> | 25.5 / 25.45 | 25.4     | 25.4  | H <sub>1</sub> | 25.35 / 25.4  | 24.5  | 24.4  |
| H <sub>2</sub> | 30.25 / 30.3 | 29.2     | 29.1  | H <sub>2</sub> | 29.5 / 29.45  | 28.8  | 28.8  |
| H <sub>3</sub> | 39.5 / 39.15 | 38.7     | 38.8  | H <sub>3</sub> | 39.0 / 39.0   | 38.2  | 38.3  |
| H <sub>4</sub> | 35.3 / 35.2  | 39.0     | 34.8  | H <sub>4</sub> | 35.25 / 35.3  | 35.1  | 35.1  |
| H <sub>5</sub> | 41.8 / 41.75 | 40.85    | 40.7  | H <sub>5</sub> | 40.15 / 40.3  | 39.8  | 39.7  |
| H <sub>6</sub> | 46.8 / 46.7  | 48.1     | 48.15 | H <sub>6</sub> | 46.15 / 46.1  | 47.4  | 47.4  |
| H <sub>7</sub> | 54.1 / 53.9  | 55.1     | 55.6  | H <sub>7</sub> | 53.85 / 53.75 | 54.35 | 54.3  |
| H <sub>8</sub> | 56.3 / 56.6  | 56.2     | 56.3  | H <sub>8</sub> | 56.2 / 56.15  | 56.6  | 56.55 |

H<sub>8</sub>

30° I

30min - 0° HR

HR 67 60min - I

|                | RL           | LL           |  | RL          | LL           |
|----------------|--------------|--------------|--|-------------|--------------|
| H <sub>1</sub> | 25.1 / 25.2  | 24.6 / 24.7  |  | 24.9 / 25.0 | 24.3 / 24.1  |
| H <sub>2</sub> | 29.8 / 29.75 | 28.8 / 28.8  |  | 29.3 / 29.2 | 27.7 / 27.8  |
| H <sub>3</sub> | 38.8 / 38.75 | 38.1 / 38.2  |  | 38.0 / 38.1 | 37.25 / 37.3 |
| H <sub>4</sub> | 36.6 / 36.7  | 35.1 / 35.2  |  | 35.6 / 35.6 | 34.2 / 34.2  |
| H <sub>5</sub> | 39.9 / 39.8  | 39.6 / 39.65 |  | 39.3 / 39.2 | 38.6 / 38.65 |
| H <sub>6</sub> | 47.1 / 47.2  | 47.3 / 47.4  |  | 46.7 / 46.5 | 46.5 / 46.5  |
| H <sub>7</sub> | 53.9 / 53.85 | 54.3 / 54.3  |  | 53.4 / 53.5 | 54.7 / 54.9  |
| H <sub>8</sub> | 56.0 / 56.1  | 56.1 / 56.2  |  | 56.8 / 56.9 | 56.6 / 56.6  |

RL 30° 30min LL

HR

RL 30° LL 60min

|                |             |              |       |             |             |
|----------------|-------------|--------------|-------|-------------|-------------|
| H <sub>1</sub> | 24.5 / 24.5 | 24.4 / 24.1  | 10-69 | 25.6 / 25.6 | 24.1 / 23.9 |
| H <sub>2</sub> | 29.6 / 29.5 | 28.2 / 28.2  | 20-64 | 29.3 / 29.2 | 27.8 / 27.9 |
| H <sub>3</sub> | 38.5 / 38.4 | 37.2 / 37.25 | 30-65 | 38.3 / 38.2 | 37.1 / 37.0 |
| H <sub>4</sub> | 35.3 / 35.1 | 34.4 / 34.4  | 40-65 | 35.2 / 35.3 | 34.4 / 34.5 |
| H <sub>5</sub> | 39.4 / 39.4 | 38.6 / 38.5  | 50-61 | 38.2 / 38.6 | 38.8 / 38.6 |
| H <sub>6</sub> | 47.1 / 47.1 | 47.5 / 47.9  | 60-67 | 46.5 / 46.4 | 46.7 / 46.5 |
| H <sub>7</sub> | 53.4 / 53.2 | 54.4 / 54.2  |       | 53.2 / 53.2 | 53.3 / 53.4 |
| H <sub>8</sub> | 56.5 / 56.5 | 56.9 / 56.7  |       | 57.0 / 57.1 | 56.8 / 56.8 |



IMMEDIATE  
Post testing after 1hr at 30°

68

6

|   | RL          | LL           |
|---|-------------|--------------|
| 1 | 24.2 / 24.5 | 24.3 / 24.2  |
| 2 | 29.5 / 29.4 | 29.1 / 29.2  |
| 3 | 37.9 / 38.0 | 37.1 / 37.2  |
| 4 | 35.9 / 35.6 | 34.3 / 34.3  |
| 5 | 39.1 / 39.5 | 39.5 / 39.5  |
| 6 | 47.2 / 47.0 | 46.8 / 47.0  |
| 7 | 53.3 / 53.3 | 53.6 / 53.7  |
| 8 | 56.1 / 56.2 | 56.1 / 56.15 |

Tony  
AR: 9

Standing  
RL 0 LL

|     |             |             |
|-----|-------------|-------------|
| 1.) | 23.4 / 23.3 | 23.3 / 23.4 |
| 2.) | 29.2 / 29.1 | 29.0 / 28.9 |
| 3.) | 36.3 / 36.4 | 35.5 / 35.5 |
| 4.) | 38.4 / 38.5 | 35.5 / 35.8 |
| 5.) | 39.8 / 39.7 | 39.1 / 39.9 |
| 6.) | 42.6 / 42.4 | 45.3 / 45.3 |
| 7.) | 56.6 / 56.5 | 55.1 / 55.0 |
| 8.) | 59.8 / 59.7 | 59.4 / 59.6 |

AR: 67

Lying 0° - Immediately

| RL          | LL          |
|-------------|-------------|
| 22.9 / 22.9 | 22.6 / 22.6 |
| 29.9 / 29.8 | 29.0 / 28.8 |
| 36.9 / 37.0 | 35.6 / 35.5 |
| 38.6 / 38.4 | 36.6 / 37.9 |
| 39.3 / 39.2 | 37.7 / 38.2 |
| 46.5 / 46.4 | 48.2 / 45.1 |
| 55.1 / 54.9 | 54.6 / 54.9 |
| 60.1 / 60.2 | 60.1 / 60.3 |

HR: 78

Lying = 30 min 0°

| RL            | LL          |
|---------------|-------------|
| 1 23.0 / 22.9 | 22.5 / 22.6 |
| 2 29.9 / 29.8 | 28.0 / 28.0 |
| 3 36.7 / 36.7 | 35.4 / 35.4 |
| 4 38.2 / 38.1 | 36.8 / 37.0 |
| 5 39.1 / 39.0 | 38.4 / 38.2 |
| 6 46.8 / 46.7 | 45.8 / 45.7 |
| 7 55.2 / 55.2 | 53.8 / 53.7 |
| 8 60.2 / 60.4 | 60.0 / 59.9 |

RL

1

2

3

4

HR: 68

30° Immediate

| RL          | LL          |
|-------------|-------------|
| 22.8 / 22.8 | 22.4 / 22.4 |
| 29.6 / 29.7 | 27.7 / 27.6 |
| 36.1 / 36.2 | 34.6 / 34.6 |
| 37.9 / 37.9 | 36.6 / 36.7 |
| 38.7 / 38.6 | 37.8 / 37.6 |
| 46.9 / 46.8 | 45.0 / 45.0 |
| 55.5 / 55.6 | 53.8 / 53.7 |
| 61.0 / 61.1 | 60.8 / 60.7 |



60 min ①

AR: 74

30 min

HR: 69

RL

LL

RL

LL

|   |             |                        |   |             |             |
|---|-------------|------------------------|---|-------------|-------------|
| 1 | 22.4 / 22.4 | 22.5 / 22.4            | ① | 22.9 / 22.9 | 22.1 / 22.0 |
| 2 | 29.5 / 29.4 | 27.7 / 27.6            | ② | 28.6 / 28.6 | 27.6 / 27.7 |
| 3 | 35.6 / 35.4 | 34.2 / 34.3            | ③ | 37.2 / 37.1 | 34.9 / 34.8 |
| 4 | 38.0 / 37.9 | 36.5 / 36.7            | ④ | 38.2 / 38.2 | 36.7 / 36.6 |
| 5 | 38.9 / 39.0 | 37.4 / 37.5            | ⑤ | 38.4 / 38.3 | 37.5 / 37.4 |
| 6 | 46.8 / 46.7 | <del>45.1</del> / 45.0 | ⑥ | 46.8 / 46.9 | 45.3 / 45.4 |
| 7 | 56.5 / 56.4 | 53.5 / 53.5            | ⑦ | 56.6 / 56.6 | 54.6 / 54.4 |
| 8 | 61.8 / 61.8 | 60.5 / 60.6            | ⑧ | 62.0 / 62.0 | 61.0 / 61.1 |

Immediate RL

0°

LL

|   |                        |             |
|---|------------------------|-------------|
| ① | 22.9 / 22.8            | 22.4 / 22.3 |
| ② | 29.9 / 30.0            | 27.8 / 27.7 |
| ③ | 36.2 / 36.1            | 35.2 / 35.2 |
| ④ | 38.2 / 38.1            | 36.7 / 36.8 |
| ⑤ | 38.6 / 38.5            | 38.0 / 38.1 |
| ⑥ | <del>46.5</del> / 46.6 | 45.6 / 45.6 |
| ⑦ | 55.4 / 55.3            | 53.8 / 53.6 |
| ⑧ | 61.4 / 61.3            | 60.5 / 60.3 |

HR: 63 Post

At Knee

Name: Jason Dahl

Wt: 170 lbs

| Standing   |     | pulse 52   |            | Immediate lying 0° |            | pulse 58   |     | 30 min lying 0° |     |
|------------|-----|------------|------------|--------------------|------------|------------|-----|-----------------|-----|
| (L)        | (R) | (L)        | (R)        | (L)                | (R)        | (L)        | (R) | (L)             | (R) |
| 22.7, 22.8 | C-0 | 22.4, 22.6 | 22.6, 22.5 | C-0                | 22.1, 22.1 | 22.6, 22.5 | C-0 | 21.9, 21.9      |     |
| 27.9, 27.5 | C-1 | 27.6, 27.7 | 30.4, 30.3 | C-1                | 28.8, 28.9 | 29.4, 29.2 | C-1 | 28.2, 28.0      |     |
| 37.4, 37.3 | C-2 | 37.2, 37.3 | 39.3, 39.2 | C-2                | 37.6, 37.4 | 37.7, 37.8 | C-2 | 37.0, 36.9      |     |
| 33.6, 33.6 | C-3 | 33.3, 33.2 | 34.5, 34.5 | C-3                | 34.1, 34.2 | 34.2, 34.1 | C-3 | 33.8, 33.9      |     |
| 40.7, 40.0 | C-4 | 41.6, 41.7 | 39.7, 39.8 | C-4                | 41.2, 41.3 | 39.8, 39.8 | C-4 | 42.6, 42.5      |     |
| 47.6, 47.5 | C-5 | 49.7, 49.8 | 47.9, 47.7 | C-5                | 50.4, 50.3 | 48.1, 48.3 | C-5 | 51.1, 51.1      |     |
| 57.1, 57.2 | C-6 | 56.7, 56.7 | 57.6, 57.7 | C-6                | 57.6, 57.5 | 56.5, 56.6 | C-6 | 57.4, 57.6      |     |
| 60.7, 60.9 | C-7 | 60.2, 60.9 | 61.6, 61.8 | C-7                | 60.7, 60.5 | 60.7, 60.8 | C-7 | 60.3, 60.5      |     |

| Immediate tilt 20° |     | pulse 50   |            | 30 min tilt 20° |            | pulse 52   |     | 60 min tilt 20° |     | pulse 61 |     |
|--------------------|-----|------------|------------|-----------------|------------|------------|-----|-----------------|-----|----------|-----|
| (L)                | (R) | (L)        | (R)        | (L)             | (R)        | (L)        | (R) | (L)             | (R) | (L)      | (R) |
| 22.6, 22.7         | C   | 22.0, 22.0 | 22.4, 22.3 | C               | 22.2, 22.0 | 22.4, 22.3 | C   | 21.9, 22.0      |     |          |     |
| 28.7, 28.8         | 1   | 27.2, 27.3 | 29.8, 29.8 | 1               | 27.4, 27.5 | 30.2, 30.3 | 1   | 27.1, 27.0      |     |          |     |
| 37.7, 37.8         | 2   | 36.6, 36.7 | 37.4, 37.6 | 2               | 36.4, 36.5 | 37.2, 37.3 | 2   | 36.3, 36.5      |     |          |     |
| 34.1, 34.2         | 3   | 33.6, 33.7 | 34.1, 34.0 | 3               | 33.3, 33.5 | 34.1, 34.1 | 3   | 33.7, 33.8      |     |          |     |
| 39.7, 39.8         | 4   | 42.1, 42.2 | 39.9, 40.0 | 4               | 41.7, 41.8 | 39.6, 39.7 | 4   | 41.3, 41.4      |     |          |     |
| 48.1, 48.0         | 5   | 51.6, 51.4 | 47.3, 47.1 | 5               | 50.6, 50.7 | 47.6, 47.8 | 5   | 50.2, 50.1      |     |          |     |
| 52.2, 57.3         | 6   | 58.0, 58.2 | 56.7, 56.9 | 6               | 57.2, 57.4 | 57.0, 56.8 | 6   | 56.4, 56.5      |     |          |     |
| 62.4, 62.3         | 7   | 62.0, 61.8 | 62.4, 62.4 | 7               | 60.5, 60.6 | 61.8, 62.0 | 7   | 61.1, 61.2      |     |          |     |



Ⓛ immediate post tilt 0° Ⓚ

22.2, 22.3 C-0 22.0, 22.1

29.2, 29.2 C-1 27.4, 27.4

36.9, 37.0 C-2 36.3, 36.5

34.2, 34.3 C-3 34.8, 34.9

39.6, 40.0 C-4 41.5, 41.7

47.9, 47.6 C-5 50.0, 49.9

56.7, 56.4 C-6 56.7, 56.9

62.4, 62.6 C-7 60.3, 60.5

30°

5

Muller

Sather

| (L) Standing (R)        |      | (L) Immediate Lying (R) |      | (L) Lying (30 min.) (R) |      |
|-------------------------|------|-------------------------|------|-------------------------|------|
| C <sup>B</sup>          | 57.2 | 57.5                    | 57.1 | 57.8 <del>22.8</del>    | 57.8 |
| C                       | 57.2 | 57.5                    | 57.1 | 57.8 <del>22.7</del>    | 58.0 |
|                         | 53.8 | 54.8                    | 53.4 | 54.6 <del>22.5</del>    | 54.6 |
| C <sup>7</sup>          | 53.9 | 54.8                    | 53.4 | 54.7 <del>22.6</del>    | 54.5 |
|                         | 46.1 | 47.0                    | 45.7 | 46.0 <del>37.5</del>    | 46.8 |
| C <sup>6</sup>          | 46.0 | 47.0                    | 45.6 | 46.2 <del>37.4</del>    | 47.0 |
|                         | 38.5 | 39.5                    | 37.4 | 38.4 <del>37.6</del>    | 38.8 |
| C <sup>5</sup>          | 38.5 | 39.4                    | 37.5 | 38.3 <del>24.5</del>    | 38.8 |
|                         | 33.3 | 33.7                    | 34.2 | 34.6 <del>38.4</del>    | 34.7 |
| C <sup>4</sup>          | 33.4 | 33.6                    | 34.2 | 34.5 <del>38.3</del>    | 34.6 |
|                         | 36.6 | 36.8                    | 36.9 | 37.5 <del>46.0</del>    | 37.1 |
| C <sup>3</sup>          | 36.5 | 37.0                    | 37.0 | 37.4 <del>46.2</del>    | 37.0 |
|                         | 28.2 | 28.6                    | 28.2 | 28.5 <del>54.9</del>    | 30.1 |
| C <sup>2</sup>          | 28.0 | 28.5                    | 28.5 | 28.6 <del>54.7</del>    | 29.9 |
|                         | 22.4 | 23.1                    | 22.1 | 22.6 <del>62.8</del>    | 22.9 |
| C <sup>1</sup>          | 22.3 | 23.2                    | 22.3 | 22.7 <del>57.8</del>    | 22.9 |
| (L) Immediate (30°) (R) |      | (L) 30° (30 min.) (R)   |      | (L) 30° (60 min.) (R)   |      |
| C <sup>B</sup>          | 58.3 | 58.4 <del>58.4</del>    | 58.2 | 58.7                    | 58.8 |
| C                       | 58.4 | 58.5                    | 58.4 | 58.5                    | 59.6 |
|                         | 53.5 | 55.2                    | 53.4 | 55.1                    | 55.5 |
| C <sup>7</sup>          | 53.6 | 55.2                    | 53.6 | 55.1                    | 55.6 |
|                         | 45.5 | 46.4                    | 45.5 | 46.5 <del>46.2</del>    | 46.6 |
| C <sup>6</sup>          | 45.4 | 46.4                    | 45.6 | 46.4                    | 46.5 |
|                         | 37.3 | 37.9                    | 37.3 | 38.1                    | 38.1 |
| C <sup>5</sup>          | 37.5 | 37.8                    | 37.2 | 38.1                    | 38.1 |
|                         | 34.2 | 34.3                    | 34.1 | 34.1                    | 34.4 |
| C <sup>4</sup>          | 34.4 | 34.1                    | 34.0 | 34.2                    | 34.5 |
|                         | 36.6 | 37.3                    | 36.1 | 36.5                    | 36.9 |
| C <sup>3</sup>          | 36.6 | 37.2                    | 36.3 | 36.6                    | 36.8 |
|                         | 29.1 | 28.5                    | 28.2 | 27.7                    | 28.0 |
| C <sup>2</sup>          | 28.9 | 28.5                    | 28.3 | 27.5                    | 28.1 |
|                         | 22.3 | 23.1                    | 21.8 | 23.0                    | 23.8 |
| C <sup>1</sup>          | 22.4 | 23.2                    | 21.8 | 22.9                    | 23.8 |



Sather cont.



| Post<br>Tilt   |      | Ⓟ    |
|----------------|------|------|
| Ⓛ              | ↘    |      |
| Ⓛ <sup>8</sup> | 58.0 | 57.9 |
| Ⓛ              | 58.1 | 58.2 |
| Ⓛ <sup>7</sup> | 53.4 | 54.8 |
| Ⓛ              | 53.5 | 54.7 |
| Ⓛ <sup>6</sup> | 45.4 | 46.6 |
| Ⓛ              | 45.6 | 46.4 |
| Ⓛ <sup>5</sup> | 37.5 | 38.1 |
|                | 37.8 | 38.2 |
| Ⓛ <sup>4</sup> | 34.4 | 34.6 |
| Ⓛ              | 34.5 | 34.7 |
| Ⓛ <sup>3</sup> | 36.3 | 37.0 |
|                | 36.4 | 37.1 |
| Ⓛ <sup>2</sup> | 28.9 | 28.6 |
|                | 28.8 | 28.6 |
| Ⓛ <sup>1</sup> | 21.9 | 22.4 |
|                | 21.8 | 22.6 |

Name: Jason Dahl

30° HDT

| Initial Standing |                        | Initial Lying |            | 30 min 0°  |            |
|------------------|------------------------|---------------|------------|------------|------------|
| (R)              | (L)                    | (R) 0 min     | (L) 0°     | (R)        | (L)        |
| 22.3, 22.4       | 23.0, 23.1             | 22.0, 22.0    | 22.5, 22.4 | 21.8, 22.0 | 22.6, 22.5 |
| 27.7, 27.6       | 28.0, 28.0             | 27.6, 27.6    | 28.8, 28.9 | 28.0, 27.9 | 29.1, 29.1 |
| 37.3, 37.3       | 37.7, 37.8             | 37.2, 37.1    | 37.5, 37.5 | 37.0, 36.8 | 37.6, 37.7 |
| 32.9, 33.0       | 33.8, 34.0             | 34.0, 33.9    | 34.6, 34.7 | 33.8, 33.9 | 34.4, 34.5 |
| 41.2, 41.3       | <del>40.3</del> , 40.9 | 41.4, 41.3    | 40.1, 40.2 | 41.6, 41.6 | 39.6, 39.6 |
| 49.6, 49.7       | 47.0, 46.9             | 49.7, 49.8    | 47.4, 47.5 | 49.8, 49.9 | 47.4, 47.5 |
| 55.8, 55.9       | 56.2, 56.2             | 56.7, 56.7    | 56.6, 56.8 | 55.4, 55.6 | 56.8, 56.7 |
| 57.7, 59.9       | 61.7, 61.9             | 60.8, 61.1    | 61.3, 61.5 | 60.4, 60.4 | 60.5, 60.7 |

| 30° initial |            | 30° 30 min |            | 30° 60 min |            |
|-------------|------------|------------|------------|------------|------------|
| (R)         | (L)        | (R)        | (L)        | (R)        | (L)        |
| 21.7, 21.8  | 22.5, 22.6 | 21.8, 21.9 | 22.6, 22.5 | 21.7, 21.8 | 22.3, 22.2 |
| 27.3, 27.3  | 28.6, 28.7 | 27.6, 27.7 | 28.6, 28.7 | 27.6, 27.7 | 28.2, 28.3 |
| 36.5, 36.6  | 37.5, 37.6 | 36.5, 36.7 | 37.8, 37.6 | 36.3, 36.2 | 37.1, 37.1 |
| 33.4, 33.6  | 34.0, 34.2 | 33.6, 33.7 | 34.2, 34.3 | 33.6, 33.5 | 34.1, 34.0 |
| 41.5, 41.6  | 39.5, 39.7 | 42.1, 42.0 | 39.8, 39.9 | 41.5, 41.4 | 40.0, 40.0 |
| 50.0, 49.8  | 48.3, 48.4 | 50.4, 50.4 | 47.6, 47.1 | 50.4, 50.4 | 47.2, 47.1 |
| 57.1, 57.15 | 57.5, 57.6 | 57.2, 57.4 | 57.2, 57.4 | 56.9, 57.0 | 56.9, 57.0 |
| 61.3, 61.5  | 62.6, 62.7 | 60.8, 60.9 | 62.9, 63.0 | 61.4, 61.3 | 61.9, 62.0 |





9

30° HOT

Wind from T. 10 mph

0° Post - 4.11

②

③

21.9, 21.9

22.3, 22.3

27.3, 27.4

28.8, 28.9

36.4, 36.5

37.2, 37.3

34.1, 34.2

34.3, 34.4

42.2, 42.3

40.3, 40.5

50.4, 50.3

47.1, 47.3

56.2, 56.2

56.6, 56.6

60.5, 60.6

62.0, 62.1

3.07, 3.07

3.22, 3.22

2.55, 2.55

2.14, 2.14

2.54, 2.54

2.14, 2.14

2.02, 2.02

2.02, 2.02

2.02, 2.02

2.02, 2.02

30° HOT

30° HOT

30° HOT

①

②

③

④

⑤

⑥

5.55, 5.55

4.12, 4.12

2.55, 2.55

2.14, 2.14

1.55, 1.55

1.12, 1.12

2.45, 2.45

2.14, 2.14

1.55, 1.55

1.12, 1.12

0.75, 0.75

0.32, 0.32

1.12, 1.12

0.75, 0.75

0.32, 0.32

0.12, 0.12

0.05, 0.05

0.02, 0.02

0.45, 0.45

0.32, 0.32

0.12, 0.12

0.05, 0.05

0.02, 0.02

0.01, 0.01

0.04, 0.04

0.02, 0.02

0.01, 0.01

0.00, 0.00

0.00, 0.00

0.00, 0.00

1.04, 1.04

0.75, 0.75

0.32, 0.32

0.12, 0.12

0.05, 0.05

0.02, 0.02

0.52, 0.52

0.32, 0.32

0.12, 0.12

0.05, 0.05

0.02, 0.02

0.01, 0.01

0.52, 0.52

0.32, 0.32

0.12, 0.12

0.05, 0.05

0.02, 0.02

0.01, 0.01



⑥

IMMEDIATE - 0°

~~IMMEDIATE~~ 100-30 min

IMMEDIATE  $30^\circ$  HR:  $71$   
RL  $264$

30° at 30 min HR: 66

| Case                     | Case        | Case                                                | Case        |
|--------------------------|-------------|-----------------------------------------------------|-------------|
| C <sub>8</sub> 60.3 60.2 | 60.3, 60.2  | C <sub>8</sub> 59.5, 59.4                           | 60.0, 59.9  |
| C <sub>7</sub> 55.3 55.1 | 57.4, 57.3  | C <sub>7</sub> 54.6, 54.6                           | 57.9, 57.7  |
| C <sub>6</sub> 50.2 50.1 | 52.2, 52.1  | C <sub>6</sub> 50.8, 51.0                           | 52.3, 52.3  |
| C <sub>5</sub> 40.5 40.4 | 44.7, 44.8  | C <sub>5</sub> 41.4, 41.6                           | 45.8, 45.8  |
| C <sub>4</sub> 33.7 33.8 | 34.0, 33.8  | C <sub>4</sub> 34.0, 34.0                           | 34.1, 34.05 |
| C <sub>3</sub> 38.1 38.1 | 37.05, 37.1 | C <sub>3</sub> 37.5, <sup>37.55</sup> <del>37</del> | 37.2, 37.25 |
| C <sub>2</sub> 29.9 29.8 | 27.8 27.7   | C <sub>2</sub> 29.8, 29.8                           | 28.2, 28.1  |
| C <sub>1</sub> 22.5 22.6 | 23.1 23.15  | C <sub>1</sub> 22.5, 22.6                           | 22.5, 22.55 |



30° - 60 minutes

AR:

Post 0° - Immediate AR:

| RL             |           | LL         |  | RL             |            | LL         |  |
|----------------|-----------|------------|--|----------------|------------|------------|--|
| C <sub>8</sub> | 60.3 60.1 | 61.6 61.7  |  | C <sub>8</sub> | 59.0 59.0  | 60.8 60.7  |  |
| C <sub>7</sub> | 55.1 55.0 | 57.1 57.1  |  | C <sub>7</sub> | 55.1 55.0  | 56.9 56.8  |  |
| C <sub>6</sub> | 49.8 49.9 | 54.1 54.2  |  | C <sub>6</sub> | 50.8 50.6  | 50.9 50.8  |  |
| C <sub>5</sub> | 40.5 40.5 | 44.9 45.0  |  | C <sub>5</sub> | 40.8 41.0  | 44.1 44.3  |  |
| C <sub>4</sub> | 34.1 34.2 | 33.2 33.55 |  | C <sub>4</sub> | 34.7 34.6  | 34.6 34.5  |  |
| C <sub>3</sub> | 37.8 37.8 | 37.2 37.5  |  | C <sub>3</sub> | 38.6 38.6  | 37.8 37.9  |  |
| C <sub>2</sub> | 29.8 29.7 | 28.3 28.4  |  | C <sub>2</sub> | 30.4 30.35 | 29.2 29.1  |  |
| C <sub>1</sub> | 22.4 22.4 | 22.9 22.8  |  | C <sub>1</sub> | 22.6 22.6  | 22.9 22.95 |  |

