

Table 1 1, Sex; 2, Muscle work- Impact Before; 3, Muscle work- Impact After; 4, Rotation DX (↑) / SX (↓) Before; 5, Torsion Before; 6, Rotation DX (↑)/ SX (↓) After; 7, Torsion After; 8, DX incline (↑)/ SX (↓) before; 9, Asymmetry Before; 10, Incline DX (↑)/ SX (↓) Before; 11, Asymmetry After; 12, Flexion (↑)/ Extension (↓) Before; 13, Barycentre Before; 14, Flexion (↑)/ Extension (↓) After; 15, Barycentro After; 16, Sum of degrees of all movements (↑) - average of the single subject before (↓); 17, Sum of degrees of all movements (↑) - average of the single subject after (↓); 18, Global Index neuromuscular balance before; 19, Global Index neuromuscular balance after; 20, Result

1	2	3	4	5	6	7	8	9	10	11	12	13	14	14	15	16	17	18	19	20
S E X	IM P1 bef ore	IM P2 aft er	ROT1 DX SX before	TO RS1 befo re	ROT2 DX SX after	TO RS2 Afte r	INC1 DX SX before	ASy M1 befo re	INC2 DX SX after	ASy M2 afte r	FLE EST1 befor e	BA R1 befo re	FLE EST 2 after	BA R2 afte r	Total Averag e G° before	Total Averag e G° after	G° Average Variatio n single	GIN B BEF ORE	GIN B AFT ER	RE SU LT
M	B	B	65	TS	80	TS	28	AD	42	AN	28	BA	35	BA	240	329	14.8°	69	67	Wo rse ns
			45		76		32		41		42		55		40	54.8				
F	N	N	75	TN	87	TN	40	AS	44	AN	40	BA	42	BA	316	363	7.9°	86	86	No Ch ang e
			77		85		32		45		52		60		52.6	60.5				
F	N	N	75	TS	82	TS	40	AS	42	AS	28	BA	40	BA	265	324	10.1°	74	68	Wo rse ns
			52		70		32		38		38		52		44.1	54				
M	N	A	82	TN	87	TD	40	AN	43	AD	30	BA	35	BA	322	349	4.5°	83	80	Wo rse ns
			78		85		42		45		50		54		53.6	58.1				
F	A	A	78	TN	85	TN	38	AN	40	AN	28	BA	36	BA	301	330	4.9°	79	89	Im pro ves
			80		82		35		39		42		48		50.1	55				
F	B	B	42	TD	68	TD	26	AD	32	AD	25	BA	35	BA	226	293	11.2°	84	82	Wo rse ns
			60		76		35		40		38		42		37.6	48.8				
F	B	B	45	TD	62	TD	35	AD	38	AD	40	BP	46	BP	275	316	6.8°	60	45	Wo

M	B	B	65		76		40		42		50		52		45.8	52.6				rse ns
			60	TS	78	TS	25	AD	35	AN	42	BA	45	BA	257	329	12°	63	84	Im pro ves
F	B	N	40		75		36		40		54		56		42.8	54.8				Wo rse ns
			85	TS	88	TS	42	AN	45	AN	42	BA	45	BA	329	351	3.7°	84	83	Wo rse ns
F	B	B	70		80		40		43		50		50		54.8	58.5				Im pro ves
			75	TS	85	TD	43	AN	43	AN	40	BA	42	BP	308	342	6°	84	85	Im pro ves
F	B	B	60		72		40		45		50		55		51.3	57				Wo rse ns
			60	TS	85	TS	42	AS	45	AD	30	BA	35	BP	240	313	12.1°	80	43	Wo rse ns
F	A	A	40		70		30		38		38		40		40	52.1				No Ch ang e
			82	TN	85	TS	38	AN	40	AN	35	BP	45	BP	300	340	6.6°	88	88	No Ch ang e
F	B	B	70		72		35		42		40		56		50	56.6				Im pro ves
			70	TD	82	TD	40	AD	44	AD	38	BA	42	BA	279	330	8.5°	62	67	Im pro ves
F	N	B	50		70		35		42		46		50		46.5	55				Wo rse ns
			40	TN	65	TS	30	AD	38	AN	38	BA	45	BA	230	284	9°.	83	63	Wo rse ns
F	B	B	42		48		40		45		40		43		38.3	47.3				Im pro ves
			85	TS	88	TS	38	AS	44	AN	38	BA	40	BA	313	338	4.2°	67	72	Im pro ves
			70		80		40		42		42		44		52.1	56.3				

M	N	N	80	TN	85	TN	43	AN	45	AN	40	BA	40	BA	333	359	4.3°	89	89	No Change
F	N	B	82		90		40		44		48		55		55.5	59.8				
			70	TD	72	TD	38	AN	42	AN	36	BP	40	BA	304	339	5.9°	87	81	Worse
F	B	B	80		85		40		45		40		55		50.6	56.5				
			80	TS	84	TS	30	AD	35	AD	40	BA	42	BA	296	323	9.5°	75	76	Improves
F	B	B	68		75		40		42		38		45		49.3	53.8				
			65	TD	72	TD	30	AN	35	AD	30	BA	40	BA	285	337	8.6°	83	79	Worse
F	B	N	80		90		40		42		40		58		47.5	56.1				
			70	TS	75	TN	40	AS	42	AD	38	BA	42	BP	276	323	4.5°	68	82	Improves
F	A	N	60		68		28		40		40		56		46	53.8				
			80	TS	90	TD	38	AS	44	AS	40	BA	45	BA	303	359	9.3°	80	83	Improves
F	A	A	70		85		35		45		40		50		50.5	59.8				
			82	TS	85	TS	22	AD	42	AN	40	BP	45	BP	282	342	10°	60	67	Improves
M	N	N	70		85		30		40		38		45		47	57				
			55	TD	70	TS	38	AS	40	AD	25	BP	40	BA	208	312	17.4°	80	84	Improves
M	N	B	65		72		25		38		38		52		34.6	52				
			70	TD	85	TD	38	AN	42	AN	40	BA	44	BA	313	353	6.7°	81	86	Improves

M	B	B	80		85		40		42		45		55		52.1	58.8				
			85	TS	90	TS	32	AN	40	AN	40	BA	42	BP	313	352	6.5°	86	86	No Ch ang e
F	N	B	70		80		36		45		50		55		52.1	58.6				
			65	TD	85	TS	35	AN	40	AS	42	BA	45	BA	287	335	8°	85	68	Wo rse ns
M	A	A	75		80		32		35		38		50		47.8	55.8				
			48	TD	70	TD	40	AD	48	AS	40	BP	42	BP	254	318	10.7°	80	48	Wo rse ns
F	B	B	70		72		38		42		18		44		42.3	53				
			78	TS	80	TD	42	AS	42	AS	35	BA	40	BA	295	339	7.4°	51	87	Im pro ves
F	A	A	60		90		30		35		50		52		49.1	56.5				
			68	TS	78	TS	35	AS	38	AS	38	BN	40	BP	271	313	7°	68	73	Im pro ves
F	B	A	58		70		30		37		42		50		45.1	52.1				
			70	TS	80	TS	38	AN	40	AS	35	BP	42	BA	282	327	7.5°	83	84	Im pro ves
M	A	B	54		75		40		42		45		48		47	54.5				
			70	TS	85	TS	38	AN	40	AN	32	BA	42	BA	255	332	12.3°	89	82	Wo rse ns
F	N	A	50		70		35		40		30		55		42.5	55.3				
			42	TD	70	TS	35	AD	38	AN	38	BA	40	BA	237	325	14.6°	81	72	Wo rse ns
F	A	A	60		85		42		42		40		50		39.5	54.1				
			70	TD	85	TD	40	AS	45	AN	40	BP	45	BP	312	356	7.3°	70	70	No Ch

Condition			Metric 1			Metric 2			Metric 3			Metric 4			Metric 5			Metric 6			Angle
Group	Subgroup	Variant	Value 1	Value 2	Value 3	Value 4	Value 5	Value 6	Value 7	Value 8	Value 9	Value 10	Value 11	Value 12	Value 13	Value 14	Value 15	Value 16	Value 17	Value 18	
F	A	A	82		85		32		44		48		52		52	59.3					
		60	60	TD	75	TD	38	AD	40	AD	23	BP	40	BP	279	318	6.5°	82	80	Worse	
F	B	B	80		85		25		28		30		50		46.5	53					
		70	70	TS	80	TS	35	AN	40	AS	38	BP	40	BA	271	322	8.5°	77	52	Worse	
M	B	B	50		65		38		42		40		55		45.1	53.6					
		62	62	TD	72	TD	40	AN	42	AN	30	BP	42	BP	285	329	7.3°	81	82	Improves	
F	A	A	75		85		38		40		40		48		47.5	54.8					
		70	70	TD	85	TS	35	AN	42	AN	38	BP	45	BP	295	342	7.9°	75	81	Improves	
M	B	B	80		82		32		40		40		48		49.1	57					
		58	58	TD	70	TD	35	AS	40	AD	35	BP	40	BA	267	310	7.1°	56	75	Improves	
M	A	A	72		80		25		35		42		45		44.5	51.6					
		70	70	TN	75	TD	30	AD	40	AN	28	BP	40	BP	258	338	13.3°	85	72	Worse	
F	N	N	65		85		35		42		30		55		43	56.3					
		80	80	TS	82	TN	35	AN	40	AN	38	BA	42	BA	301	337	6°	88	88	No Change	
F	N	A	65		75		38		40		45		55		50.1	56.1					
		70	70	TD	80	TD	40	AN	42	AN	35	BN	42	BP	303	336	5.5°	89	82	Worse	
			75		82		38		40		45		50		50.5	56					

M	A	N	80	TS	82	TS	38	AN	40	AD	40	BA	45	BA	301	329	4.7°	83	78	Worse
			68		70		35		40		40		52		50.1	54.8				
F	B	B	75	TS	78	TS	40	AS	42	AS	38	BP	40	BA	275	321	7.7°	75	65	Worse
			50		75		32		38		40		48		45.8	53.5				
F	A	N	80	TN	85	TN	42	AN	45	AN	36	BA	45	BA	333	357	4°	90	86	Worse
			85		85		40		42		50		55		55.5	59.5				
F	A	A	60	TD	70	TD	30	AN	35	AN	40	BP	42	BP	283	315	5.4°	82	73	Worse
			75		80		38		38		40		50		47.1	52.5				
F	A	B	60	TD	68	TD	40	AD	42	AD	35	BA	48	BA	43.1	51.8				
			25		68		12		48		22		42		189	329	23.3°	72	69	Worse
F	N	A	70	TD	86	TD	34	AD	40	AD	26	BA	45	BA	31.5	54.8				
			66		75		25		35		28		46		275	337	10.3°	80	86	Improves
F	N	B	78	TS	86	TN	38	AD	40	AN	40	BA	55	BA	45.8	56.1				
			70		78		28		38		30		42		261	316	9.1°	81	85	Improves
F	N	N	56	TS	70	TN	35	AD	40	AS	42	BP	48	BP	43.5	52.6				
			70		75		38		40		22		42		249	315	11°	82	84	Improves
F	B	B	55	TS	80	TS	22	AS	30	AS	42	BA	48	BA	41.5	52.5				
			50		55		32		35		20		25		195	220	4.1°	52	39	Worse

M	B	A	35 75	TS	38 80	TS	30 38	AS	32 42	AS	28 35	BA	35 45	BA	32.5 289	36.6 330	6.9°	56	54	Worse ns
F	B	B	60 45	TS	75 46	TS	36 28	AS	40 32	AS	45 20	BA	48 22	BA	48.1 183	55 201	4°	49	48	Worse ns
F	B	B	35 80	TN	42 85	TN	25 30	AS	30 40	AN	30 40	BA	35 45	BA	30.5 320	34.5 356	6°	67	88	Improves
F	N	N	78 65	TS	86 75	TS	42 28	AD	42 38	AN	50 30	BA	58 42	BA	53.3 244	59.3 312	11.4°	80	81	Improves
F	B	B	48 62	TD	72 78	TS	35 38	AD	40 42	AD	38 35	BP	45 40	BP	40.6 294	52 334	6.6°	69	43	Worse ns
F	A	A	75 78	TN	80 80	TD	44 42	AN	44 44	AN	40 40	BA	50 44	BA	49 320	55.6 353	5.5°	86	85	Worse ns
F	B	B	75	TS	85	TS	25	AN	30	AD	25	BA	36	BA	269	327	9.7°	84	82	Worse ns
M	N	N	80 82	TN	88 90	TS	26 40	AN	40 42	AN	38 35	BP	48 40	BP	44.8 311	54.5 342	5.2°	76	72	Worse ns
F	A	A	76 80	TS	80 85	TS	38 30	AD	40 38	AD	40 34	BP	50 40	BP	51.8 302	57 342	6.7°	30	45	Improves

F	A	A	68		80		42		44		48		55		50.3	57	15°	83	85	Im pro ves
			68	TS	75	TS	38	AD	40	AS	15	BA	40	BA	206	296				
F	N	B	55		70		25		27		20		44		34.3	49.3	7°	85	87	Im pro ves
			70	TS	75	TS	36	AN	38	AN	34	BA	40	BP	273	315				
F	B	B	55		68		38		42		40		52		45.5	52.5	11.4°	78	68	Wo rse ns
			75	TS	85	TD	30	AS	40	AS	26	BA	40	BP	265	333				
M	A	B	60		76		28		38		46		55		44.1	55.5	5.7°	70	69	Wo rse ns
			82	TS	85	TS	42	AS	42	AS	35	BA	42	BP	313	347				
F	B	B	70		80		38		40		46		58		52.1	57.8	5.5°	88	88	No Ch ang e
			82	TN	90	TN	40	AN	42	AN	40	BA	45	BA	330	363				
F	B	A	80		88		38		40		50		58		55	60.5	9°	74	49	Wo rse ns
			50	TD	68	TS	20	AD	36	AS	18	BA	32	BA	218	272				
M	A	A	60		62		30		32		40		42		36.3	45.3	4.2°	67	62	Wo rse ns
			72	TD	78	TD	36	AS	38	AS	30	BP	32	BP	278	303				
M	A	B	80		82		20		28		40		45		46.3	50.5	10.7°	61	69	Im pro ves
			60	TD	72	TS	20	AD	30	AN	24	BA	36	BA	248	312				
M	B	B	72		80		34		40		38		54		41.3	52	12..1°	84	84	No Ch
			50	TD	75	TD	28	AN	36	AS	38	BP	40	BP	252	325				

Patient			Visit			Vital Signs			Laboratory			Immunization			Diagnosis			Treatment			Outcome		
First Name	Last Name	Age	Date	Time	Temp (°C)	HR (b/min)	BP (mmHg)	Wt (kg)	Hb (g/L)	Glucose (mg/dL)	Cholesterol (mg/dL)	Vaccine	Status	ICD-10	Medication	Dose	Follow-up	Discharge	Admission	Length of Stay	Cost	Notes	
M	N	N	68		80	26		38		42	56		42	54.1			2.5°	90	87		ange		
			82	TN	86	TD	42	AN	42	AN	38	BA	44	BA	343	358						Wo	
M	N	N	86		88	40		42		55	56		57.1	59.6								orse	
			58	TS	75	TS	18	AN	40	AN	16	BP	30	BP	180	291	18.5°	87	85		Wo		
F	N	B	42		60	20		38		26	48		30	48.5								orse	
			72	TN	75	TD	38	AN	42	AS	38	BA	44	BP	309	339	5.4°	80	68		Wo		
M	N	A	70		88	36		37		50	56		51.1	56.5								Wo	
			78	TD	85	TN	42	AN	45	AS	50	BA	54	BP	322	349	4.5°	73	60		Wo		
F	A	A	82		87	40		43		30	35		58.1	53.6								Im	
			78	TN	85	TN	38	AN	40	AN	28	BA	36	BA	301	330	4.9°	69	79		pro		
F	B	B	80		82	35		39		42	48		50.1	55								Wo	
			60	TS	76	TS	35	AS	40	AS	38	BP	42	BP	226	293	11.2°	72	64		Wo		
F	B	B	42		68	26		32		25	35		37.6	48.8								Im	
			65	TS	76	TS	40	AS	42	AS	50	BA	46	BA	275	316	6.8°	50	35		pro		
F	A	A	45		62	35		38		40	52		45.8	52.6								Im	
			40	TD	75	TD	36	AS	40	AN	54	BP	56	BP	257	329	12°	53	74		pro		
M	B	N	60		78	25		35		42	45		42.8	54.8								Wo	
			70	TD	80	TD	40	AN	43	AN	50	BP	50	BP	329	351	3.7°	74	73		Wo		

F	N	A	85		88		42		45		42		45		54.8	58.5				rse ns
			75	TS	80	TD	35	AN	40	AS	38	BA	50	BA	287	335	8°	75	58	Wo rse ns
F	N	N	65		85		32		35		42		45		47.8	55.8				Wo rse ns
			70	TS	72	TS	42	AD	46	AS	40	BP	42	BP	254	318	10.7°	70	58	Wo rse ns
F	N	B	48		70		36		44		18		44		42.3	53				Wo rse ns
			70	TD	72	TD	40	AN	42	AN	36	BP	40	BA	304	339	5.9°	77	61	Wo rse ns
M	N	B	80		85		38		45		40		55		50.6	56.5				Wo rse ns
			42	TN	65	TS	30	AD	38	AN	38	BA	45	BA	230	284	9°.	73	53	Wo rse ns
F	A	A	40		48		40		45		40		43		38.3	47.3				Wo rse ns
			60	TD	75	TD	38	AD	40	AD	23	BP	40	BP	279	318	6.5°	72	70	Wo rse ns
M	B	B	80		85		25		28		30		50		46.5	53				Wo rse ns
			50	TD	65	TD	38	AN	42	AD	38	BP	40	BA	271	322	8.5°	67	62	Wo rse ns
M	B	B	70		80		35		40		40		55		45.1	53.6				Im pro ves
			62	TD	72	TD	40	AN	42	AN	40	BP	42	BP	285	329	7.3°	71	72	Wo rse ns
F	B	B	75		85		38		40		30		48		47.5	54.8				Wo rse ns
			50	TS	55	TS	32	AS	32	AS	20	BA	25	BA	195	220	4.1°	42	29	Wo rse ns
M	B	A	35		38		30		35		28		35		32.5	36.6				Wo
			62	TD	75	TD	38	AS	42	AS	35	BA	45	BA	289	330	6.9°	46	44	Wo

			73		84		36		40		45		48		48.1	55				rse ns
F	A	B	60	TD	80	TS	20	AD	30	AN	38	BA	54	BA	248	312	10.7°	51	59	Im pro ves
			72		72		34		40		24		36		41.3	52				
F	N	B	75	TS	85	TD	30	AS	40	AS	26	BA	40	BP	265	333	11.4°	68	58	Wo rse ns
			60		76		28		38		46		55		44.1	55.5				
M	A	B	82	TS	85	TS	42	AS	42	AS	46	BP	58	BP	313	347	5.7°	60	59	wo rse ns
			70		80		38		40		35		42		52.1	57.8				