

# PUSH PERFORMANCE

## Performance Evaluation

### Test Athlete

---

#### Athlete Profile

---

Age: 22

Sport/Position: Baseball / Pitcher

School/Team: Test University

Assessment Date: 2025-01-15

Height: 6'2"

Body Mass: 185.5

#### Assessment

---

##### Current Injuries:

None

##### Injury History:

Minor shoulder strain 2023

##### Posture Presentation:

Good overall posture, slight forward head posture noted

##### Movement Analysis Summary:

Demonstrates good movement patterns overall. Some compensatory patterns noted during overhead movements.

## Force Plate Testing

Performing multiple VALD force plate tests during an assessment provides a comprehensive understanding of an athlete's performance, asymmetries, injury risk, and readiness to train or return to play. These tests capture detailed metrics such as force production, rate of force development, and neuromuscular control, which are critical in a highly asymmetrical and explosive sport like baseball.

## Hop Test (HT)

Metric	Value	Percentile
RSI (m/s)	undefined	undefinedth percentile

### Key Takeaways:

Excellent reactive strength. RSI above average. Focus on maintaining this through season.



## Training Goals

---

1. Improve power output
2. Enhance single-leg stability
3. Reduce asymmetry in lower body strength

## Action Plan

---

1. Implement single-leg strength training 2x/week
2. Address mobility restrictions in thoracic spine
3. Progressive plyometric training for power development