

Athletic Report

Name	:	Stylianios	Age	:	26
Surname	:	Grigoriadis	Athletic Age	:	22
Date	:	24/8/22	Sport	:	Football
Height	:	184	Injury	=>	
Weight	:	104	Both Legs Ankle Spring		

Force and Range of Motion

	Hip		Knee		Ankle
Glutes	10	H/Q	1	T/C	1
Iliopsoas	10	H	10	Calf	10
Abductors	10	Q	10	T.A.	10
Adductors	10			InV	10
				EV	10
				P RoM	10
				D RoM	10

Jumps and YoYo test

Elastic index	:	10
Use of arms	:	10
Reflective Power index	:	10
YoYo test score	:	14

