



# UEFA20 RESULTS

Name:

Name Surname

Date:

01/06/2022

Result:

EXC.	0-10			
VG	11-20	0	3	5
G	21-30	No weakening	Minor weakening	Major Weakening
P	31-40			
VP	41-140	No impairment	Minor impairment	Major impairment

MOBILITY		
Shoulder flexion	0	
T-spine extension	0	
T-spine rotation	L 3	R 3
Hip flexion	L 3	R 3
Hip extension	L 3	R 3
Hip exorotation	L 3	R 3
Hip endorotation	L 3	R 3
Ankle dorisflexion	L 3	R 3

FLEXIBILITY		
Pectoralis	0	
Hip flexor	L 3	R 3
Quadriceps	L 3	R 3
Adductor	0	
Hamstrings	L 3	R 3
Sit & Reach	0	
Hamstrings	L 3	R 3

COORDINATION & PROPRIOCEPTION		
1-leg stand	L 3	R 3

STRENGTH & STABILITY		
Ventral core	0	
Dorsal core	0	
Lateral core	L 3	R 3
Hip abductors 1	L 3	R 3
Hip abductors 2	L 3	R 3
Hip extensors	L 3	R 3
Leg axis	L 3	R 3

## Training recommendations:

TOPICS

MOBILITY:

- Shoulder
- Hip (Rotation)

COORDINATION & PROPRIOCEPTION:

- Leg axis / Ankle

FLEXIBILITY:

- Pectoralis
- Adductors

STRENGTH & STABILITY:

- Ventral core
- Hip extensors

ADDITIONAL INFORMATION

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