UEFA20 RESULTS



Name:

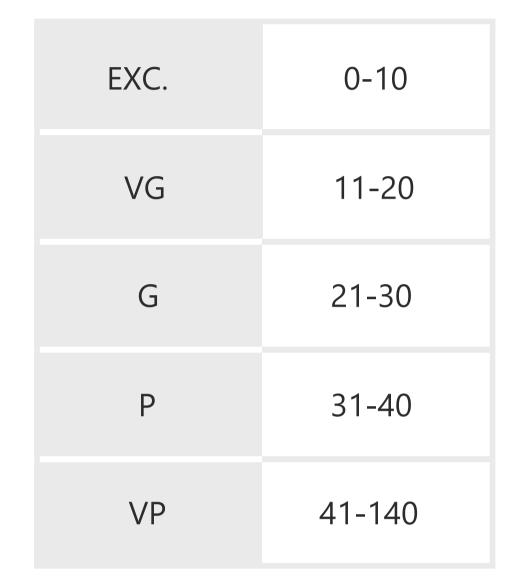
Name Surname

Date:

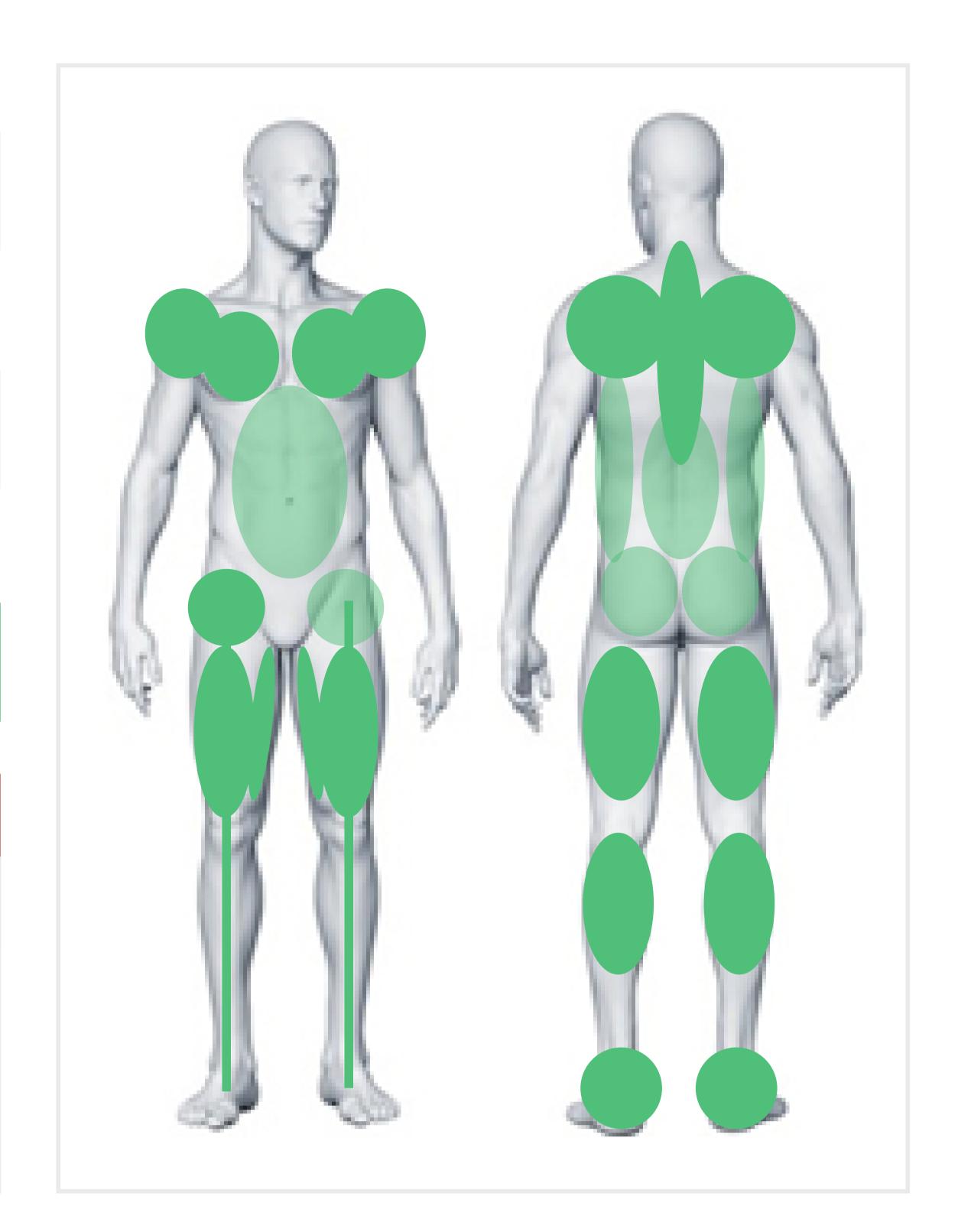
01/06/2022

Result:

Excellent



0	3	5
No	Minor	Major
weakening	weakening	Weakening
No	Minor	Major
impairment	impairment	impairment



MOBILITY					
Shoulder flexion			0		
T-spine extension	L	3		R	3
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 dorsiflexion	L	3		R	3

FLEXIBILITY					
Pectoralis			0		
Hip flexor	L	3		R	3
Quadriceps	L	3		R	3
Adductors			0		
Hamstrings	L	3		R	3
Sit & Reach			0		
Sit/Wall test	L	3		R	3

COORDINATION & PROPRIOCEPTION						
1-leg stand	L	3	R	3		

STRENGTH & STABILITY					
Ventral core		0			
Dorsal core		0			
Lateral core		0			
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)
- Thoracic spine
- Ankle (Dorsiflexion)
- Hip (Flexion/Extension)

FLEXIBILITY:

- Pectoralis
- Hip flexor
- Quadriceps
- Adductors
 - Hamstring
- Calf

COORDINATION & PROPRIOCEPTION:

Leg axis / Ankle

STRENGTH & STABILITY:

- Ventral core
- Hip extensors
- Dorsal core
- Leg axis
- Lateral core
- Shoulder blade
- Hip abductors

ADDITIONAL INFORMATION

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