

COMPLEXCORE

Name:

Name Surname

Date:

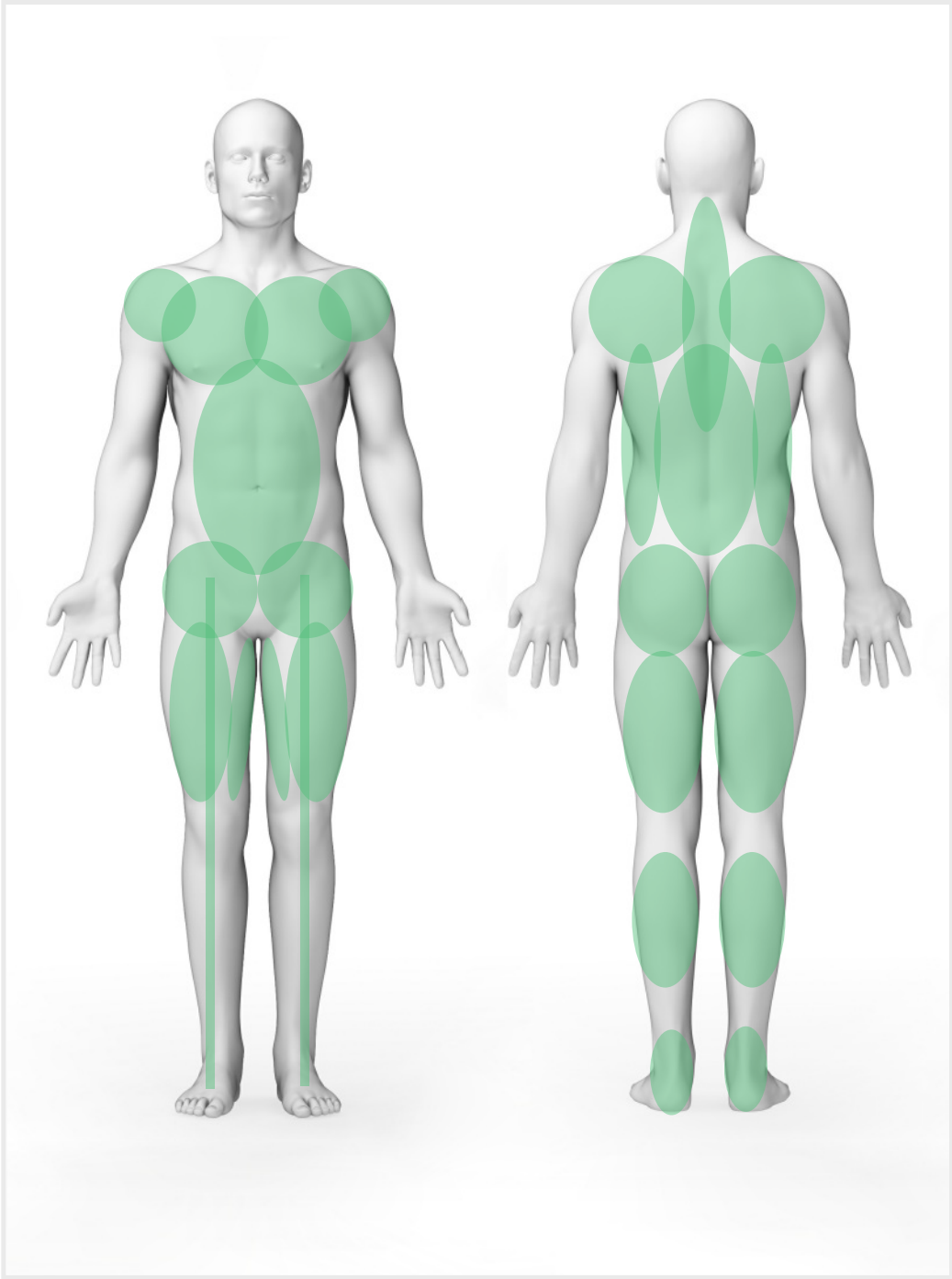
01/06/2022

Result:

100

Excellent

EXC.	0-15			
VG	16-25	0	3	5
G	26-35	No weakening	Minor weakening	Major Weakening
P	36-45			
VP	46-200	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 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	0	

COORDINATION & PROPRIOCEPTION		
1-leg stand	L 3	R 3
STABILITY & STRENGTH		
Ventral core	0	
Dorsal core	0	
Lateral core	L 3	R 3
Hip abductors 0°	L 3	R 3
Hip abductors 90°	L 3	R 3
Hip extensors	L 3	R 3
Leg axis	L 3	R 3

Training recommendations:

TOPICS

MOBILITY:

- Shoulder
- Thoracic spine
- Hip (Flexion/Extension)
- Hip (Rotation)
- Ankle (Dorsiflexion)

FLEXIBILITY:

- Pectoralis
- Hip flexor
- Quadriceps
- Adductors
- Hamstrings
- Calf

COORDINATION & PROPRIOCEPTION:

- Leg axis / Ankle

STABILITY & STRENGTH

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

ADDITIONAL INFORMATION

- [illegible]