

Dmitriy Ivanov

Architech Sports and Physical Therapy



Dmitriy Ivanov - Test Results

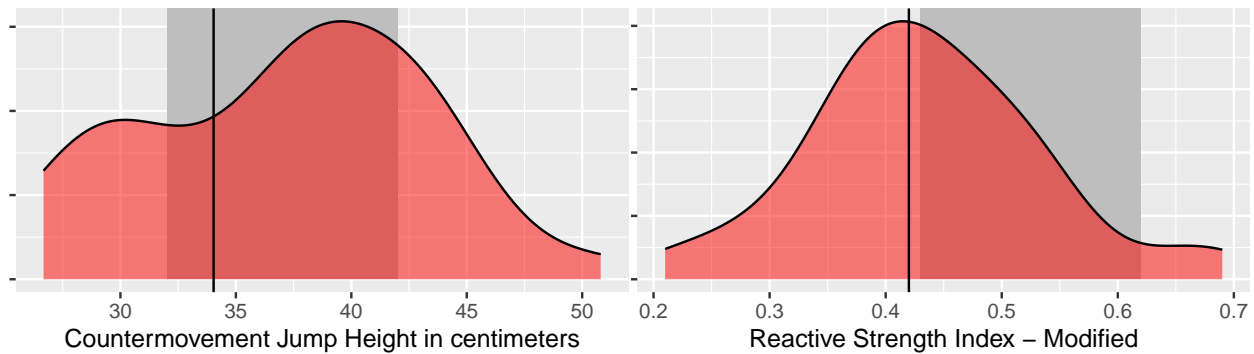


Figure 1

Figure 2

Assymetries					Tightness				
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip Weakness	Pain History
34.04	0.42	0.24	0.1	0.25	Y	N	Y	N	Y

Recommendations

Result	Recommendation
High Assymetry	Unilateral Strength Training/Plyometric Drills, including: – Lunges – Split Squats – Snap Downs
Calf Tightness	Calf Stretches, including: – Wall Ankle Dorsiflexion – 1/2 Kneeling Calf Stretch
Quad Tightness	Quad Stretches, including: – Standing Quad Pull – Hurdler Stretch – Couch Stretch
Hip Weakness	Hip Abduction, including: – Lying Side Leg Raise – Side Plank – Gator Plank

If you have any questions regarding these recommendations, please contact Architech Sports and Physical Therapy at (980) 207-2707 and mention that you are with Pro Skills Basketball