

Cooper Dillon

Architech Sports and Physical Therapy



Cooper Dillon - Test Results

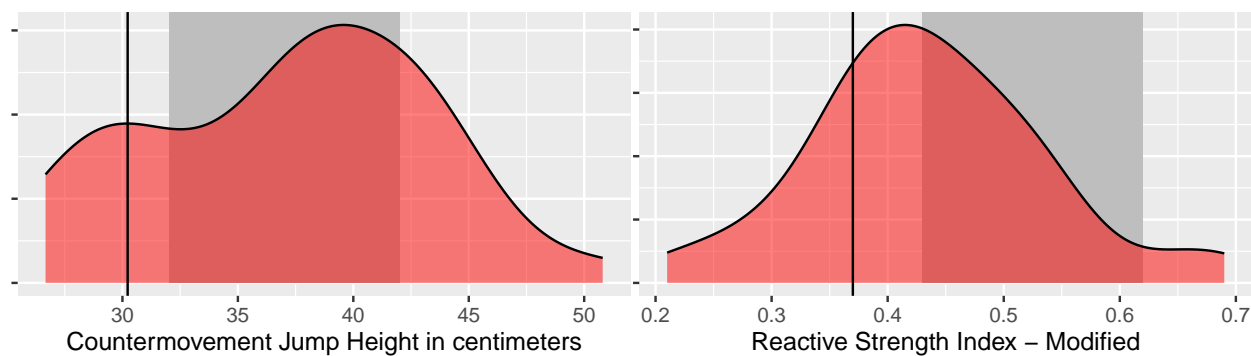


Figure 1

Figure 2

Assymetries					Tightness				
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip Weakness	Pain History
30.23	0.37	0.07	0	0.23	Y	Y	Y	N	N

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
Lat Tightness	Lat Stretches, including: – Prayer Stretches – Dead Hangs – Wall/Floor Angels
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