

# Henry Garrison

Architech Sports and Physical Therapy



## Henry Garrison - Test Results

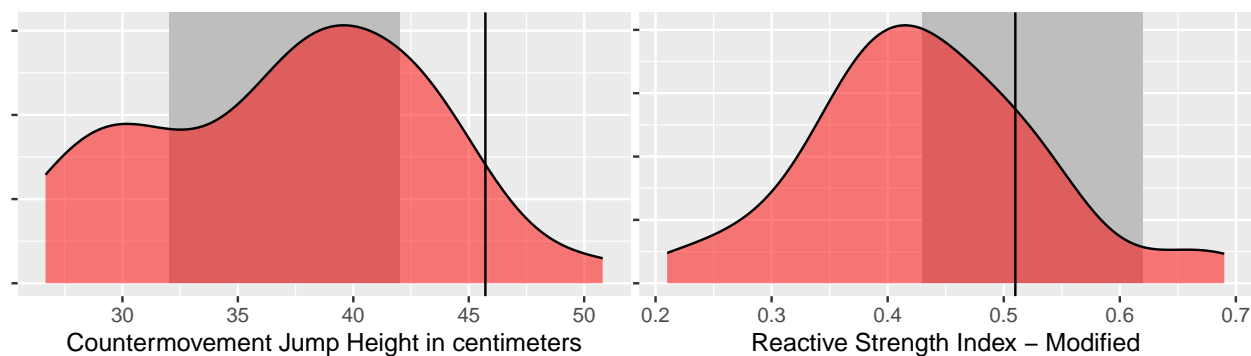


Figure 1

Figure 2

Assymetries					Tightness				
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip Weakness	Pain History
45.72	0.51	0.12	0.05	0.07	Y	N	N	Y	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

*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*