

# Addison Tyree-Rodriguez

Architech Sports and Physical Therapy



## Addison Tyree-Rodriguez - Test Results

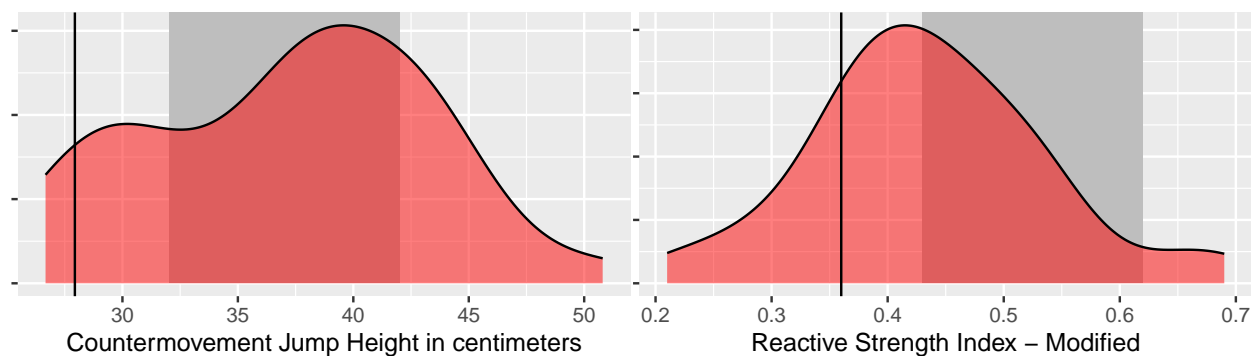


Figure 1

Figure 2

Assymetries					Tightness				
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip Weakness	Pain History
27.94	0.36	0.17	0.08	0.17	Y	Y	NA	NA	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

*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*