

# Jacob Warren

Architech Sports and Physical Therapy



## Jacob Warren - Test Results

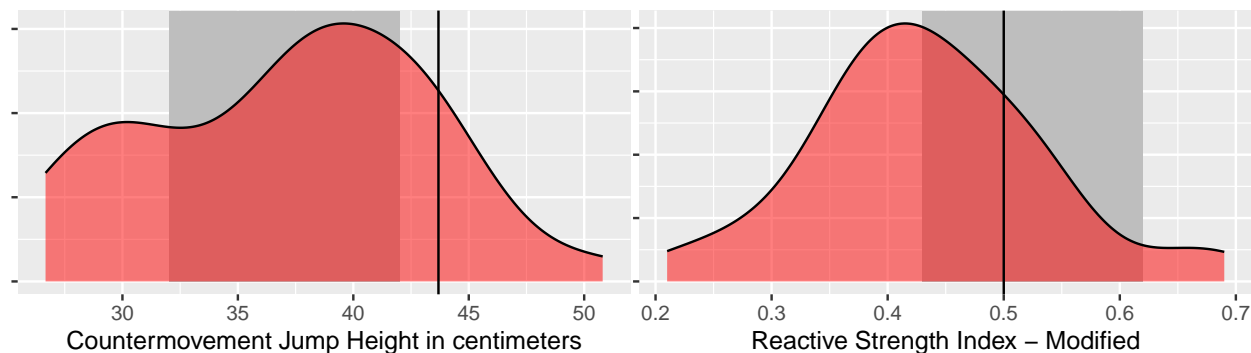


Figure 1

Figure 2

Assymetries					Tightness					
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip	Weakness	Pain History
43.69	0.5	0.04	0.06	0.3	N	N	Y	Y		Y

## Recommendations

Result	Recommendation
High Assymetry	Unilateral Strength Training/Plyometric Drills, including: – Lunges – Split Squats – Snap Downs
Quad Tightness	Quad Stretches, including: – Standing Quad Pull – Hurdler Stretch – Couch 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*