

# Braven Kincaid

Architech Sports and Physical Therapy



## Test Results

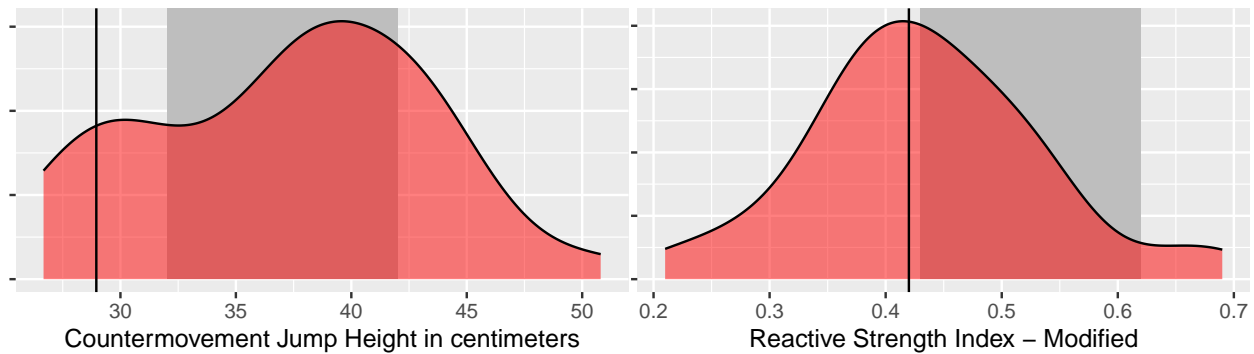


Figure 1

Figure 2

Table 1: Raw data from testing.

		<b>Assymetries</b>			<b>Tightness</b>				
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip Weakness	Pain History
28.96	0.42	0.36	0.04	0.09	Y	Y	N	N	Y

Results	Recommendation
High Assymetry	Unilateral strength training, including: -Lunges -Split Squats Technical Plyometric Drills, including: -Snap Downs -
Calf Tightness	Calf Stretches, including: -Wall Ankle Dorsiflexion -1/2 Kneeling Calf Stretch
Lat Tightness	Lat Stretches, including: -Prayer Stretch -Dead Hangs -Wall/Floor Angels
Hip Weakness	Hip Adduction/Abuction, including: -Lying Side Leg Raise -Side Plank -Gator Plank -Copenhagen Plank