

Tommy Claire

Architech Sports and Physical Therapy



Tommy Claire - Test Results

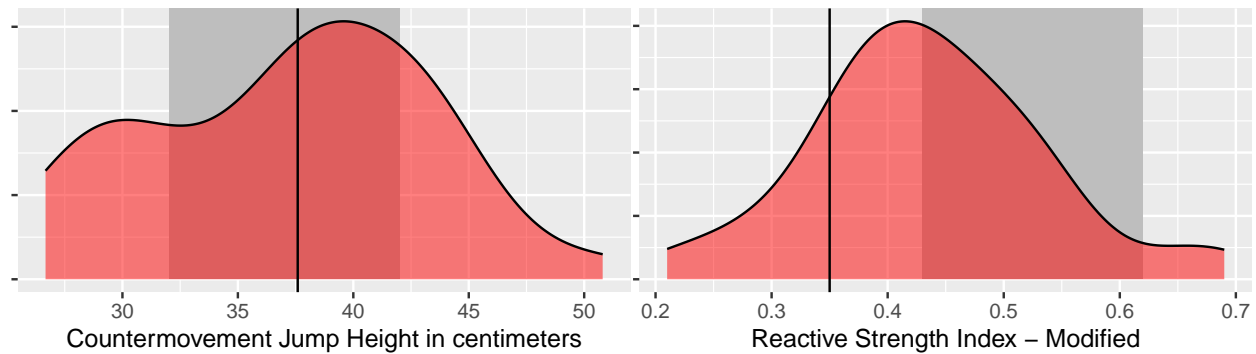


Figure 1

Figure 2

Assymetries					Tightness				
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip Weakness	Pain History
37.59	0.35	0.02	0.02	0.05	N	N	N	Y	N

Recommendations

Result	Recommendation
General Strength and Conditioning	Follow a general strength and conditioning program under the guidance of a certified professional

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