

# Trevor James

Architech Sports and Physical Therapy



## Trevor James - Test Results

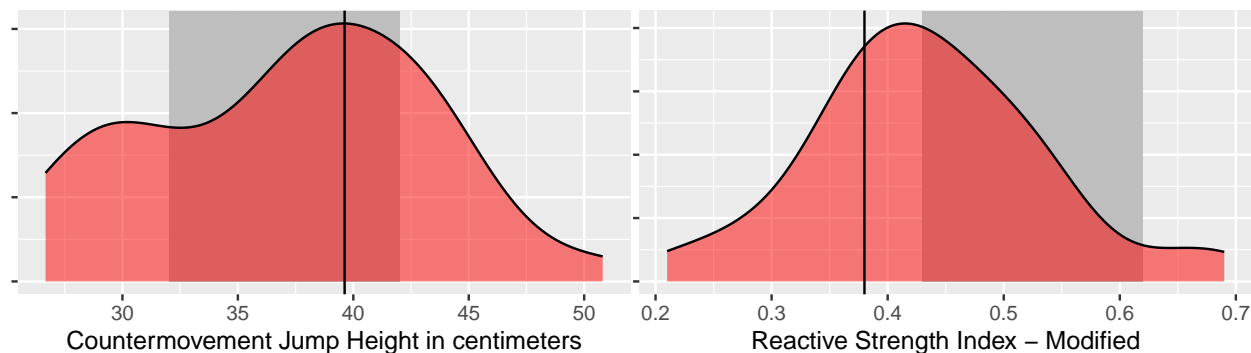


Figure 1

Figure 2

Assymetries					Tightness					
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip	Weakness	Pain History
39.62	0.38	0.1	0.08	0.18	N	N	N	N		N

## Recommendations

Result	Recommendation
High Assymetry	Unilateral Strength Training/Plyometric Drills, including: – Lunges – Split Squats – Snap Downs
Hip Weakness	Hip Abduction, including: – Lying Side Leg Raise – Side Plank – Gator Plank

*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*