

Canyon Hall

Architech Sports and Physical Therapy



Canyon Hall - Test Results

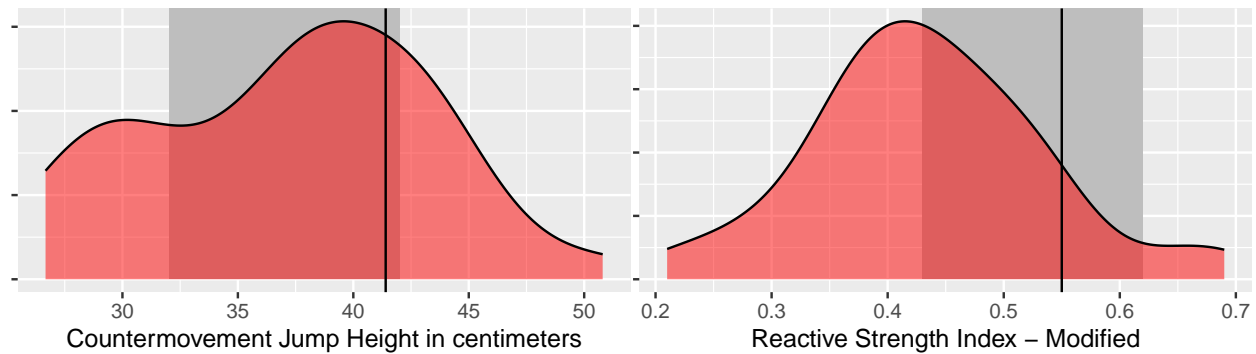


Figure 1

Figure 2

Assymetries					Tightness				
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip Weakness	Pain History
41.4	0.55	0.01	0	0.06	N	N	Y	Y	Y

Recommendations

Result	Recommendation
Quad Tightness	Quad Stretches, including: – Standing Quad Pull – Hurdler Stretch – Couch Stretc

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