

# Jayden McCrea

Architech Sports and Physical Therapy



## Jayden McCrea - Test Results

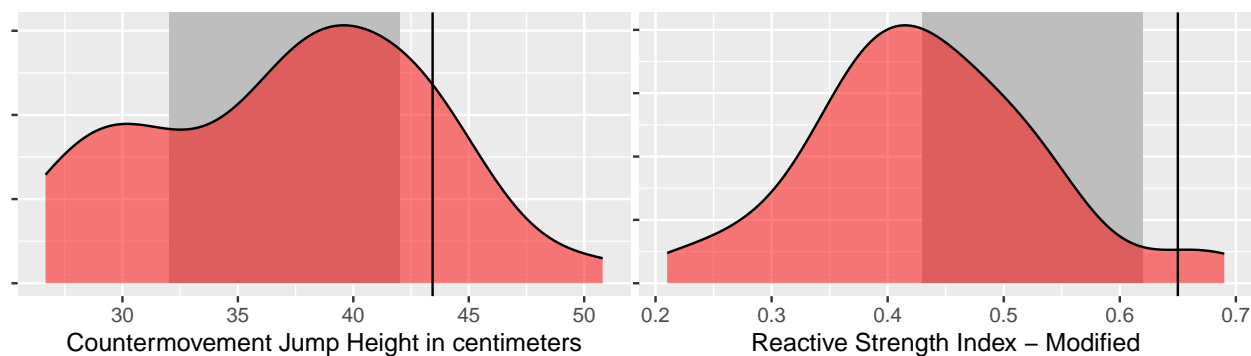


Figure 1

Figure 2

Assymetries					Tightness				
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip Weakness	Pain History
43.43	0.65	0.1	0.1	0.09	Y	N	N	N	N

## Recommendations

Result	Recommendation
Calf Tightness	Calf Stretches, including: – Wall Ankle Dorsiflexion – 1/2 Kneeling Calf Stretc
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*