

# Jaxson Martin

Architech Sports and Physical Therapy



## Jaxson Martin - Test Results

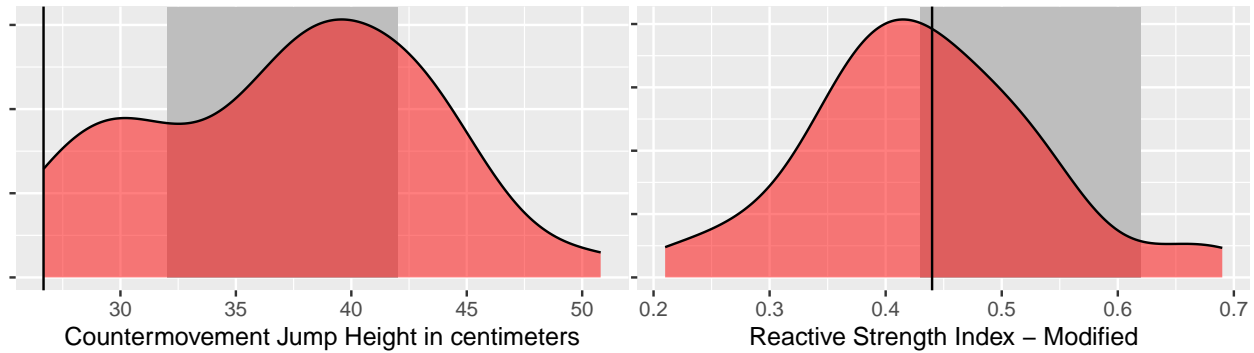


Figure 1

Figure 2

| Assymetries |      |      |      |         | Tightness |     |      |              |              |   |
|-------------|------|------|------|---------|-----------|-----|------|--------------|--------------|---|
| CMJ         | mRSI | Ecc. | Con. | Landing | Calf      | Lat | Quad | Hip Weakness | Pain History |   |
| 26.67       | 0.44 | 0.04 | 0.09 | 0.21    | Y         | Y   | Y    | N            |              | N |

## Recommendations

| Result         | Recommendation                                                                                     |
|----------------|----------------------------------------------------------------------------------------------------|
| High Assymetry | Unilateral Strength Training/Plyometric Drills, including:<br>– Lunges – Split Squats – Snap Downs |
| Calf Tightness | Calf Stretches, including:<br>– Wall Ankle Dorsiflexion – 1/2 Kneeling Calf Stretch                |
| Lat Tightness  | Lat Stretches, including:<br>– Prayer Stretches – Dead Hangs – Wall/Floor Angels                   |
| Quad Tightness | Quad Stretches, including:<br>– Standing Quad Pull – Hurdler Stretch – Couch Stretch               |
| Hip Weakness   | Hip Abduction, including:<br>– 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*