

Nikhil Nanduri

Architech Sports and Physical Therapy



Nikhil Nanduri - Test Results

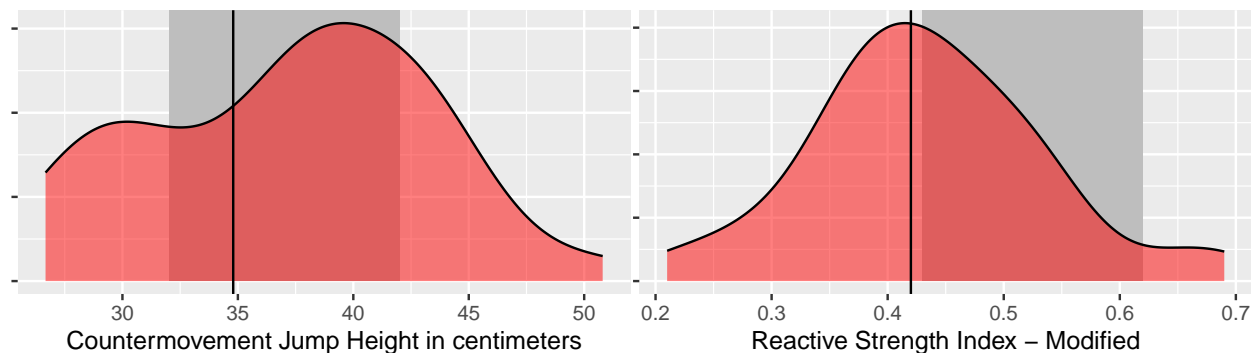


Figure 1

Figure 2

Assymetries					Tightness					
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip	Weakness	Pain History
34.8	0.42	0.09	0.07	0.22	N	N	Y	Y		N

Recommendations

Result	Recommendation
High Assymetry	Unilateral Strength Training/Plyometric Drills, including: – Lunges – Split Squats – Snap Downs
Quad Tightness	Quad Stretches, including: – Standing Quad Pull – Hurdler Stretch – Couch Stretch

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