

Latterio Robinson

Architech Sports and Physical Therapy



Test Results

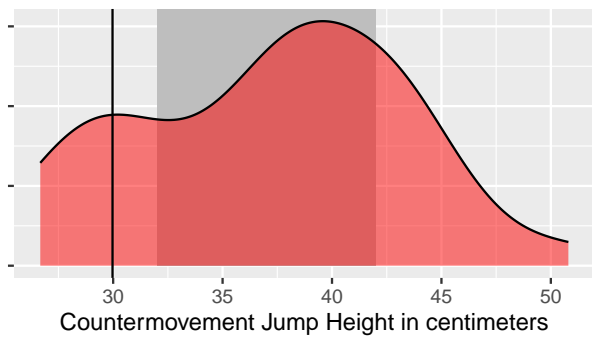


Figure 1

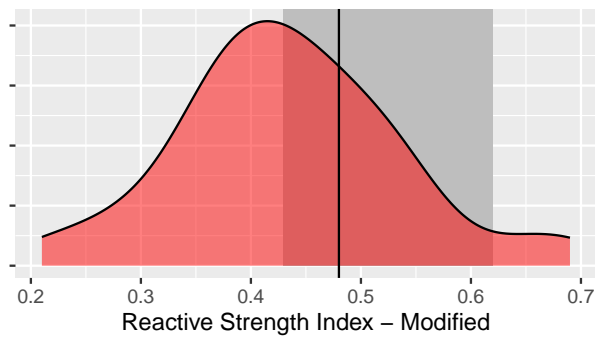


Figure 2

Table 1: Raw data from testing.

| Assymetries | | | | | Tightness | | | | | Pain History |
|-------------|------|------|------|---------|-----------|-----|------|-----|----------|--------------|
| CMJ | mRSI | Ecc. | Con. | Landing | Calf | Lat | Quad | Hip | Weakness | |
| 29.97 | 0.48 | 0.11 | 0.06 | 0.19 | Y | Y | Y | N | | N |

Recommendations

| Recommendation |
|---|
| High Assymetry Unilateral Strength Training, including: -Lunges -Split Squats Technical Plyometric Drills, including: -Snap Downs -Hop and Stick |
| Calf Tightness Calf Stretches, including: -Wall Ankle Dorsiflexion -1/2 Kneeling Calf Stretch |
| Lat Tightness Lat Stretches, including: -Prayer Stretch -Dead Hangs -Wall/Floor Angels |
| Quad Tightness Quad Stretches, including: |

- Standing Quad Pull
- Hurdler Stretch
- Couch Stretch

Hip Weakness

Hip Abduction, including:

- Lying Side Leg Raise
 - Side Plank
 - Gator Plank
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