

Grant Warren

Architech Sports and Physical Therapy



Grant Warren - Test Results

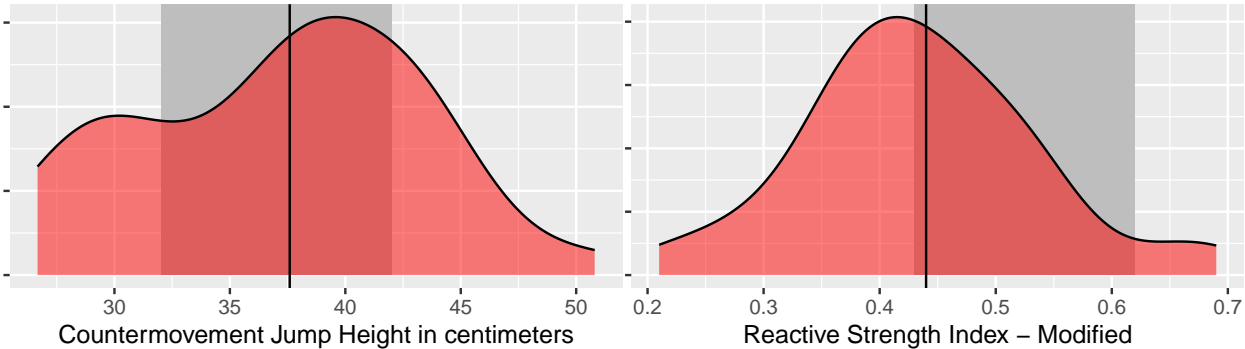


Figure 1

Figure 2

Assymetries					Tightness					
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip	Weakness	Pain History
37.59	0.44	0.03	0.11	0.09	Y	N	NA	NA		N

Recommendations

Result	Recommendation
High Assymetry	Unilateral Strength Training/Plyometric Drills, including: – Lunges – Split Squats – Snap Downs
Calf Tightness	Calf Stretches, including: – Wall Ankle Dorsiflexion – 1/2 Kneeling Calf 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