

# Carrington Harris

Architech Sports and Physical Therapy



## Carrington Harris - Test Results

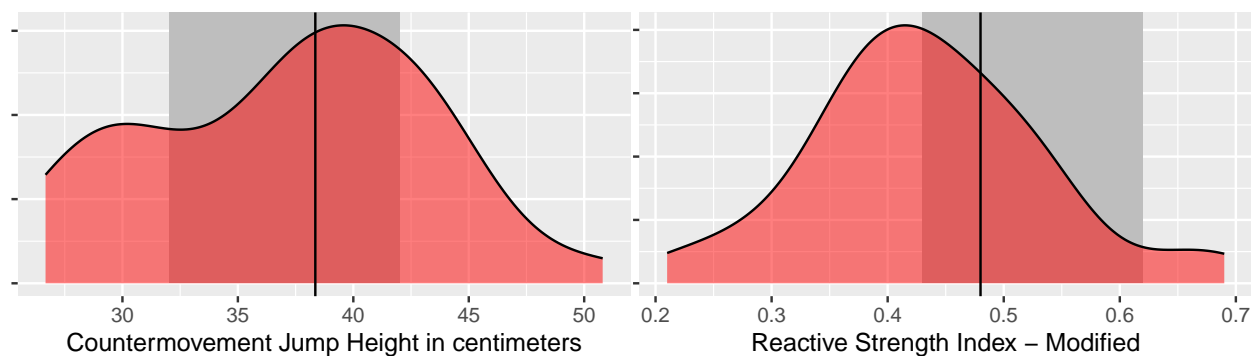


Figure 1

Figure 2

| Assymetries |      |      |      |         | Tightness |     |      |              |              |
|-------------|------|------|------|---------|-----------|-----|------|--------------|--------------|
| CMJ         | mRSI | Ecc. | Con. | Landing | Calf      | Lat | Quad | Hip Weakness | Pain History |
| 38.35       | 0.48 | 0.03 | 0.01 | 0.2     | Y         | Y   | N    | Y            | 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                   |

*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*