

Maxim Stassenko

Architech Sports and Physical Therapy



Maxim Stassenko - Test Results

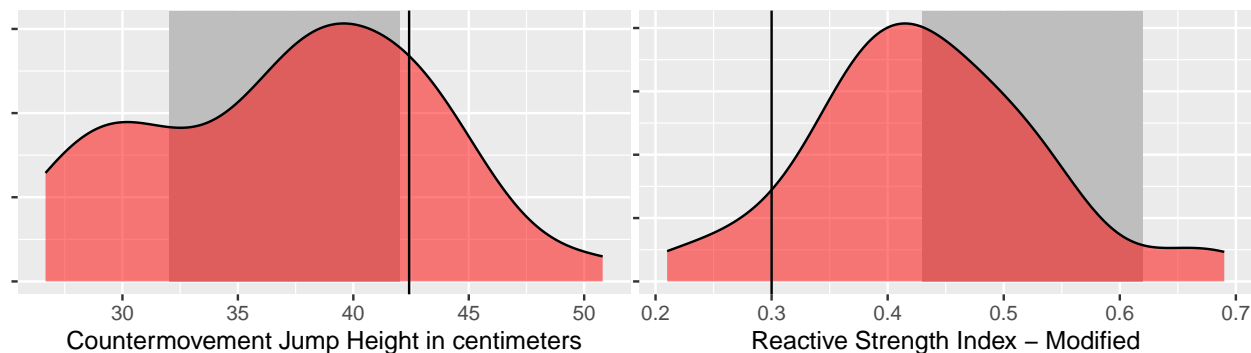


Figure 1

Figure 2

Assymetries					Tightness					
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip Weakness	Pain History	
42.42	0.3	0.05	0.03	0.06	N	N	Y	N	Y	

Recommendations

Result	Recommendation
Quad Tightness	Quad Stretches, including: – Standing Quad Pull – Hurdler Stretch – Couch Stretc
Hip Weakness	Hip Abduction, including: – 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