## **Ian Ramirez**

Architech Sports and Physical Therapy





## Ian Ramirez - Test Results

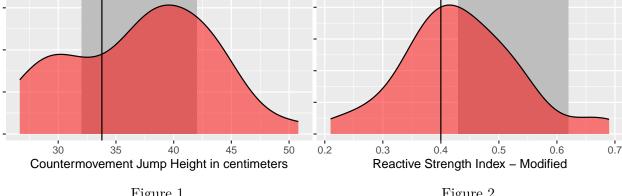


Figure 1 Figure 2

		Assymetries			Tightness				
CMJ	mRSI	Ecc.	Con.	Landing	Calf	Lat	Quad	Hip Weakness	Pain History
33.78	0.4	0.12	0.7	0.29	Y	Y	N	N	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
Lat Tightness	Lat Stretches, including: - Prayer Stretches - Dead Hangs - Wall/Floor Angels
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