

Name: Professional Test2
 Date of Birth: 01/01/1992
 Test Date: 03/28/2014
 Report ID: H49106DC

For questions about this report contact:
 Phil Plisky, PT, DSc, ATC, OCS
 ProRehab, PC
 812 555-1212

Summary Report

Lower Quarter Y Balance Test

	Left	Right	Difference	Standard
Anterior:	60	65	5	Below
Posteromedial:	106	111	5	Pass
Posterolateral:	107	105	2	Optimal
Composite:	95.8	98.6		Below

Functional Movement Testing

Test		Raw Score	Final Score	Standard
Deep Squat:		2	2	Pass
Hurdle Step:	L	2	2	Pass
	R	2		
Inline Lunge:	L	3	3	Optimal
	R	3		
Shoulder Mobility:	L	2	2	Pass
	R	2		
Impingement Clearing Test:	L	-		
	R	-		
Active Straight-Leg Raise:	L	2	2	Pass
	R	2		
Trunk Stability Pushup:		2	2	Pass
Press-Up Clearing Test:		-		
Rotary Stability:	L	2	2	Pass
	R	2		
Posterior Rocking Clearing Test:		-		
Total:			15	Pass

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Pain with any test?	No
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Move2Perform Category:	Moderate Deficit
Exercises Generated:	Opposite Side Rolling Single Leg Bridge Lunge Stretch

Here are your results compared to other Professional Baseball athletes.

