

Name: Professional Test1
 Date of Birth: 01/01/1990
 Test Date: 03/28/2014
 Report ID: I9A64949

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

Summary Report

Lower Quarter Y Balance Test

	Left	Right	Difference	Standard
Anterior:	81	78	3	Optimal
Posteromedial:	127	128	1	Optimal
Posterolateral:	124	123	1	Optimal
Composite:	121.6	120.5		Optimal

Functional Movement Testing

Test		Raw Score	Final Score	Standard
Deep Squat:		1	1	Below
Hurdle Step:	L	1	1	Below
	R	2		
Inline Lunge:	L	2	2	Pass
	R	2		
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:		1	1	Below
Press-Up Clearing Test:		-		
Rotary Stability:	L	2	2	Below
	R	3		
Posterior Rocking Clearing Test:		-		
Total:			11	Below

Name:	Professional Test1
Date of Birth:	01/01/1990
Test Date:	03/28/2014
Report ID:	I9A64949

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

Pain with any test?	No
---------------------	----

Move2Perform Category:	Moderate Deficit
Exercises Generated:	Unilateral Bridge Sideways Leg Lowers Same Side Rolling

Here are your results compared to other Professional Baseball athletes.

