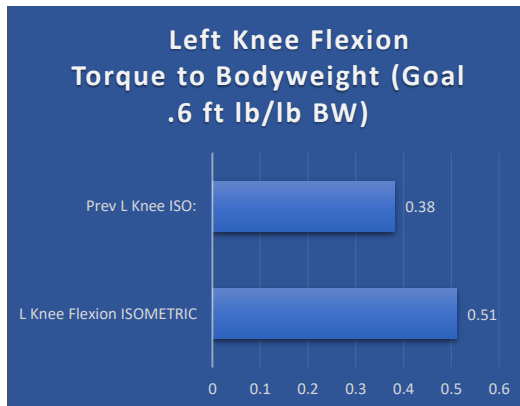
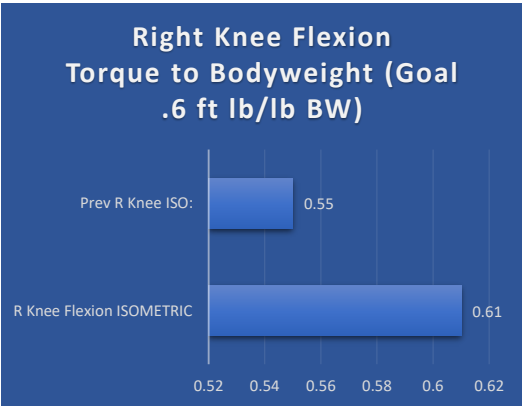
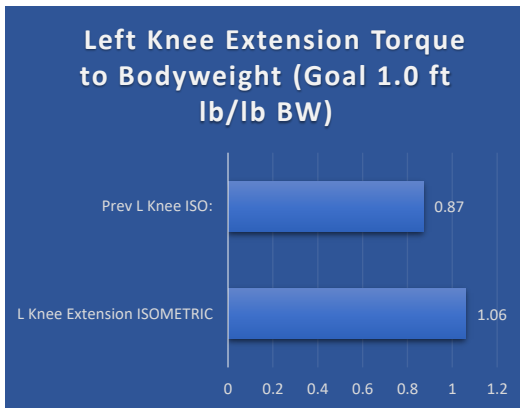
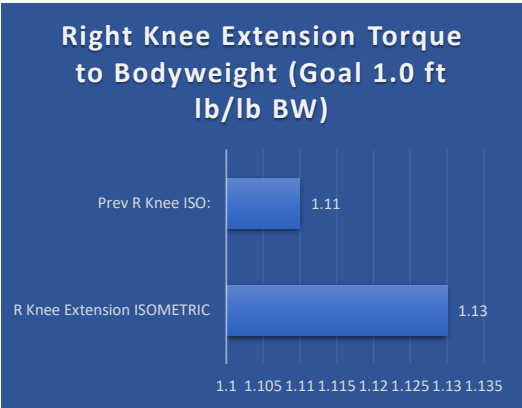
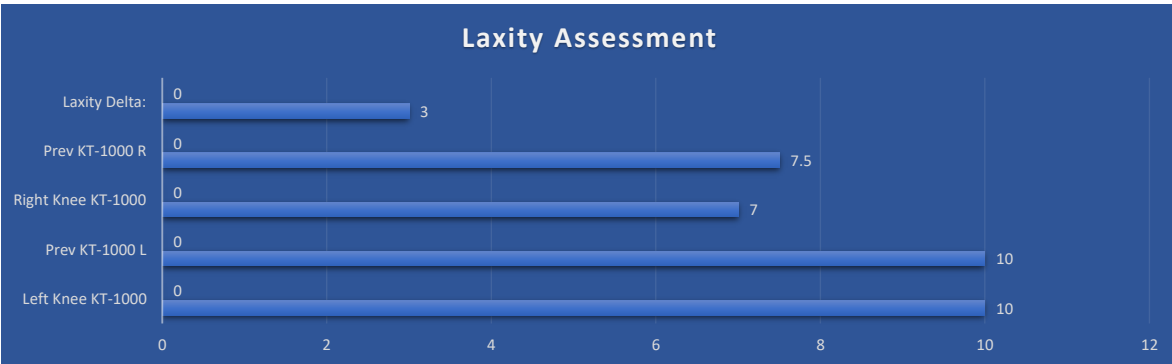
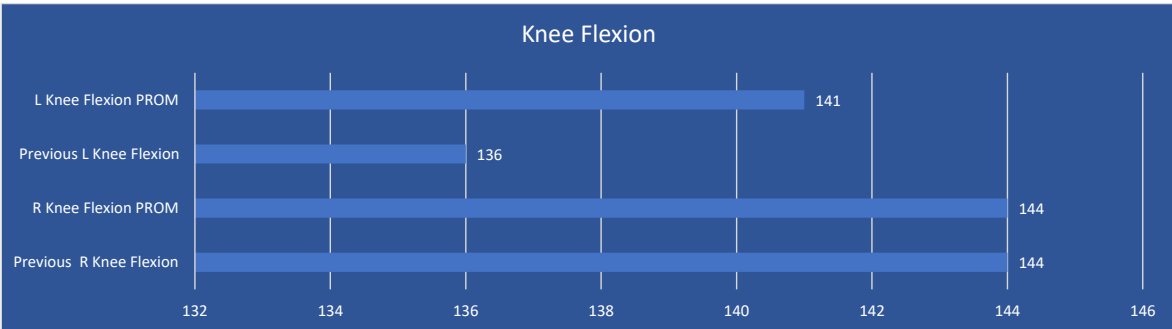
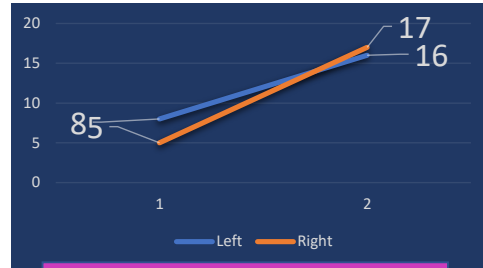
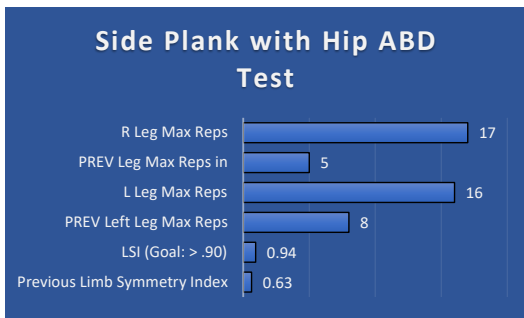




Return to Sport Testing

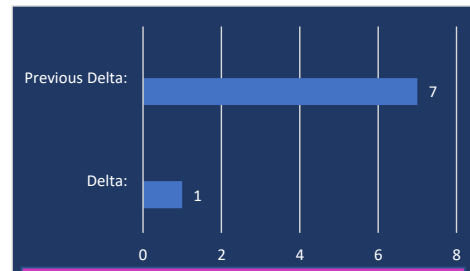
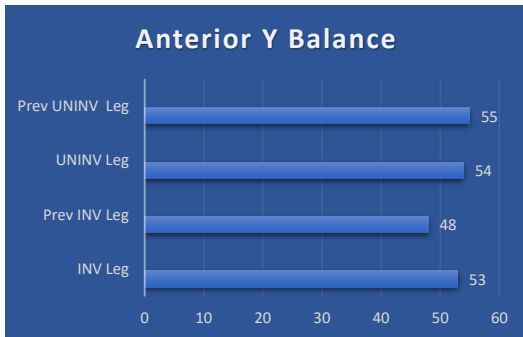




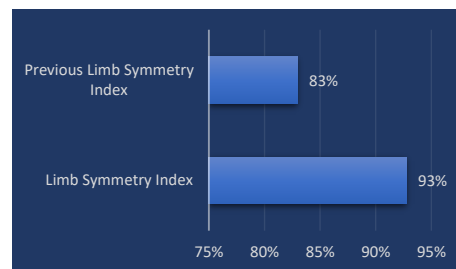
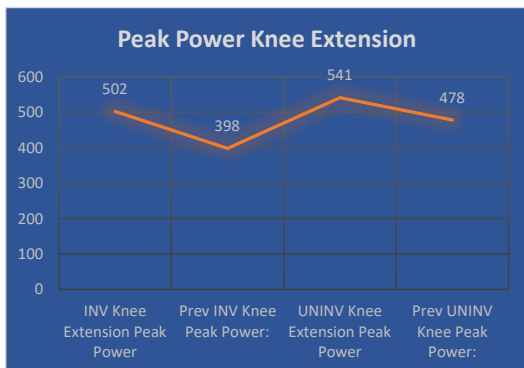
Left & Right Leg Side Plank with Hip ABD Test



Single Leg Squat Symmetry Index

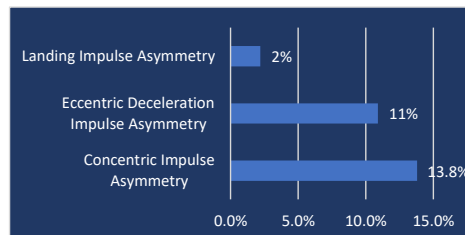


Delta (inCM) Anterior Y Balance



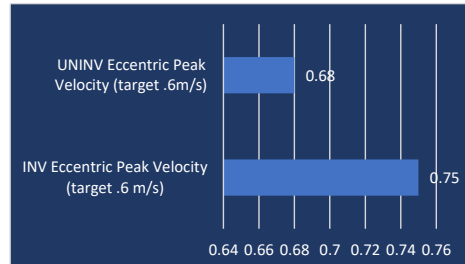
Peak Power Limb Symmetry (Goal >90%)

Concentric Impulse	148.4
Concentric Impulse Asymmetry	10.1
Eccentric Impulse Duration	35.2
Eccentric Deceleration Impulse Asymmetry	9.4
Jump Height	34.3
Eccentric Peak Velocity (target 1.2 m/s)	0.61
Reactive Strength Index (modified)	0.3
Landing Impulse Asymmetry	5.5

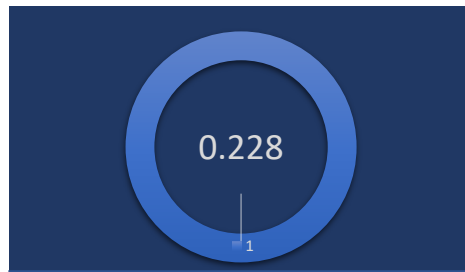
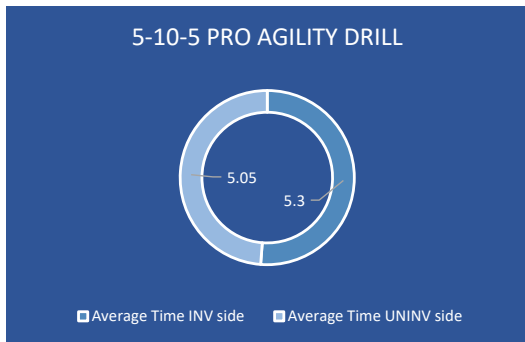


Asymmetry Movement %

UNINV Jump Height	7.8
INV Jump Height	7.9
INV Eccentric Peak Velocity (target .6 m/s)	0.75
UNINV Eccentric Peak Velocity (target .6m/s)	0.68
INV Eccentric Duration	0.339
UNINV Eccentric Duration	0.349
INV Concentric Impulse	97.7
UNINV Concentric Impulse	100.1
RSI-modified (INV)	0.18
RSI-Modified (UNINV)	0.17



Peak velocity for Single Leg Vertical



Ground Contact Time
Goal: .250 sec