

Date
by

12/02/2021
Sam Donaldson

KTW	Left	17
	Right	16
SLHR (Gastroc)	Left	27
	Right	26
SL Ham Bridge	Left	35
	Right	35
Combined Extension		10
Thsp Rotation	Left	80
	Right	80
Active Slump	Left	0
	Right	0
Thomas Test	Hip Ext Left	10
	Hip Ext Right	10
	Knee Flex Left	80
	Knee Flex Right	80
	Hip Abd Left	5
	Hip Abd Right	5
1st MTP PROM Flexion	Left	45
	Right	45
1st MTP PROM Ext	Left	45
	Right	20
Y Balance Test	<i>Leg Length L</i>	102
	<i>Leg Length R</i>	102
	L Stance Anterior Reach	96
	R Stance Anterior Reach	100
	ANT Reach Difference	-4
	L Stance PM Reach	110
	R Stance PM Reach	109
	L Stance PL Reach	110
	R Stance PL Reach	107
	<i>Average Reach L</i>	105.3
	<i>Average Reach R</i>	105.3
	Average Reach Symmetry	100
	Average Reach:Leg Length L	1.03
	Average Reach:Leg Length R	1.03
	Average Reach:Leg Length Symmetry	100
SL Hop Distance	Left	215
	Right	203
	Symmetry	105.9
SL Squat	Left	Good
	Right	Good
LESS	Vertical Jump Total Score	4
Side Bridge	Left	30s
	Right	30s
X- extension	patterning comment	Mild loss of lumbar neutral on hip extension. Cues for hip isolated movement tolerated and fully capable.
Modified BESS	Examined Leg	Left
	Eyes Closed: Feet Together	0
	Eyes Closed: Single Leg Stance	4
	Eyes Closed: Tandem	0

* Video record saved on RHP Hudl

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