

Name:	John Smith
Date of Birth:	01/01/1990
Date:	04/08/2013
Report ID:	F950F4E0

For questions about this report contact:
Jim Jones, PT, OCS
ProRehab
(812) 555-1212



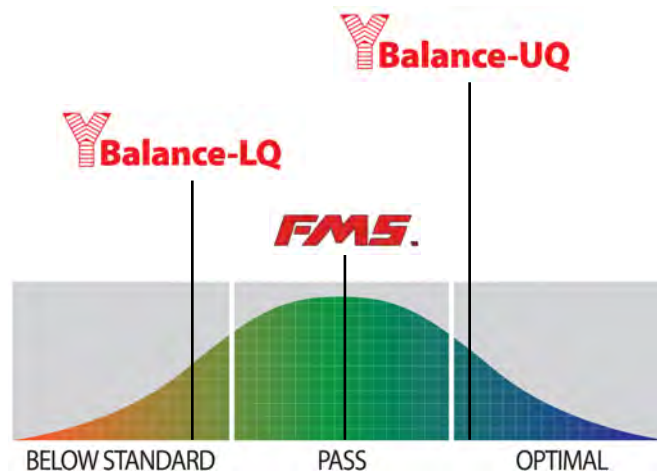
Individual Summary Report

John, you have completed screening tests designed to determine your musculoskeletal status and injury potential. Injuries are difficult to predict, that's why we use only the most up-to-date, research-based tests. Because injury risk is related to multiple factors, we use the Move2Perform software to analyze your test results compared to data proven to predict injury. We combine these evidence based factors to categorize your individual performance. Here are the four categories and your results.

- Substantial Deficit
Based on the research, the algorithm indicates you are much more likely than your peers to lose time from your sport or activity because of an injury.
- Moderate Deficit
Based on the research, the algorithm indicates you are more likely than your peers to lose time from your sport or activity because of an injury.
- Slight Deficit
Based on the research, the algorithm indicates you have some characteristics that may cause you to lose time from your sport or activity due to an injury.
- Optimal
Based on research, the algorithm indicates you have the basic movement characteristics required to gain the maximum benefits possible from a quality performance training program.

John, you are in the MODERATE deficit category.

Here are your results compared to other College Basketball athletes.



RECOMMENDED ACTION

John, you should perform the initial personalized exercises you received and contact your Move2Perform provider to schedule an appointment where you will be prescribed a progressive corrective exercise program. You should continue with that provider until re-testing demonstrates you are in a lower risk category.

Opposite Side Rolling



Lie on your back, right hand overhead, feet shoulder width apart. In a diagonal pattern bring left elbow to right knee, touching them over the abdominal area. Raise head and roll toward the right side. Maintain elbow and knee contact throughout the movement. Then return to the starting position. Perform 10 repetitions. Repeat opposite side. Perform additional set on the side that you feel is more difficult.

Single Leg Bridge



Begin by lying on back with left leg flexed at the hip so the legs are at the same angle, the right foot is placed on the ground in-line with the center of the body with the knee flexed. Next perform a bridge by pushing down with the right foot on the floor and extend the right hip in order to bring the hips off the ground. Left hip maintains equal level with right. Perform 10 repetitions. Repeat on other side. Perform additional set on the side that you feel is more difficult.

Exercises in the Move2Perform+FMS subscription are generated by using components of Functional Movement Systems corrective exercise algorithm under license agreement.

Lunge Stretch



Kneel on right knee with left foot in front, wider than mid-line. The toes on the left front foot should be turned in. Flatten low back and draw in abdominals. Shift forward, taking the left knee over the toes, but in line with the second toe. The heel should remain down. Hold for 3 seconds, for 10 repetitions. Repeat on other side. Perform additional set on the side you feel is more difficult.

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Comprehensive Report

Demographics

Name:	John Smith
Gender:	Male
Date of Birth:	01/01/1990
Level:	College
Sport:	Basketball
Previous Injury:	Yes
Current Pain/Injury:	No
Lower Limb Length:	93
Upper Limb Length:	91

Lower Quarter Y Balance Test

	Left	Right	Difference	Standard
Anterior:	60	55	5	Below
Posteromedial:	96	94	2	Optimal
Posterolateral:	88	90	2	Optimal
Composite:	87.5	85.7		Below

Upper Quarter Y Balance Test

	Left	Right	Difference	Standard
Medial:	98	96	2	Optimal
Inferolateral:	82	84	2	Optimal
Superolateral:	66	64	2	Optimal
Composite:	90.1	89.4		Optimal

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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	2	2	Pass
	R	2		
Shoulder Mobility:	L	2	2	Pass
	R	2		
Impingement Clearing Test:	L	-		
	R	-		
Active Straight-Leg Raise:	L	3	3	Optimal
	R	3		
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

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

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