

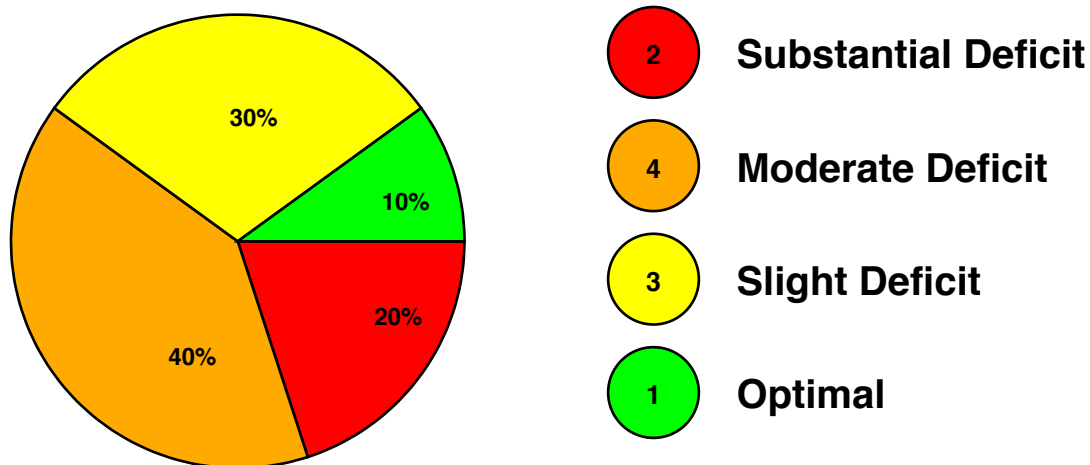
For questions about this report contact:
Joe Smith, PT, OCS
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County High School Soccer

Move2Perform is a musculoskeletal screening process designed to help determine your group's musculoskeletal health. Injuries are difficult to predict and current research suggests injury risk is multifactorial. The software synthesizes a variety of evidence-based factors to categorize each person's individual risk. Here is the breakdown of the four risk level categories.

Your Group's Performance



Recommended Action Items:

Multiple published studies* indicate that individuals who are in the Substantial and Moderate Deficit categories are 3-6 times more likely to get injured. They should contact your Move2Perform provider to set up a comprehensive evaluation and remain under care until re-testing demonstrates they are in a lower deficit category.

Individuals in the Slight Deficit and Optimal categories should perform the personalized exercises provided to correct the any risk factors found in their testing. For additional personalized exercise progressions, they should contact your Move2Perform provider.

Expected Outcomes:

With implementation of the suggested strategies, we would expect those in the substantial and moderate categories to move to a lower deficit category.

* IJSPT 2007 & 2010, JOMT 2007, JOSPT 2006 www.move2perform.com/evidence

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Substantial Deficit (N=2)	
Hamner, Leo	Lamey, William

Moderate Deficit (N=4)	
Vincent, Grant	Mason, Eric
Howard, Kyle	McClure, Mike

Slight Deficit (N=3)	
Johnson, Matt	Webster, Jack
Wilson, Bob	

Optimal (N=1)	
Smith, John	

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Below Threshold	
Hamner, Leo - T5BEFB19	YBT-LQ: Anterior Asym YBT-UQ: Superolateral Asym FMS: Inline Lunge Asym FMS: Deep Squat Below FMS: Active Straight-Leg Raise Below FMS: Low Composite Score Current Injury
Howard, Kyle - LCAABE16	YBT-LQ: Anterior Asym YBT-LQ: Posteromedial Asym FMS: Active Straight-Leg Raise Below FMS: Low Composite Score
Lamey, William - C32238BE	YBT-LQ: Anterior Asym YBT-LQ: Posterolateral Asym YBT-UQ: Medial Asym YBT-UQ: Inferolateral Asym FMS: Shoulder Mobility Below FMS: Trunk Stability Pushup Below FMS: Low Composite Score Current Injury
Mason, Eric - M08B7548	YBT-LQ: Anterior Asym YBT-UQ: Medial Asym YBT-UQ: Inferolateral Asym YBT-UQ: Low Composite Score FMS: Inline Lunge Below FMS: Deep Squat Below FMS: Low Composite Score
McClure, Mike - EBB26C93	YBT-LQ: Anterior Asym YBT-LQ: Posterolateral Asym YBT-UQ: Inferolateral Asym YBT-UQ: Superolateral Asym
Vincent, Grant - Q6A2C0EB	YBT-UQ: Medial Asym FMS: Inline Lunge Asym
Webster, Jack - G489D42C	FMS: Inline Lunge Asym
Wilson, Bob - A6BD46BF	YBT-UQ: Medial Asym

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Lower Quarter Y Balance Test

Direction	Left cm	Right cm	Difference Ave	# Asym	# Below	# Pass	# Optimal
Anterior:	64.7	67.5	3.7	5	5	1	4
Posteromedial:	111.3	113.2	2.7	1	1	2	7
Posterolateral:	108.5	110.9	3.3	2	2	3	5
Composite:	101.6	104.3			0	2	8

Upper Quarter Y Balance Test

Direction	Left cm	Right cm	Difference Ave	# Asym	# Below	# Pass	# Optimal
Medial:	96.5	99.6	2.8	4	4	1	5
Inferolateral:	88.3	91.2	3.4	3	3	1	6
Superolateral:	77.7	80.2	2.5	2	2	2	6
Composite:	93.6	96.8			1	1	8

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Functional Movement Screen

Test		Raw Score Ave	Final Score Ave	# Asym	# of 0's	# of 1's	# of 2's	# of 3's
Deep Squat:		1.9	1.9		0	2	7	1
Hurdle Step:	L	2.7	2.7	0	0	0	3	7
	R	2.7						
Inline Lunge:	L	2.2	2.2	4	0	1	6	3
	R	2.6						
Shoulder Mobility:	L	2.5	2.2	1	1	0	5	4
	R	2.4						
Impingement Clearing Test:	L	1						
	R	0						
Active Straight-Leg Raise:	L	2.5	2.3	2	0	2	3	5
	R	2.3						
Trunk Stability Pushup:		2	2		0	1	8	1
Press-Up Clearing Test:		0						
Rotary Stability:	L	2.1	2.1	0	0	0	9	1
	R	2.1						
Posterior Rocking Clearing Test:		0						
Total:			15.4	7	1	6	41	22