

Anthony Day

Height: Not performed
Weight: Not performed
BMI: 0.0

DOB: 25/05/1976
Email: anthony.waterworth@skf.com ,
Assessing Clinician: 0

Fitness Testing

Sprint			Agility		Vertical Leap		Yoyo	
Speed	3.028 Sec		Speed	11.343 Sec	Height	48.05 Cm	Score	16.8

Musculoskeletal Screening

Stress fractures

You have no current history of stress fractures. If you have any concerns or questions about the risk factors for stress fractures please speak with your clinican.

Back Pain

You have indicated you have no current problems with back pain

Groin pain

You have risk factors for the development of groin pain.
It is strongly recommended that if you develop groin pain you speak with a Sports Doctor or Physiotherapist early

Hamstrings

You have indicated you are 23 or older. This places you at increased risk of hamstring tears.
If you have any concerns or hamstring pain you have not mentioned we recommend you speak further with a physiotherapist.

Shoulder instability

You have no current problems with shoulder instability

Knee pain

You have indicated you have no current issues with knee pain

Foot pain

You have indicated you have no current pain or issues

Ankle sprains and instability

You have no current risk factors for ankle sprains, you do not need to address this area further.

Core Stability

You have been found to have a deficiency in your core stability.
Improving your core stability may significantly improve your performance and decrease your risk of injury.
We recommend you speak with a physiotherpsist to address this further.

Clinician Comments

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Many thanks for taking part in your screening program. If you have any concerns that have not been considered, or you would like to address the issues that have been raised in your screening, please contact your sports doctor or physiotherapist on 1300 855 442.