

PHYSICAL FUNCTION PROFILE

PARTICIPANT:

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The Fit Stop Human Performance Lab

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PHYSICAL FUNCTION PARAMETERS

| | SCORE | IDEAL | AVERAGE | LOW |
|--|-------|-------|---------|-----|
| Max VO2 | 33.0 | | ☹️ | |
| Anaerobic Threshold (% ranking) | 81% | 😊 | | |
| Lumbo Pelvic Control | 1 | | | ☹️ |
| Push-ups | 35.0 | | ☹️ | |
| Pull-up test | 8 | 😊 | | |
| Back And Leg Flexibility (Sit & Reach) | 0 | | | ☹️ |
| Back Flexibility (Sit-up) | 2 | | ☹️ | |
| Hip Flexor Flexibility (Knee to Chest) | 3 | | ☹️ | |
| Right Hamstring Flexibility (Straight Leg Raise) | 60 | | | ☹️ |
| Left Hamstring Flexibility (Straight Leg Raise) | 65 | | | ☹️ |
| Cholesterol/HDL ratio | 4.5 | | ☹️ | |

IN THE RED - You are at risk for an overuse injury !

Back flexibility -

If the low back is tight or inflexible than the normal curve of the low back cannot easily be reversed when bending forward. This can place excessive stretch on the muscles of the legs as well as the spine itself.

Hamstring flexibility -

Tight hamstrings can exaggerate the normal curve in the spine creating excessive lowback muscle and ligament tension. Pain can be a result of this tension.

Hip flexor flexibility -

Tight hip flexors can cause an exaggerated pelvic tilt which puts stress on the vertebrae and surrounding nerves. Maintaining good flexibility in the hips as well as strong abdominals can prevent this disturbing motion.

Abdominal strength and control -

Effective strength of the abdominal muscles is thought to help reduce compression forces on the spine by creating an "air bag" effect increasing pressure around the spine. They also help to support the spine.

Shoulder flexibility -

By maintaining the appropriate range of motion, the shoulders and wrist muscles can move more efficiently, thereby, preventing awkward handling positions and promoting increased physical endurance.

Speaking generally, all parts of the body which have a function, if used in moderation and exercised in labors to which each is accustomed, become healthy and well developed and age slowly. But if unused and left idle, they come liable to disease, defective in growth and age quickly.

370 B.C. Hypocrates