



Injury Armored™

Prevention to Performance



Congratulations, you've been Injury Armored™!

Client Report

Name : Bill Smith
Organization : Turner Pain & Wellness
Group : Football
Position : Wide Receiver

337

Your Score

Your Injury Armored Score:

Session Title : Winter 2016

Current Session Date : 02/01/2016

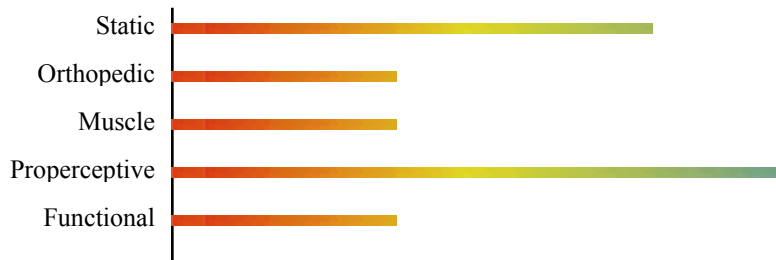
Score : **337**



You scored 2 out of 2 athletes your team

Key Risk Factors:

- ▶ Lachman's : Seek medical consult.
- ▶ O'Brien's Test : Seek medical consult.
- ▶ Scapular Winging : Seek medical consult.
- ▶ Dropped Shoulder : Seek medical consult.
- ▶ Central Stenios : Seek medical consult.





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Definition of Key Risk Factors:



Lachman's

Lachman's is a classic orthopedic test to identify the stability, integrity, or injury of the ACL or PCL. It is recommended that the athlete see the medical or training staff to rule out an ligamentous lesions.



O'Brien's Test

O'Brien's is a classic orthopedic test to identify shoulder labrum injury. It is recommended that the athlete see a trainer or medical staff for further evaluation.



Scapular Winging

Scapular winging is noticeable when the scapular blade protrudes from the back rather than lying flat against the chest wall. This can be caused by overuse of the shoulder or damage to the long thoracic nerve. Scapular winging can cause upper back or shoulder pain, lack of range of motion. Can be resolved by strengthening the serratus anterior muscle and re-education proper shoulder tracking patterns. It is recommended that the athlete see the trainer or medical staff to further evaluate the severity of scapular winging and rule out any neurological component.



Dropped Shoulder Position

A dropped shoulder position may result from overuse or atrophy of the muscles that stabilize the scapula. It may cause decreased shoulder range of motion, shoulder, upper back or neck pain. Proper positioning and movement of the scapula is necessary for full and normal shoulder range of motion. It is recommended that the athlete see the trainer or medical staff to rule out any neurological components.



Central Stenios

A positive central stenosis exam indicates narrowing of the spinal canal and possible compression of the cervical or lumbar spine. It is recommended that the athlete see the medical or training staff to determine the cause of stenosis.

What's next?

Login to your online profile to view and complete corrective exercises for the listed areas of concern. Your trainer will activate your account upon review of your Injury Armored report.

Username : billsmith@gmail.com

Password : 123456789

Injury Armored scores are based upon a combination of all tests completed. Injury Armored is intended to reduce injury risk, but cannot ensure complete injury prevention and will not be held accountable for injuries occurring after completing the Injury Armored process. Consult with your trainer before completing any corrective exercise. When these risk factors are identified and corrected, injury risk is shown to decreased and performance is shown to improve.