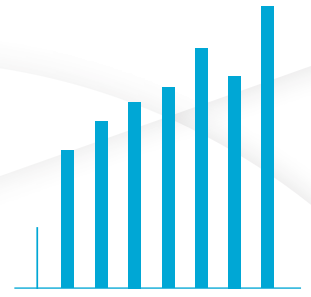


HARTFORD HEALTHCARE

# Sports Medicine Athlete Performance Screens



Hartford Healthcare's Athlete Performance Screens are designed by Sports Physical Therapists to identify opportunities for enhancing athletic performance and reducing injury risk.

## PROGRAM OVERVIEW

The screens assess:

- **Movement & Balance:** Evaluates control, stability, and reach outside the base of support.
- **Power & Deceleration:** Tests the ability to generate and control force, essential for athletic performance.
- **Strength:** Measures force output in major muscle groups, including quadriceps, hamstrings, adductors, abductors, and hip rotators.

## KEY TESTS



**Functional Movement Screen:** A 21-point assessment of mobility and stability, identifying potential pain points and movement asymmetries.



**Y Balance Test:** Measures balance and reach in multiple directions, analyzing symmetry and control.



**Hop Testing:** Assesses power generation and deceleration control through single and triple hop tests.



**Strength Testing:** Utilizes the VALD Performance Force Frame to measure key muscle group strength and balance.

## BENEFITS

The results provide a personalized program aimed at improving athletic performance, supporting growth areas, and reducing injury risk—especially for ACL injuries.

For more information, and additional testing opportunities through our performance lab please contact: [Sportsmedicine@hhchealth.org](mailto:Sportsmedicine@hhchealth.org)

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[hartfordhealthcare.org/services/sports-health](http://hartfordhealthcare.org/services/sports-health)

