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Excel Sports Therapy-Shiner



The Methodist
Hospital

Athletic Training Services



Baylor Sports Medicine



8th Annual Sports Medicine Update Conference Center at Minute Maid Park

I was once again honored with the opportunity to speak at the Sports Medicine Update in Houston. It is held at Minute Maid Park each year and is hosted by a number of the leading Sports Medicine physicians in the country. I thought I would share with you a few of my lecture illustrations. I was able to discuss meaningful and practical LE functional tests that can be used during the advanced strengthening phase of rehabilitation, before it is safe or advised to perform hop testing or agility testing.

Single Leg Squat

- Single leg squat to $>60^\circ$ flexion and hold for 5 seconds
- Note limb alignment
- Note pain
- Record side-to-side variance in depth



Star Excursion Test

- Evaluating stance limb, note distance reached in specific direction while maintaining balance
- Note side-to-side variance



Single Leg Balance & Reach

- Mark 80% of max anterior reach of uninvolved LE
- Record reps performed beyond mark in 30 sec for both LEs
- Note side-to-side variance



Step Down Test

- 8 in step
- Heel brushes floor and returns
- Record repetitions performed in 30 seconds
- Note side-to-side variance



It is my goal to provide objective, functional, and meaningful information on each patient's condition and progress. I am always more than happy to discuss with you how I can best communicate and share this information with you.

Thank you for your continued support of Excel Sports Therapy!