

# Comprehensive Athlete Performance Screening

Discover your athletic potential with a Comprehensive Athlete Performance Screening (CAPS) by a licensed sports medicine physical therapist and certified strength and conditioning specialist. Your evaluation includes the following key components:



## PERFORMANCE MOVEMENT SCREEN

Flexibility, balance and dynamic core stability testing and their influence on athletic performance



## STRENGTH EVALUATION

Age and sport specific upper and lower body strength tests



## LINEAR SPEED AND CHANGE OF DIRECTION

Timed 10 and 20 yard sprint test and Illinois agility test

### To schedule an appointment, contact:

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