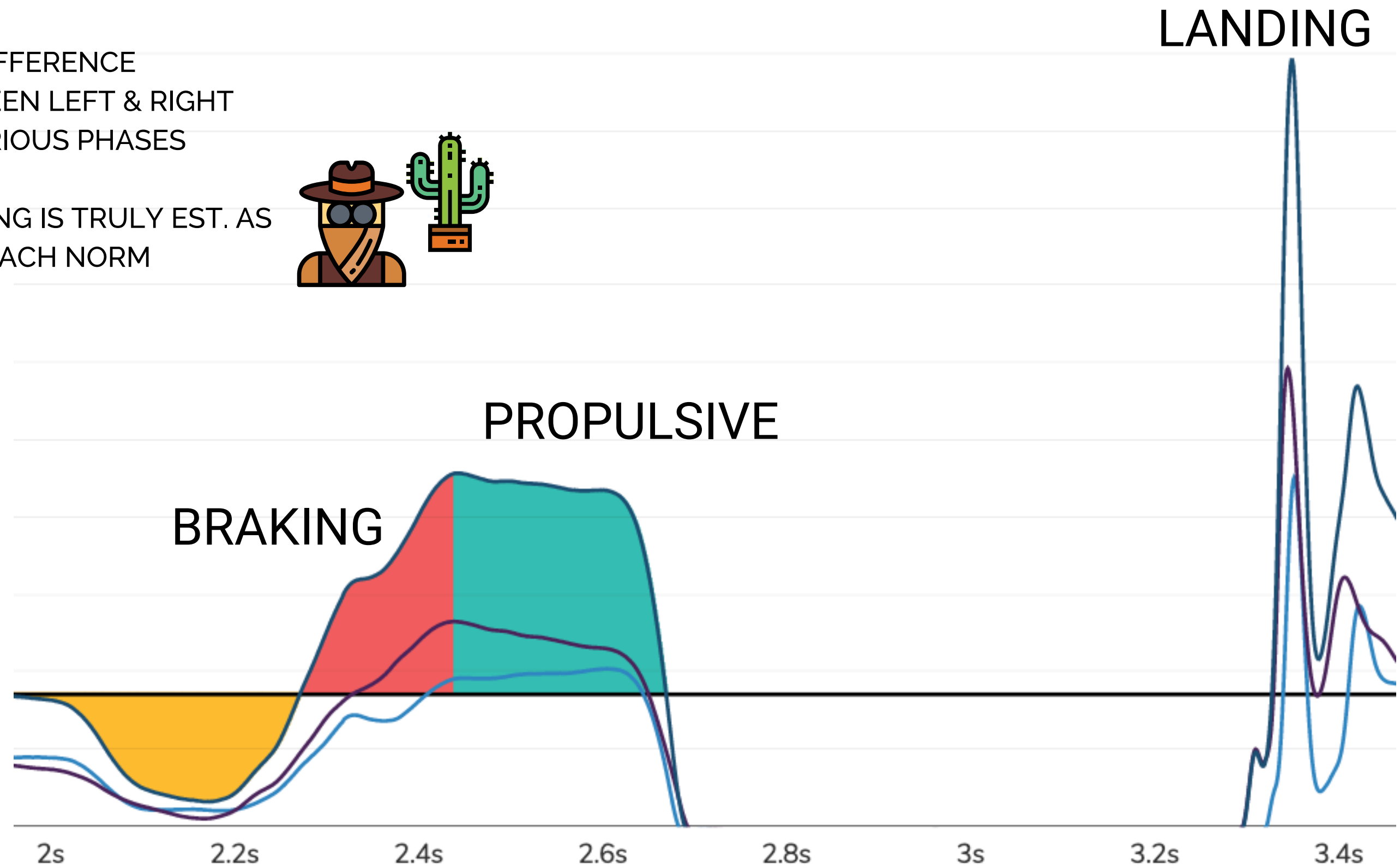
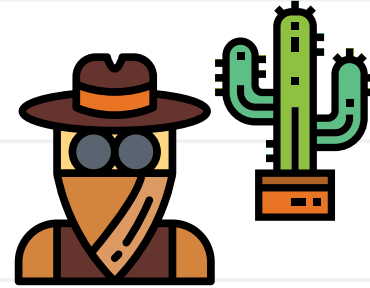


ASSESSING ASYMMETRY IN SPORT



THE DIFFERENCE
BETWEEN LEFT & RIGHT
AT VARIOUS PHASES

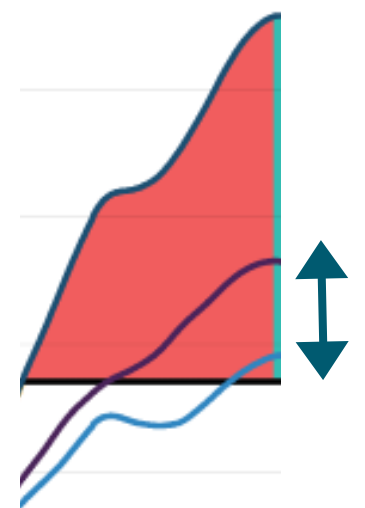
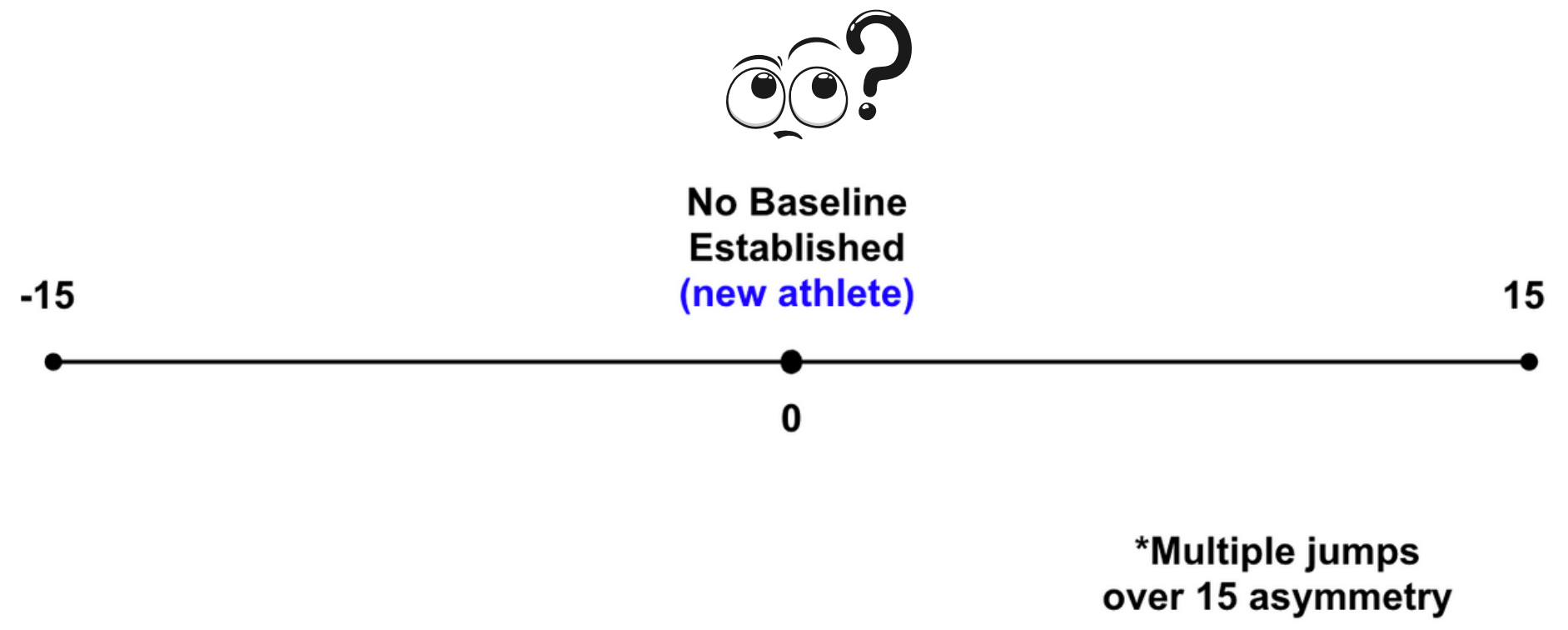
NOTHING IS TRULY EST. AS
A RESEACH NORM



L/R AVG. BRAKING FORCE GUIDE



- Establish injury history
 - Establish limb dominance
- ↓
- Create training plan to strengthen weaker limb
 - Use as a screening for injury midication



- Track changes in limb dominance over time
- The longer you have an athlete in your program the more symmetrical they should become, with context to the sport and demands
- Use as a thermometer to identify changes in %, thus providing an opportunity for an intervention

