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The best functional performance tests assess all elements of function (listed above) First assess the function of part of the person and then eventually assess the function of the person; The best test of ability to return to sport is one that closely mimics that activity; Every athlete is an individual - and should be assessed accordingly

Functional Performance Testing: An Assessment Necessity

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More specifically for this book, functional testing is defined as using a variety of physical skills and tests to determine (1) one's ability to participate at the desired level in sport, an occupation, or recreation or to return to participation in a safe and timely manner without functional limitations and (2) one's ability to move through up to three planes of movement as assessed via nontraditional testing that provides qualitative and quantitative information related to specialized ...

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