

# USA Tennis High Performance Profile

Upper Body Test	Left Side	Right Side
<b>Scapular Stabilization:</b> Did you notice any scapular pathology during the scapular stabilization test? (Y or N)		
<b>Manual Muscle Test:</b> Please score the manual muscle test on a scale of 1-5.		
<b>Grip Strength:</b> What was the peak grip strength measurement that was recorded? (kg)		
<b>Internal Rotation:</b> What was the amount of internal rotation achieved actively by the player? (degrees)		
<b>External Rotation:</b> What was the amount of external rotation achieved actively by the player? (degrees)		

Lower Body Test	Left Side	Right Side
<b>One-Leg Stability Test:</b> Was the player able to perform the one-leg stability test? (Y or N) If no, please provide comments/observations below.		
Right Leg:  Left Leg:		
<b>Hip External Rotation Test:</b> How far was the lateral border of the kneecap from the table surface? (cm)		
<b>Hip Flexor Flexibility:</b> Did the player exhibit a positive Thomas test? (+ or -) If positive, what was the hip angle? (degrees) Did the player exhibit a positive rectus femoris test? (+ or -)		
<b>Hamstring Flexibility Test:</b> What was the hip angle measured during the straight leg raise? (degrees)		
<b>Quadriceps Flexibility:</b> Was the heel able to touch the buttocks? (Y or N) If no, what was the knee angle? (degrees)		

Core Strength	Left Side	Right Side
<b>Core Stabilization Test:</b> Was the player able to maintain a constant pressure in the blood pressure cuff while lowering the leg? (Y or N)		



# USA Tennis High Performance Profile

## Player Information

Player Name: \_\_\_\_\_ Birth date: \_\_\_\_\_

Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Dominant Arm: L R

Examiner's Name: \_\_\_\_\_ Date of exam: \_\_\_\_\_

### Injury History:

Please use the space below to provide a brief history of any past and/or current injuries that have resulted in missed training or competition. To the best of your ability, provide the date of the injury, a description of the injury, the treatment that was received and the amount of playing time lost.

---

### USA TENNIS HIGH PERFORMANCE PROFILE ACKNOWLEDGMENT

I, \_\_\_\_\_, acknowledge and understand that the information contained within my USA Tennis High Performance Profile (HPP), or the HPP of my minor child, if applicable, may be used or disclosed by the United States Tennis Association Incorporated (USTA) for the following purposes only:

- a) USTA may, in its own discretion, compile the information contained within player HPPs and store such information in any written, electronic or other form for research purposes, including, but not limited to, studying injury trends and developing the most effective training techniques;
- b) Any results of USTA's research pursuant to subparagraph (a) above may be shared with other tennis and/or sports science associations, with the goals of, among others, reducing the number of player injuries and increasing the effectiveness of player training. Any information shared with such associations will not contain any information identifying any individual HPP participants;
- c) USTA may disclose the results of my or my child's (if applicable) HPP with USTA staff, physicians, physical therapists, trainers and other healthcare-related professionals associated with USTA for the purpose of treating an injury suffered while participating in a USTA tennis event; and
- d) USTA may use or disclose the results of my HPP to the extent required by law.

By signing below, I, for myself, or on behalf of my minor child, if applicable, hereby consent to the foregoing uses and disclosures by USTA of the information contained within my, or my child's, HPP.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ If signed by parent/legal guardian, player's name: \_\_\_\_\_

*Please mail this information to: USTA Sport Science Department, USA Tennis High Performance, 7310 Crandon Boulevard, Key Biscayne, FL 33149, or fax both pages to (305) 365-8700. For questions contact (305) 365-8760 or e-mail [sportscience@usta.com](mailto:sportscience@usta.com).*