Resync
PHYSIO & PERFORMANCE

PREPARED FOR

Sample Athlete

Your testing results 19 November 2026

Return to Play testing. An example report with made-up data, showing what you get from your test.

Test date	Body mass	Systems
19 November 2026	80 kg	ForceDecks · ForceFrame · DynaMo

The headline

On two legs you're ready: strong hips, a powerful jump and a quick bounce off the ground. On your *right leg alone*, you're not there yet. The leg you hurt jumps lower, stays on the ground longer and its hamstring is still below where we want it.

GOING WELL

- Two-leg jump of **38 cm**, right beside the professional average of 39 cm
- Push-off power **2.45** per kg, past the 2.40 target
- Off the ground in **0.24 s** on the drop jump, inside the 0.30 s target
- Groin and outside-of-hip strength at **Athletic** level or better on both sides

TO WORK ON

- Right hamstring at **41%** of body weight, against a 50% target, and 13% weaker than the left
- Right leg's springiness on the single-leg hop test is **32%** lower than the left
- Right leg stays on the ground **0.36 s** on the single-leg drop jump; the target is under 0.35 s
- Right single-leg push-off power just under target

Hip and leg strength: measured against your body weight

A heavier person should push harder, so raw force doesn't mean much on its own. Dividing by your body weight gives a **% of body weight** figure we can hold against a target. At **80 kg**, here's where you land.

ForceFrame (hips) and DynaMo (knee and calf), 19 November 2026. Your hamstring target is raised one level because of your past right hamstring injury.

TEST	LEFT	RIGHT	TARGET	WHERE THAT PUTS YOU
Knee flexion hamstrings — bending the knee	47% 370 N	41% 322 N	50% raised: past injury	GOOD — RIGHT SIDE, UNDER 50% TARGET
Hip flexion lifting the knee up	46% 360 N	44% 345 N	50%	ATHLETIC — RIGHT SIDE, UNDER 50% TARGET
Hip extension driving the leg back — glutes and hamstrings	55% 430 N	50% 395 N	50%	ATHLETIC — RIGHT SIDE
Knee extension quads — straightening the knee	62% 490 N	61% 475 N	60%	ATHLETIC — RIGHT SIDE
Hip abduction leg out sideways — outside of the hip	38% 300 N	37% 292 N	30%	ATHLETIC — RIGHT SIDE

TEST	LEFT	RIGHT	TARGET	WHERE THAT PUTS YOU
Hip adduction squeezing the legs together — groin	44% 345 N	42% 330 N	30%	PROFESSIONAL — RIGHT SIDE
Calf pushing up onto the toes	168% 1320 N	159% 1250 N	–	NO RESYNC LEVEL YET — USED TO COMPARE SIDES

The Resync levels, so you can see what each target means.

MOVEMENT	POOR	BELOW AVG	GOOD	ATHLETIC	PROFESSIONAL
Knee flexion	20%	30%	40%	50%	60%
Knee extension	30%	40%	50%	60%	70%
Hip flexion	20%	30%	40%	40%	50%
Hip extension	20%	30%	40%	50%	60%
Hip adduction	12%	18%	24%	32%	40%
Hip abduction	12%	18%	24%	32%	40%

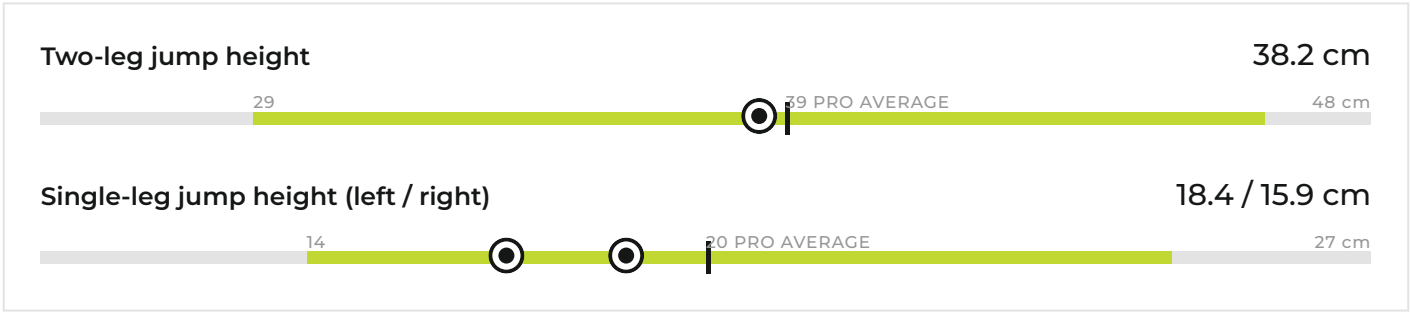
The one to fix first. Your right hamstring, the muscle at the back of the thigh that you injured, is at **41%** of body weight. Because it's been injured before, we want it at 50% before you go back to full sprinting. It's also 13% weaker than your left. Your hips are in good shape, so the hamstring is the gap.

Jumping: power against targets, and how you compare

ForceDecks, 19 November 2026. Targets are the Resync return-to-performance standards; professional figures are the median for male Premier League players.

WHAT WE MEASURED	YOU	TARGET	A PRO	VERDICT
Two-leg jump height countermovement jump	38.2 cm	–	39 cm	CLOSE TO PRO
Push-off power per kg	2.45	above 2.40	–	CLEAR
Braking power per kg	1.55	above 1.50	–	CLEAR
Time on the ground drop jump	0.24 s	under 0.30 s	0.20 s	CLEAR
Single-leg push-off power per kg — left / right	1.60 / 1.46	above 1.58	–	RIGHT UNDER

WHAT WE MEASURED	YOU	TARGET	A PRO	VERDICT
Single-leg jump height left / right	18.4 / 15.9 cm	–	20 cm	RIGHT LOWER
Time on the ground, one leg drop jump — left / right	0.31 / 0.36 s	under 0.35 s	–	RIGHT OVER
10-5 hop test 10 quick hops, best 5 — two legs	0.19 s	–	–	QUICK



Lime bar = the range 90% of professional players fall inside · black line = their average · dots = your left and right.

What these numbers are telling you. When both legs share the work, you jump and bounce like a well-trained athlete. The gap only shows when the right leg works on its own. That matters for return to play: sprinting, cutting and landing all happen one leg at a time.

Left versus right

Under 10% is unremarkable · 10–20% worth monitoring · above 20% needs attention.

WHAT WE MEASURED	LEFT	RIGHT	DIFFERENCE	VERDICT
Single-leg 10-5 hop springiness score, one leg	0.47	0.32	**32% L**	NEEDS ATTENTION
Single-leg drop jump springiness	1.14	0.87	**23% L**	NEEDS ATTENTION
Single-leg drop jump height	15.2 cm	12.1 cm	**20% L**	NEEDS ATTENTION
Single-leg jump height	18.4 cm	15.9 cm	**14% L**	MONITOR
Knee flexion hamstrings	370 N	322 N	**13% L**	MONITOR
Single-leg push-off power per kg	1.60	1.46	9% L	FINE
Hip extension	430 N	395 N	8% L	FINE
Calf	1320 N	1250 N	5% L	FINE

WHAT WE MEASURED	LEFT	RIGHT	DIFFERENCE	VERDICT
Hip adduction groin	345 N	330 N	4% L	FINE
Hip abduction outside of the hip	300 N	292 N	3% L	FINE

The pattern. Every test that shows a real difference involves the right leg working alone, and the biggest gaps are in the fast, springy tests. Hip strength is even side to side. This is one problem showing up several times: the right leg hasn't yet got back its speed and spring since the hamstring injury.

Your three priorities

1

Rebuild the right hamstring

41% of body weight against a 50% target, and 13% behind the left. A hamstring that has been injured before needs to be stronger than average, not just back to normal.

- Progressive hamstring loading, guided by your physio: bridges and curls, then Nordics and fast eccentric work
- Goal by your next test: 45% of body weight, and the gap to the left under 10%

2

Get the spring back in the right leg

On the single-leg hop test the right leg's springiness is 32% lower than the left, and it stays on the ground 0.36 s on the single-leg drop jump.

- Low-level single-leg hops and pogos, building to bounding
- Short sets: stop when the contacts slow down
- Goal: single-leg contact time under 0.35 s and the hop-test gap under 10%

3

Single-leg power on the right

Right single-leg push-off power is 1.46 per kg, just under the 1.58 target, and the right leg jumps 14% lower than the left.

- Single-leg strength work (split squats, step-ups) with a fast lift
- Goal: 1.58 per kg on both legs

What the words mean

% of body weight	Your force divided by your body weight, so results can be compared fairly against a target.

Push-off power	How much force you put into the ground on the way up.
Braking	The lowering or landing phase, before you push.
Contact time	How long your feet stay on the ground when you land and jump again. Shorter is better.
Springiness (RSI)	How high you jump compared with how long you spend on the ground. Higher is better.
10-5 hop test	Ten quick hops in a row. We use the best five to measure how springy you are.
Difference between sides	How much stronger or springier one leg is than the other on the same test.

Appendix: full test record

Everything recorded on 19 November 2026, for your physiotherapist's reference. You don't need to read this part.

TEST / METRIC	LEFT	RIGHT	ASYM
FORCEDECKS — COUNTERMOVEMENT JUMP			
Jump height		38.2 cm	–
Concentric impulse 2.45 N·s/kg		196.0 N·s	–
Eccentric deceleration impulse 1.55 N·s/kg		124.0 N·s	–
Eccentric peak velocity		−1.32 m/s	–
Peak power / BM		54 W/kg	–
Peak landing force	2,610 N	2,380 N	8.8% L
FORCEDECKS — SINGLE-LEG JUMP			
Jump height	18.4 cm	15.9 cm	13.6% L
Concentric impulse 1.60 / 1.46 N·s/kg	128.0 N·s	117.0 N·s	8.6% L
Eccentric deceleration impulse 0.68 / 0.60 N·s/kg	54.4 N·s	48.0 N·s	11.8% L
Eccentric peak velocity	−0.78 m/s	−0.66 m/s	15.4% L
FORCEDECKS — DROP JUMP			
Jump height		33.5 cm	–
Contact time		0.24 s	–
RSI flight time / contact time		2.18	–
FORCEDECKS — SINGLE-LEG DROP JUMP			
Jump height	15.2 cm	12.1 cm	20.4% L
Contact time	0.31 s	0.36 s	13.9% R
RSI flight time / contact time	1.14	0.87	23.2% L
FORCEDECKS — 10-5 HOP TEST (TWO LEGS)			
Mean jump height (best 5)		22.0 cm	–
Mean contact time (best 5)		0.19 s	–
RSI jump height / contact time		1.16	–
FORCEDECKS — SINGLE-LEG 10-5 HOP TEST			
Mean jump height (best 5)	10.8 cm	8.6 cm	20.4% L
Mean contact time (best 5)	0.23 s	0.27 s	14.8% R
RSI jump height / contact time	0.47	0.32	32.2% L

TEST / METRIC	LEFT	RIGHT	ASYM
FORCEFRAME — HIP			
Hip adduction 60° 44.0 / 42.0% BW	345 N	330 N	4.3% L
Hip abduction 60° 38.2 / 37.2% BW	300 N	292 N	2.7% L
Hip flexion 45.9 / 44.0% BW	360 N	345 N	4.2% L
Hip extension 54.8 / 50.3% BW	430 N	395 N	8.1% L
DYNAMO — KNEE AND CALF			
Knee flexion prone 47.1 / 41.0% BW	370 N	322 N	13.0% L
Knee extension seated 62.4 / 60.5% BW	490 N	475 N	3.1% L
Calf plantarflexion, strap-anchored 168.2 / 159.3% BW	1,320 N	1,250 N	5.3% L
MUSCLE BALANCE RATIOS			
Adduction : abduction target 1.00	1.15	1.13	—
Hip flexion : extension	0.84	0.87	—
Knee flexion : extension (hamstring : quad)	0.76	0.68	—
SESSION REFERENCE VALUES			
Body mass / body weight		80.0 kg / 784.8 N	—

Notes for the clinician

Example report	All data in this report is invented to show what a Return to Play test produces. It does not describe a real patient.
Raised target	Knee flexion target raised one level (40% → 50%) for the right hamstring strain four months ago. Hip extension left at the default 50%; raise it too if the injury involved the proximal hamstring.
Calf	No Resync %BW standard for plantarflexion, so it is reported for side-to-side comparison only. Test was strap-anchored, so values above the usual handheld ceiling are not tester-limited.
Hop-test RSI	VALD 10-5 hop RSI is jump height ÷ contact time; the Premier League hop median uses flight time ÷ contact time. Formulas differ, so no professional comparison is shown.
Device comparability	Hips on ForceFrame, knee and calf on DynaMo. Graded within each device; do not compare across devices at later visits.

PLEASE KEEP IN MIND

- This is one test session. Results move around with sleep, fatigue, warm-up and effort on the day — it's a snapshot, not a verdict.
- Professional comparisons come from elite full-time footballers and describe a football-specific profile. They are a reference point, not a standard you're failing to meet.
- Handheld measurements depend partly on the tester resisting your push, so compare future results against the same method.
- Measurements only, not a diagnosis. Go through this with your physiotherapist at Resync.
- Targets: Resync Vald Metric Standards. Jump comparisons: VALD 2024/25 Premier League normative data.

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