

Assessment Clinic

#	Type	Measurement	Position	Purpose & Application	Foundational Mover	Performance Competitor	Elite Athlete
1	AxIT	Double Leg Balance Quiet Stand - Eyes Open	Standing	Baseline Proprioceptive Acuity: Assesses the efficiency of the neuromuscular system to maintain equilibrium, providing a fundamental measure of an athlete's sensory feedback loop.	Sway Velocity < 0.6 in/s	Sway Velocity < 0.4 in/s	Sway Velocity < 0.3 in/s
2	AxIT	Grip Strength	Standing	Global Neuromuscular Indicator: A scientifically validated proxy for total-body strength, central nervous system readiness, and an athlete's ability to transfer force through the kinetic chain.	>88 lbs (M) / >55 lbs (F)	>121 lbs (M) / >77 lbs (F)	>154 lbs (M) / >99 lbs (F)
3	AxIT	Stomp-IT Squat Normal	Standing	Definitive Movement Signature: A full-system diagnostic that reveals an athlete's total force output, left-right asymmetries, and their neuromuscular strategy for controlling their center of mass.	Peak Force > 1.5x BW	Peak Force > 2.0x BW	Peak Force > 2.5x BW
4	AxIT	Push-IT Hip External Rotation - Seated	Seated	Foundation of Rotational Power: Measures the hip's ability to generate torque from the ground up, initiating the kinetic chain for powerful swings and throws.	>15% BW	>20% BW	>25% BW
5	AxIT	Push-IT Hip Internal Rotation - Seated	Seated	Deceleration & Pivoting Capacity: Assesses the hip's ability to absorb rotational loads during cutting and landing, crucial for preventing hip impingement and ACL injuries.	>10% BW	>15% BW	>20% BW (ER:IR ratio ~1.5:1)
6	AxIT	Push-IT Shoulder External Rotation at 90	Supine	Measures Rotational Braking Strength: Quantifies the rotator cuff's ability to eccentrically control and decelerate the arm, a key factor in preventing overuse injuries in throwing athletes.	>9% BW	>12% BW	>15% BW
7	AxIT	Push-IT Shoulder Internal Rotation at 90	Supine	Measures Rotational Acceleration Strength: Quantifies the force-producing capacity of the internal rotators, which directly contributes to peak velocity in throwing and striking actions.	>13% BW	>17% BW	>22% BW (ER:IR ratio > 0.65)
8	AxIT	Push-IT Hip Abduction - Side Lying	Side Lying	Frontal Plane Knee Control: Measures the gluteus medius's ability to prevent knee valgus (collapse), a key factor in ACL and lower-extremity injury prevention.	>20% BW	>30% BW	>40% BW
9	AxIT	Push-IT Hip Adduction - Side Lying	Side Lying	Groin Injury Resilience: Assesses peak force of the adductors. Strength here is vital for pelvic stability, change-of-direction speed, and preventing common groin strains.	>18% BW (Add:Abd > 0.8)	>25% BW (Add:Abd > 0.9)	>35% BW (Add:Abd > 0.95)
10	AxIT	Stomp-It CMJ (3 reps)	Standing	Slow Stretch-Shortening Cycle (SSC) Efficiency: Measures lower-body explosive power by quantifying how effectively an athlete can translate eccentric loading into concentric power.	>11.8 in (M) / >7.9 in (F)	>17.7 in (M) / >13.8 in (F)	>23.6 in (M) / >19.7 in (F)
11	AxIT	Stomp-IT Isometric Mid Thigh Pull (IMTP)	Standing	Maximal Whole-Body Force: The gold standard for measuring an athlete's peak force-producing potential. Strongly correlates to dynamic performance like sprinting and lifting.	>3.1 lbf/lb	>4.1 lbf/lb	>5.1 lbf/lb
12	AxIT	Pull-IT Knee Extension - Seated	Seated	Peak Quadriceps Force: A direct measure of the primary driver for vertical jumping and acceleration. Essential for tracking progress and left/right asymmetries.	>0.67 ft-lbf/lb	>0.94 ft-lbf/lb	>1.17 ft-lbf/lb
13	AxIT	Pull-IT Knee Flexion - Seated	Seated	Hamstring Capacity & ACL Protection: Measures peak hamstring force, which is essential for high-speed running and maintaining a protective hamstring-to-quadriceps strength ratio.	>0.40 ft-lbf/lb (H:Q > 0.55)	>0.57 ft-lbf/lb (H:Q > 0.6)	>0.70 ft-lbf/lb (H:Q > 0.6)