

## Y Balance

The Y-Balance\_Test is a functional test for an athletes capability to move. The body will be divided into 4 quadrants to enable measurements of the upper and lower limbs as well as the right and the left half of the body. The following directions will be tested: "posterior-medial", "anterior" and "posterior-lateral". The measured results can be compared and should indicate any asymmetries and limitations of the musculo-skeletal system.

