

TRAZER XP ASSESSMENTS

FORMER NAME	NEW NAME
Baseline	Fatigued Balance
BESS Test	Balance Error Scoring System (BESS)
Chair Stand-30	Chair Stand - 30s
DAS 20	React Diagonal x 20
Fall Test	STEADI Fall Risk
Flanker	Flanker L1 Lateral x 20
Flanker 2	Flanker Shift L1 Lateral x 20
Jump	Maximum Jump x 5
LAS 20	React Lateral x 20
Lateral	Continuous Lateral x 20
Lateral Arm Raise	Shoulder Abduction ROM
Linear	Continuous Linear x 20
Linear Arm Raise	Shoulder Flexion ROM
Mini T	Mini T x 40
NST	Neuromechanical Screening
O & P Assessment	O & P Functional Mobility
Quad Jump	Quadrant Hop x 4
RAS-90	Random Agility - 90s
React	React Multi-Directional x 32
SAS 20	React Linear x 20
Shuffle-90	3-6-3 Lateral - 90s
Single Leg Squat	Single-Leg Squat ROM
Squat	Squat ROM
Stroop	Stroop L1 Lateral x 20
TUG	Timed Up and Go (TUG)
Vector Test	Isolated Directional Agility
Vertical Drop Jump	Drop Jump ROM

TRAZER XP DRILLS

FORMER NAME	NEW NAME
Bilateral 1	Double-Leg Balance 1
Bilateral 2	Double-Leg Balance 2
Bilateral 3	Double-Leg Balance 3
Flanker 2	Flanker Shift
Flanker 2 Reach	Flanker Shift Reach
GPA-30	Gradual Random Agility 3
GPA-60	Gradual Random Agility 2
GPA-120	Gradual Random Agility 1
Jumping	Maximum Jump
Lateral	Continuous Lateral
Lateral Arm Raise	Shoulder Abduction ROM
Linear	Continuous Linear
Linear Arm Raise	Shoulder Flexion ROM
Quad Jump	Quadrant Hop
Shuffle	3-6-3 Lateral
Single Leg Squat	Single-Leg Squat ROM
Tandem 1	Tandem Balance 1
Tandem 2	Tandem Balance 2
Tandem 3	Tandem Balance 3
Unilateral 1	Single-Leg Balance 1
Unilateral 2	Single-Leg Balance 2
Unilateral 3	Single-Leg Balance 3
Vertical Drop Jump	Drop Jump ROM