84 NICO HISCHIER

04-Jan-99

C

HALIFAX (QMJHL)

SCOUTING COMBINE BUFFALO 2017

Anthropometry	2017 Average	Player Result
Age (yrs)	18y 2mo	18y 5mo
Height (in)	73.15	73.50
Wing Span (in)	74.76	72.00
Weight (lbs)	188.67	178.55
Yuhasz % Body Fat	9.07	7.33

Grip Test	2017 Average	Player Result
Left	124.8	125
Right	123.5	120
Dominant Hand		R

Bench Press (70-80% of Body Weight)	2017 Average	Player Result
# of Reps	8.8	7
Weight Lifted (lbs)		145.0

Pull-Ups	2017 Average	Player Result
# of Reps	7.6	13

Y-Balance	Left	Right
Anterior	83	88
Posteromedial (cm)	124	126
Pasterolateral (cm)	116	113

Pro Agility	2017 Average	Player Result
Left (Seconds)	4.8	4.8
Right (Seconds)	4.7	4.5

Standing Long Jump	2017 Average	Player Result
Standing Long Jump (in)	101.6	105.8

Force Plate	2017 Average	Player Result
Vertical Jump (in)	18.9	19.4
Power (Watts/KG)		
1st Gear (N/s)		
2nd Gear (N)		
3rd Gear (Ns)		
1st Gear %		
2nd Gear %		
3rd Gear %		
Ecc Assymetry (R-L % Ecc Imp)		

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Wingate Cycle Ergometer	2017 Average	Player Result
Peak Power Output (Watts)	1,251.1	1,307
Peak Power Output (Watts/kg)	14.7	16.1
Mean Power Output (Watts)	947.0	925
Mean Power Output (Watts/kg)	11.1	11.4
Overall Avg RPM (rpm)	114.9	118
Fatigue Index / % Drop From Peak (%)	47.2	53.9
Heart Rate / End of Test (bmp)		189
Heart Rate / One Min. Post (bmp)	173.8	182

Aerobic Fitness VO2max	2017 Average	Player Result
VO2max (l/min)	4.5	4.5
VO2max (ml/kg/min)	53.0	55.0
Duration (min:sec)	13:55	13:46
Peak HR (bpm)		194
Heart Rate / One Min. Post (bmp)		185

FMS	Left	Right	Final Score
Deep Squat			2
Hurdle Step	2	2	2
In Line Lunge	2	2	2
Shoulder Mobility	3	3	3
Active Straight Leg Raise	3	3	3
Trunk Stability Push Up			3
Rotary Stability	2	2	2
Total FMS Score			17

FMS - Screen Findings Report

Screening Date:	June 1st, 2017
Created Date:	June 1st, 2017
Last Modified:	June 1st, 2017
Client:	NICO HISCHIER
FMS Certified Member:	FMS Screen
FMS Score:	17

Overall Comments:

Overall Screen Score Sheet

	TEST	SCORE	FINAL SCORE	COMMENTS
●	Rotary Stability	2L, 2R, -	2	
●	In-Line Lunge	2L, 2R	2	
●	Hurdle Step	2L, 2R	2	
●	Deep Squat	2	2	
●	Active Straight Leg Raise	3L, 3R	3	
●	Shoulder Mobility	3L, 3R, -L, -R	3	
●	Trunk Stability Push-Up	3, -	3	
		Total Score	17	

Score: This score is used to denote right and left side scoring. The right and left sides are scored in five of the seven tests and both are documented in this space.

Final Score: This score is used to denote the overall score for the individual tests. The lowest score is carried over to give a final score for the test. A person who scores a three on the right and a two on the left would receive a final score of two. The final score is then summarized and used in the total score

Clearing Test: A positive indicates pain. A negative indicates no pain. If pain is present (+), the score for that test results in a 0.

Understanding The Report

The 7 FMS movement pattern tests are listed in order of priority from the most basic and fundamental to the most complex and functional - the general order of importance in the Functional Movement Screen™.

Each movement pattern score contains a corresponding symbol that provides recommended focus when evaluating or developing exercise programs.

These symbols are described below:

SYMBOL	SYMBOL MEANING	ASSOCIATED SCORES	RECOMMENDED CONDITIONING FOCUS
	Movement Pattern Programming Unrestricted	Indicated by Optimal (3,3) and Acceptable (2,2) Scores Only	Pursue Volume and Intensity While Maintaining Proper Technique
	Movement Pattern Programming Cautioned	Indicated by Scores Containing (2,3) Asymmetrical Combination Only	Emphasize Technique Over Volume and Intensity to Improve Asymmetry
	Movement Pattern Programming Restricted	Movement Pattern Dysfunction Indicated by Any Score Combination Containing 1s	Focus on Corrective Exercise to Improve Movement Pattern
	Pain Indicated with Movement Pattern	Any Score of 0	See a Medical Professional for Evaluation

Rotary Stability (2L, 2R)

Posterior Rocking Clearing Test (-)

Movement Pattern
Programming Unrestricted

Findings:
Your score represents a Rotary Stability test that appears to be acceptable on the left and right sides.

Objective:
The Rotary Stability test is considered optimal with symmetrical 3s.

Summary of Results for this Pattern:
This score indicates a minimal acceptable level of mobility and motor control in the Rotary Stability pattern. Maintenance of this score is important and re-testing at a lower score or asymmetrical score is cause for concern. Improvement in this test increases available mobility and motor control (buffer zone) reducing the need for compensation while optimizing the benefit of conditioning exercises using this pattern.

Mobility:

- Acceptable level of mobility has been achieved.
- Significant limitations in mobility will more than likely be identified in the Shoulder Mobility and Active Straight-Leg Raise tests. If the results of these tests are dysfunctional they will take priority.

Motor Control:

- Acceptable motor control of the trunk exists when changing the base of support.
- Compensatory motions may exist due to the inefficiencies in the trunk, pelvis, hips and shoulders.

Programming Implications:

- **Corrective Exercises:** Prescribed to maintain and potentially increase the available mobility and motor control when performing higher-level activities.
- **Conditioning Exercises:** Activities utilizing this pattern (climbing, crawling, reciprocal patterning) should be performed with a primary focus on technique over volume and intensity.

In-Line Lunge (2L, 2R)

Movement Pattern
Programming Unrestricted

Findings:
Your score represents an Inline Lunge test that appears to be acceptable on the left and right sides.

Objectives:
The Inline Lunge test is considered optimal with symmetrical 3s.

Summary of Results for this Pattern:
This score indicates a minimal acceptable level of mobility and motor control in the Inline Lunge pattern. Maintenance of this score is important and re-testing at a lower score or asymmetry is cause for concern. Improvement in this test increases available mobility and motor control (buffer zone) reducing the need for compensation while optimizing the benefit of conditioning exercises using this pattern.

Mobility:

- Significant limitations in mobility will more than likely be identified in the Shoulder Mobility and Active Straight-Leg Raise tests. If the results of these tests are dysfunctional they will take priority.
- Minor limitations in mobility of one or more of these areas:
    - Thoracic spine and shoulder complex during reciprocal patterning
    - Front leg
    - Back Leg

Motor Control:

- Minor inefficiencies in static motor control during split stance patterning in one or all of the following:
    - Trunk and Pelvis
    - Upper Back and Shoulder
    - Feet
- Minor inefficiencies dynamic motor control during split stance patterning in one or all of the following:
    - Front leg including the hip, knee and ankle
    - Back leg including the hip, knee and ankle
- Compensatory Motions of the trunk, pelvis, hips, knees, ankles and shoulder may exist.

Programming Implications:

- **Corrective Exercises:** Prescribed to maintain and potentially increase the available mobility and motor control when performing higher-level activities.
- **Conditioning Exercises:**Activities utilizing this pattern (hip hinging, lunging, split squats, running, etc.) should be performed with a primary focus of technique over volume and intensity.

Hurdle Step (2L, 2R)

Movement Pattern
Programming Unrestricted

Findings:
Your score represents a Hurdle Step test that appears to be acceptable on the left and right sides.

Objective:
The Hurdle Step test is considered optimal with symmetrical 3s.

Summary of Results of this Pattern:
This score indicates a minimal acceptable level of mobility and motor control in the Hurdle Step. Maintenance of this score is important and re-testing at a lower score or asymmetry is cause for concern. Improvement in this test increases available mobility and motor control (buffer zone) reducing the need for compensation while optimizing the benefit of conditioning exercises using this pattern.

Summary of Results of this Pattern:

Mobility:

- Limitations in mobility will more than likely be identified in the Shoulder Mobility and Active Straight-Leg Raise tests. If the results of these tests are dysfunctional they will take priority.
- Minor limitations in mobility of one or more of these areas:
    - Thoracic spine and shoulder complex
    - Hip flexion and ankle mobility of stepping leg
    - Hip extension and ankle mobility of standing leg

Motor Control:

- Minor inefficiencies in static motor control during single-leg stance patterning in one or all of the following:
    - Trunk and Pelvis
    - Upper Back and Shoulder
    - Feet
- Minor inefficiencies in dynamic motor control during single-leg stance patterning in one or all of the following:
    - The hip, knee and ankle of the stepping leg
    - The hip, knee and ankle of the standing leg
- Compensatory Motions of the trunk, pelvis, hips, knees, ankles and shoulder may exist.

Programming Implications:

- **Corrective Exercises:** Prescribed to maintain and potentially increase the available mobility and motor control when performing higher-level activities.
- **Conditioning Exercises:** Activities utilizing this pattern (single-leg stance, impact activities, reciprocal patterning) performed with a primary focus of technique over volume and intensity.

Deep Squat (2)

Movement Pattern
Programming Unrestricted

Findings:
Your score represents a Deep Squat that appears to be acceptable.

Objectives:
The Deep Squat test is considered optimal with a score of 3.

Summary of Results of this Pattern:
This score indicates a minimal acceptable level of mobility and motor control in the Deep Squat. Maintenance of this score is important and re-testing at a lower score or asymmetry is cause for concern. Improvement in this test increases available mobility and motor control (buffer zone) reducing the need for compensation while optimizing the benefit of conditioning exercises using this pattern.

Mobility:

- Significant limitations in mobility will more than likely be identified in the Shoulder Mobility and Active Straight Leg Raise tests. If the results of these tests are dysfunctional they will take priority.
- Minor limitations in mobility of one or more of these areas:
    - Thoracic spine and shoulder complex
    - Hip
    - Knee
    - Ankle

Motor Control:

- Minor inefficiencies in static motor control during symmetrical patterning in one or all of the following:
    - Trunk and Pelvis
    - Upper Back and Shoulder
    - Feet
- Minor Inefficiencies in dynamic motor control during symmetrical patterning in one or all of the following:
    - Hip
    - Knee
    - Ankle
- Compensatory Motions of the trunk, pelvis, hips, knees, ankles and shoulders may exist.

Programming Implications:

- **Corrective Exercises:** Prescribed to maintain and potentially increase the available mobility and motor control when performing higher-level activities.
- **Conditioning Exercises:** Activities utilizing this pattern (pressing, pulling, power with symmetrical base) should be performed with a primary focus of technique over volume and intensity.

Active Straight Leg Raise (3L, 3R)



Movement Pattern
Programming Unrestricted

Findings:
Your score represents an Active Straight-Leg Raise test that appears to be optimal on the left and right sides.

Objective:
Competency in this test should be maintained while focusing on improving other movement tests that are less than optimal.

Summary of Results for this Pattern:
This score indicates optimal movement quality and shows that mobility and motor control are not compromised in this pattern. Movement quality is not considered a limiting factor when conditioning this pattern.

Programming Implications:

- **Corrective Exercises:** Prescribed to maintain available mobility and motor control.
- **Conditioning Exercises:** Activities utilizing this pattern (hip hinging, lunging, split squats, running, lower body reciprocal patterning) should be performed with the focus placed on technique while improving volume and intensity.

Shoulder Mobility (3L, 3R)

Impingement Clearing Test (-L, -R)

Movement Pattern
Programming Unrestricted

Findings:
Your score represents a Shoulder Mobility test that appears optimal on the left and right sides.

Objective:
Competency in this test should be maintained while focusing on improving other movement tests that are not considered optimal.

Summary of Results for this Pattern:
This score indicates optimal movement quality and shows that mobility and motor control are not compromised in this pattern. Movement quality is not considered a limiting factor when conditioning this pattern.

Programming Implications:

- Corrective Exercises: Prescribed to maintain the available mobility and motor control.
- Conditioning Exercises: Activities utilizing this pattern (overhead pressing, rowing, reciprocal shoulder motions, upper body reciprocal patterning) should be performed with the focus placed on technique while improving volume and intensity.

Trunk Stability Push-Up (3)

Press Up Clearing Test (-)



Movement Pattern
Programming Unrestricted

Findings:
Your score represents a Trunk Stability Push-Up pattern test that appears to be optimal.

Objectives:
Competency in this test should be maintained while focusing on improving other movement tests that are not considered optimal.

Summary of Results for this Pattern:
This score indicates optimal movement quality and shows that mobility and motor control are not compromised in this pattern. Movement quality is not considered a limiting factor when conditioning this pattern.

Programming Implications:

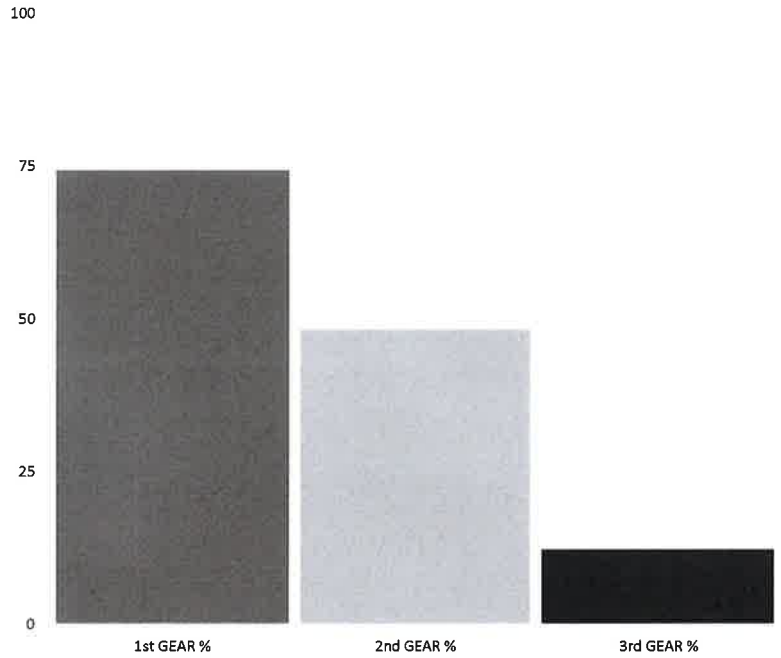
- **Corrective Exercises:**Prescribed to maintain the available mobility and motor control.
- **Conditioning Exercises:** Activities utilizing this pattern (symmetrical pressing, pulling and overhead activities) should be performed with the focus placed on technique while improving volume and intensity.

AccuPower Solutions Force Plate Profiles

PERFORMANCE PROFILE

PLAYER	HISCHIER, NICO	**1st GEAR**	5687.33
DATE	2017.06.03 07.35.25	**2nd GEAR**	1685.28
BODY WEIGHT		**3rd GEAR**	469.35
ASSYMETRY INDEX	11.98	**1st GEAR %**	74.11
JUMP HEIGHT	19.13	**2nd GEAR %**	48.22
POWER	5166.09	**3rd GEAR %**	12.18

74.11 48.22 12.18



NHL Combine 2017

Last Name	**HISCHIER, Nico**		
ID	**84**	Weight	178.6 lb
Age	18	Height	73 in
Sex	male		
Date	6/2/2017 2:00 PM	Workload Protocol	NHL Step
Duration	0:15:49		

Summary Table

Variable	Unit	V'O2peak		
		Value	% Norm	Norm.
Time	mm:ss	13:13 - 13:43		
V'O2/kg	ml/min/kg	55	123	45
V'O2	L/min	4.50	123	3.67
HR	/min	194	106	182
WR	W	440	130	337

Data Table

Time [h:mm:ss]	V'O2/kg [ml/min/kg]	V'O2 [L/min]	HR [/min]	WR [W]
0:01:00	16	1.29	132	50
0:02:00	19	1.55	136	80
0:03:00	21	1.67	142	110
0:04:00	28	2.29	149	140
0:05:00	27	2.20	160	170
0:06:00	32	2.60	170	200
0:07:00	35	2.82	176	230
0:08:00	38	3.09	179	260
0:09:00	43	3.46	181	290
0:10:00	43	3.52	183	320
0:11:00	48	3.89	185	350
0:12:00	53	4.32	189	380
0:13:00	51	4.17	192	410
0:13:45	55	4.47	194	440
0:15:45	26	2.15	182	50