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The best functional performance tests assess all elements of function (listed above) First assess the function of part of the person and then eventually assess the function of the person; The best test of ability to return to sport is one that closely mimics that activity; Every athlete is an individual — and should be assessed accordingly

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More specifically for this book, functional
testing is defined as using a variety of
physical skills and tests to determine (1)
one's ability to participate at the desired
level in sport, an occupation, or recreation
or to return to participation in a safe and
timely manner without functional
limitations and (2) one's ability to move
through up to three planes of movement as
assessed via nontraditional testing that
provides qualitative and quantitative
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