



Manchester City Football Academy

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Scot McAllister

Head of Physiotherapy (Academy)

Dear Neil,

During the pre-season of the 2106-17 Season, Neil acted in a Consultancy capacity sharing the findings of his Adductor Strength Testing research with the Manchester City Academy Performance Team.

In particular we applied the Long Lever Adductor Strength Testing protocol to the pre-testing for our EDS and U18 Squads, using the Hand Held Dynamometer to measure peak force in Newtons. Given the simplicity of the testing protocol, we have since made this our standard testing protocol for Profiling and assessment of the adductor group across all of our Academy Boys age groups and Women's Squads, having previously used the Sphygmomanometer in the long lever, 90-90 and table top positions.

Should you need any further information on this please feel free to get in touch

Yours sincerely

Scot McAllister

