



HOW TO PREPARE FOR TESTING > STUDENTS ATHLETES

MEALS

There are no restrictions to your normal diet; however, please avoid tobacco and caffeine two hours before your testing begins.

CLOTHING

The tech will need to administer the tests on your neck, legs, abdomen, and chest. Please wear baggy shorts (no compression shorts underneath) and, for the women, a sports bra (no underwire). Do not wear jeans. For your comfort, a medical gown will be available to you.

LOTIONS

For best results, please bathe or shower before you test, as body oils may interfere with the test results. Please do not use lotions, bath oils, or creams before you test.

MEDICATIONS

Please do not take anti-inflammatory medications at least 4-6 hours before your testing begins.

BE ON TIME!

Please make sure you allow the proper amount of time needed for your tests. Testing can take 1 to 1.5 hours, depending on which tests are performed.