

ASYMMETRY FLAGS

Every unilateral test on the mat produces a left/right difference, and the difference is a number worth coaching. This is the decision rule, grounded in what trained athletes actually show, not in a myth of perfect symmetry.

$$\text{Asymmetry \%} = (\text{Better} - \text{Worse}) \div \text{Better} \times 100$$

Computed per metric, jump height and RSI can disagree, and both are worth knowing

THE THREE FLAGS

0-8%

NORMAL · TRAIN ON

The median trained athlete carries a 5-7% gap on any given day. Differences in this range are biology, not a problem to fix. Note the direction, move on.

8-15%

MONITOR

Roughly the top quarter of observed gaps. Add unilateral volume on the lagging side, retest within two weeks, and watch whether the direction is consistent.

>15%

FLAG · INVESTIGATE

Top-decile territory (the observed 90th percentile is ~16%). Ask about history, watch the landings, and program to close the gap before stacking reactive load.

RULES THAT KEEP THE NUMBER HONEST

DIRECTION BEATS SIZE

A 10% gap that flips sides week to week is noise. A 10% gap that always favors the same leg is a signal. The app's frozen per-session snapshots make the pattern obvious.

ONE SESSION IS NOT A VERDICT

Confirm any flag on a second day before changing the program. Fatigue, footwear, and a bad warm-up can all manufacture a one-day asymmetry.

RETEST THE FLAG, NOT THE ATHLETE

When a red flag closes below 8% and holds for two retests, it is closed. Keep a maintenance dose of single-leg work and stop treating the athlete as broken.

WHERE THE GAPS SHOW FIRST

SL VERTICAL

Output asymmetry, which leg produces more. Median observed gap ~5%.

SL 4/2 RSI

Reactive asymmetry, which leg recycles force. Median ~7%, and often the earliest tell.

RETURN-TO-PLAY

Track the injured side's climb back toward the healthy side's baseline, flags are expected early and should trend closed.

