



Athlete Performance and Rehabilitation

Our aim is to minimise the amount, severity, and duration of injuries whilst keeping players available to compete and perform at the highest level.

Our services

Athlete Screening

- 40-minute assessment and measurement of baseline
- Assessing the athlete's control, strength, range of motion and general functionality to identify areas of concern
- General report to highlight key findings of the screening and strategies to address these concerns
- Report sent to the athlete, coach and others
- Re-assessed to track progress - ideal for injury rehabilitation as baseline scores have been taken

Educational Sessions

- Presenting relevant topics at your club or our clinic
- Taping/strapping sessions to educate staff at the club
- Warm up and cool down evidence and with protocols to be run at training and games
- Common injuries and how to reduce these injuries related to the specific demands of the sport

Injury Assessment and Rehabilitation

- In clinic assessment and treatment of athlete's injuries
- Up to date sports rehabilitation protocols and techniques to keep athletes performing and competing at their highest capacity, or returning as fast as possible
- Comparison of injury state to the athlete's baseline

Injury Reporting

- Discussion with coaches, medical staff, and fitness coaching about athletes' injuries
- Providing timelines to return to sport and training and detailed return to sport plan

Running assessments

- Assessment of an athlete's running technique and training/running loads
- Identifying training errors, muscular imbalances, and poor running mechanics
- Advice and tailored exercise program to address the highlighted issues

Recovery and programming

- Remedial Massage
- Recovery teams/ groups using the clinics facilities
- Gym based or home-based programming to help athletes improving strength, power, agility, recovery strategies



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