

# MORDIALLOC LSC SENIOR COMPETITORS

BEACHSIDE HEALTH & MOVEMENT | OSTEOPATHY & INJURY REHAB

FITNESS & MOVEMENT ASSESSMENT

**Friday, 21 October 2022 @ The Club**

**Session 1: 5pm**

**Session 2: 5.45pm**

**Limited to 15 spots per session!**

## PURPOSE:

We will run each group through a series of exercises and movement screens of your lower limbs, core/trunk and upper limbs, to test your:

- Flexibility
- Balance/Stability
- Strength
- Power

## BENEFITS:

Performing the same screening tests across multiple athletes and across multiple disciplines will allow us to assist both individual athletes, as well as the group as a whole. We will be able to identify:

1. Any current injuries or injury risks.  
Allowing us to provide individual or group advice to assist with resolution or injury prevention.
2. Baseline scores.  
Giving us information to compare against toward the end of the season to measure individual and group improvement.
3. Areas to develop.  
The data can help us work with coaches to modify preparation, training, and recovery programs to help competitors avoid injury, improve performance and be better prepared for competition.

All competitors that participate will be provided with your individual scores and also have the opportunity to discuss your results with our osteopaths.

For more info:

[www.beachsideosteo.com.au/mlsc-competitors/](http://www.beachsideosteo.com.au/mlsc-competitors/)