

movement & posture assessment

The movement and posture assessment identifies functional limitations including biomechanical and faulty movement patterns. These suboptimal movements produce an overloading on adjacent joints and muscles, which can result in injury. The static posture tests analyse stresses the body is subjected to in commonly used stationary postures. The dynamic Functional Movement Screen (FMS) is a ranking and grading system of 7 key movement patterns that are critical to normal function. By screening these patterns, the FMS readily identifies functional limitations, asymmetries and faulty movement patterns leading to various compensations, sub-optimal movement patterns, poor biomechanics and possibly contributing to future injury, as well as increased micro-trauma to your joints.



book your assessment
today

who it helps?

This assessment is for everyone who wants to improve their performance. Whether they are an athlete, an office worker, or a person with recurrent back pain, the Movement and Posture Assessment will identify causative factors and then eliminate them.

performance improvement

Have you ever wondered how world-class athletes move with such seeming ease, speed, create so much power and such control? The key lies in effective movement patterns without energy leakage due to poor biomechanics and lack of stability.

The Movement & Posture Assessment is designed to identify and remove those inefficiencies allowing you to generate the speed, power and agility you have always desired.

Once your Movement & Posture Assessment has been analysed, a FMS certified physiotherapist at Active Life would specifically prescribe an individualized corrective program that will eliminate inefficiencies and maximise your performance. You will receive a comprehensive multipage report containing explanatory photos outlining your program direction.

what you get?

A physiotherapist analyses your posture and the full array of FMS tests to obtain an indication of any weaknesses, immobility, lack of stability and imbalances which may affect your performance. Active Life Physio then design an individualised program based on the findings in a comprehensive report.

injury risk identification & prevention

What was once the exclusive domain of professional sports teams is now available in Murwillumbah at Active Life Physiotherapy.

North American professional sports teams in the National Hockey League, NFL, NBA and college sports have utilised the FMS as a standard procedure to evaluate and reduce injury risk.

Specific occupations involving high demand physical activities, such as firefighters who fall into the category of tactical athletes, utilise this program to evaluate and reduce injury risk and install appropriate intervention programs to eliminate and rehabilitate from injuries.



DON'T LEAVE IT TO CHANCE -
CONTACT ACTIVE LIFE PHYSIO NOW ON 1300 065 538