

MEDICLINIC *perform*

# ATHLETIC PERFORMANCE TESTING

## Better yourself with Mediclinic Perform

### Why?

Athletic performance testing provides an initial evaluation of the strengths and weaknesses of the participant, evaluates the effectiveness of a training programme, provides the basis for training prescription, assists in selection or identifies readiness to resume training or competition.

### During Mediclinic Perform's athletic performance testing you can expect:

- A screening questionnaire sent to you upon joining
- Running gait analysis
- Muscular endurance testing
- Performance testing
  - Jump tests
  - Squat tests
  - Force plate analysis
  - Hamstring testing (Nordbord)
  - Profile design and report

Athletic performance testing is carried out by Conall Hoey - Sports Therapist BSC at Mediclinic Parkview Hospital.

### Participant receives the below:

- Personalised programme
- Injury prevention programme
- Exercise techniques
- Mobility and flexibility programme



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