

MEDICLINIC *perform*

JUNIOR 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
- 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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