

Muscle Balance Assessments

Whether you're a competitive athlete, weekend warrior or just enjoy walking the dog, good physical fitness is important to most of us. Injuries can be frustrating particularly when we have set fitness goals; whether it be tramping the Milford Track, running a half marathon or participating in the grandkids activities. Often a bit of knowledge about our own body can go a long way towards helping us to perform better whatever the activity. That's where a Muscle Balance Assessment (MBA) can assist, particularly if you are sick of those repetitive strains and niggles that continue to hold you back.

The MBA is a one hour long appointment (includes report write-up time) and is designed to use your history of previous injuries in conjunction with an in depth analysis of:

- muscle length/tightness and strength or weakness in key areas
- Postural integrity
- Poor movement or technique strategies

These results are provided to you in a report format and exercises to remedy any adverse findings will be taught at a half hour follow up appointment. We are happy to liaise with Personal Trainers, Coaches, Pilates Instructors, Doctors and the like, to ensure a team approach with you being the number one focus!

“The idea is to provide you with a tight and effective group of exercises designed to complement your current program or just simply as a preventative regime.”

The MBA is also an excellent idea for adolescent athletes who are striving to make the jump from school sports to more competitive senior levels. The aim is to identify potential issues before they become a problem and to ultimately assist and improve overall performance.

When booking with our Reception be sure to let them know you would like a “Muscle Balance Assessment”, so that enough time can be allocated.