



STANCE

Imbalances or changes in stance in a sit, down, stand

BEHAVIOUR

- Changes in 'normal' behaviour
- Changes in performance of sports skills

MUSCLES & FASCIA

- Muscle mass and symmetry
- Muscle tension
- Knots / trigger points
- Fascial restrictions

JOINTS AND ROM

- Joint feeling on movements
- Joint movements: normal or not?
- Muscle restriction to joint ROM

GAIT

- Abnormalities to gait
- Lameness
- Preference for gait patterns
- Transitions between positions and gaits

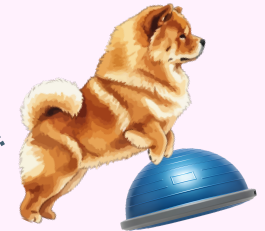
IS A CHECK BY AN APPROPRIATE PROFESSIONAL REQUIRED?



BODYWORK



STRETCHING



FITNESS - STRENGTH



REST/ RECOVERY / ENRICHMENT



WARM UP