

With the same core values, HealthPoint Mingara & Plus Health Fitness Performance...

We want to change as many lives for the best as we can, and to do that we need everyone to keep continuing in the utmost mechanically correct way possible.

Happy . Hungry . Humble !!!

A Special gift from us to you

Movement screen for just \$50

Regular price \$99.00

Details you ask...

HealthPoint Mingara Physiotherapy are a partnered provider to Plus Health Fitness Performance (HFP) and we have developed a movement screen that helps to ensure athletes have the physical capabilities to meet and sustain the demands of CrossFit and other training modalities practiced at Plus HFP.

Our movement screen is particularly focused on the musculoskeletal system and the way in which an athlete moves under load. In addition to assessing joint range of motion (ROM), fitness profile and capacity for repeated & sustained postures, movement specific assessment is undertaken (e.g. squat, deadlift, pull up, clean & jerk and snatch technique).

The evaluation can be used to:

- o identify an athlete's functional capacity prior to commencing classes
- o assess an athlete's capabilities before returning to CrossFit after extended leave (e.g. off with an injury or post-surgery)
- o identify factors that may increase the risk of future injury (e.g. poor joint ROM or specific muscle weakness)
- o provide periodic screening for an athlete as they progress their fitness and abilities

HealthPoint Mingara Physiotherapy will provide a written report to Plus HFP Coaching staff allowing them to tailor your training program and provide you with information and strategies to work on if there are any issues identified during the assessment. Our movement screen is ideal for new members to Plus HFP before or after undertaking the On-Ramp Program.

HealthPoint Mingara Physiotherapy also offer general physiotherapy services at a discounted rate to Plus HFP members. We love the ethos of Plus HFP and some of our staff are also members, giving them a deeper insight into exactly what Plus athletes do and think.

Some Common Questions:

Q. How long does the movement screen take?

A. The movement screen will take approximately 30 minutes, in some cases slightly longer given all athletes present with specific issues and movement patterns.

Q. How much does it cost?

A. The movement screen normally costs \$99.00 but Plus HFP Students will only pay \$50.00. We do ask that if an Athlete has private health insurance, that they please bring their card to help cover the cost of the Assessment.

Q. What do I wear?

A. What you would normally wear to training. Something that you feel comfortable to move in, this includes the footwear you would normally wear during training.

Q. What happens after the movement screen?

A. Our physiotherapy staff will provide you with some homework for any issues identified during the assessment and likely have a discussion with Plus HFP staff if there are any specific or serious issues identified. We can also provide you with your report findings via email. If any issues are identified during your assessment you may wish to continue management with our staff member (at a discounted cost).

Q. How do I book?

A. You can book via:

- Our website: Healthpointmingara
- Phone: **02 4314 0400**