



LAKE SIDE

SPORTS MEDICINE CENTRE

MUSCULOSKELETAL SCREENING TOOL

**Developed to assess your current mobility,
muscle strength and power capacities!
Allows us to determine areas where these
capacities can be increased to ensure deficits
aren't halting your progression and performance**

**WHAT YOU GET? SCREENING TOOL WITH
PICTURES AND VIDEO LINKS TO EXPLAIN
TASKS. YOU WILL THEN SEND YOUR
RESULTS BACK TO JORDAN VIA DROPBOX
FOR ANALYSIS. ONCE ANALYSED WE WILL
SET UP A ZOOM CONSULT TO DISCUSS
AREAS FOR IMPROVEMENTS.**

**Cost? Normally \$149, TA members only pay \$129!
Want to add a 4-wk individualised online program to
complement your screening as well?**

**Normally a total of \$209,
TA Members only pay \$179!**

Call us on 03 96826029 for more info!