



HealthPoint Mingara Physiotherapy are a partnered provider to Human Fitness 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 Human Fitness.

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 Human Fitness 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 Human Fitness before or after undertaking the On-Ramp Program.

HealthPoint Mingara Physiotherapy also offer further ongoing general physiotherapy services at a discounted rate to Human Fitness members. We love the ethos of Human Fitness and some of our staff are also members, giving them a deeper insight into exactly what Human Fitness 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. However, as part of the once-off membership joining fee, this service is covered by Human Fitness, so no payment is Required.

*Please note; if you have private Health insurance you will be required to use it.



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 Human Fitness 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**