



MOVEMENT MATTERS – GET TESTED

Nearly half of all injuries are caused by overuse and non-contact incidents. These injuries are preventable if specific risk factors are identified through testing and proper training programs are used.

LARGEST RISK FACTORS FOR NON-CONTACT INJURIES ARE:

- Previous injuries
- Poor movement efficiency and control
- Imbalances in flexibility, movement, and strength between the different sides of the body

THE SOLUTION



PREPARE

Programs targeted to improve movement & reduce injury



TRAIN

Integrated training increases performance



RECOVER

Improper recovery behaviors lead to increased fatigue

GET TESTED – KNOW YOUR SCORE

Scoring is measured on a scale of 0-100 (Low-High) and is used to establish user baselines, monitor progress, and understand status to improve decision making.

GOOD = 75.00-100.00

MODERATE = 50.00-74.99

POOR = 0.00-49.99

- Do self-care programs
- Warm-up properly

- Do self-care more frequently
- Consult with a Medical Professional

- Consult with a Medical Professional for detailed self-care programs

