

Stay Inspired for 2013



with elite physical medicine



**After the Legacy developed by London 2012,
we know that a lot of our valued patients have
set themselves high aspirations for 2013...**

Are you debating which competition or event to enter? Already in the middle of your sports season?

We want to take this **opportunity** to help improve your sporting performance & prevent those months lost through injury.

- 1) Take a look at our Sports Packages on Offer
- 2) Are you **Gold** , **Silver** or **Bronze** ?
- 3) Do you want to **extend this offer**:
 - for only £30 and receive a 40 minute Sports Massage?
 - Or £40 for a 1 hour Personal Training session with Steve Beazley?
- 4) Call us for more details and book today **01296 437717**

2012
Gold



£200 for two 2 hour sessions

SESSION 1

- Cybex Isokinetic Quadriceps and Hamstring Ratio Assessment
- Gait analysis with Dartfish Technology
- Functional Movement Screening of Squat, Lunge and Single Leg Squat
- Condition Assessment (Body Fat, BMI, Metabolic Age, Hydration)
- Flexibility of upper and lower limb
- Neural Tension Advice
- Assessment of Spine, Knee and Shoulder – able to adapt for the individual

SESSION 2

- Treatment and advice from our findings



elite physical medicine

£150 for two 1 ½ hour sessions

SESSION 1

- Cybex Isokinetic Quadriceps and Hamstring Ratio Assessment
- Gait analysis with Dartfish Technology
- Functional Movement Screening with Dartfish Technology:
 - Squat
 - Lunge
 - Single Leg Squat
- Assessment of Spine, Knee and Shoulder – able to adapt for the individual

SESSION 2

- Treatment and advice from our findings



elite physical medicine



£100 for two 1 hour sessions

SESSION 1

- Functional Movement Screening with Dartfish Technology:

- Squat
- Lunge
- Single Leg Squat

- Assessment of Spine, Knee and Shoulder – able to adapt for the individual

SESSION 2

- Treatment and advice from our findings



elite physical medicine

