



# JANNALI PHYSIOTHERAPY & SPORTS INJURY CLINIC

## WHY?

Pre season screening involves gathering information about your injury history and conducting a series of specific assessments to minimise injury and maximise successful return to sport.

## WHAT'S INVOLVED?

Screening will involve  
4 main assessment areas

- mobility and flexibility
- strength
- control and stability
- power



*Individual exercises will be prescribed to target deficit areas.*

*If you're interested in an assessment for yourself or a family member, book online via the website or call us.*

## COST

**\$35 or private health fund only**

**02 9589 4014**

**[www.Jannaliphysio.com.au](http://www.Jannaliphysio.com.au)**