

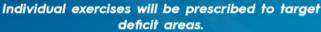
MHA5

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



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