



FREE BIOMECHANICAL ASSESSMENT

Dear Club Member,

Oxford Brookes University Osteopathy Teaching Clinics are now open for **SPORTS INJURIES**. To introduce this service to the community, we are offering an introductory **FREE BIOMECHANICAL ASSESSMENT** on Mondays.

Appointments are available all day Monday at both our Oxford Clinic on Windmill Road, Headington and our Swindon Clinic on Ferndale Road.

The Assessment consists of screening for muscle imbalances, such as weakness or shortening, which may lead to fatigue, strains or underperformance. We also assess mobility in spinal and peripheral joints as required for particular sports; for example, focusing on hips, trunks and shoulders in a golfer and primary joints responsible for shock absorption in a runner.

Following the assessment you will be provided with a summary of the main points from your assessments and advise on any stretching, strengthening or mobility exercises, which may be useful to help prevent injuries or improve performance. There is **NO** obligation to take up a treatment programme and no specific injury is needed in order to qualify for the assessment. However, if you are carrying an injury, we would be able to offer advice on appropriate course of action following the consultation.

To book your **FREE BIOMECHANICAL ASSESSMENT** please contact:

Mill Court **OXFORD** 01865 484158

Ferndale **SWINDON** 01793 437444

and mention the name of your club

