

THE BIOMECHANICS LAB
PRESENTS

COURT READY

*State of the art
technology,
helping court-
based athletes
return to play
safely.*





DON'T LET YOUR PLAYERS BECOME AN INJURY STATISTIC

With COVID19 restrictions and a delayed preseason, court based athletes have not had the chance to prepare their body for the load and forces applied during sport.

Simple strategies focusing on strength, control and power go along way toward injury prevention.

Together, we can reduce the players risk of injury.

We call it CourtREADY.



ARE YOU REALLY COURT READY?

THE COMMON MISCONCEPTION WITH "PREPARATION"

"Court based athletes are three times more likely to sustain lower leg or knee injuries than people playing AFL, soccer or rugby"

-Australian Institute of Health and Welfare

What we have ultimately seen is that athletes are not taught to jump and land safely. Strength and conditioning training is not prioritised to the same level as court work which results in young athletes undertaking large levels of sport that is performed at high intensity, and the reality is they just have not prepared their bodies to handle it. It's no wonder we see the devastating effects of knee, ankle and foot injuries so often.

A report published by the Australian Institute of Health and Welfare in December, found that netballers and court based games are three times more likely to sustain lower leg or knee injuries than people playing AFL, soccer or rugby. What is most concerning is that we are starting to see them more often in young adolescent patients. These injuries can have a life long effect not just on the joints, but also mental and physical health.



INTRODUCING COURT READY

PERFORM SMARTER. PREPARE FASTER.

At The Biomechanics Lab, we have developed a unique biomechanical screening service for court-based athletes to identify deficits in strength, control and power.

We then use the results to prepare your body for game play, whilst staying injury free.

COURT READY

OUR BIOMECHANICAL SCREENING INCLUDES:



LOWER LIMB

STRENGTH PROFILE

We use state-of-the-art technology to assess your range of motion, strength and flexibility.

JUMP LANDING ASSESSMENT

Understanding how your body adapts to the forces acting on it when you jump, land and change direction



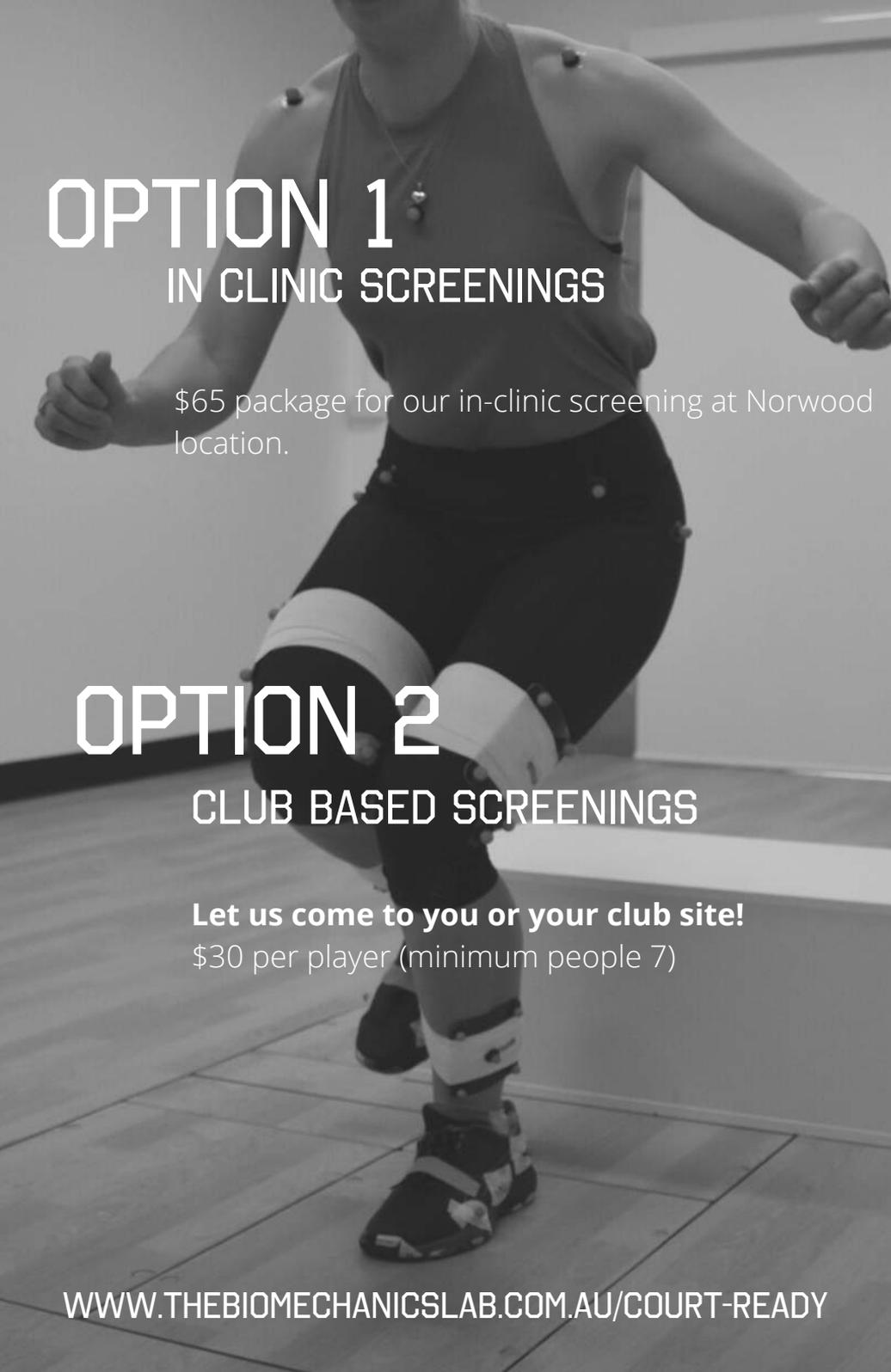
SCREENING REPORT

We provide you a detailed report at the end of the screening outlining your risk profile, as well as strategies for improvement.

4 WEEK ONLINE PROGRAM

Through our partnership with iForm Health & Fitness Solutions, we provide every person the option to undergo a progressive 4-week online training program, complete with videos and instructions.



A grayscale photograph of a person in motion, likely a basketball player, wearing a dark tank top and shorts. They are equipped with numerous small black motion capture markers on their shoulders, elbows, and knees. They are also wearing white sensor bands on their knees and ankles. The person is captured in a dynamic pose, possibly during a jump or a run, with their arms slightly out. The background is a plain, light-colored wall.

OPTION 1

IN CLINIC SCREENINGS

\$65 package for our in-clinic screening at Norwood location.

OPTION 2

CLUB BASED SCREENINGS

Let us come to you or your club site!

\$30 per player (minimum people 7)

WWW.THEBIOMECHANICSLAB.COM.AU/COURT-READY

SUMMARY

We know that simply by just playing court based sports that adolescent and recreational athletes are at an increased risk of injury.

The cost of these injuries extend beyond more than missed games.

Court READY provides a framework for your club to reduce a players injury risk.

Have more players available this season by ensuring they are Court READY.

FOR MORE INFORMATION ON COURTRREADY PLEASE CONTACT
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