

## MOVEMENT MATTERS – GET TESTED

Nearly half of all sports injuries are caused by overuse and non-contact incidents. These injuries are preventable if specific risk factors are identified through testing and proper training programs are used.

## LARGEST RISK FACTORS FOR NON-CONTACT INJURIES ARE:

- Previous injuries
- Poor movement efficiency and control
- Imbalances in flexibility, movement, and strength between the different sides of the body

## THE SOLUTION



### PREPARE

Programs targeted to improve movement & reduce injury



### TRAIN

Integrated training increases performance



### RECOVER

Improper recovery behaviors lead to increased fatigue

## GET TESTED – KNOW YOUR SCORE

Scoring is measured on a scale of 0-100 (Low-High) and is used to establish user baselines, monitor progress, and understand status to improve decision making.

**GOOD = 75.00-100.00**

**MODERATE = 50.00-74.99**

**POOR = 0.00-49.99**

- Do self-care programs
- Warm-up properly

- Do self-care more frequently
- Consult with a Sports Medicine Professional

- Consult with a Sports Medicine Professional for detailed self-care programs

IN PARTNERSHIP WITH



**FUSIONETICS®**