

Biomechanical Assessment



Analyse. Understand. Correct.



Using science to prevent injury
& improve performance

CALL 9280 2322
or see reception for bookings

central physio and performance fitness
Improving health Building performance Changing lives

www.centralperformance.com.au

Biomechanical Assessment

Analyse. Understand. Correct.

**A ground-breaking session to unlock
your path to recovery & performance**

- Discover why some injuries just keep coming back
- See how your body is compensating for stiffness & weakness
- Understand the steps to complete recovery
- Optimise your training for maximal results & performance

BOOKINGS & MORE INFO

☎ 9280 2322

@ info@centralperformance.com.au
Suite 1, 418a Elizabeth St, Surry Hills

central physio and performance fitness
Improving health Building performance Changing lives

www.centralperformance.com.au