


## Functional Assessment

Finding your athletes weakest link

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Sport Physio



## Picture this

# 1.2%



## Introduction





## History of Functional Assessments





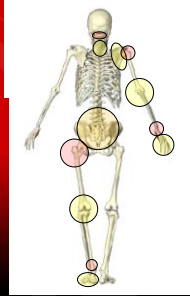
## What types of Functional Assessments are there?




## What are we looking for?




## Mobility/ Stability

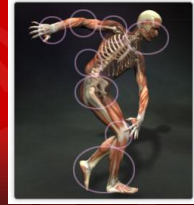


Mobility

Stability



## Mobility/Stability Dysfunction



## Movement awareness



## Case Study



## How this relates to injury



## How this relates to performance



## Corrective Program



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## Re-Test



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## Functional assessments for your athletes



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## Thanks



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