



PARENT/COACH/TRAINER CHECKLIST

◆ STRENGTH

- Does your athlete have a strong side and a weak side?
- Is your athlete routinely outperformed by his or her teammates?
- Are there skills in your athletes sport that they consider “too challenging?”

◆ BALANCE/COORDINATION

- Does your athlete balance better on one side than the other?
- Is the athletes balance limited compared with other athletes in their sport?
- Does your athlete appear to seem disconnected (Brain-Body) at times?

◆ FLEXIBILITY

- Do you see flexibility limitations with your athlete?
- Does your athlete seem less flexible than their peers?
- Does your athlete always complain of the same tight muscles regardless of how much stretching is performed?



BLUE DOMINO = NO PAIN
RED DOMINO = PAIN

If you checked any of the boxes above, your athlete already has a **MUSCLE IMBALANCE** or **COMPENSATION PATTERN** which we consider the first domino in the injury cycle. If left unchecked it will inevitably lead to pain and injury. Our system is designed to identify, intercept and reverse these issues. This helps all our athletes perform at higher levels they didn't think possible. Injury free and without pain.