

# ATHLETE SCREENING

**Better. Faster. Stronger.**

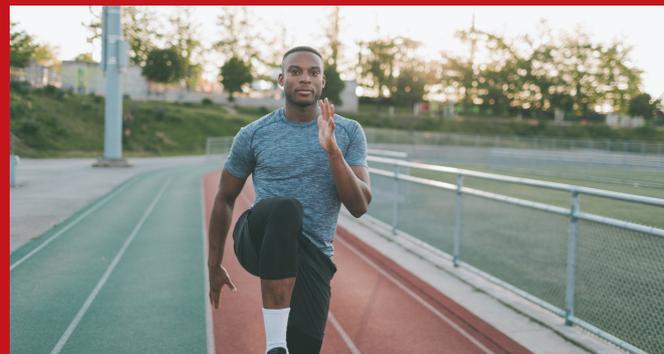
## WHY WE SCREEN

The purpose of screening is to maximize athlete performance and resiliency. We look at movement to identify any barriers impacting performance. Our goal is to intervene EARLY so that each athlete can perform their best while minimizing the risk of injury. We can address pain, asymmetries, or other limitations to ensure athletes are as effective and efficient as possible.



## WHAT WE SCREEN

We use The Functional Movement Screen, which looks at seven fundamental patterns that make up the foundation of sport-specific movement. We also look at single leg stability. All of this underpins strength, flexibility, balance, power, energy-storing, and agility.



## WHAT HAPPENS AFTER

After screening, we provide each athlete with the next step in their development. Depending on findings, we assign corrective exercises to maximize performance.



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