

Preventative Health Screening

Various musculoskeletal conditions and injuries can be prevented. Such injuries are often times the result of muscle imbalances. Detection and subsequent correction of these muscle imbalances can significantly reduce potential injury. Regardless of your activity level, a thorough musculoskeletal evaluation is vital to enhance your performance and avoid injury. For example, the most sedentary individuals are prone to musculoskeletal pain due to prolonged sustained postures, which causes certain muscles to become shortened and/or weakened.

Preventive Health Screenings provided by Kinetic Physical Therapy include:

- postural assessment
- muscle strength testing
- flexibility assessment
- ergonomic assessment
- patient education
- instruction in a personalized exercise program

Preventative health screenings are also a wonderful tool to gauge your progress with your pilates sessions. The strength and flexibility of major muscle groups will be assessed before you begin Pilates and also after you have completed your sessions. This is a great way for you to see how beneficial Pilates can be!

Physician referrals are not required for preventative health screenings.