

The Institute of Sport Exercise & Health (ISEH) is internationally recognised for providing excellence in elite sports performance, injury prevention and management. In an exciting new development, we are now offering amateur sports clubs the opportunity to take advantage of our mobile Performance Assessment Unit service to measure individual member's physical capacity and identify biomechanical deficits.

The aim of the Performance Assessment Unit is to help practitioners devise individualised programmes that improve function, physical performance and reduce the risk of injury. Each component is linked to targeted exercise prescription to ensure the data collected provides actionable insights, with a clear system of test-training integration as outlined in the figure below:

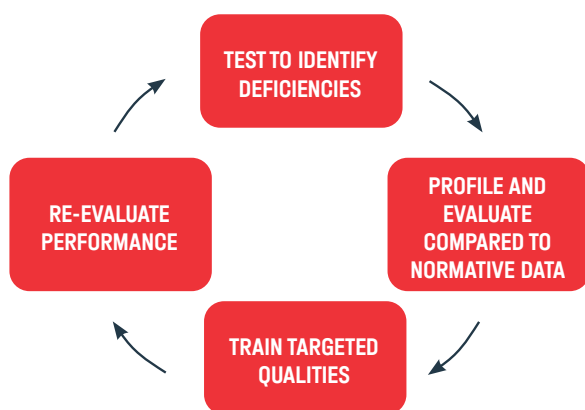


Figure 1. ISEH Test-training Integration model

Our consultants have screened over 10,000 athletes including Olympians and sporting professionals providing expert analysis in a manner that is easy to interpret. The assessment can also take place at your sport organisation's facilities, and with pathways in place for both upper and lower limb analysis our mobile Performance Assessment Unit offers a unique and convenient service.

Following testing, a comprehensive performance report is provided with identified strengths and weaknesses for each individual. Further referral can also be made to either an orthopaedic or sport and exercise medicine consultant or physical performance specialist if required.

WHAT ARE WE TESTING?

Our multi-modal evaluation encompasses musculoskeletal screening through the quantification of joint function, strength and power profiling using force plate diagnostics, and a movement evaluation to determine inter-limb kinetic compensations.

Specific tests include:

- Single joint range of motion
- Isometric single joint strength
- Isometric mid-thigh pull
- Jump series: countermovement jump, drop jump (all bilateral and unilateral)



For further information or to book an assessment, please contact:

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