

SHOULDER ASSESSMENT AND MONITORING

Our shoulders act as the vital cog within the mechanism of our upper body movement. At the Institute of Sport, Exercise and Health (ISEH) we provide unrivalled shoulder testing and treatment to ensure you reach and maintain optimal physical performance.

WHY DO WE NEED TO TEST?

The shoulder joint lacks significant joint congruity as it compromises stability for mobility. Therefore, this joint is heavily reliant on active constraints (such as muscles, tendons and the neurological system) to maintain stability and overall joint health. To reduce injury risk, and to ensure a safe return to sport or activity, it is important that these active constraints are assessed and any deficits addressed.

If an athlete has the appropriate **mobility** to access optimal positions, we need to determine if they are **strong enough** (have a big enough muscle) to produce force. Then it is not only a question of can they produce force, but if they are **wired up** (feedback loops and recruitment) to react at the right time, in the right place and with the right speed, demonstrating a high rate of force development to protect their joints. Finally, we can examine if they are able to transfer force with efficiency created by optimal kinetic chain sequencing.

THE PROCESS OF TEST-TRAINING INTEGRATION

The process at the ISEH includes a systematic model to integrate test data collected in order to subsequently develop individualised programmes to improve function, performance and reduce the risk of re-injury. Each assessed component is linked to a screening test and target exercises are then selected to improve the relevant deficits which are identified. This process is outlined in the figure below.

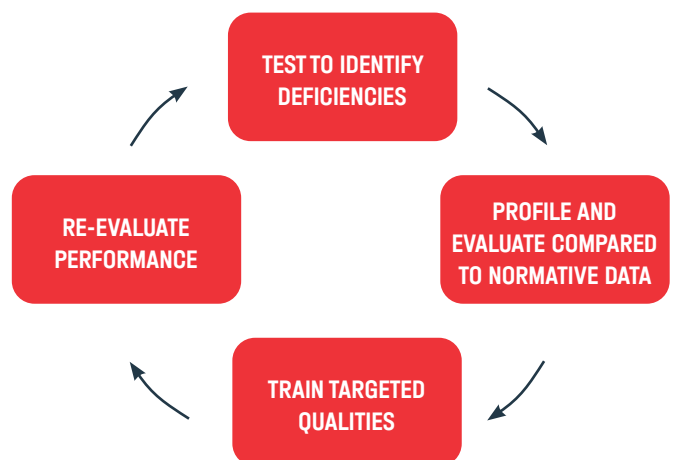


Figure 1. Test-training Integration model

WHAT ARE WE TESTING?

To ensure a holistic appraisal, the assessment process is divided into five pods. These include clinical assessment, movement analysis, strength diagnostics, explosive force production and psychology. Each assessment used is supported through scientific evidence and has shown strong validity and reliability.



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

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