

Contact us:

Where to find us:

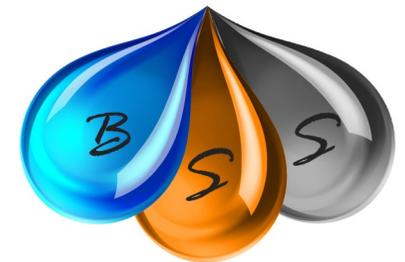
Ruimsig
 Ruimsig Boulevard
 Cnr Doreen & Hendrik Potgieter
 Planet Fitness

Pinehaven
 Pinehaven Estate
 1 Gateway Street
 1st Floor Doctor Rooms
 Netcare Pinehaven Hospital

Noordheuwel
 Valley View
 Cnr Van Oord Street & Robert Broom Dr
 Planet Fitness

Biokinetics

Biokinetics is a medically recognized professional discipline concerned with health promotion, maintenance of physical abilities and final phase rehabilitation. These are all achieved by means of scientifically-based physical activity programme prescription



www.bssbio.com

Services Offered by our Biokinetics Team

- Postural analyses and correctional exercises
- Specific stretching and mobilizing techniques
- Biomechanical evaluation with strengthening to improve muscle imbalances
- Sport specific strengthening and conditioning
- Management and treatment of acute, chronic and overuse injuries
- Improving core strength and balance
- Treatment of neurological pain and disorders
- Better quality of life by improving chronic risk factors (blood pressure, blood glucose, BMI, body composition, heart rate and aerobic fitness)
- Correcting functional movement techniques with mobility training

Biokinetics for Children

- Muscle tone is the state of muscle tension inside a muscle or muscle group when its at rest
- Children with low muscle tone fatigue quicker leading to drowsiness and lack of concentration

Other Services Include

- Humac Balance Testing
- Pressure Air Biofeedback for objective strength testing
- Fitness assessments for medical aids
- Sport and therapeutic massage
- Hydrotherapy sessions
- Strapping and kinesiology taping
- Pilates, Swiss ball and kettle bell training
- Myofascial release techniques
- TRX-Band techniques
- Corporate screening
- Electro Muscle Stimulation Therapy
- EMG Testing

Biokinetics for Elderly

- Arthritis and Osteoporosis
- Upper and lower back pain
- Knee and Shoulder pain
- Bad sleeping habits
- Loss of strength
- Cardiac and metabolic risk factors
- Fall prevention

Posture

Posture imbalances might result in the following symptoms:

- Neck and shoulder discomfort
- Back ache, headache and jaw pain
- Fatigue with standing or sitting
- Lack of energy

Studies have shown that for every 2.5cm of forward head posture an additional load of 4.5kg is added to the spine

Biokinetics for Sport

Functional Movement Screen: Assess 7 basic movement patterns to identify tightness and weakness in the body– allowing you to correct them before they cause major problems

Purpose of screening

- Pre season screening (Baseline value)
- Screening after injuries
- Identifying risk for injuries
- Identifying faulty movement patterns
- Sport specific screening, evaluation and training (cycling, running, swimming and all school sports)

Biokinetics for Special Populations

- During Pregnancy
- Neuromuscular disorders
- Cardiovascular and metabolic syndromes