



## ATHLETE CHECKLIST

### ◆ STRENGTH

- Is one side of your body noticeably stronger than the other?
- Do you feel your strength is limited compared to others in your sport?
- Are there skills in your sport that you avoid because they are “too challenging?”

### ◆ BALANCE/COORDINATION

- Do you seem to have better balance on one side of your body?
- Is your balance limited compared to others in your sport?
- Do you feel disconnected (Brain-Body) at times? You brain knows what to do, but you cannot make your body execute the task?

### ◆ FLEXIBILITY

- Is one side of your body more flexible than the other?
- Is your flexibility limited compared to others in your sport?
- Do you always complain of the same tight muscles regardless of how much stretching or foam rolling you perform?



BLUE DOMINO = NO PAIN  
RED DOMINO= PAIN

If you checked any of the boxes above, you already has a **MUSCLE IMBALANCE** or **COMPENSATION PATTERN**. We consider this the **FIRST DOMINO** in the injury cycle. If left unchecked, it will inevitably lead to pain and injury. Our system is designed to identify, intercept and reverse these imbalances. This helps all our athletes perform at higher levels they didn't think possible. Injury free and without pain.