MARC TACZANOWSKI, DC, DACBSP, CSCS, EMT-B HOPE MILLER, DC, DACBSP DANIEL HOLLAND, DC, DACRB, CCSP ABBY DANTE, DC, CCSP JAMES REMIEN, LMT

MUSC IMBAL

ARTHRITIS

LABRAL TEARS



62 Lake Avenue So, Suite C NESCONSET, NY 11767 631-584-TRUE (8783) FAX 631-584-8784 TRUESPORTCARE.COM

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?" 			
Do Is y Do	NCE/COORDINATION you seem to have better balance our balance limited compared to you feel disconnected (Brain-Enot make your body execute the	to others in your sp Body) at times? You	3
Is o	IBILITY ne side of your body more flex our flexibility limited compare you always complain of the sar oam rolling you perform?	d to others in your	
СОМРЕ	ENSATION	LOAD	BLUE DOMINO = NO PAIN RED DOMINO = PAIN If you checked any of the boxes shows you already has a
LE ANCE	TRUE SPORT	STRAIN/SPRAIN -OSIS/-ITIS	above, you <u>already</u> has a MUSCLE IMBALANCE or COMPENSATION PATTERN. We consider this the <i>FIRST DOMINO</i> in the injury cycle. If left unchecked,
	STRENGTHEN AND PROTECT SEASON AFTER SEASON TRUESPORTCARE.COM	1	it will inevitably lead to pain and injury. Our system is designed to identify, intercept

JOINT,

DYSFUNCTION

of the boxes has a ANCE or onsider this *O* in the unchecked, ad to pain tem is y, intercept and reverse these imbalances. This helps all our athletes perform at higher levels they didn't think possible. Injury free and without pain.