

## Biomechanical Screening

Biomechanical Screening regards the overall assessment of the body's posture, alignment, muscle length and joint range of movement and how that relates to movement patterns. The process involves a combination of examination in the consultation room in addition to observations by eye and digital video analysis of various activities such as walking, running, serving at tennis, throwing a ball, swinging a golf club or kicking a football.

Biomechanical Screening is available at SOS Centres Weybridge, Sevenoaks and Brentwood. If you would like more information on this subject please contact your local SOS Centres.