

# *Movement, Injury & Performance*

All movement requires a fixed point for the muscles to pull from to move the body or otherwise injury occurs, performance suffers or both (this might be a simple task like cleaning the teeth or more complex like throwing a javelin or playing tennis).

When functioning properly the body is both force producing and force dissipating. The load will be shared by the whole body so no part is overloaded resulting in injury. Also performance is maximized & is more efficient (ie. Force generation & control). Efficiency means less effort will be used for the same task because the load is shared. This means that any activity in daily life will be easier.

You may need to be shown practically how to use your body then you will automatically perform the tasks you currently do in a manner that lessens injury, enhances performance and is more efficient.

The ultimate goal is for the activity to be done in the natural & subconscious way of doing things.

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