



Functional Fitness Screening For high intensity strength training

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High intensity training is beneficial, and can offer large gains. Training the muscles for strength can reduce fat content, speed up metabolism, increase muscle mass, and is important for participation in many sports. Whether your goal is performance or physique, training requires you to push your body and you should be prepared for the occasional niggle or even injury.



Is High Intensity Strength Training Dangerous?

Yes, it can be. Any exercise can be dangerous. This should not stop you participating, however, but various precautions can be taken to ensure that you train effectively, regularly, and see the gains you wish to see without injury.

At Physiodynamix we offer Functional Fitness Screening with a special focus on strength training.

Starting out:

Screening is used to identify restrictions to movement and any inherent weaknesses that affect the quality of movement. If addressed early enough during your training, identification of these weaknesses can ensure that you perform movements more safely, and eradicate the risk of injury down the line. It is important to learn good movement patterns from the get-go.

Preventing and Treating Injuries:

Repetitive strain can cause injuries, and these in turn can keep you out of the box for longer than you'd like. Screening can ensure that you are aware of your body's limitations. The aim here is to identify imbalances in the musculature. These can then be addressed during your normal WOD training.



The Competitive Athlete:

Your performance depends on your ability to complete a workout in the most energy efficient manner possible. Screening can help

you identify where energy is lost inefficiently, and by working on this, improve your strength and speed with direct results during competition.



What does screening involve?

A 45-minute assessment by a Physiotherapist, with a follow-up appointment to discuss the assessment findings. You will receive a personalized corrective treatment programme, which can be implemented during your training.

Book an appointment:

Where: Physiodynamix, Cramerview Village Centre, corner of Curzon and Main Roads, Bryanston, Johannesburg.

Open from: 7am to 5.30pm

Telephone: 011 706 7433

