



MOVEMENT SCREENING AND ATHLETIC DEVELOPMENT

Dynamic Motion Physiotherapy and Exercise Physiology is offering HHFC players discounted screening and athletic development programs to help players improve their performance for the football season.

Sport is the leading cause of all injuries in youth, but also has an impact on the adult population. Injury prevention and appropriate strength and conditioning is therefore important to reduce the risk of injuries across the lifespan and allow for continual participation in sport.

Book in today to get started on improving your performance!



DYNAMIC MOTION
PHYSIOTHERAPY
AND EXERCISE PHYSIOLOGY



OFFERS

**SCREENING FOR
INJURY PREVENTION
AND IMPROVING
PERFORMANCE**
\$35 (NORMALLY \$145)

**INDIVIDUALISED
ATHLETIC
DEVELOPMENT
PROGRAM**
INCLUDING x4 CLINICAL
SESSIONS
\$180 (NORMALLY \$344)

**x4 CLINICAL PILATES
SESSIONS**
MAT OR REFORMER
\$180 (NORMALLY \$344)

WHERE TO FIND US

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