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The science behind the assessment & retraining of movement impairments to manage recurrent pain, injury risk & improve performance

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Stretching and strengthening protocols are seen to be limited with regards to injury prevention whilst contemporary strategies assess movement control through multi-joint task performance and under differing intensity demands. Evidence supports the reliability of movement control testing in addition to the presence of a heightened injury risk for those individuals free of pain yet failing such assessment. In light of such key findings, 'The Performance Matrix' screening protocol provides a description of site, direction and intensity of control deficits. This profile subsequently steers specific retraining so as to reduce injury occurrence, limit recurrence of pain and support performance enhancement.