

# SPORTS & FITNESS

## Turn a setback into a COMEBACK



A unit of Progressive Physio Care & Research Pvt. Ltd.

### PHYSICAL FITNESS ASSESSMENT, EXERCISE PRESCRIPTION & SPORTS INJURY MANAGEMENT



Physical fitness is defined as set of attributes or characteristics individuals have or achieve that relates to their ability to perform physical activity. These characteristics are usually separated into health related and skill related components of physical fitness.

#### HEALTH RELATED COMPONENTS

- Cardiorespiratory Endurance
- Pulmonary Capacity
- Body composition
- Muscular strength
- Muscular endurance
- Flexibility

#### SKILL RELATED COMPONENTS

- Agility
- Coordination
- Balance
- Power
- Reaction Time
- Speed

Progressive care is an independent researcher & service provider that specializes in physical fitness assessment and sports injuries management with an expert team fully trained and equipped to provide the best services possible.

#### Comprehensive Evaluation Includes

- ★ Aerobic Capacity (VO<sub>2</sub> max /VO<sub>2</sub> Peak)
- ★ Anaerobic Threshold
- ★ Workload (MET's)
- ★ HR max, BP, Pulse Oximetry
- ★ Agility, Speed, Power, Coordination & Reaction Time
- ★ Body Composition
- ★ Muscle Performance Testing (RM)
- ★ Flexibility Testing
- ★ RMR
- ★ Movement Screening Tests
- ★ Customised Exercise Prescription
- ★ PFT



Sports injuries are commonly caused by overuse, direct impact or the application of force that is greater than the body part can structurally withstand. Common sports injuries are sprains and strains.

#### Common Sports Injuries

- Ligament Injuries
- Achilles Tendinopathy
- Patellar Tendinopathy
- Tennis Elbow
- Rotator Cuff Injury
- Hamstring Strain
- Groin Pain
- Femoro- Acetabular Impingement
- Shin pain
- Plantar Fasciitis
- IT Band Syndrome
- Back and Neck Pain
- Chronic Strains & Sprains

#### Treatment Approaches

- Manual Therapy
- Cryo Therapy
- Taping
- Dry Needling
- Instrument Assisted soft Tissue Mobilization
- Bracing

#### Equipment Available

- CPET
- Graded Exercise Testing
- Multi Station Gym
- Theraband Wall Station
- BMI Analyzer & Skin Fold Calipers
- Dynamometer
- Pulmonary Function Testing

Treatment of sports injuries include a comprehensive assessment and injury specific customized exercise program for the individual to restore their ability and enhance their performance.