As more people participate in sports activities, the number of injuries is increasing. Rob O'Mahony, owner of Kinima Physio, provides treatments for a comprehensive range of sports injuries, rehabilitation, to reduce the potential for injuries in the future, and enhance sports performance.

The therapies offered at Kinima Physio are the same as those utilized by elite athletes. Physio Pilates and strength training are available, prescription exercise, dry needling, trigger point therapy, and hands-on mobilisation and manipulation. Each treatment plan is tailored to the needs of the individual.

One of the most effective tools available at Physio Subiaco is running assessments. It features video analysis of the mechanics of how an individual moves. It pinpoints and identifies gait dysfunction, allowing the physiotherapists to prescribe specific exercises and therapies to correct problems. The result is more efficient movement, fewer injuries, and improved performance.

Physio West Perth running assessments are also effective for relieving pain associated with sports. Individuals that experience pain when running or while participating in their favourite sporting activity often develop improper movement patterns in an effort to alleviate pain and discomfort. The same situation often arises following an injury. The assessments and therapies available aid in managing pain, strengthening the affected area, and correcting improper patterns of movement.

Running assessments aren't just for runners. The human body is a finely tuned biomechanical machine. Anyone that experiences pain or discomfort in their daily activities can benefit from an assessment. It doesn't matter whether an individual plays for fun, is an amateur participant or a professional athlete. A running assessment provides the information needed for the practice's physiotherapists to prescribe appropriate therapies.

Kinima Physio has extensive experience working with coaches, athletes and teams in sports. Encompassing football, hockey and martial arts to netball, rugby, soccer, swimming and triathlon athletes. Physio Leederville improves movement, reduces the potential for injuries, and improves sports performance for youngsters and adults.

About Kinima Physio
At Kinima Physio, we integrate clinical excellence with a unique client experience to create a local health movement that empowers as many people as possible. With 25 years of combined experience in the physiotherapy and health industries, including elite sports and orthopaedics, we offer the latest evidence-based treatment programs to instill clarity and understanding, restore function and confidence, and drive high performance. Connect with us on Instagram and Facebook.

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