



A biomechanical assessment involves a postural assessment and the breakdown of any movement or activity that may be troubling you into its component parts and assessing any failure of these components.

Consider the action of sitting down. Many people suffer pain or stiffness when sitting. In order to assess sitting, we need to see the position of your body prior to sitting, how the body moves in the action of sitting and the position that it ends up in on the chair / seat. Any restriction of movement at the ankle, knee, hip, pelvis, lumbar spine, thoracic spine, shoulder or neck can affect the trajectory with which you move and therefore the action of sitting.

All movements and activities can be broken down in this way and we can show you what is going wrong during your activity, and more importantly *why* it is going wrong! We can then work together to change your movement, altering your control of movement and practicing it until it becomes automatic. You will be surprised how many mistakes your body might be making and amazed at the difference that we can make!