

FROAT RUNNER

TRI-SCREEN ASSESSMENT

The **TriScreen** musculoskeletal, technical and video analysis is perfect for all levels of triathlete, from absolute beginner to world champion. It is equally beneficial for those looking to reduce injury risk, improve function or enhance performance.

What is it?

TriScreen is our **EXCLUSIVE** musculoskeletal, technical and video analysis procedure for triathletes.

Who performs the testing?

Physiotherapist and former world #3 elite duathlete, Raf Baugh has developed and performs the **TriScreen** testing protocol and subsequent exercise prescription. This ensures the full range of factors from risk management through to performance optimisation is accounted for in the assessment.

What does the test involve?

The **TriScreen** involves an initial 1 hour musculoskeletal assessment to identify areas of restricted range of motion, limited flexibility, reduced muscular endurance or other functional deficit that specifically effect each triathlon discipline. We also conduct a video assessment of your running form in the assessment as most triathlon injuries occur in this discipline. The assessment is then followed up with a 30 minute exercise prescription sessions, specifically targeting your areas of weakness, restriction or dysfunction.

How do I book a testing session?

Call The Running Centre on 93242707 to book your session. The session will take place inside The Running Centre at 1273 Hay Street, West Perth

What is the cost?

The Initial assessment is 1hr and cost is \$220. Follow up session with exercise prescription and review of 30 min duration costs \$110. Private Health Rebates may apply

What should I do before the test?

On the day of your test, treat it as another training session. Make sure you have eaten 2-4 hours prior to the test and have consumed at least 1L of water. Wear suitable athletic attire for running and screening.

Any other questions?

Email raf@therunningcentre.com.au

WITH YOUR PERFORMANCE.....TRUST THE EXPERTS!