

# High Performance ATHLETE PROFILING

at sea to sky sports physio



## What is High Performance Athletic Profiling?

High Performance Athletic profiling is a systematic method for evaluating an athlete's physical capabilities, identifying strengths and uncovering areas for improvement. It also can highlight potential movement patterns that may lead to an increased risk of injury. The testing battery is conducted with objective data on various performance metrics.

## Why Athletic Profiling?

- Establishes a performance baseline
- Identifies strengths and weaknesses/areas of improvement
- Assists with injury prevention strategies
- Guides personal training/ S&C programming
- Informs return to play decisions
- Builds confidence in performance

## Product:

Each athlete will receive a summary of their objective data and interpretation, which can be used by coaches and sport science staff to make targeted recommendations for individualized training programs to enhance athlete development. If Package C is selected, they will receive an individual corrective and exercise program that addresses the findings in the testing to enhance athlete development.

## Our Team:

Sea to Sky Physio is a sports-focused group of professionals who offer sports-specific care in a personalized approach.

All testing will be conducted by Physiotherapists and Kinesiologists specializing in functional movement screens, VALD force plate testing and baseline concussion assessments.

We are offering 3 different packages, all will be billed as Physiotherapy Assessments.

**Package A:** The VALD force plate & dynamo strength testing & interpretation & FMS. Athletes will receive their results and a brief description of findings and corrective exercise program addressing their areas for improvement.

45min | \$120

**Package B:** The VALD force plate & dynamo testing & interpretation & FMS. Athletes will receive their results and a brief description of findings and correctives. As well, the Concussion Baseline testing profile will be conducted.

75 min | \$160

**Package C:** The VALD force plate & dynamo testing & interpretation & FMS AND the Concussion Baseline testing profile. In addition to the full battery of tests being conducted, an exercise training program is created and implemented individually (on a separate occasion).

75min | \$160 + 45min | \$120

*(\$280 total, billed separately for insurance)*

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