

THE ATHLETIC PERFORMANCE LAB

at



The Bosworth Clinic

Dedicated Specialist Rehabilitation

WHY

Purpose Statement We want to bring the professional athlete experience to you. All of the data, the information, the knowledge, the equipment, the results; made available to help you on your journey. Have you ever thought about how professional athletes seem to master a new skill so quickly, or to recover from injuries faster than the general public. It is not because they heal faster, it is because they have access to all of the information to make the right choices. This is why this lab has been set up; to help provide you with this information.

We don't always have the luxury of time with you at the clinic. The clinicians here would love to be able to provide you with tools to support you outside of their sessions. This helps ensure that you are always improving; and for us to be confident that we are giving you the most accurate, personalised information. Our assessments have been designed with this in mind and are valid, reliable and give an immediate call to action.

Physical profiling will be used by the team to help you develop your physical capabilities, giving us and you an understanding of what you are capable of coping with. This will in turn help to give you and your coach / support network the information required to best manage your performance. Our profiling allows you to access this information, in a manageable format, on the same day.

We want to physically develop people so that they can cope with the higher demands of life. Whether this is running with your kids, playing tennis at the local park, or trying to win the Tour de France or World Cup; We have done it. Let us show you what we can do.



WHAT

Symmetry How balanced you are can tell a lot about how you move and how much effort is needed to move you. This includes balance from right to left sides when you do global movements like squats etc, but also includes specific testing around individual joints so we can get to the root cause of the asymmetry.

Strength & Speed Firstly, well-developed physical qualities (e.g., eccentric strength) have been shown to independently decrease injury risk. Secondly, and more importantly, specific physical qualities (e.g., lower body strength, speed, and aerobic fitness) *moderate* the workload-injury relationship – players with better developed aerobic fitness, speed and lower-body strength are more resilient to spikes in workload than players with poorly-developed physical qualities.

Sustainability Individual, Local and Global. Its important. Your ability to perform is based on your aerobic / cardio-vascular fitness. We can assess this to see how this can be best improved. This could be the key to unlock your potential in any aspect of your journey. Can you repeat and recover on the football pitch, Can you sprint up that final hill at park run..and no matter how much you try it just doesn't seem to change.

We feel a great need to provide change. Everything we do, we try to use sustainable and eco-friendly ways to achieve this.



HOW

The process We have invested in equipment used by the worlds best teams and athletes. These include VALD Force Decks and Hand Held Dynamometer.

Force Plates are instruments that detect and measure forces exerted onto the ground during a movement. The plates detect and measure accelerations, reactions, and athlete imbalances to provide training insights for coaches and to support rehabilitation. Collectively, this testing and data can be used to study the posture, power, and positions of athletes as they move. This information can be combined with other data, such as limb mechanics, to establish an athlete's movement efficiency.

Hand Held Dynamometry is a machine used to test the strength of individual muscles and muscle groups. We will use this device to individually measure your force output of certain key muscle groups; allowing us to see imbalance, asymmetries, and weaknesses.



OPTIONS

Return to Play/Competition Profiling (60 mins*)

£150 with report

£250 with report and 4 weeks programmed

Strength Profiling (90 mins*)

£275 with report

£350 with report and 4 weeks programmed

Full Athlete Profiling (150 mins*)

£495 with report

and 4 weeks programmed

Physiological Profiling (60 mins*)

£150 with report

£250 with report and 4 weeks programmed

Team / Squad Profiling

Contact for individualised quote

*testing time; additional 45 minutes prior to warm up/prepare

WHO

Alan Hazlett has a passion for pushing the boundaries of human performance; and is excited to offer his extensive skillset here at the Bosworth Clinic.

We welcomed Alan to the clinic at the start of 2021. He currently shares working at the clinic with a role with the England Football Team. Alan has a passion for human performance and has been fortunate to work with some of the top athletes in the world. His previous role with Team GB where he worked in the world-renowned Intensive Rehabilitation Unit, coordinating, and leading the rehab for Olympic Champions, World champions and Tour de France Winners to name a few. He also has a Six Nations winner's medal with England Rugby on his CV.

