



bodyworks

SPORTS PHYSIOTHERAPY
working to keep you moving



Grouse Mountain and Body Works Sports Physiotherapy
presents:

Physiotherapy Movement Screening

- exclusive for Grouse Mountain employees -

About the Program:

- Detailed biomechanical assessment using a "Functional Movement Screen" custom developed for diversified ski resorts such as Grouse Mountain
- Identification of any areas of muscle tightness, weakness, imbalance, or restrictions of movement that could lead to injury or limit you from peak performance - at work and at play!
- Custom tailored program of exercises and/or stretching to address the specific findings of the Movement Screening
- Dedicated one-on-one assessment by a Registered Physiotherapist
- One hour session for the cost of a 1/2 hour session: a \$140 value for \$75
- Eligible for coverage as a Physiotherapy Visit for those with Extended Health Benefits

Key Benefits:

- Avoid injury, eliminate pain
- Improve athletic performance
- Learn the strengths and weaknesses of your body
- Leave with a detailed program that you can work on independently
- Follow-up support as required (additional fees apply)

Call us at 604-983-6616 to book your appointment now

Visit our web site for more information: www.body-works.ca

Conveniently located near Lonsdale Quay and Seabus

