

# BIODEX

## FITNESS AND ATHLETIC PERFORMANCE TESTING



### Neuromuscular Testing and Rehabilitation

- The Biodex machine can tell you what muscle groups need strengthening to prevent potential injuries
- Resistance continuously matches effort, accommodating to variations in patient force output due to weakness, pain or fatigue at specific points in the individual's range of motion.
- Targets weaknesses and measures any deficits in athletes with no impact
- By identifying the area that is weak, a specific rehabilitation or exercise program can be designed
- Increase player safety, reduce likelihood of injuries, and better quantify deficits
- Perfect for taking your game to the next level, the Biodex System Pro 4 is used in over 30 professional sports training rooms

Are you an athlete  
recovering from an injury  
or aiming to prevent one?

THEN BIODEX TESTING IS  
FOR YOU!

Improve Your  
Athletic  
Performance with  
This Test for \$75!

Test includes individualized  
evaluation and exercise program  
(Discount provided for multiple  
sessions)

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