



KERRIN BOUCH

Biokineticists

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What we offer at Kerrin Bouch Biokineticists:

Postural and Musculoskeletal Assessment including:

- Body Posture and Composition*
- Blood Pressure and Heart Rate*
- Cardiovascular Fitness*
- Muscle Strength and Endurance*
- Ratios & Sequencing of Muscle Activation*
- Functionality & Biomechanics of Movement*
- Electromyography Testing*
- Flexibility and*
- Other Related Health Screenings*

Screening and Prevention of Musculoskeletal Injuries and Sports Injuries

Specialised Exercise Prescription Training Programmes

Optimal Wellness and Weight-loss Programmes

One-on-one Orthopaedic Rehabilitation, both pre-op and post-op treatment

EMG Training, incorporating Biofeedback

Discovery Vitality Fitness Assessments

When should you consult with a Biokineticist?

Have recurring sports injuries

Suffered an injury which continues to hamper your ability to function optimally

Had surgery and finding it difficult to recover fully

Suffer from orthopaedic conditions that prevent you from optimising your quality of life

Suffer from chronic disease such as a heart disease, hypertension, arthritis, osteoporosis, diabetes and obesity

Require a weight management programme and looking to achieve optimal wellness

Are sedentary and need to increase your physical activity levels

Need to improve general physical abilities and quality of life

Divisions of Kerrin Bouch Biokineticists



Musculoskeletal Injuries

- Neck
- Shoulder
- Elbow/Wrist
- Back
- Hip
- Knee
- Ankle
- Arthritis
- Osteoporosis

Neurological Conditions

- Stroke
- Traumatic Brain injury
- Spinal cord disabilities
- Muscular Dystrophy
- Epilepsy
- Multiple Sclerosis
- Alzheimer's
- Cerebral Palsy
- Parkinson's disease

Lifestyle Diseases

- Cardiovascular Disease
- Obesity
- Type 2 Diabetes
- Hypertension
- Hyperlipidaemia
- Cancer
- Fibromyalgia
- Chronic Fatigue
- Depression