

ACTIVE BALANCE HEALTH CENTRE

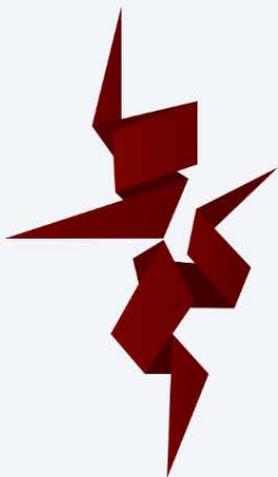


EQUESTRIAN

FUNCTIONAL
MOVEMENT
SCREEN

Dr. Taylor Boyd, BSc, DC
Active Balance Health Centre
drtaylor@activebalancehealth.ca

WHY FUNCTIONAL MOVEMENT SCREEN?

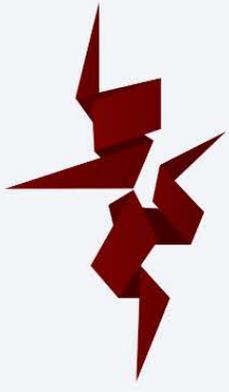


ACTIVE BALANCE
HEALTH CENTRE

Identify movement limitations Improve performance

A screening helps to identify movement limitations and dysfunctions that may be impacting your efficacy, performance, and stamina as an equestrian athlete.

Gaining tools to improve/remove these limitations can positively impact your performance on horseback.



What does it involve?

It is recommended that anyone competing or training at the 1.20m level or above be tested as an "elite" athlete and progress should be monitored according to competitive goals.

Basic

9 Movements

You will be assessed on your squat, step up, lunge, push, pull, hinge, twist, balance, and walk along with a brief cardiovascular fitness assessment

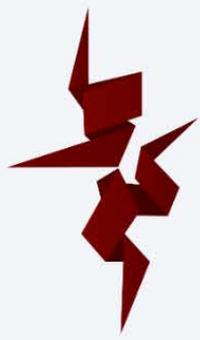
Elite

3 Additional Tests

Elite athletes will also be tested for strength and endurance in three areas

- wall sit
- planks
- plyometric assessment





The Details

Assessment & Review

Time: 45 min in person

Completed in your barn or at the clinic. Dr. Taylor will go through a detailed history and movement assessment.

Custom Plan

Time: 30 minutes

Completed virtually or in clinic. Dr Taylor will review the results of your assessment as well as your tailored exercise plan.

3-month follow up

Time: 30 mins

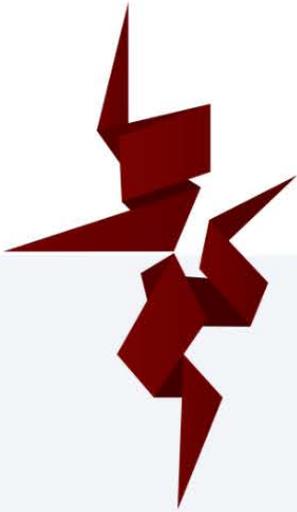
Completed in your barn or at the clinic. You will be re-tested on all movements. Your video re-assessment will be emailed to you and the next steps suggested.

USE YOUR BENEFITS!

After each appointment, a detailed receipt will be provided for you to submit to insurance for reimbursement.



**Package price
\$330**



ACTIVE
BALANCE
HEALTH
CENTRE

SIGN UP

EVENT: FUNCTIONAL MOVEMENT SCREEN

DATE:

Time	Name	Email	Phone
9:00			
9:45			
10:30			
11:15			
break	-	-	-
12:30			
1:15			
2:00			
2:45			
3:30			
break	-	-	-
4:30			
5:15			
6:00			

Reach out to Dr. Taylor at
drtaylor@activebalancehealth.ca or call the clinic at
403.993.6337 if you have any questions.

Currently Available Dates

Phone:
403.993.6337

Clinic Address:
19 Elma St. W
Okotoks, AB

E-mail:
dr.taylor@gmail.com

In Barn

- **Pick your date by contacting Dr. Taylor**

**Subject to change as barn bookings fill*

In Clinic

Tuesdays: 12pm - 7pm
Wednesdays: 8am - 1pm
Thursdays: 2pm - 8pm
Fridays: 9am - 3pm
Alt Saturdays: 9am - 1pm





How to Book

Phone:
403.993.6337

Clinic Address:
19 Elma St. W
Okotoks, AB

E-mail:
drtaylor@activebalancehealth.ca

In Barn

Daily numbers:

- minimum 5
- maximum 8

Space/equipment needed:

- minimum 5m x 7m open space
- accessible sturdy anchor points

Reach out to Dr Taylor at drtaylor@activebalancehealth.ca or call the clinic at 403.993.6337 to book your "In Barn" assessments

In Clinic

No number requirement to Book during regular treatment hours

Reach out to Dr Taylor at drtaylor@activebalancehealth.ca, call the clinic at 403.993.6337, or book online at activebalancehealth.ca to book your "In Clinic" assessments

