



# WHAT OUR PHYSIOS DO

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at

**MENAI DISTRICT PHYSIOTHERAPY  
& SPORTS INJURY CENTRE**

# Video Assessments

## What is a Video Assessment?

- ◆ Video assessment is an important tool for physiotherapists at Menai District Physiotherapy, especially when dealing with overuse injuries.
- ◆ Often a person develops an injury due to repetitive movements.
- ◆ Rest may settle the problem **but not fix it**.
- ◆ Video analysis allows the movement dysfunction to be determined and a solution found.



MOVE WELL  
MOVE WELL

STAY WELL  
STAY WELL

## Who would benefit?

### 1. Athletes

Especially those who have pain developing after an extended period of training eg. runners or cyclists.

### 2. Post-Op or following severe injury

Gait retraining is made easier by the video.

### 3. Postural Syndrome in adolescence

Although confronting for teenagers, watching themselves slump, on the television, can provide the motivation necessary to “sit up straight.”

### 4. Exercise Quality

Exercises can be performed more effectively by watching themselves on the television whilst they exercise.