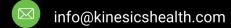
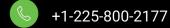
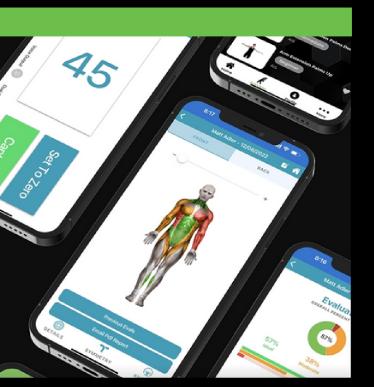
### **OUR CONTACT**





kinesicshealth.com

# START YOUR JOURNEY TODAY











## WE ADVANCE HUMAN MOVEMENT

The Kinesics process assesses and analyzes human movement to address pain, identify risks for injury, and promote improved performance.

ADDRESS PAIN, PREVENT INJURIES, & MAXIMIZE PERFORMANCE

# SOLUTIONS DESIGNED FOR AGENCIES & ACADEMIES

#### **HUMAN MOVEMENT SCREEN**

Identify exact muscle and joint misalignments and restrictions. Proactively address restrictions to manage risk. Access custom individual and group programs that boost mobility and training.

- Pre-Academy & Combines
- · Recruits & Academies
- Sworn & Veteran Responders

#### **INSTRUCTOR TRAINING**

Allow training staff to make data driven decisions and increase awareness of compromised movement patterns. Focus on reducing injury rates within academies.

- Human Movement Screen
- Operational Performance Testing
- Functional Mobility
- Corrective Exercise

#### **PERFORMANCE CENTERS**

Use our expertise to enhance your training facility or start a new build. We partner with the top designers and manufacturers.



## THE EXPERT GERALD DREFAHL

A renowned innovator in the field of human movement science, Drefahl developed Kinesics Human Movement Systems as a proactive solution to reduce the risk and expense of musculoskeletal injuries and disorders (MSDs) in medical, athletic, fitness, and occupational populations - now offering solutions for agencies and academies.

