

OUR CONTACT

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kinesicshealth.com

START YOUR JOURNEY TODAY



LEARN



MORE



A PROGRAM DESIGNED TO
**MAXIMIZE OPTIMAL
PERFORMANCE**

KINESICSHALTH.COM



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.

