



This is the Remote Version of our Live Movement Assessment.

We use assessments to identify patterns in your movement that influence performance, injury risk, & existing pain. They are also useful for understanding how previous injuries may have contributed to these patterns.

This program is offered and delivered by our performance coaches who have years of experience working with clients from the late rehabilitation phase along with elite athletes' rehabilitation and performance needs up to the Olympic level. Whether you're recreational or elite, it is the first step we take with an athlete asking to train with us and if it hasn't been your first step it should be your next!

Included is a detailed history and thorough analysis of posture and movement delivered through online tools. It can be done from the comfort of your home on your own time. Detailed instructions are provided with the process and should take approximately 1 hour.

Book a REMOTE MOVEMENT ASSESSMENT [here](#).

SAMPLE ASSESSMENT

The client below came to us with a super active lifestyle - swimming, running, and weight training, along with a very active career as a chiropractor - using her body all day, every day.



See more videos and photos from this assessment [here](#).

ADAPTED TO YOUR NEEDS

Each assessment looks different and we may request that a person sends us a different set of videos based on their history, sport, and/or goals. Once we have compiled enough videos to have a better idea of which areas need improvement, we send the client a detailed summary of what they can work on such as:

“Software”

- Movement breakdown that may relate to our conscious effort to coordinate the movement

“Hardware”

- Movement breakdown that may relate to hard joint restrictions or limitations

Strength

- Movement breakdown that may relate to an inability to generate enough tension in certain muscle groups

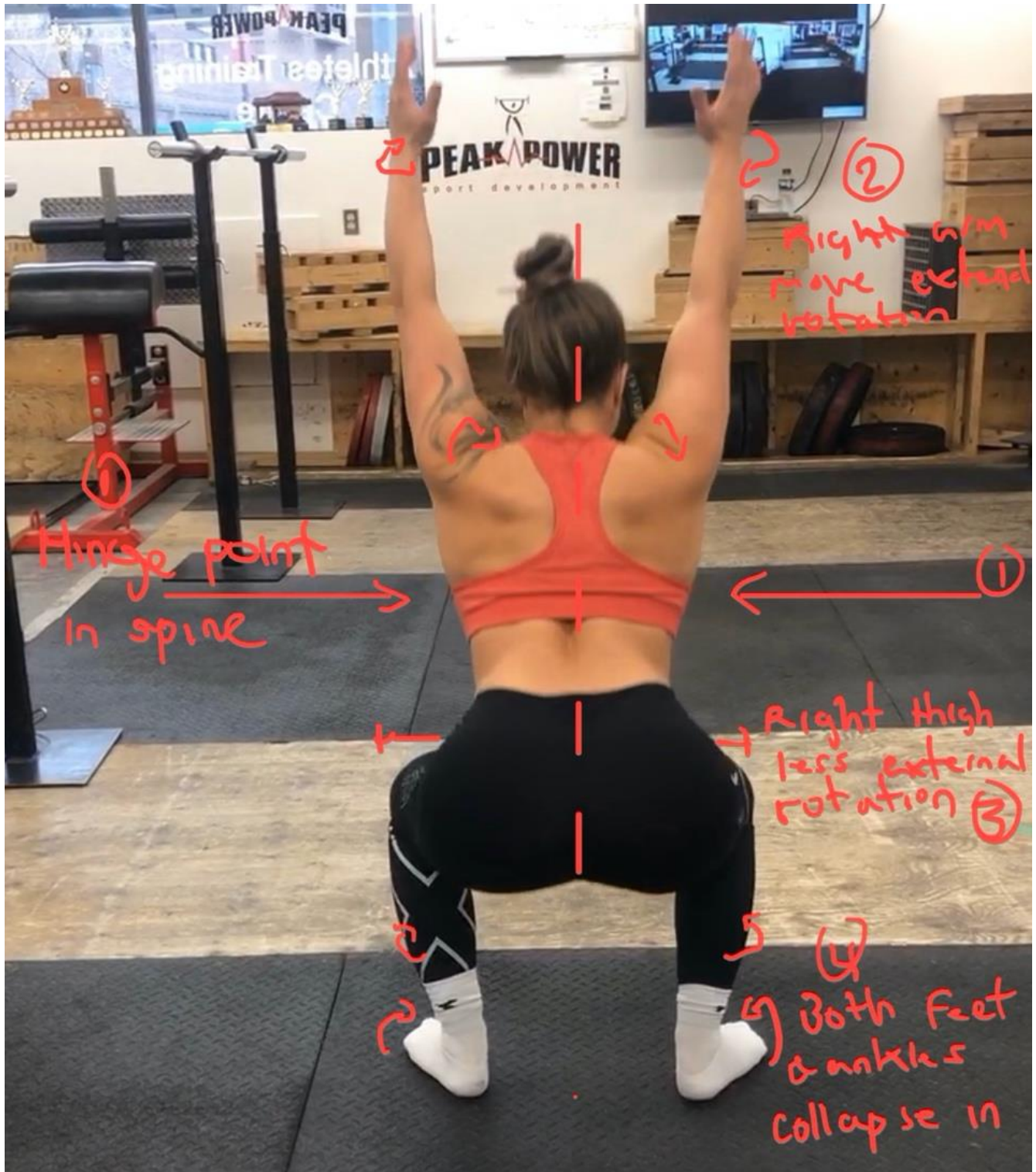
Release

- Movement breakdown that may result from too much passive tension or “stiffness” in certain muscles or muscle groups

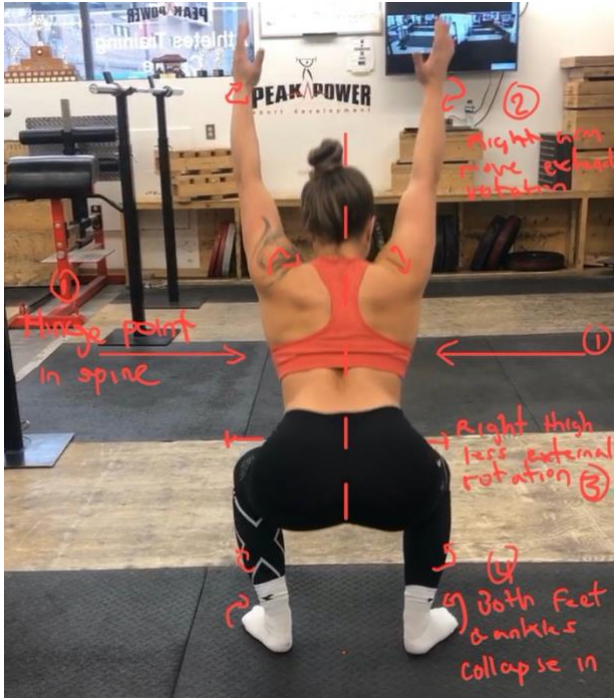
To book a **REMOTE MOVEMENT ASSESSMENT** that is adapted to your needs, click [here](#)



SUCCESS STORY



OLYMPIC WEIGHTLIFTER SUCCESS STORY



INITIAL CONSULT

January 23, 2020

She wasn't able to train in January 2020 due to extreme back pain with referring nerve pain to one or both arms and one or both legs. Her symptoms got worse with overhead movement and any loading. Her goal was to compete in Weightlifting Nationals in May of 2020 (less than five months away).

FOLLOW UP

March 5, 2020

She was back to all three Olympic lifts as of March 5th. She was loading them all progressively heavier each week and experiencing NO PAIN, demonstrating that she was on track for Nationals in May of 2020!



Book your REMOTE MOVEMENT ASSESSMENT [here](#)

ADDITIONAL HELP

Option A

Would you like to see if these patterns are showing up in other gym exercises, sport specific exercises, or the sport itself? Choose Vital video analysis to help continue with your progress.

Find it [here](#)

Option B

Do you react well to manual tissue therapy? If you think this is the best next step for you – we would be happy to help with some local referrals for therapists in our network.

Email us at info@vitalstrengthphysiology.com

Option C

Would you like active solutions? Come see us for individualized training.

Visit our booking site [here](#)



Who Does my Assessment?

Carla Robbins

Carla is from Kelowna, BC, and now lives in Calgary as an Exercise Physiologist (CSEP-CEP) and performance specialist. She is lucky to work with a handful of Olympians, the University of Calgary Dino's Women's Hockey Team, and many other clients on a spectrum of performance to pain. Carla Robbins owns her own business called Vital Strength and Physiology that she created between completing her Bachelor's of Kinesiology and Master's of Kinesiology from the University of Calgary.



Nicholas Simpson

Nicholas is born and raised in Calgary, AB and joins us from close to a decade of working with high performance athletes. Nick has coached multiple medal winning athletes at the international & Olympic level in speed skating & swimming. He currently works for Vital and coaches the University of Calgary's Dino's Swim Team. This gives him unique insight into the integrative approach it takes to push boundaries far past the norm. Nicholas completed his Bachelor's in Kinesiology from the University of Calgary and is a Certified Strength and Conditioning Coach (CSCS).



To read testimonials from our current and past clients, click [here](#).

Social Media

Instagram: @vitalstrengthphysiology

Website: www.vitalstrengthphysiology.com

Facebook: /vitalstrengthandphysiology



**To get your detailed remote
movement assessment,
go here.**