

# How do we start?



Watch the movement assessment video

Follow this link to watch the video:

Joint Specific Movement Tests:  
<https://youtu.be/ISnmmylrAw>

Repeat & film your version:

Guide:

1. Make sure we can see your entire body
2. Don't force the movements
3. If you cannot do it, that is OK, just show us what you can do.



Send us your video via email or WhatsApp:



Send applications to:

halinka1803@gmail.com  
or  
+447730523028

It only costs £30 to book an initial consultation call!

Online Coaching

# What is next?



## We book a call:

So we can chat about our findings & your movement history, pains. This is the best time to explore how best to help you & what package option is best for you.

## What if my problem areas are not tested?



If you have particular pains or injuries in the upper or lower body please also feel free to send us these additional tests before our call:

Lower Body Movement Tests: <https://youtu.be/rmjw6zDxZYg>

Upper Body Movement Tests: [https://youtu.be/ZC2LY\\_MEBM0](https://youtu.be/ZC2LY_MEBM0)



## Feel free to email or text us your questions:



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