



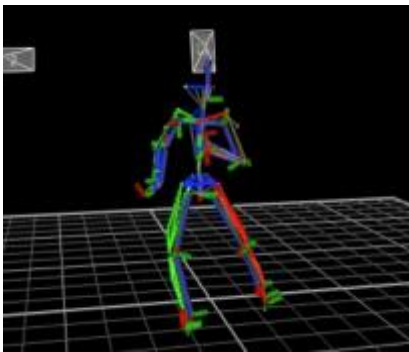
www.pitch-ready.com

admin@pitch-ready.com

PITCH READY™ KNEE AND LOWER LIMB TESTING

WHAT IT IS:

ACL and knee injuries cost an athlete and sporting franchises dearly in terms of games missed. Re-injury also plagues return to sport, often in the absence of inadequate risk stratification. Developed by Tim McGrath (PhD), **PITCH READY™** is a precise validated testing system to reduce known risk factors for ACL injury of the knee, and is the culmination of over 10-years' experience in professional sport. **PITCH READY™** takes careful utilization of the latest scientific literature, as well as current gold-standard lower limb rehabilitation guidelines. The objective of this testing is to provide athletes with definitive individualized and progressive information they can use



in the real-world to help maximize potential for injury prevention and successful return to elite sport.

PITCH READY™ PROVIDES:

- **Research-derived and validated injury prevention**
- **Cutting edge biomechanical risk analysis**
- **Maximize rehabilitation efficiency**
- **Feedback on appropriate safe return to sport**

STAGED RECOVERY BENCHMARKING FOLLOWING AN ACL INJURY:

- **Carried out at staged intervals post-surgery and prior to return to play (3-4 tests in total).**
- Testing is undertaken by **PITCH READY™** staff at team's own training facility or at Australian / UK office. Requirements for on-site testing:
 - Space required 20m x 20m indoor facility
 - Client must allow a 2-hour time frame for set up of testing equipment and a 1.5-hour testing time frame per athlete.

AUSTRALIA:

Suite 17Q / 2 King St
Deakin ACT 2600
Phone – (+61) 2 6282 6889
Fax – (+61) 2 6285 3886

UNITED KINGDOM:

14/119 Knighton Church Rd
LEICESTER LE23JN
Phone - +44 782 864 6364



www.pitch-ready.com
admin@pitch-ready.com

- Post testing reporting consisting of:
 - Comprehensive multivariable data analysis. Soft copy reports for each athlete available within 48 hours following completion of testing dependent on the number of athletes tested.
 - Video reports for each athlete complete with easily read graphical display of data
 - Summation of current rehabilitation progress in-line with best practice complete with future recommendations



- Post testing – video-phone conferencing (up to 45 min) between Tim McGrath (PhD) and client’s medical staff to highlight areas of concern, provide advice on specific rehabilitation focus areas necessary to overcome current athlete deficiencies

For further information on PITCH READY™ contact Michelle Hollis michelle@pitch-ready.com or admin@pitch-ready.com

AUSTRALIA:
Suite 17Q / 2 King St
Deakin ACT 2600
Phone – (+61) 2 6282 6889
Fax – (+61) 2 6285 3886

UNITED KINGDOM:
14/119 Knighton Church Rd
LEICESTER LE23JN
Phone - +44 782 864 6364



www.pitch-ready.com
admin@pitch-ready.com

TESTING SUMMARY:

Testing	Post-operative Period	Focus (in order of priority)
Benchmark 1	2 weeks after starting rehab running (>12 weeks DEPENDING on surgical procedure)	Instrumented Knee Stability Range of Movement Quadriceps Strength & Motion Analysis Hamstring Strength & Motion Analysis Vertical Power & Motion Analysis Horizontal Power & Motion Analysis
Benchmark 2	5 weeks after first test (>17 weeks)	Re-test outstanding items from B1 Quadriceps Strength & Motion Analysis Hamstring Strength & Motion Analysis Vertical Power & Motion Analysis Horizontal Power & Motion Analysis Reactive Power & Motion Analysis Sub-max Change of Direction Analysis
Benchmark 3	5 weeks after second test (>22 weeks)	Re-test outstanding items from B2 Quadriceps Re-test (if needed) Hamstring Re-test (if needed) Vertical Power & Motion Analysis Horizontal Power & Motion Analysis Reactive Power & Motion Analysis Change of Direction Analysis at speed Running Speed (GPS) if needed
Benchmark 4 <u>(if needed)</u>	5 weeks after third test (>27 weeks)	Re-test outstanding items from B3 Hamstring Strength Re-test (if needed) Vertical Power & Motion Analysis Horizontal Power & Motion Analysis Reactive Power Change of Direction Analysis at speed Running speed (GPS) if needed

AUSTRALIA:
 Suite 17Q / 2 King St
 Deakin ACT 2600
 Phone – (+61) 2 6282 6889
 Fax – (+61) 2 6285 3886

UNITED KINGDOM:
 14/119 Knighton Church Rd
 LEICESTER LE23JN
 Phone - +44 782 864 6364