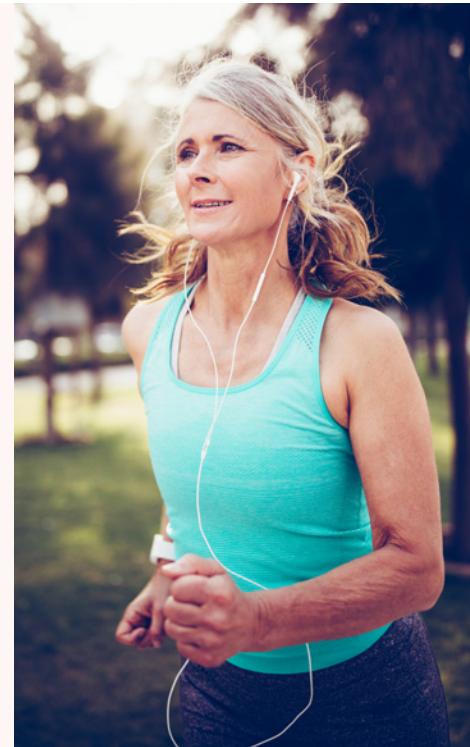


The Institute of Sport Exercise & Health (ISEH) is internationally recognised as a centre of excellence for sports performance, injury and health management. Our world-leading clinicians are embedded in elite sport and have evaluated over 30,000 athletes. The ISEH Corporate Health and Fitness Assessment provides recreational athletes and exercise enthusiasts the same level of care and service afforded to our elite athletes. Whether you are training for a marathon or triathlon or simply returning to exercise after a period away, our team of experts are here to ensure you are on the right trajectory for optimal health and performance.

The ISEH Corporate Health and Fitness Assessment is ideal for high performing individuals and includes:

- A comprehensive review with our expert sports cardiology team:
 - 12-lead electrocardiogram and echocardiogram
 - Blood pressure review
 - Cardiopulmonary exercise test (CPET) and lactate profile to assess cardiorespiratory fitness
 - Extensive blood panel to examine markers associated with cardiovascular disease
- Musculoskeletal and health/performance evaluation with our expert sports medicine team:
 - Musculoskeletal screen to quantify joint function, range of motion and stability
 - Strength profile to determine muscle strength using an isokinetic dynamometer and explosive strength capacity using force plate diagnostics
 - Movement and power evaluation, including a series of jump-landing tests using force plate diagnostics to measure performance characteristics and potential inter-limb compensations



Immediate medical feedback and advice will be provided by our multidisciplinary team, offering risk stratification and recommendations for sports participation and health improvement. A comprehensive health and performance report with identified strengths and weaknesses will be provided which can be used for targeted training.

Additional services offered at ISEH include:

- Nutrition and diet advice
- Lung function (asthma) assessment and review
- Gait analysis and podiatry review
- Long-COVID clinic

For further information or to book an assessment, please contact:

Tel: **+44 (0)20 3447 2800**

Email: **info@iseh.co.uk**

www.iseh.co.uk

@TheISEH