



**the
movement
school**
M A L T A

Movement Re-patterning and the
Proprioceptive System in Sporting
Development.

Through our partnerships

- 40 Running & Movement Partner Clinics across the globe
 - UK, Germany, Norway, Spain, Austria, Japan, USA, Malta
 - Performance & Rehab Methodology
 - Speed Lab in Dubai
 - Soccer Speed Lab in USA
- Professional Sports Teams – Bundesliga, EPL, MLS
- Football, Tennis, Handball, Basketball, Track & Field , Dance and Running (Road and Trail)
- 25 years of international collaboration and methodology development more than 75K individuals!
 - Locally, we have transformed the lives of over two thousand individuals from all walks of life and all capabilities
 - Constantly investing in the health and performance of athletes of all ages and levels as well as non-athletes



Ethos

We empower children, adolescents, adults and the elderly in regaining their movement, overcoming injury, pain, surgery.

Helping people overcome neurological issues.

Giving children and adolescents their first hops, their first jumps, PBs, success in and out of sport.

Give people movement skills

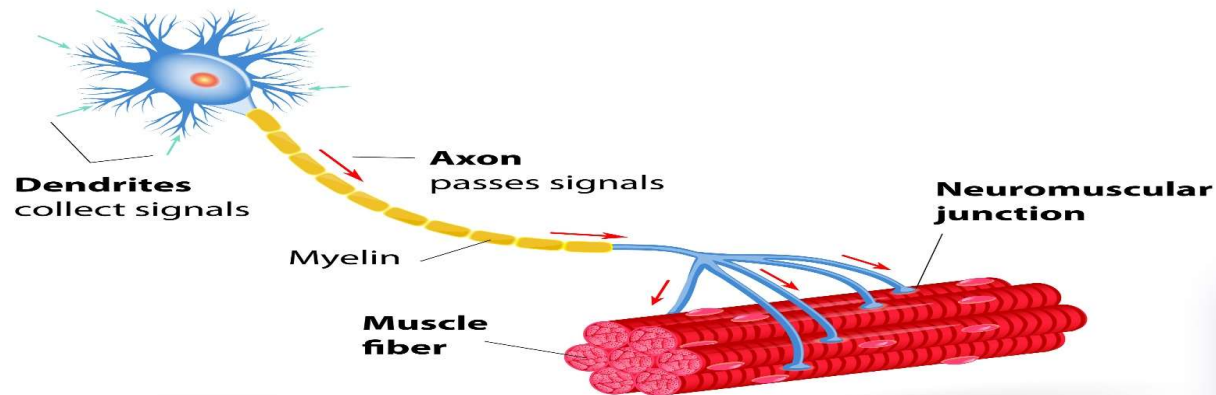
Empower the strong promising athlete as well as the child that is 'forgotten' from the traditional talent development structures.



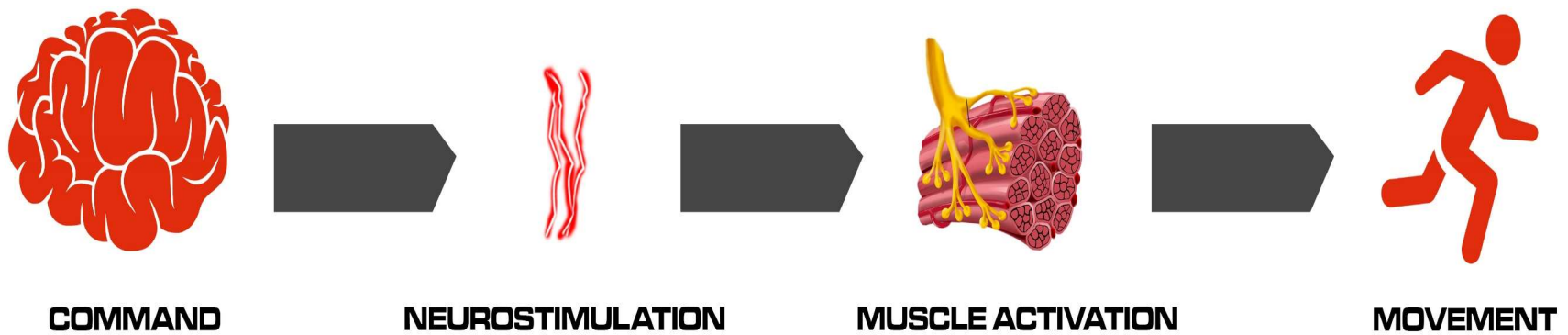
The Science

Methodology that stimulates the Neuropathways to help to refine and develop neuromuscular efficiency and to change movement patterns by developing the synchronization and speed of the motor unit.

MOTOR NEURON



The Process

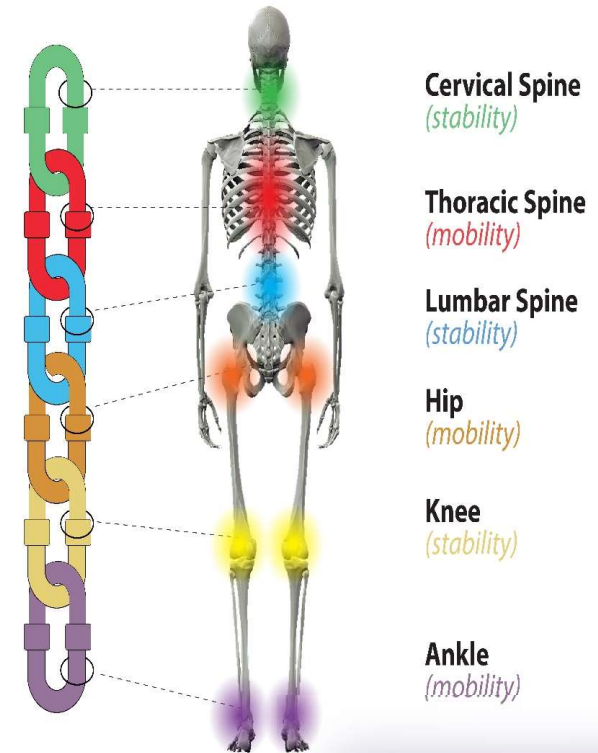


However

- The body functions as a chain
- Integrated Unit of Joints, Muscles, CNS
- Movements from one part of the kinetic chain have an effect to other parts of kinetic chain

What do we know?

- Growth spurts
- Growth plates
- Growing pains?



How is this achieved?

- Brain & The Central Nervous System
- A complex Sequence of Muscle Activations
- Task dependant – based on objective
- Synchronizes & Controls In slow movements
- Challenges
 - Injury/trauma
 - Rapid growth spurts
 - Coordination dysfunctions



Implications

- Injury prevention
- Improved Sport Club retention rates
- Improved performance
- Improved skill absorption in technical and tactical work
- Self-esteem

And the list goes on...