



# Honsberger Physiotherapy

## 74 Elite Hockey Players Tested

*During the period of August 2003 to December 2004 Honsberger Physiotherapy (Sport Sciences International) tested 50 Atom / PeeWee AAA (ages 10-12) and 24 Junior A (ages 15-20) hockey players.*

*Testing included structural and biomechanical examinations.*

*The primary purpose of this study was to determine the percentage of tested players who were predisposed to injury or performance limitations due to structural and/or biomechanical faults (including pelvic imbalance, abnormal foot function, t-spine restriction and inflexibility).*

- 1. Pelvic imbalance: 10-12 year olds - 20% ; 15-20 year olds - 87%*
- 2. Abnormal foot function (resulting in abnormal pronation) : 10-12 year olds- 66% ; 15-20 year olds - 50%*
- 3. Restricted t-spine: 15-20 year olds - 33%*
- 4. Core weakness: 10-12 year olds—45%*
- 5. Tight hip flexors: 10-12 year olds - 36% ; 15-20 year olds - 8%*
- 6. Tight hamstrings: 10-12 year olds - 49% ; 15-20 year olds - 54%*
- 7. Tight hip rotators: 15-20 year olds - 37%*

*This study demonstrates: 1) even in the younger age group, structural and biomechanical problems are presenting, long before symptoms ever become apparent . The value of proper screening becomes clear 2) Pelvic imbalances are more common as player's mature, possibly connected to muscular development and reaffirms the need for properly designed sport-specific conditioning programs, including core stabilization 3) Over-pronation continues to be a major issue at all ages. Orthotics are highly recommended for performance and injury prevention where foot dysfunction exists.*

*Honsberger Physiotherapy's renowned biomechanical approach allows us to identify and eliminate serious predispositions to injury and performance limiting factors.*

### Optimal Performance Through Biomechanical Balance

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