

ForceFrame

Isometric strength testing system.
A new standard in strength testing



Real-time Biofeedback

VALD Performance systems, unlike many data analysis systems, provide realtime readouts as users are tested, creating an invaluable biofeedback loop for faster learning and improvement.



Monitor Athletes Over Time

High-performance teams trust the ForceFrame for evaluating and monitoring their athletes, as well as for managing load and objectively quantifying progress over time.



Prescribe Isometric Training Programs

Test isometric strength in 35+ positions. Train isometric strength in 130+ exercises.



EMS

When applicable and discussed with the patient the application of EMS (electrical muscle stimulation) might/ could be used as an aid in more effective strengthening and rehabilitation.



**We provide
the best
medical care.**



Contact Us



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Charles Nel
Biokineticist / Sports Scientist

BA HMSHons (SportSci) • BA HMSHons (Biokinetics)



BIOKINETICS BROCHURE

Are you moving poorly because you are in pain?
Or are you in pain because you are moving poorly?



www.charlesbiokineticist.co.za

About Us

Charles completed his MSc Biokinetics, BA HMS Hons (Sport Sci), BA HMS Hons (Biokinetics) and BSport Sci degrees at the University of Pretoria.

Charles is vastly experienced in working with a variety of orthopaedic and sports injuries, as well as the rehabilitation of individuals with chronic diseases and disabilities.

As a triathlete and a former TUKS athlete himself, he understands the importance of practicing biokinetics from a holistic perspective. The whole person with their physical and psychological conditions is a point of focus.

Orthopaedic Rehab

The care of the musculoskeletal system such as bones, ligaments, tendons, muscles, joints and connective tissue.

- ✓ Chronic injuries e.g. ITB, achilles tendon, shoulder impingement, plantar fascia, trochanteric bursitis (hip), sciatica, piriformis syndrome, shins, patella femoral (knee)
- ✓ Pre & Post- operative e.g. hip and knee replacements, neck and lower back fusion or disc prosthesis, shoulder acromioplasty, bankart repair or rotator cuff repair, ankle ligament repair
- ✓ Osteoarthritis: knee, hip, shoulder, lower back, neck
Rheumatoid arthritis: knee, hip, shoulder, lower back, neck
- ✓ Acute injuries e.g. fractures or ligament tears
Muscle strains or sprains e.g. calve, hamstring, groin
- ✓ Lower back and neck: acute and chronic disc injuries, fusions, disc prosthesis, scoliosis, SIJ pain

Our Services

We offer treatment and rehabilitation for various conditions including, but not limited to:



Chronic Pain

Assessment & management of your posture to determine the cause behind ongoing pains - back, neck, shoulder, knee or hip pain, sciatica or any other postural related problems.



ForceFrame

Isometric strength testing and training across upper and lower body. Measure and train strength in 35+ positions and muscle groups. Real-time feedback.



Sport Performance

Prevention & treatment of specific sporting injuries. Management & conditioning of individual sporting codes to improve your performance and help you be the best at your game.



Weight & Nutrition

Sport specific nutrition / diet recommendations. Healthy weight for healthy kids (activity through play). General weight loss, fitness and wellness.



Chronic Disease

Specific chronic diseases or disabilities such as diabetes, heart diseases, cholesterol, strokes, osteoporosis, cancer, hypomobility disorders and many more.



Special Population

Assessment and prescription of safe exercise programs for children, elderly and the work force. Corporate wellness health risk screening.



About Biokinetics

Biokinetics is a health care profession specialising in the prescription of exercise programs for all people – those who are healthy as well as those with chronic disease, illness and muscle and joint injuries.

Biokinetics is a professional degree and governed by the Health Professions Council of South Africa (HPCSA).

A Biokineticist not only treat existing disease or injury, but ALSO focus on the prevention from developing such disease and injury through 1) scientific assessment and 2) individualised systematic rehabilitation sessions.

Biokinetics Benefits

If you answer 'yes' to any of the questions below, you would greatly benefit from speaking to a Biokineticist to assist you on your health & fitness journey:

- Do you want to gym / exercise safely with your past injuries?
- Have you been told to see a Biokineticist to help with your chronic condition (cardiac, neuromuscular, orthopaedic)?
- Have you had an injury and need to get back on track?
- Is your daily life limited due to painful movement?
- Do you need to make a lifestyle change to become more active and lose weight?
- Do you need to maximise your athletic performance potential?