

Seattle Children's Injury Prevention Screenings

Licensed sports physical therapists provide specific recommendations to prevent injury.

Free injury prevention screenings on-site at your child's sport's practice location are available all year long by appointment.

For more information or to schedule an appointment, call 206-884-9194



Improving Health and Performance

Seattle Children's licensed sports physical therapists who are certified in Functional Movement Screenings (FMS) and Sportsmetrics are offering FREE injury prevention screenings and biomechanical analysis for school-age athletes. Whether your child or teen participates on a team or in individual sports, our experts understand the needs of young athletes and how playing sports can affect their growing bones, muscles and joints. We screen for problems that might affect their performance or cause them to have a higher chance of injury.

Injury Prevention Screenings Include:

- Range of motion, flexibility and posture
- Upper body, lower body and core strength
- Balance and everyday movement testing
- Personalized recommendations to improve performance and prevent injury

If you're interested in performance enhancement for your team, please call 206-884-9194 for more information.