

Training Optimization for an Olympic Water Polo Player

ATHLETE CHALLENGE

This elite athlete was experiencing nonspecific mild chronic pain that included lower back pain and Left anterior knee pain. Other subjective history included weakness, loss of power, and inability to feel recovered after multiple training days. The care team wanted objective insights to the athlete's exact musculature.

APPROACH

As his physical exam and MRI (left knee, lumbar spine) findings were not concerning for a specific injury, a Springbok Analysis was utilized for a sensitive evaluation of muscle volume and development patterns, to guide strength training.







RESULTS

Pre-season scan identifies areas of risk for land training in Olympic water athlete

Springbok Score

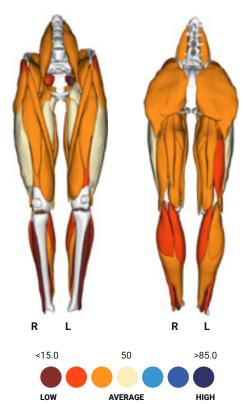
R | **L**

Piriformis 15 | 22

Obturator Internus 15 | 28

Ankle

Dorsiflexors 8 | 10



KEY OBSERVATIONS

ASYMMETRIES

· Opposing asymmetries in small, deep hip muscles

SPRINGBOK SCORE

- Deep hip rotators are underdeveloped, especially on the left leg
- Ankle dorsiflexors are very underdeveloped bilaterally

KEY OUTCOMES



Established Credibility

Established baseline musculature to inform pre-season training



Increased Confidence

Adjusted on-land training to reduce injury risk and increase development of key muscles for hydrodynamic lift



Optimized Performance

Optimized training to address deep hip asymmetries

SpringbokAnalytics.com 8



PLEASE CONTACT US FOR MORE INFORMATION

215.680.9078 info@springboktech.com



@springboktech



@springboktech



company/springbok-analytics

Springbok Analytics 1928 Arlington Blvd. Charlottesville, VA 22903