



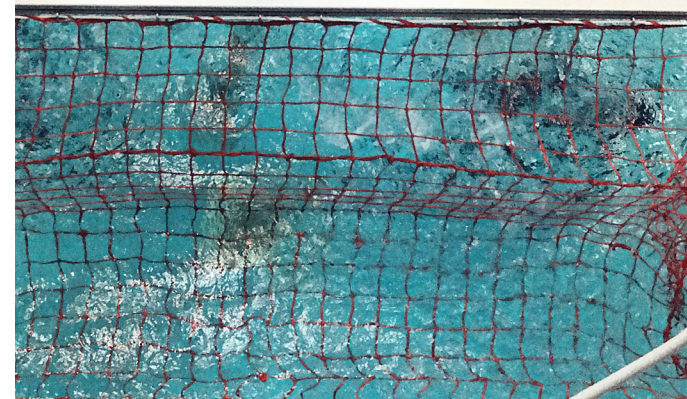
# Training Optimization for an Olympic Water Polo Player

## 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.

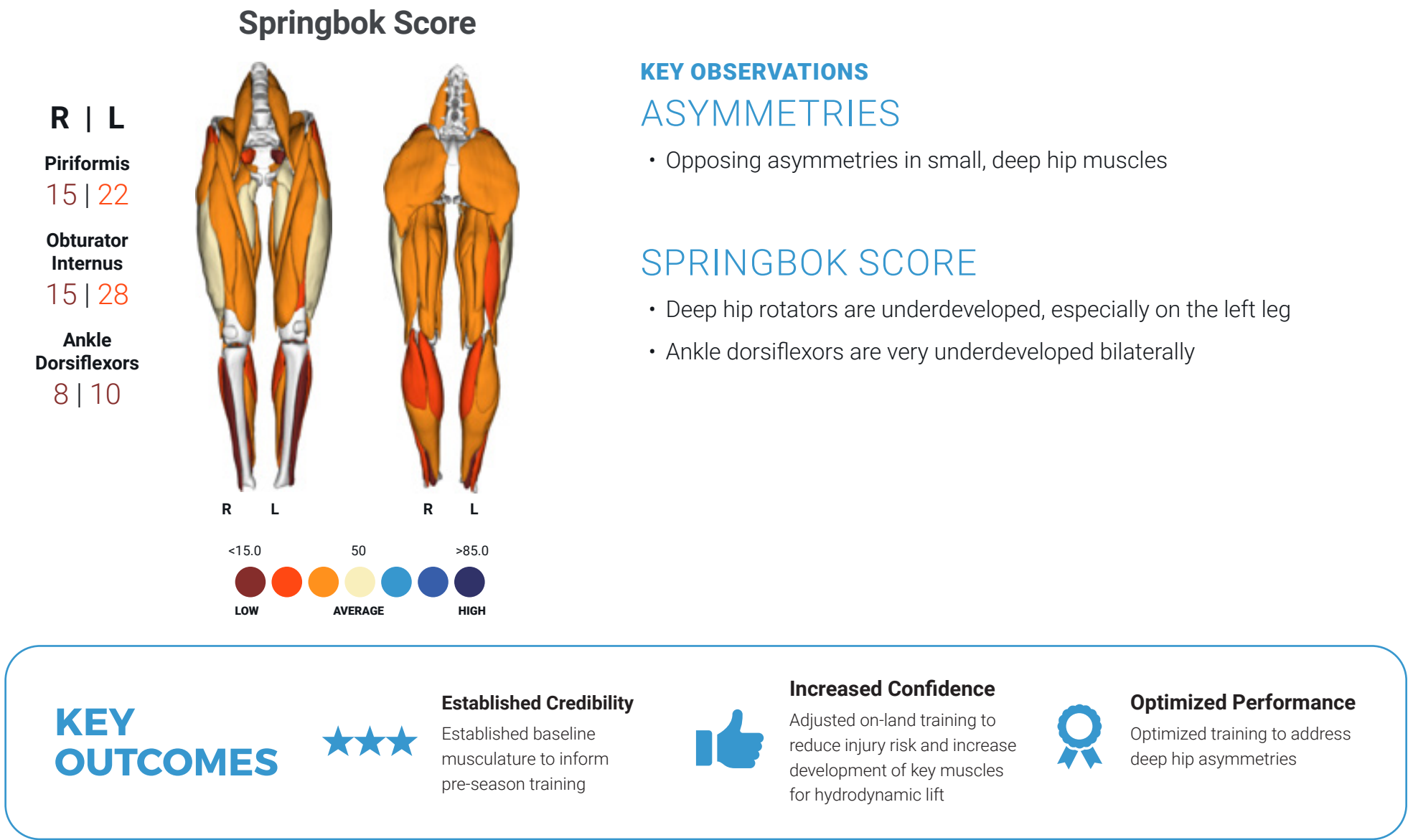
## APPROACH

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






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VIEWS HUMAN MUSCLE



**PLEASE CONTACT US FOR  
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