



## **EDUCATIONAL CONTENT POWERED BY EPT**

### **Biokinetics Explained**

The word Biokinetics is taken from the Greek word 'BIOS' which means 'life' and 'KINESIS' which means 'movement'. In other words, it refers to the maintenance of quality of life through the use of physical activity.

Biokinetics is a medically recognized professional discipline, applying scientifically based physical activity, to either help prevent disease or to do final phase rehabilitation following the onset of disease. Biokinetics uses the science of movement in the application of exercise as rehabilitative treatment for return to full function and sport. The profession is recognised by and registered with the Health Professions Council of South Africa.

### **What is a Biokineticist?**

A Biokineticist is a healthcare professional who aims to improve a person's physical well-being and quality of life through individualized and scientifically-based exercises. A Biokineticist is an exercise specialist who increases a person's physical condition and the quality of life by means of physical assessment and the prescription of health exercise habits. The profession is recognised by and registered with the Health Professions Council of South Africa. A Biokineticist specializes in using exercise prescription as preventative medicine and final phase rehabilitation to improve the quality of life through movement.

### **What Can You Expect from Biokinetics?**

Biokineticists offer a proactive and reactive service by assisting in preventing and treating chronic diseases, possible neurological abnormalities, orthopaedic complications, metabolic abnormalities, heart conditions, hypokinetic conditions and general health and wellness maintenance. Moreover, a Biokineticist provides final phase injury management. A Biokineticist aims to find and treat the cause of an injury, as well as manage any symptoms while treating the injury cause.

### **What To Expect from your First Session with a Biokineticist?**

- Have a thorough medical history evaluation.
- Measurement of resting blood pressure and heart rate to assess the likelihood of any possible health complications.
- Assessment of body composition and waist to hip ratio in order to identify one's risk for coronary heart disease.
- Range of motion evaluation to assess the likelihood of poor flexibility and consequently impaired ability to function optimally in activities of daily living and or sport.



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- Measurement of aerobic work capacity and subsequently the functioning of one's cardiovascular system and general fitness.
- Measurements of muscular strength, endurance and power.
- A thorough postural assessment to identify any deviations from standard, which could cause poor body biomechanics and consequently predispose an individual to injury.
- Core stability assessment to assess one's ability to stabilize and protect the spine and function adequately in static and dynamic activities of daily living.
- On request a PODOSmart Gait Analysis, to assess biomechanical movement when walking and running.
- An individualised scientifically and evidenced-based exercise program.
- One-on-one supervised training sessions + training sessions to educate you on how to improve your lifestyle, your condition (if present) and how to train safely and effectively.

Biokineticists work in 6-week cycles to achieve your goal, with a re-evaluation once the 6-weeks has passed, in order to track your progress and update your program and goals.

### **What Do We Offer at eptBIO?**

- Injury assessment
- Pre- and post-operative rehabilitation
- Orthopaedic assessment and rehabilitation
- Chronic condition management
- Lifestyle condition management
- Health promotion for the general and special population
- NMES training
- Strapping and taping (K-Tape and Dynamic tape)
- Sport massage therapy
- Discovery Vitality fitness assessment
- PODOSmart Gait Analysis

For more information on the above article or to speak to an eptBIO representative, kindly contact > [bio@eptrecovery.com](mailto:bio@eptrecovery.com)