

# Dan Grobler - Biokineticist

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He established his current practice in 2008. He very specifically keeps his practice well balanced at 50 percent sport and 50 percent non-sport mix. Areas where Dan has been or is currently involved include Helderberg Rugby Club (conditioning and injury management and prevention) which compete in the Western Province Super-A league, Western Provincial Rugby 7's , Western Province Barbarian 7's, Helderberg Cardiac Support Group, School Posture Screening Projects, 2 Oceans Marathon preparation for runners and numerous other community projects. Dan prides himself for ensuring that the service he offers is of the highest quality both in personal experience and latest information and techniques. He himself has been accredited for pioneering techniques which are currently being used within the profession. WHAT SERVICE CAN YOU EXPECT A proactive (taking action and making changes before they need to be made, rather than waiting until problems develop) and reactive (treating of injuries that have manifested) service by assisting in preventing and treating acute and chronic cases, possible neurological abnormalities, orthopaedic complications, metabolic abnormalities, heart conditions and hypokinetic (lower than average levels of muscle movement.) conditions. Final phase injury management, both biomechanical (non-surgery) and post surgery. Activity specific conditioning programs. Biomechanical risk assessments. Sport specific injury and training advise.

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