



FOR
OPTIMUM
BRAIN
FUNCTION



After the sporting competitive edge!

Do you strive for optimum performance?

We know from sports psychology that athletes and coaches have always desired a mental edge to build resilience, boost motivation and set goals when laying the foundations of sporting success. However, sports psychology is merely scratching the surface when it comes to optimum performance.

First, we need to assess what's going on inside before we can determine the relationship between thought and action and the mind and the body.

The latest research suggests athletes should start to look inside their head first. The brain function is the next frontier with achieving a sporting edge.

There is more to gaining a competitive edge than just fitness!



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How can we help?

At Brainstorm our approach is to assess the brain thoroughly and to identify any areas of dysfunction. Through specific stimulation and various movement based programs, our therapists can help integrate the entire brain and determine where your strengths and weaknesses may lie. Research is suggesting that athletic performance requires physical training; such as passing the ball or run drills, but also specific brain training.

Our programs are exercises for the brain to help it perform at an optimum level, just like any other part of an athlete's body.

With advancements in neuroscience and technology today, we are now making it possible for athletes to extract a greater performance.

Brainstorm is devoted to understanding and unlocking the power of the athletic brain. An athlete's brain is wired very uniquely and fires in a particular way for peak performance.

The athlete processes intelligence; they see and construct the play in a very different way at a critical rate.

This intelligence within the brain incorporates the skills of motor timing and synchronicity, visual perception, concentration, memory recall, motor accuracy, spatial reasoning, balance control and skill acquisition.

At Brainstorm, we are working with experts in sports and neuroscience to better understand athletic performance. We collaborate with leading coaches and trainers to support the athlete to perform at their optimum.



brainstormrehab.com.au



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CLINIC LOCATIONS

19 Ocean Drive, Port Macquarie NSW 2444

Shop 2/42 Cameron Street, Wauchope NSW 2446

Not located in Port Macquarie or Wauchope? That's ok.

We now offer telemedicine for Athletes that wish to benefit from neuroscience. We can work closely with your Chiropractor.

View our video on [Youtube](#) to learn more.