



Dr. Jeff Almon, DC
Richard Lebert, RMT
London Performance Clinic
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Dear Parents and Athletes,

I would like to introduce myself to all parents and athletes of the London Legion. My name is Dr. Jeff Almon, an Ontario Certified Doctor of Chiropractic and Certified Strength and Conditioning Specialist (CSCS) from the NSCA. My focus is elite sports medicine including diagnosis and treatment of injuries, rehabilitation and enhancing sports performance.

My formal training began with a BSc in Exercise Physiology from the University of Calgary, which evolved to a doctorate from the Canadian Memorial Chiropractic College (CMCC) in Toronto. During my studies, I captained the University of Calgary football program for 4 years and was drafted in the CFL where I played for the Calgary Stampeders and BC Lions.

I am the new Team Leader - SAC Elite and High School Program for soccer, football and hockey athletes and assist with London Legion T&F in the area of Speed, Agility and Core conditioning. In addition to the volunteer services I provide, I can offer value added services in the following clinical areas;

1. Biomechanical Assessment
2. Injury Treatment
3. Injury Prevention and Rehabilitation

The competitive T&F season is rapidly approaching and it would be an ideal time to assess our athletes before the competitive season begins.

The biomechanical assessment is an important baseline test that identifies;

1. Deficiencies in strength through manual muscle testing,
2. Range of motion testing and
3. Abnormal movement pattern analysis.

The assessment program identifies current injuries and potential future injuries, while providing an individualized program for correcting these problems through exercise prescription. My professional assessment program has been successfully implemented with elite, Olympic and professional athletes including the Canadian, Chinese and Barbados National programs. Many London Legion athletes have already been using my services with considerable success.

I will be offering the assessment program for a \$70 investment for London Legion student-athletes. Treatment might be recommended and this will be offered at a student rate of \$35 per session.

Please contact me to book your one-hour appointment. We recommend that parents attend the assessment, which is covered by most private insurance company plans.

Please call the clinic at 519.649.2222 or speak to me personally or to set up an appointment.

Yours in Sport,

A handwritten signature in white ink, appearing to be 'JA', with a long horizontal stroke extending to the right.

Dr. Jeff Almon, DC, CSCS
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