

EAZA

2

**PRE GYM
MRI**

EAZA 2 **PRE GYM MRI**

A complete joint & spine check before starting gym or heavy workouts.

EAZA Pre-Gym MRI is designed to identify any hidden joint or spine problems before you begin gym training, weightlifting, CrossFit, or sports. It helps prevent injuries and gives you a safe, personalized starting point.

Comprehensive scan includes:



Both
Shoulders



Both
Hip Joints



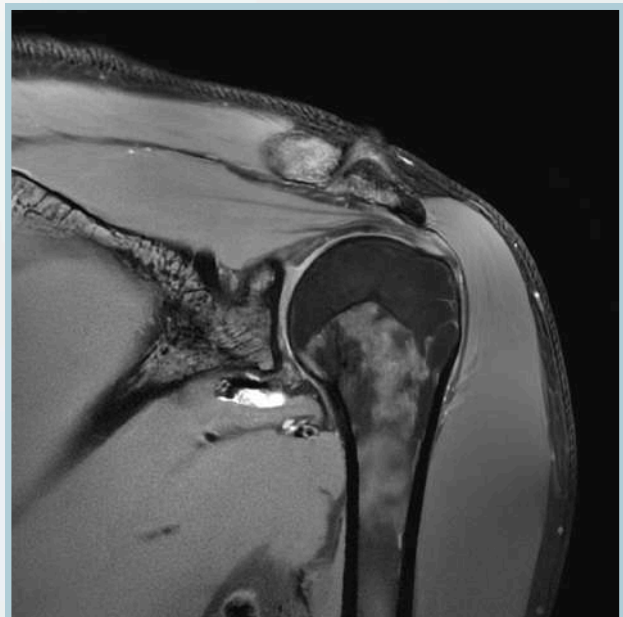
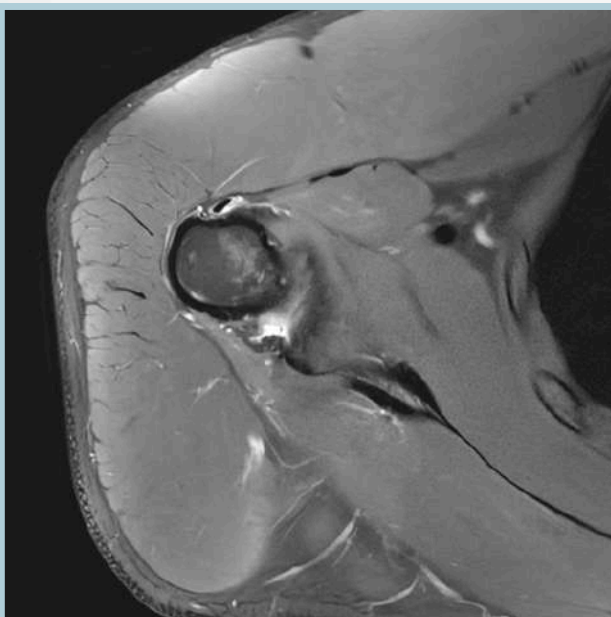
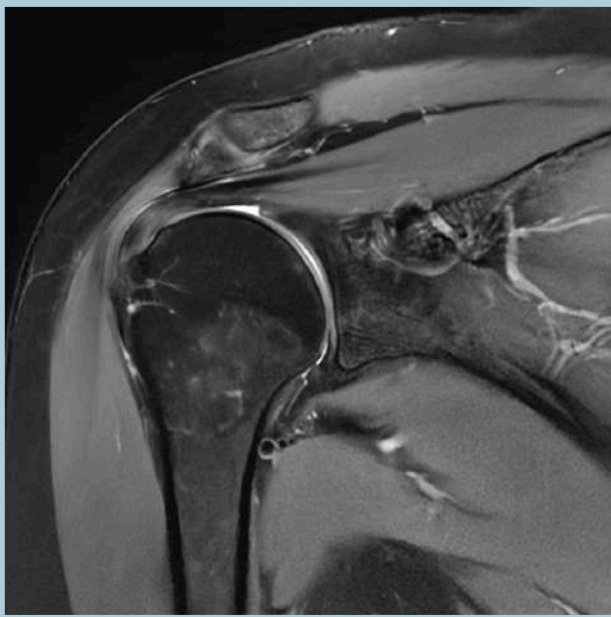
Both
Knee Joints



Whole
Spine

1. BOTH SHOULDERS MRI

- Why shoulders get injured most in the gym?
Bench press, overhead press, pull-ups, push-ups and weightlifting put huge stress on them.
- Benefits from EAZA scan before you start gym
 - Catch weak or damaged areas early
 - Prevent painful rotator cuff tears
 - Fix posture issues from desk jobs
 - Let your trainer design safe shoulder exercises



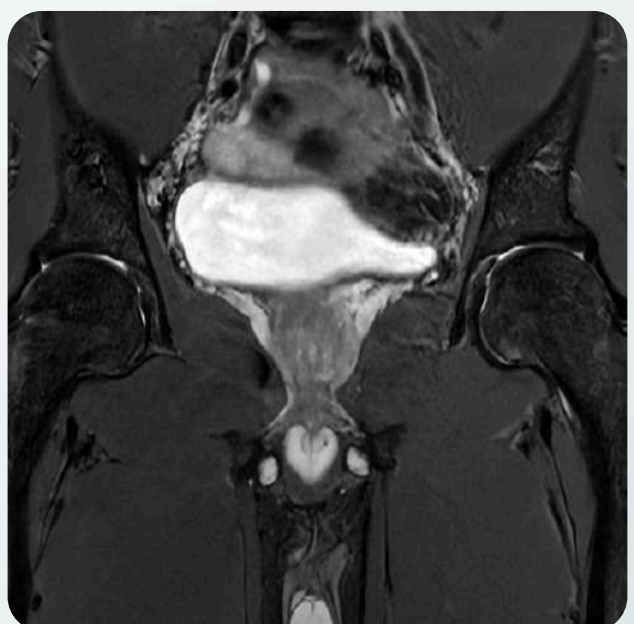
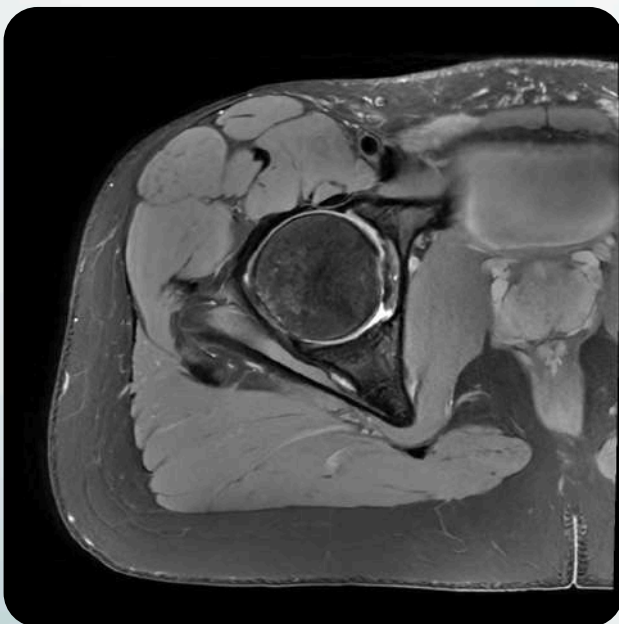
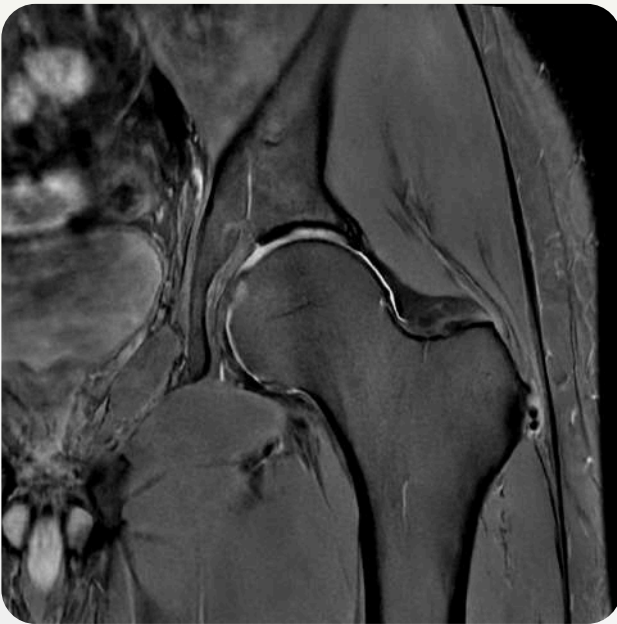
2. BOTH HIP JOINTS MRI

- Why hips matter:

They carry the load in squats, deadlifts, lunges, running and all lower-body movements.

- Benefits from EAZA scan before you start gym

- Avoid hip impingement or labrum tears
- Prevent long-term hip pain
- Train heavy with confidence

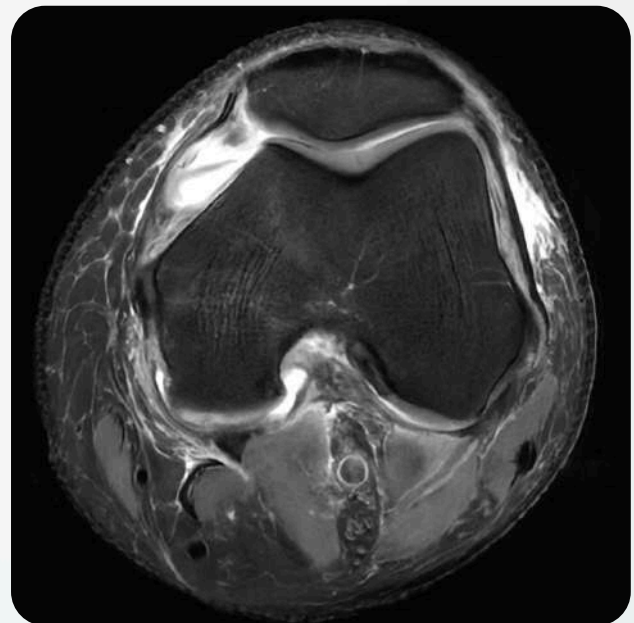


3. BOTH KNEE JOINTS MRI

- Why knees are at risk:

Running, squats, leg press, lunges — every leg move goes through the knees.

- Benefits from EAZA scan before you start gym
 - Spot ligament weakness before it snaps
 - Prevent meniscus tears during heavy squats
 - Correct knee misalignment
 - Build strong legs without future damage



4. WHOLE SPINE MRI (NECK TO LOWER BACK)

- Why your spine needs screening:

It supports every lift, bend, twist and run you do in the gym.

- Benefits from EAZA scan before you start gym
 - Stop small disc problems from becoming big ones
 - Fix posture issues before deadlifts or squats
 - End desk-job stiffness safely
 - Lift heavy without back or neck pain





Book your scan Today & Train Tomorrow

