



IJJ DXA Scan Service

based in The High Performance Centre in RACE

Previous studies performed by the Turf Club Jockey Research Group have shown that jockeys are a group that often have weak bones, which is worrying then with the amount of falls occurring and associated risk of fractures. A DXA scan is the most accurate and reliable method of assessing the strength of bones and the risk of breaking a bone. It is a simple, painless procedure that uses low doses of radiation. All you have to do is lie on a scanner as seen below.



All jockeys are being invited in to get a DXA scan as part of a large-scale study looking to help improve jockeys bone health and reduce the risk of fractures.

Each session will take 1 hour to allow full assessment of your bones and body fat as well as your diet and exercise so we can see identify the best advice to provide you. If your bones are weak and need strengthening, you will be referred to the Turf Club Medical Officer and the Jockey Pathway Dietitian and S&C Coach to help strengthen your bones. This will benefit you not only now but in later life too.

All information will be confidential.

BOOK YOUR FREE DXA SCAN NOW

Call Arthur on 087 6651542