



## ***DO YOU WANT YOUR SPORTS INJURY PATIENTS TO FEEL BETTER FAST WITH RESULTS THAT LAST?***

At Thomastown Physiotherapy, we are committed to providing rapid solutions to Sports related problems. Our highly successful treatment strategies will help the athlete achieve the best possible outcome - fast.

### **The benefits of Thomastown Physiotherapy include:**

- Highly experienced physiotherapists
- Comprehensive examination and diagnosis
- Treatment of the cause not just the symptoms
- Rehabilitation to prevent re-injury
- Speedy return to sport
- Outstanding service
- Exceptional results

Whether your patient suffers from an acute sports injury, chronic pain or post-op surgery, we look forward to caring for them with proven best practice methods.

### **Treatment techniques available include:**

- Joint mobilisation therapy
- Massage techniques
- Personalised exercise programs and advice
- Strength and rehabilitation training
- Proprioceptive and balance training
- Gait re-training
- Postural advice and education
- Stretches and core stability training

Being fit for sport involves achieving cardiovascular endurance, muscle fitness, flexibility, optimum body composition and freedom from injury.

Sports doctors are shifting their focus to prevention, referring their clients to physiotherapists for a thorough biomechanical assessment. Injuries are prevented by identifying risk factors and addressing them with preventive measures.

***If you have any patients with acute or chronic sports injuries or who require post-op rehabilitation, we look forward to helping with their treatment and rehabilitation.***