

BE YOUR BEST PROHEALTH PHYSIO WILL HELP KEEP YOU ON THE PITCH!

STAY FIT BY PROHEALTH PHYSIO PROTECTING YOUR HEALTH

STAY FIT by PROHEALTH PHYSIO is a special assessment that our physios have designed for Lane Cove Football Club (LCFC) to help you **be your best & keep you on the pitch**. Your **STAY FIT** assessment is tailored specifically for you & is performed in our modern Lane Cove clinic to suit your personal circumstances.



Your **STAY FIT** physio assessment will typically involve relevant items including:

- + Medical history review
- + Injury history review & discussion
- + Cardiovascular assessment
- + Biomechanical movement analysis & assessment of common functional movements required for soccer, such as:
 - ✓ *Running & gait analysis*
 - ✓ *Lateral movement testing*
 - ✓ *Jumping & hopping*
 - ✓ *Squatting*
 - ✓ *Landing mechanics*
 - ✓ *Stretching*
- + Joint range of motion assessment
- + Orthopaedic tests to identify underlying musculoskeletal pathology
- + Identification of muscular imbalances

Treatment post your **STAY FIT** assessment would only be needed if you require:

- + **Rehab: Pre-existing Injury or Condition** - if your **STAY FIT** assessment identifies either a known or unknown injury/condition, your PROHEALTH PHYSIO would discuss with you an appropriate rehab treatment plan
- + **Prehab: Injury Prevention** - if your **STAY FIT** assessment identifies abnormalities or a predisposition for future injuries, your PROHEALTH PHYSIO will discuss an appropriate prehab management plan as your injury prevention strategy

As a **proud LCFC sponsor**, players, coaches or managers get **50% off** **STAY FIT** BY PROHEALTH PHYSIO. The maximum you will pay is just **\$50** & depending on your health insurance, after any Hicaps rebate **STAY FIT** could be **FREE** or you have a **small gap**.

How good is that!

To Book call **(02) 8317-7770** or visit us at **92A Longueville Road Lane Cove** or book online at

www.prohealthphysio.com.au



DID YOU KNOW?

AUSTRALIAN SOCCER KEY PLAYER INJURY STATISTICS

As Australia's leading participation sport, it is to be expected soccer players get injured both at training & playing. An Australian Sports Commission survey outlines key soccer injuries with key findings below:

AUSTRALIAN SOCCER - TYPICAL INJURY CAUSES & TYPES

- + More injuries occur during games than whilst training
- + Up to 35% of all injuries are caused by foul play
- + Most common injuries are; bruising, sprains, strains, fractures & dislocations
- + Injuries to the lower body (ankles & knees), the upper body & head are most common
- + Injuries are usually caused by player contact, falls & tackles
- + The quality of playing areas due to drought conditions may contribute to injury

INJURY RISKS INCREASE DUE TO

- + Player age
- + Previous injuries
- + Physical conditioning
- + Inadequate rehabilitation
- + Exercise overload
- + Amount of quality training
- + Skill deficiencies
- + Joint instability or pain
- + Playing field conditions

PROHEALTH PHYSIO IS A PROUD LCFC SPONSOR

PROHEALTH PHYSIO owners Marc & Julie Ring have been involved with LCFC for 10 years with their 3 children having all played or currently playing. Marc is often a volunteer coach, referee or running the line & a self-confessed soccer (football) tragic.

As LCFC's physiotherapist, PROHEALTH PHYSIO provides LCFC players, coaches, managers & parents:

- + Preferential LCFC physio rates
- + Discounted products
- + Help making a Sports Insurance claim
- + Special offers such as this 50% OFF STAY FIT by PROHEALTH PHYSIO
- + Sports training for identified LCFC teams

PROHEALTH PHYSIO are committed to helping you be your best all year round. Call our friendly team & we will provide you personalised professional physio treatments.



PROHEALTH PHYSIO is a modern privately-owned clinic conveniently located in the heart of Lane Cove on Sydney's lower North Shore. Our team of Australian qualified physiotherapists use evidence-based practices to diagnose, assess & treat musculoskeletal, illness, work, sports, fitness, CTP, DVA & NDIS related pain, injuries & conditions. Our personalised approach & friendly team are committed to helping our clients achieve sustainable recoveries enabling you to WORK SMARTER, PLAY HARDER & LIVE BETTER!