

WE OFFER

- Physiotherapy and complementary therapies for all sport and work related injuries:
 - ☆ Pilates
 - ☆ Massage Therapy
 - ☆ Kinesiology
- Thorough assessment, diagnosis, education and management aimed at functional recovery and prevention of recurrences
- Post operative orthopaedic rehabilitation and management
- Treatment focus on exercise rehabilitation and manual therapy from the most recent evidence based literature
- Specialisation in sport injuries and biomechanical analysis of technique
- Real Time Ultrasound for "core" muscle assessment and treatment
- Casting and Splinting
- Fitting of braces and walking aids
- Dry Needling
- Posture and work related ergonomic assessment
- Ski fitness programs
- Sports strapping
- Wide range of therapeutic goods for purchase to aid your recovery

ABOUT US

Established in 1989 as a part of the multi-disciplinary North Sydney Orthopaedic & Sports Medicine Centre which also includes Sports Medicine, Orthopaedic and Radiology sections.

Treatments are undertaken in a spacious physiotherapy treatment area with a large range of gym and Pilates equipment.

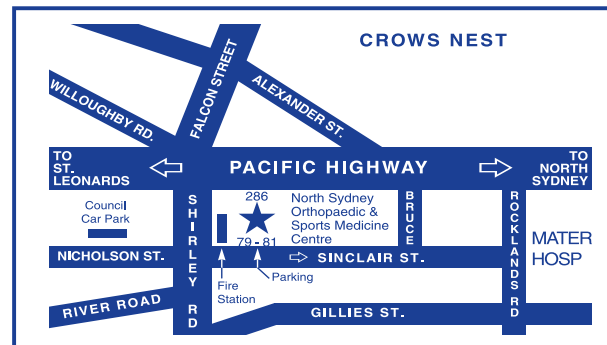
We are committed to providing our patients with:

- High quality assessment, diagnosis and treatment
- The most appropriate therapist for the specific problem or sport
- Multi-disciplinary team care

HOURS

Monday to Friday 7.00am - 7.00pm
Saturday 8.00am - 12.00noon

**No Referral Needed
HICAPS Available
Gift Vouchers for
Massage and Pilates
Free Parking**



Free parking at the centre or
Free 2 hour Council parking on Nicholson Street
(2 mins walk).
Bus stop on Pacific Highway

SPORTS PHYSIOTHERAPY SECTION

PRACTICE INFORMATION

**North Sydney Orthopaedic &
Sports Medicine Centre**

9901 4000

79 - 81 Sinclair Street
Crows Nest NSW 2065

Tel: 02 9901 4000 Fax: 02 9436 0371
E-mail: northsydneyphysio@hna.com.au

www.nsosmc.com.au

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OUR PHYSIOTHERAPISTS

We have both Australian Physiotherapy Association Titled Sports & Manipulative Physiotherapists and those working towards specialisation.

Bruce Anderson - Principal physiotherapist

B.App.Sc.(Phty); M.Hlth Sc.(Sports Physio)
APA Sports Physiotherapist

Graduated in 1989. Special interest in treating shoulders, knees and lower limb injuries. Physiotherapist for:- Gordon Rugby Club 2008 to present; Knox Grammar School Athletics and Rugby 1990-2002; Combined Associated Schools Rugby 1995-2002; NSW Schools Rugby Team 1999-2000; Australian Schools Development Rugby Team 2000.

David Bick

B.App.Sc.(Phty); Post Grad.Dip.(Sports Physio);
Dip.App.Sc.(Med Rad); APA Sports Physiotherapist

Graduated in 1990. Special interest in tendinopathies and end stage return to sports programs. Has worked at a national and state level with gymnastics, volleyball, softball and track and field and travelled with all these sports teams. He has more recently worked as physiotherapist to the Waratahs and Wallabies.

Mary Butler

B.Sc.(Hons.) Phty; B.Sc.(Hons.); B. Stud.

Graduated in 1996. Post-graduate studies have included clinical Pilates, Spinal and Muscle Energy Techniques and Acupuncture. She has a special interest in low back pain and headaches. Mary has worked in teaching hospitals, sports clinics and for the U.K. Ministry of Defence.

David Garrick

B.App.Sc.(Phty); M.Hlth Sc. (Sports Physio)
APA Sports Physiotherapist

Graduated in 1999. Special interest in knee, ankle and lower limb sporting injuries. Has worked in Sydney, UK, Canada and Japan. Current physiotherapist for Northern Tigers Soccer Club in the NSW State League and Barker Old Boys Soccer. Previously worked with Drummoyne Rugby Club, Sydney Grammar School Rugby and North Shore AFL Club. Sports physio interest in soccer and skiing.

Nichole Hamilton

B.App.Sc.(Phty)

Graduated in 1997. Area of special interest is spine, pelvic (sacroiliac joint) and hip pain. Worked as an assistant teacher in Muscle Energy Technique both in London and Australia and has lectured with North Sydney Sports Medicine on hip and pelvic pain. She has also developed a post-operative physiotherapy protocol for arthroscopic hip surgery with orthopaedic hip specialist Dr Michael O'Sullivan. Extensive experience in Pilates and incorporating Yoga into rehabilitation.

Nino La Scala

B.Physio

Graduated in 1995. Worked in rehabilitation and sports medicine centres in Melbourne and Sydney. Currently working with several sporting teams which include the Australian U/18 Young Socceroos Football team, Melbourne Storm National Rugby League team and North Shore Bombers AFL team. Specialised sports physiotherapy interests include treating the shoulder and lower limb, track and field and snowboarding injuries.

Shreya Ranganathan

B.App.Sc. Phty (Hons); M.H.Sc.(Manip & Sports Phty)
APA Sports & Musculoskeletal Physiotherapist

Graduated in 2001. Special areas of interest include treating lumbar, pelvic and thoracic pain with manual therapy and exercise-based rehabilitation. Sports physiotherapy interests in treating tennis, cricket and gymnastic injuries. Travelled with elite international tennis players and the Women's Tennis Association. Physiotherapist to North Shore AFL and NSW Gymnastics teams. Worked in Sydney, the UK and in Canada. Studied Clinical Pilates in Canada and Australia providing small group and individual classes.

Jessica Vanson

B.Physio

Graduated in 2007 after studying Sports Science/Human Biology. Sports physiotherapy interests include rehabilitation of core stability, including the use of real-time ultrasound, and biomechanical analysis of sports technique to prevent injury. Worked with the Adamstown Rosebuds Soccer Club in the Northern NSW State League and with the rugby teams at St Ignatius' College, Riverview.

OUR PILATES INSTRUCTORS

Provide individually tailored programmes in one-on-one or small group classes.

Annie Jeffries

Qualified PoleStar Rehabilitation Pilates instructor and experienced studio manager. Treatment focus is towards injury management and prevention. Graduate of the English National Ballet and awarded the Solo Seal by the Royal Academy of Dance. She has performed classical ballet at a professional level in Europe. Currently studying exercise physiology as part of her Human Movement Science degree.

Nichole Hamilton B.App.Sc.(Phty)

Shreya Ranganathan B. App. Sc. Phty (Hons),

OUR MESSAGE THERAPISTS & KINESIOLOGIST

Offer remedial, sports, trigger point, Swedish and lymphatic drainage styles of massage.

Kinesiology can help people with chronic pain, discomfort, poor flexibility and movement, postural imbalances, and balance/co-ordination difficulties.

Jayne Dingley Dip. Remedial Therapies;

Dip. of Hlth. Sc. (Holistic Kinesiology); ATMS accredited

Practicing since 1993. Uses a unique hands-on treatment to help reduce muscle spasm and improve muscle function by combining Chinese and Western therapies. Special interest in treating chronic back, neck and shoulder pain.

Techniques include: remedial and sports massage, deep tissue massage, myofascial release, accupressure, cupping, lymphatic drainage.

Simone Munro Dip. Sports Therapies;

Dip. Remedial Massage; ATMS accredited

Practicing since 1999. Special interest in working with athletes and sports related injuries.