

ARE INJURIES HOLDING YOU BACK?

Stay Tuned
Sports Medicine

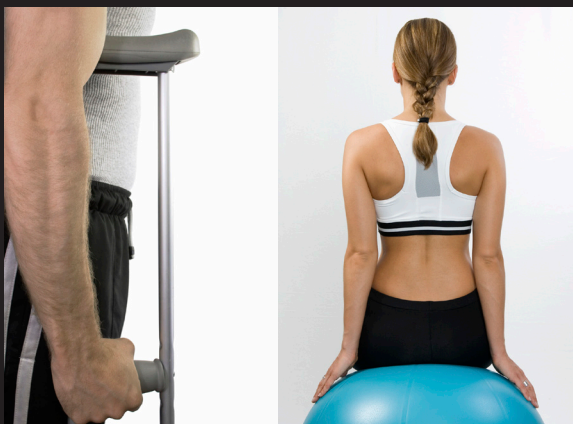
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Are your sporting injuries preventing you from achieving YOUR BEST performance? Or do you keep re-injuring the same part of your body?

It is all too common that injuries re-occur due to incorrect or inadequate rehabilitation. Our specialist Osteopaths can help you be your best.



Sprains and Strains are the most common type of sporting injury that can not only hinder your training results, but may interfere with your everyday activities. Common symptoms are pain, swelling, stiffness and reduced performance. This is the body's natural reaction to an injury and is a self defense mechanism which helps in reducing further harm from occurring in the body. What most people do not realise is that without the correct treatment and rehabilitation, these injuries often re-occur, become more severe or result in long term complications.

To prevent this type of injury re-occurring, it is essential to determine exactly what is causing the injury. Our Osteopaths will carry out a thorough assessment and diagnose your injury whilst also teaching you how it happened and how to prevent it happening again.

The practitioners at Stay Tuned Sports Medicine are highly trained in identifying your specific and individual weakness caused by your sporting injury. Our aim is to get you back on track as fast as possible in the safest way, so you can return to training and achieve the results you want.

Our Osteopaths will determine a program, working in conjunction with your personal trainer or coach, that may include stretching and strengthening, reviewing your running technique or prescribing specific exercises for your abdominal or lower back area.

Don't let your minor injury develop into a major set back.

