

SportsFit Physio & Health

Physiotherapy & Sports Physiotherapy

Our Physiotherapists all have extensive experience in the diagnosis and management of musculoskeletal injuries. We believe in not just treating the symptoms but identifying and managing the cause to help reduce recurrence rates and optimise outcomes. We combine the latest evidence-based practice with our extensive years of experience to ensure clients are receiving the best care.

Remedial Massage

Massage is an effective form of therapy targeting the soft-tissue structures of the body. Our muscles can be a source of pain and restriction, preventing us from working, living, and playing at our best. Whether it is to release tension and stress, restore flexibility or reduce pain, our highly-qualified therapist will help address each clients' needs. Our Myotherapist and Remedial Massage therapist, is trained in a variety of different treatment techniques including deep soft-tissue massage, trigger point therapy, sports massage, lymphatic draining, myofascial release and more. Our massage therapy can be tailored to the client with relaxation massage available as well as remedial and sports massage.

Sports Dietitian & Nutrition

Our Dietitian and Nutritionist is highly qualified and skilled to provide advice which is based on scientific evidence and strong clinical experience. They understand that each person has specific dietary and nutrition requirements and will provide guidance and information which best addresses the needs of each client. They are experts in finding the perfect solutions to help with meal planning, weight loss or managing medical conditions and food intolerance through diet. It is our aim to help people EatFit, stay healthy and help them achieve their desired goals.

Our Dietitian and Nutritionist Alex specialises in weight loss and dietary intolerance as well as general eating for health. She has keen interest in sports nutrition and works with Hawthorn AFL and AFLW as head dietitian.

Strength Testing/Screening

The AxIT system is one of the strength testing and screening tools we use at the clinic. The system can perform a complete assessment of almost any muscle in the body, as well as the movements you need to perform in daily life and sport. By utilising the pull-it, push-it and force plate components of the system, our practitioners can test and measure your strength. It will calculate how strong and powerful you are and will measure any muscle imbalances across the body. Patients are provided with real time feedback and instant results they can see. This system is useful for injury prevention, improved performance, injury recovery and progress tracking.

Gym Assessments

SportsFit can offer you a Physio supervised Gym Assessment to help you achieve your goals faster. A gym assessment allows your Physiotherapist to assess problematic movements, in real time, under load. A gym assessment is a 30-minute Physio-supervised session in the gym specifically targeted to suit your needs. You will come away with a personalised exercise program provided by your Physio and will have the option for video analysis. There is also an opportunity for ongoing supervision via a personal trainer with close ties to the clinic.

Clinical Exercise

Our Clinical Exercise sessions are designed with the client's specific needs in mind and utilise Clinical Pilates, posture, flexibility, and strength training principles. Clinical Pilates assists in core strength and stability, improves flexibility, corrects posture, helps in the prevention of injury, improves balance and coordination, and overall improves general strength and endurance. It utilises spring loaded resistance to achieve safe, specific, and effective exercises. Everybody is different, so each exercise program is different. Initially the client will have a one-on-one assessment so their program can be tailor-made for their goals and body. To ensure adequate supervision, our classes have a maximum of 4 people and combine exercises on our state-of-the-art equipment with floor-based exercises.

Anti-Gravity Treadmill

The AlterG utilizes differential air pressure to adjust the users body weight on the treadmill between 20% and 100% of their body weight. It has broad applications for rehabilitating numerous conditions, in which controlling the forces through the lower limb is important, such as lower limb fractures (including stress fractures) and those with painful hip and knee joints (e.g., osteoarthritis).

Hand Therapy

Our hand therapist, Hamish, specializes in the management of hand, wrist, and upper limb injury. Hamish has a special interest in managing sporting injuries of the hand and wrist and has treated numerous elite athletes across several different sports.