



East Gosford  
Physiotherapy  
& Exercise  
Physiology



## ***Australian Rules Football***

Injury Assessment,  
Management and Screening  
for Prevention of Injury



Ask about our special Offer  
Discount for your Club

ADVISE AT TIME OF BOOKING  
**(02) 43237499**

# ASSESSMENT & TREATMENT BY HIGHLY TRAINED SPORTS AND MUSCULO-SKELETAL PHYSIOTHERAPISTS

We have been established in  
East Gosford for over  
25 years, AFL players



## IMMEDIATE ASSESSMENT & TREATMENT OF AFL AND TRAINING INJURIES

- Screening for Injury Prevention (FMS, Y balance)
- Biomechanical analysis of your Core, pelvis and lower limbs
- Strength and Conditioning with our Sports Physio and Exercise Physiologists

Don't let niggling injuries stop you playing

Don't let niggling injuries become worse over time , and cause other problems

**24 Brougham st East Gosford-  
Sports Injury and assessment clinic**

[www.eastgosfordphysio.com.au](http://www.eastgosfordphysio.com.au)