



Physiotherapy Support Structure

This season EBS Physio is proud to support the Southern Cross Strikers through the provision of a high quality, low cost physiotherapy service. The information below outlines the support structure for the 2012 VCL season.

Physio Clinic Operation

A weekly clinic is available to assess and manage all player injuries throughout the season. The clinic is open on Tuesday afternoon and is staffed by Adam Collyer, Physiotherapist, and Bronwyn Buby, Sports Therapist.

Each player will be assessed and provided with a management plan. This will include treatment at the clinic, home exercise setup and return to sport planning. In addition to Bronwyn's Sports Therapy training, she is also qualified to provide dry needling.

Consultation Fees

The operational costs of the EBS Physio clinic have been subsidised by the club to allow fees to be kept as low as possible. Consultation fees are:

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|---|---|----------|
| • Physiotherapy consultation | - | \$ 30.00 |
| • Sports Therapy consultation | - | \$ 20.00 |
| • Sports Therapy consultation with dry needling | - | \$ 22.00 |

We are equipped with a hicaps machine to directly process private health insurance claims. For players with health insurance, this means only 'gap fee' payment will be required.

Communication

Following the completion of Tuesday's clinic I will email an updated injury list to all coaches. This will include the following information:

- Player name and team
- Nature of injury
- Training and match capacity/participation level
- Expected return to competition

I will liaise with coaches and parents through the week as required to ensure injuries are monitored, and progressed appropriately.

I have developed a training categorisation table, which I will use throughout the season to advise player participation status. This will be available on the club website.

Contact Information

Appointments can be made by contacting me directly either by phone or email:

- Phone: 0401 407 977
- email: ancollier@gmail.com

If you have any further questions please don't hesitate to contact me.

Kind regards

A handwritten signature in dark ink, appearing to read 'Adam Collyer', enclosed within a circular scribble. A long horizontal line extends from the right side of the signature.

Adam Collyer
Physiotherapist
EBS Physio