



Worried about your hamstring letting go this Footy season?

*We can help you with our
Hamstring Injury Prevention Classes.*

- Our aim**
- > to prevent hamstring injuries
 - > to reduce hamstring discomfort
 - > improve performance in individuals with a history of hamstring strain

Classes Monday and Wednesday nights from 7pm.

Starts Monday February 11, 2013. 6 week course - small class sizes.

- > Initial assessment with a physiotherapist
- > 2 x 45 minute classes a week
- > Development of home exercise program
- > Reassessment at end of 6 week period

**Normally costs \$411.00 for the 6 weeks.
Special offer \$350 prepaid.**

Private health insurance rebates will apply depending on your level of cover



Howitt Street Clinic 1046 Howitt Street, Wendouree

☎ 5335 3200 ✉ info@lakehealthgroup.com.au

Lake Wendouree Clinic and Pilates Studio

1st Floor, Ballarat City Rowing Club, Wendouree Parade, Ballarat

☎ 5338 8966 ✉ pilates@lakehealthgroup.com.au

Our range of professional services include:

- | | |
|--------------------|---------------------------|
| > Physiotherapy | > Myotherapy |
| > Podiatry | > Remedial Massage |
| > Pilates | > Acupuncture |
| > Speech Pathology | > Exercise Rehabilitation |

***Spacious professional treatment rooms and
experienced staff to ensure you receive quality
care and a positive outcome***

www.lakehealthgroup.com.au