

# SPECIALIST SPORTSCARE W.A.

January 2015



**SPECIALIST  
SPORTSCARE W.A.**

Specialist Sportscare W.A.

2/895a Beaufort St

INGLEWOOD

WA 6052

Ph: 08 9272 8222

## HAPPY NEW YEAR

We hope that you all enjoyed your festive season. 2015 is shaping up to be a very busy year for us here at SSCWA.

## WELCOME ERIN

Erin Sturch joins the team as an additional Physiotherapist and Clinical Pilates Instructor. Erin is returning from maternity leave prior to which she was working in a Sports Clinic in her homeland of Canada. Erin was heavily involved with treating the National Ski team in her last position. Anyone planning a skiing trip should see her ahead of time to obtain a skiing fitness plan. Snow is slippery stuff and has ruined many a holiday! Erin is looking forward to resuming her sports physio career and to putting people through their paces at Clinical Pilates. Ring Emily or Suzie on 9272 8222 to make an appointment with Erin today.

## DID YOU KNOW?

Here at Specialist Sportscare W.A. in addition to our normal services we also provide orthotics, musculoskeletal screening for the military and sports teams, brace fitting, Clinical Pilates and gym/fitness programmes to accommodate injury! Please contact us on 9272 8222 for more information.

## PERTH GLORY

Dr Rao's team have been performing well this season and are sitting 4 points clear at the top of the ladder. Whilst not looking too far ahead, they are looking very comfortable heading into the break for the Asian Cup. We wish them the best of luck for the remaining games of the season. Go Glory!!



## HOPMAN CUP

Nina has been busy over the break working as a Physiotherapist at the Hopman Cup. Great to see the tennis up close in such an amazing venue and work with a lovely bunch of athletes. Also a good opportunity to work on the tan (or sunburn as the case may be) whilst sitting courtside.





## WEST COAST FEVER PRE-SEASON CAMP

Nina travelled to Karratha with the West Coast Fever Netball Team in December for their 4 day pre-season camp. The camp was jam-packed full of conditioning, courtwork, pool sessions, ice baths, coaching clinics, team meetings and a bit more running. All staff and athletes had a great time and the camp was an overwhelming success. The girls enjoyed a short break over the festive period and are back into training preparing for a big season commencing end of February.

