

Getting
you back to
your best





Sports Med *Subiaco*

Physiotherapy & Sports Medicine in Subiaco, Perth Western Australia. Helping you get back to your best.

At SportsMed Subiaco, we advocate a multidisciplinary approach to patient care wherever possible, to ensure the best possible outcomes for patients of all ages and all levels of fitness.

SportsMed Subiaco was established in 1998 with the vision of becoming the State's premier health care facility.

Today, we continue that vision with excellence in the diagnosis and management of sporting and exercise-related injuries. Our practice has evolved to also excel in the management of musculoskeletal disorders (e.g. back pain), together with specialist services in exercise rehabilitation, post-op rehabilitation and a range of women's health services.

We pride ourselves on evidence-based Sports Medicine and Physiotherapy and strongly support the notion of complete and total injury rehabilitation and management. This relies on a focus around patient-centred care with clear communication on your problem and a collaborative approach to achieving your best outcome.

Our core services:

- Sports Medicine
- Physiotherapy
- Podiatry
- Dietetics
- Massage
- Rehabilitation & Exercise
- Baby Swim



08 9382 9600

sportsmedsubiaco.com.au



Sports *Medicine*

Our Sports Medicine Specialists are experts in diagnosing and managing sport and exercise-related injuries.

What to expect from an appointment with a Sport & Exercise Medicine Physician?

First and foremost, you will receive a comprehensive clinical assessment of your problem. If required, prompt referral for medical imaging and investigations (e.g. MRI, CT, XR, bone scans, nerve conduction studies, blood tests) will be provided. This in combination with interpretation of results will provide you with a definitive diagnosis and subsequent treatment options. Expert clinical opinion and advice will guide you regarding return to work, activity and/or sport.

Our clinic advocates an integrated, multidisciplinary approach to patient management and as such may involve referral to specialists or other healthcare providers as appropriate.

Sports Medicine services:

- [Injection Therapy](#)
- [Iontophoresis](#)
- [Compartment Pressure Testing](#)
- [Concussion Centre](#)



08 9382 9600

sportsmedsubiaco.com.au



Physiotherapy

Physiotherapy extends from health promotion to injury prevention, acute care, rehabilitation, maintenance of functional mobility, chronic disease management, patient and carer education and occupational health.

Physiotherapy extends from health promotion to injury prevention, acute care, rehabilitation, maintenance of functional mobility, chronic disease management, patient and carer education and occupational health.

Using advanced techniques and evidence-based care, we diagnose, treat and prevent a wide range of health conditions and movement disorders, helping repair damage, reduce pain and stiffness, increase mobility and improve overall wellbeing. We advocate a multidisciplinary approach to patient care wherever possible, to ensure the best possible outcomes for patients of all ages and all levels of fitness.

Different areas of physiotherapy speciality include:

- [Musculoskeletal Physiotherapy](#)
- [Sports Physiotherapy](#)
- [Exercise Therapy and Rehabilitation](#)
- [Dry Needling](#)

Our musculoskeletal physiotherapists use manual therapy or hands-on treatment as one of the preferred and most effective treatment options for people with musculoskeletal conditions such as:

- Upper and lower back pain
- Neck pain & headaches
- Referred arm and leg pain
- Spinal or peripheral joint restriction/stiffness
- Muscle and tendon problems



08 9382 9600

sportsmedsubiaco.com.au



Physiotherapy

Sports Physiotherapists.

Sports Physiotherapists have additional expertise in the assessment and management of sporting injuries among people who participate at a high level of sport, have a large training load or volume, or simply enjoy competing at amateur/social levels.

All of our Sports Physiotherapists have extensive and unique experience with elite athletes across a wide variety of sporting and artistic disciplines.

SportsMed Subiaco's Sports Physiotherapists offer sport-specific assessment and examination, together with advanced treatment techniques and exercise prescription. We also specialise in biomechanical analysis and technique correction, combined with advice on training loads and periodisation planning. Importantly we liaise directly with coaching staff, strength and conditioning trainers, sports psychologists and other healthcare providers



08 9382 9600

sportsmedsubiaco.com.au



Dietetics

Dietetics is the science and practice of applying nutrition to promote health, manage certain medical conditions, increase performance and recovery, and to help reach individual goals through dietary planning and evidence-based nutrition knowledge.

Using our knowledge, a tailored dietary plan can be made based on an individual's needs, resulting in you achieving desired results without feeling like you need to sacrifice your favourite foods or restrict yourself. This will also allow us to create a sustainable and interesting approach. We can also treat and prevent a variety of health conditions through an individualised dietary approach.

Common complaints of an insufficient diet may include:

- Not progressing in the gym, exercises, and performance
- Undesired body composition
- Losing strength, power, and speed throughout your performance
- Mismanagement of conditions
- Progression of chronic conditions
- Bowel and stomach concerns such as nausea



08 9382 9600

sportsmedsubiaco.com.au



Massage

Massage is a natural therapy which has many benefits, both physical and psychological. Regular massage together with exercise and healthy living is now considered by many as an essential part of their wellness routine.

Massage therapy is used for a multitude of musculoskeletal conditions such back pain, neck pain, headaches, stress, muscle pain and tension and lymphatic congestion.

Massage therapy can also be used for stress relief and relaxation purposes or as a complement to physiotherapy treatment in order to enhance recovery from sports and lifestyle related injuries.

The benefits of massage are:

- Relieves muscle tension, stiffness and pain
- Increases joint flexibility and range of motion
- Aids relaxation and stress reduction
- Improves circulation
- Enhances ease of movement
- Improves efficiency of lymphatic system
- Provides relief from tension related headaches
- Improves quality of sleep
- Reduces levels of anxiety





Podiatry

Sports Podiatry is a branch of Podiatric Medicine that deals in the diagnosis, treatment and prevention of foot/lower limb injuries in sport and exercise.

Sports Podiatry may include treatments such as joint mobilisation, soft tissue manipulation and injection therapy. We also provide advanced biomechanical assessments, foot orthotic therapy and footwear prescription.

Because of the competitive nature of sport, the primary aim of Sports Podiatry is to return the patient to their former level of function as soon as practically possible. This service is for both professional and amateur athletes, as well as those who have sustained injuries in day-to-day life.

Common foot & lower limb complaints include:

- Plantar Fasciitis (Pain under the heel)
- Achilles Tendinopathy (Pain at the back of the heel/ankle)
- Arch and Instep Pain
- Forefoot Pain (Bunions, Toe Deformity, Morton's Neuroma & Metatarsalgia)
- Ankle Pain (Tibialis Posterior Tendonitis, Ankle Sprains and Instability)
- Lower Leg Pain (Shin Splints & Calf Muscle Strain)
- Knee Pain (Patello-femoral Maltracking Syndrome, ITB friction syndrome, & Patella Tendonitis)
- Hip Pain (Greater Trochanteric Bursitis)



08 9382 9600

sportsmedsubiaco.com.au



Rehabilitation & *Exercise*

We have an on-site gym, hydrotherapy pool and clinical pilates studio available for supervised sessions and independent use.



Our extensive rehabilitation and exercise services include:

- [Clinical Pilates](#)
- [Post-Op Rehabilitation](#)
- [Cardiac Rehabilitation](#)
- [Pulmonary Rehabilitation](#)
- [Strength & Conditioning](#)
- [Hydrotherapy](#)
- [Gymnasium](#)
- [Osteogym](#)
- [Independent exercise](#)





Baby Swim

SportsMed Subiaco's Hydrotherapy Centre is also home to the Baby Swim Program.

Our Baby Swimming classes provide an opportunity for parent and baby to participate together in a warm, nurturing, aquatic environment.

Our Baby Swim instructors are all Austswim qualified and have a strong teaching focus on water safety skills and the lifelong development of your baby's respect and love of the water.

Teaching your baby to swim is a wonderful bonding experience and a terrific way to encourage interaction between babies and their parents. Starting swimming early has great benefits in terms of motor development and interaction skills and helps to develop 'life-saving' habits as the child grows older.



08 9382 9600

sportsmedsubiaco.com.au



SPORTSMED
SUBIACO

EXCELLENCE IN DIAGNOSIS & MANAGEMENT