



*Proud Sponsors of  
Park Orchards North Ringwood Parish Jnr Football Club*

Our club is proudly sponsored by our local BUT elite Physiotherapy & Sports Medicine Group - Bounce Health Group - please take time to read all the benefits for players and club members

We look forward to our ongoing involvement with Bounce Health Group and encourage all players & members of our club to use Bounce for all sports injuries and general musculoskeletal injuries. Bounce is not just a local clinic but has clinicians working at the elite level including working with the following groups:

- \* AFL teams, TAC cup and State Academy
- \* Cricket - Physio for Australian Womens Team
- \* Olympic Athletes
- \* Elite Basketball - State & National
- \* A-League
- \* District & Elite Cricket
- \* Tennis incl Aust Open
- \* Elite Gymnastics & Dance

Bounce Health Group provides support for our athletes across a number of disciplines ensuring we have a total package of support for our club. These services include:

- \* Orthopaedic Surgeons
- \* Sports Physiotherapists
- \* Sports Physicians
- \* Sports Dietetics & Nutrition
- \* Podiatry
- \* Clinical Pilates / Core Strength
- \* Psychology
- \* Myotherapy
- \* Exercise Physiology
- \* Strength & Conditioning
- \* Sports Science Services
- \* Team Education

We hope you'll take advantage of some of the great benefits Bounce Health offers us including:

- \* Approximately 10% discount from physio & like services (mention the club when booking)
- \* Same day service for athletes / players from our club
- \* Sports specific and evidence based approach to sports injuries
- \* Rapid referral to xrays, MRI's and to Orthopaedic Surgeons if required
- \* Free assessment night (members should take advantage of this great service - read below)
- \* Assistance with insurance claims
- \* Bounce Physios etc will work with coaches to ensure best outcomes for injured athletes

*Read below for all the info you need*

**To book for an appointment call 1300 855 442**

*For more info contact us on the above number or go to [www.bouncehealth.com.au](http://www.bouncehealth.com.au)*

## Bounce Clinical Services

**Physiotherapy:** Our team of physiotherapists deliver evidence based treatment and rehabilitation protocols for patients attending Bounce. We have experienced physiotherapists from various sub-disciplines including sports, musculoskeletal (spinal), women's health, clinical pilates, hydrotherapy and paediatric sports. Many of our therapists have sports and musculoskeletal titles and specialisation status. A number of our team also work with professional teams in the AFL, A-League and Olympic teams. We deliver quality care for all our patients from elite athletes to local patients with general musculoskeletal injuries.

**Sports Medicine:** Sports Physicians are specialist doctors in Sports & Exercise Medicine delivering the very best care for all musculoskeletal disorders. Our doctors are leaders in their fields and work with AFL and other professional teams and athletes. They provide specialist treatment approaches to injury including PRP (blood injections) for tendon injuries, shockwave therapy and other treatment approaches. Being specialists, all radiology including MRI's can be rebated through medicare.

**Orthopaedic Surgery:** Our Orthopaedic Surgeons are among Melbourne's leading surgeons treating all patients including AFL players and other professional athletes. Our surgeons require a GP referral and are available for appointments via Bounce reception or via their direct numbers (visit our website for more details)

**Exercise Physiology:** Our Exercise Physiologists specialise in providing functional exercise rehabilitation and training programs for the prevention and management of chronic diseases and injuries such as cardiovascular disease, diabetes, osteoporosis, arthritis, COPD and many more. Exercise Physiologists can also work with athletes to develop and implement specialised performance enhancement and rehabilitation conditioning programs. Exercise, prescribed effectively has been shown to reduce the risk of virtually all chronic diseases simultaneously. Ask our reception for more information.

**Podiatry:** The Podiatrists at Bounce are experienced in all aspects of podiatry care. From treating nails, calluses through to leaders in orthotic prescription, our Bounce Podiatrists will provide a structured approach to your foot ailment or complaint. The guys also provide advice of shoe choice from sports shoes through to shoes for the elderly. Working with our physiotherapists and sports docs, we ensure your foot treatment is comprehensive.

**Dietitian & Nutrition:** Our resident dietitian Megan Walsh is a leader in her field. Working across a number of sports medicine sites in Melbourne, Megan manages all diet and nutrition issues from diet for athletes, through to management of medical conditions including diabetes, cardiac disease, depression and chronic fatigue to name but a few. Megan works with your doctor or other health professional to ensure you have the best advice available to allow you to achieve your individual goal.

**Psychology:** Megan Davis is the consulting Psychologist at Bounce. Megan has spent many years as a Psychologist both in private practice and in the public sector. Megan has a very comfortable and relaxed approach to her patients' issues & needs. Megan manages patients with complex pain issues, athletes with long term injuries, goal setting for individuals or those with anxiety and depression. She works with your doctor to ensure suitable communication with your health team.

**Myotherapy & Massage:** Myotherapists play an important part in your care at Bounce. Our Myotherapists manage many musculoskeletal disorders with myofascial and massage techniques. They also treat with trigger point therapy, cupping and dry needling. At times our Myotherapists and Physiotherapists work together to ensure you have the optimal care and achieve the best outcomes.

**Hand Therapy:** Ben Cunningham consults out of Bounce Blackburn. Ben is a leading hand therapist and also Managing Director of Resolve Hand Therapy. Ben lectures nationally on hand therapy. Ben provides care for all hand and wrist conditions including post op management and all splinting.



## What we are offering your club

Discount Treatment Rates  
for members

Free Assessment Night  
6-7pm Mondays at  
Bounce Centres

Evidence Based Approach  
to Injuries

Same Day Service and  
Experienced Physios &  
Sports Doctors

Appropriate return to  
play & communication

Education & Further Training  
for Coaches/Trainers

For more information call 1300 855 442  
or visit our website at [www.bouncehealth.com.au](http://www.bouncehealth.com.au)



To get regular updates, access to training material including sports science, advanced strapping and taping and other information - "LIKE" us on facebook. Simply goto [www.facebook.com/bouncehealth](http://www.facebook.com/bouncehealth) to get all the latest information

### Bounce Locations

Blackburn  
195 Whitehorse  
Road

Nth Ringwood  
134 Oban  
Road

Rowville  
1101 Wellington  
Road

Mt Waverley  
7 Dorrington  
Drive

# bounce

health group

## Bounce Clinic Locations

**Bounce Blackburn** - Physio, Podiatry, Orthopaedic Surgery, Sports Medicine, Nutrition, Psychology, Strength & Conditioning, Myotherapy & Pilates

195 Whitehorse Road  
Blackburn, Vic 3130  
1300 855 442  
[www.bouncehealth.com.au](http://www.bouncehealth.com.au)



**Bounce Rowville** - Physio, Sports Medicine, Exercise Physiology, Myotherapy and Pilates

1101 Wellington Road  
Rowville, Vic 3178  
1300 855 442  
[www.bouncehealth.com.au](http://www.bouncehealth.com.au)



**Bounce Ringwood North**  
Physiotherapy & Podiatry

134 Oban Road  
North Ringwood, Vic 3134  
1300 855 442  
[www.bouncehealth.com.au](http://www.bouncehealth.com.au)



**Bounce Mount Waverley**  
Physiotherapy and Pilates

7 Dorrington Drive  
Mt Waverley, Vic 3149  
1300 855 442  
[www.bouncehealth.com.au](http://www.bouncehealth.com.au)



