St Leonards Physiotherapy

Contact Us:
Phone: (02) 9438 1782

HEALTH & PHYSIO NEWS

Whats in this issue!

Our new paediatric room has been opened.

We welcome Elizabeth Kassis and Joshua Heddle to the clinic.

Video of the month -

Seated shoulder stretches for adolescents

How can a physio help with sporting injuries in adolescents?

A new paediatric room and two new practitioners at the clinic!

We are growing to better treat your needs!

We have remodelled the St Leonards Clinic and created a new paediatric room to expand our ability to treat Children and adolescents.

Elizabeth Kassis and Joshua Heddle have joined the St Leonards Physio clinic.

Elizabeth Kassis

B.App.Sc (Physio) M.Ed (Special Ed. Vision)

Liz is a Paediatric Physiotherapist with over 20 years experience in the management of Paediatric conditions.

Liz graduated with a Bachelor of Physiotherapy from The University of Qld in 1992 and has worked exclusively in Paediatrics in NSW.

Liz has a special interest in developmental disability, vision and hearing impairments.

Liz provides sessions in the clinic, home visits, preschool visits and community visits.

Read more about Liz's experience here.

Joshua Heddle

B.App.Sc (Physiotherapy)

Josh graduated from the Aust. Catholic Uni and has been working with muscoskeletal and sports injuries. He has worked with the North Shore Bombers AFL club and now with the Norths Bears junior rugby league teams

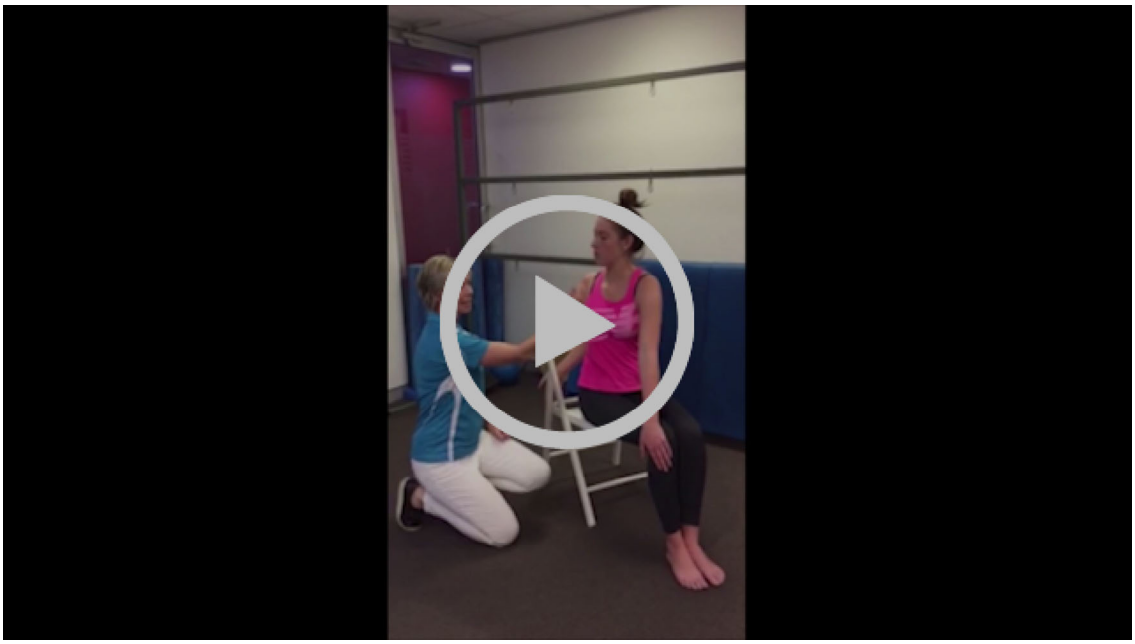
Joshua's passion involves effectively managing and preventing sporting injuries and managing long-term conditions.

Read more about Josh here.

You can book an appointment to see them using this link or call (02) 9438 1782.

Video of the month -

Seated shoulder stretches for adolescents



Watch it now

How can physiotherapy help with sporting injuries in adolescents?

Risk of injury increases during periods of rapid growth as muscle flexibility can reduce, physical load can increase and joint range can reduce. Balance and coordination can also change as the body adapts to its ‘new size’. Recent reports highlight the importance of neuromuscular coordination, which is required to help landing and jumping skills, ultimately reducing the chance of injury.

A sports physiotherapist can assess, diagnose and manage sports injuries. They are trained in planning and teaching exercises that address musculoskeletal strength and flexibility factors that predispose people to injury.

By identifying deficiency in strength and flexibility, a physiotherapist will prescribe exercises to address these issues. They can also talk with your coach and sports medicine team (dietitian, strength and condition coach or psychologist) to plan for a return to sport and prevent further injury.

Some children are very keen to keep playing sport. A physiotherapist can modify training load and advise on appropriate levels in the early phases post injury. Occasionally, an injury requires rest from activity for a period of time. Your physiotherapist will prescribe appropriate levels of safe activity to maintain physical fitness to prepare for a return to sport.

To book an appointment please phone the clinic on (02) 9438 1782 or use this link:

St Leonards Physiotherapy

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