



Musculoskeletal and Sports Injury Clinic

Physiotherapy management of pain, stiffness and movement dysfunction

Comprehensive assessment of musculoskeletal conditions such as muscle and joint injuries, back and neck pain, and arthritis.

Sports injury prevention and management including acute injury management, pre-participation screening, injury prevention and performance enhancement programs.

Customised treatment plans including hands on treatment, therapeutic exercise programs and self-management education.

Post operative rehabilitation following orthopaedic surgery.

ACU HEALTH CLINIC PROVIDES:

- Experienced physiotherapists
- Student delivered clinic at reduced rates
- Special rates for Pension and Health Care Card Holders
- Free parking

FOR SPORTS PEOPLE AND TEAMS

Musculoskeletal injuries can result in pain, time off training and sport, and reduced sporting performance. The ACU Musculoskeletal and Sports Injury Physiotherapy Clinic services include injury prevention, injury management and sports performance enhancement programs for amateur to elite sports people.

INJURY PREVENTION:

- Musculoskeletal screening to identify risk factors for injury including joint problems, muscle weakness or tightness, reduced coordination and balance
- Correction of injury risk factors
- Individualised neuromuscular training programs tailored to you and your sport
- Taping and bracing for injury prevention

ACU Health Clinic
8 Approach Road
Banyo, Qld 4014

T: (07) 3623 7740

E: Admin.HealthBris@acu.edu.au

CRICOS registered provider: 00004G

Disclaimer (August 2019): Information correct at time of printing. The University reserves the right to amend, cancel or otherwise modify the content without notice.



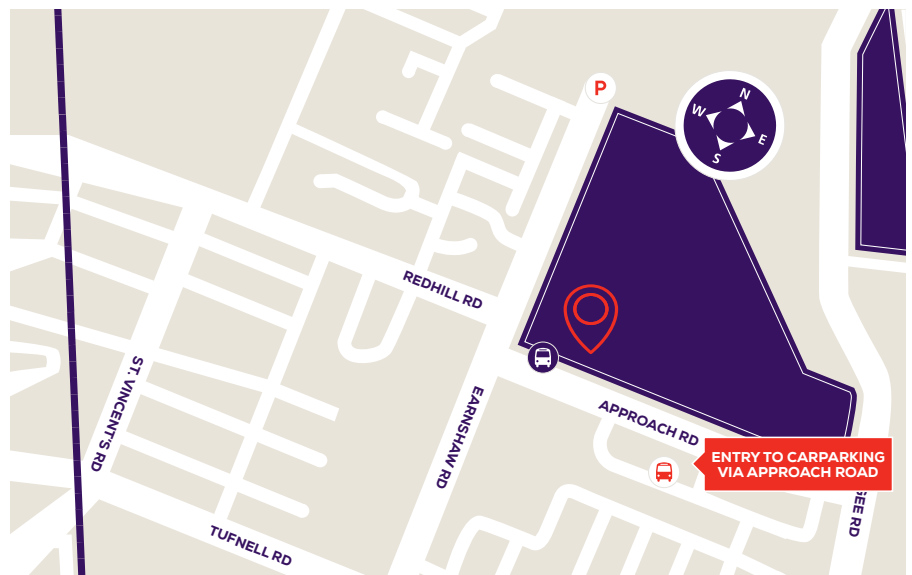
Musculoskeletal and Sports Injury Clinic

INJURY MANAGEMENT:

- Assessment and management of new and long term sports injuries
- Post-operative rehabilitation, eg ACL rehab
- Research demonstrates that early treatment reduces the time taken to return to sport and also saves money due to less treatment required. Also, the biggest risk factor for a sports injury is inadequate rehabilitation of previous injury

SPORTS PERFORMANCE ENHANCEMENT:

- Individually prescribed neuromuscular training programs to improve coordination, functional strength and dynamic stability which in turn lead to improvements in sporting performance
- Research has shown that physiotherapy supervised injury prevention programs reduces sports injuries and improves both individual and team sports performance



The Australian Catholic University Musculoskeletal and Sports Injury Clinic is located at the Australian Catholic University McAuley Campus, 8 Approach Road, Banyo, Qld 4014.

For further information, **phone (07) 3623 7740** or email **Admin.HealthBris@acu.edu.au**