



**WINTER 2016**

## WELCOME TO OUR NEW LOOK

Northcross Physio has a whole new look!. Jo's successful brand of Sports Injury Clinic has taken over and is expanding across town and around the country. Now partnered with **USL** and **Rocktape** our world class team continue to provide expert advice and injury management at our flagship rooms on the Northcross corner as well as "sideline" at major sporting events.

We have permanent locations at North Harbour Hockey, North Harbour Netball and North Harbour Rugby that mean you can go straight from sideline to expert. The partnership and investment from both USL and Rocktape means that our clinics are well stocked with all your taping and bracing needs for prevention or recovery all sorts of specialised bits and pieces can be purchased during opening hours or watch out for our e-commerce site on the **Sports Injury Clinic website** for more info around each product and up to date pricing.

The clinic staff are outfitted by **ASICS** for clothing and footwear and have expert knowledge in the changes in this brand for each specific sport, this will help when recommending the best choice for you or your child.

We still continue to offer a state of the art boutique gym on site and modern air conditioned rooms for your comfort, all that changes is we look a bit fancier and are available 7 days a week!



Watch this space - Taupo S.I.C in the making for special events in the area!

## POD SPECIAL

BENEFITS FOR MEMBERS ARE:

- Tailor made, graduated and regularly monitored programs
- Rehab designed equipment for speedy recovery from injury or surgery
- Specialised Physiotherapists nearby to correct or modify programs
- Massage Therapy available
- In the case of any injury, POD members will receive their Initial Consultation Free
- POD has Towels (work out and shower), lockers, filtered chilled water and changing facilities available

**\$150.00 for 3 months**



Proudly Sponsored by:

**asics**

**usl** sport

## Q&A

We want to know your thoughts

Q1: What helps you to keep attending your physio sessions?

Email: [info@sportsinjuryclinics.co.nz](mailto:info@sportsinjuryclinics.co.nz)

Q2: What are your best tips and hints to help others prepare for the winter sports season?



## WINTER SPECIAL wrap & ice

### Reusable ice compression therapy

**USED BY PHYSIOTHERAPISTS WORLD WIDE. USE TIME AND TIME AGAIN, WILL NEVER WEAR OUT!**

- An easy and effective reusable way of applying ice and compression therapy to any injured area.
- Can be used multiple times
- Moulded over the injured area
- Easy to use and apply
- Portable, use with ice cubes, crushed ice or cold water.



### PORTABLE & LOW COST!

Get in quick as we have limited stock available!

**ONLY \$37.00+GST**

## Rehab news & views

Winter is almost here, and it's time to get ready for the busy winter sports season. Whether you are a competitive or social athlete, there are 3 key things you need to do to prevent injury and get the most out of your upcoming season.

1. Warm up thoroughly before playing or participating. Cold muscles, tendons and ligaments are vulnerable to injury.
2. Ensure you buy good quality shoes with the right level of arch support and cushioning. It is worth investing in quality and being fitted correctly
3. Preparation is key: Focus on fitness to develop strength, agility and flexibility, especially of muscles around the ankles and feet.

And the experienced team at Sports Injury Clinic are here to help you with pre-season assessments, treat those niggling injuries before the season starts, and increase strength to prevent injury.

Come in and see us soon....



## TEAM SPOTLIGHT

get to know our fantastic team



Introducing Jude Fippard; our new practice manager. Jude has had a high level of involvement in elite sport administration being based at Netball North Harbour for 10 years as PA to the CEO. She is an experienced event manager and graphic artist. Jude will be assisting with our brand change and management across the various sites so look out for new signs, social media profile changes and website additions to be more interactive and showcase our wide range of products so you can buy from the convenience of your armchair. Jude recently returned from Orlando Florida supporting fiancé Bart at the Invictus Games and describes the trip below:

"The invictus games were created by HRH Prince Harry in 2014 for the wounded and seriously ill service men and women. To have been part of the kiwi support team was a humbling and amazing once in a lifetime experience."

<https://invictusgamesfoundation.org/games/2016>