



Our team are here to help you through your winter injuries and rehab



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WINTER SPORTING TIPS

Winter is here, so here are some great tips to help see you through your sports in these colder months.



Extend your warm up in cooler conditions



Pre-warm with layers of clothing & gloves



Stay hydrated, easy to forget to drink when it's cold



Bring a change of gear for after your game in case you get wet



Check the grip on your shoes as it gets slippery after rain



Don't play if you have flu or are unwell



Asthma can be triggered by exercise & cold air.
Use your preventor & check the expiry date of all your medications.

OUR NETBALL CLINIC JUST GOT BIGGER!



Our clinic based at Netball North Harbour has seen some huge changes recently. We are now bigger & better while still offering the same expert service, treatments and knowledge. We are on site on hour before each office playing day commences. Come and see us (next to the Officials Room)



NORTHCROSS CLINIC FUN FACTS

- 1 We are open from 7am to 7pm Monday to Friday & Saturday mornings
- 2 No referral needed for ACC or private appointments
- 3 Shockwave therapy available – ask your physio for more information
- 4 Free use of our onsite gym while being treated
- 5 We can refer you for x-rays or to a specialist if required
- 6 Free referral to Shorecare Northcross if required
- 7 Return to Play clearances
- 8 Return to work programmes available
- 9 Book online – so easy

WE STOCK A FULL RANGE OF REHAB PRODUCTS WHICH ARE AVAILABLE AT BOTH OUR NORTHCROSS & NETBALL CLINICS OR ONLINE.....plus



BEANIES only \$15
Great for keeping your head warm on the sidelines or post game



ASICS Netball Shoes
available from our clinic at Netball North Harbour – get fitted by the experts!