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WINTER 2020

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



Jo



Rebecca



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WINTER SPORTING TIPS

Winter sport is back on and for many that may mean the first serious exercise since lockdown began. So here are some great tips to help see you through your sports in these colder months & hopefully stay injury free.



Extend your warm up in cooler conditions



Pre-warm with layers of clothing & gloves



Stay hydrated, it's 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 preventer & check the expiry date of all your medications.

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 same day referral to Shorecare Northcross if required
- 7 Return to Play clearances
- 8 Return to work programmes available
- 9 Book online – so easy
- 10 If you are unable to physically attend an appointment due to ill health or other reasons we can organise a Telehealth appointment via video or phone consultation

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!

DID YOU KNOW?

Our Northcross Clinic has a fully equipped rehab gym that you are encouraged to use FREE of charge whilst we are treating your ACC injury.



Gym memberships also available for purchase.

Our physios can tailor a programme to fit your needs.

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