



INTERLEAGUE

- PHYSIOTHERAPY
- RECOVERY
- PERFORMANCE

REGISTERED WITH THE INTERLEAGUE PROGRAM?

15% off Initial Physio Appointment until June 20th 2022

AND for the athlete looking to get an edge
with a performance program

READY TO BE YOUR BEST?



PHYSIOTHERAPY/MYOTHERAPY

Our highly qualified Physiotherapy and Remedial Massage Therapists are there for getting over those little niggles and injuries that occur from such a high impact sport. If you feel your best, you can play your best.

We are here to look after your short-term, and long-term injuries throughout the season!



PERFORMANCE

Strength & Conditioning (S&C) is rapidly becoming a must have for any AFL athlete looking to take their sport seriously. There are two main goals to our structured S&C programs;

Injury Prevention - Keeping you on the training field. If you are sitting on the sidelines you can't possibly improve your footy skills

Performance Enhancement - Stronger, faster and more powerful athletes give themselves the opportunity to impact the game before the ball is even touched



Book your initial consultation online, by phone or email;

Call: (03) 9763 9233 or

Email: nikkiw@risehg.com.au

risehealthgroup.com.au

OTHER RISE SERVICES

Physiotherapy . Podiatry . Dietetics . Myotherapy . Sports Medicine .
Exercise Physiotherapy . Pilates . Exercise Classes . High Performance .
Chronic Disease Management + Prevention