

# THE CLINIC



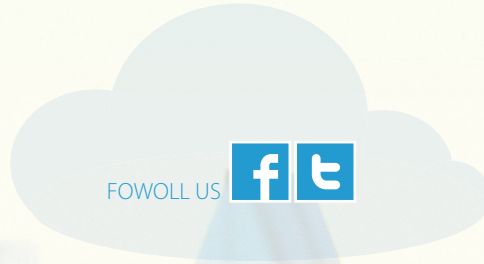
Complete Sports Care

Injury experts. Trusted by champions



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## WE ARE A VERY UNIQUE AND PROGRESSIVE

sports clinic, run by two PhD / Physiotherapists who are clinical and research leaders in the field of musculoskeletal physiotherapy and sports medicine.

## CONTACTS

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## SUCCESSFULLY TREATING DIFFICULT INJURIES



## WHO ARE WE?

**OUR TEAM** currently consists of physiotherapists specialising in the management of musculoskeletal and sports injuries, Dr Peter Malliaras and Dr Christian Barton and is supported by podiatry, clinical Pilates and massage therapy. The clinic founders have completed PhDs related to musculoskeletal injury management, and continue to be actively involved in international research groups. Between them they have authored more than 60 peer reviewed papers, presented at countless national and international conferences, and coordinate numerous courses to facilitate professional development of other clinicians. Most importantly, they continue to enjoy mixing these research and



Dr Peter Malliaras



Dr Christian Barton

## SERVICES OFFERED

### ALL PATIENTS RECIEVE THE HIGHEST QUALITY CARE

We offer patients accurate, realistic and lasting solutions to their problems. We can guarantee the quality of our treatment because we are genuine experts in managing difficult injuries, with a wealth of clinical and research experience. This ultimately means we can offer more effective care, saving patients both time and money.

### WE HAVE THE FACILITIES, KNOWLEDGE AND SKILLS

to complete comprehensive biomechanical assessments, evidence based exercise prescription, access to a full gym including Pilates equipment, highly effective manual therapy techniques, dry needling, diagnostic ultrasound, shockwave therapy, and foot orthoses advice/prescription. Put together, this will ensure all patients who attend our clinic an optimal recovery from almost any musculoskeletal injury, whether

## WE TREAT INJURIES OTHERS CANNOT FIX

We have a reputation for successfully managing injuries that are difficult, or unresolving, including:

- Achilles tendinopathy
- Patellar tendinopathy
- Tennis elbow
- Rotator cuff injury
- Hamstring origin tendinopathy
- Tibialis posterior tendon injury
- Plantar fasciitis
- Iliotibial band syndrome
- Patellofemoral joint injury
- Back and neck pain
- Chronic strains and sprains
- Shoulder pain
- Groin pain
- Hip impingement
- Stress fractures
- Shin splints (exercise induced leg pain)

