

## NDGC Preferred Health Care Providers

*NDGC has created a strong network of preferred health care providers for our athletes. We highly recommend the below providers for when your child requires treatment as they have extensive experience and knowledge in working with athletes and the sport of gymnastics.*

Service	Name	Contact details	Information / Notes
<p style="text-align: center;"><b><u>Physiotherapy</u></b></p> <p style="text-align: center;"><i>Treatment and management of musculoskeletal injuries, both new and ongoing.</i></p>	Jo Norcott	<p><b>Ascend Physiotherapy</b> HBF Stadium, Stephenson Avenue, Mt Claremont P: 9387 2699 W: <a href="http://www.ascendphysio.com.au">www.ascendphysio.com.au</a></p> <p><b>Cottesloe Sports Physiotherapy</b> 110 Napier St, Cottesloe P: 9286 1000 W: <a href="http://www.cottesloephysio.com.au">www.cottesloephysio.com.au</a></p>	Jo is a Sports Physiotherapist and a WAIS and Gymnastics Australia preferred provider. She has worked with gymnasts for over 18 years and has travelled many times to National Championships with the WA Gymnastics Team. She sees many of our current athletes.
	Michael Williams	<p><b>Complete Concept Physiotherapy</b> 4/30 Erindale Road, Balcatta P: 08 6243 1813 W: <a href="https://completeconceptphysio.com.au/">https://completeconceptphysio.com.au/</a></p>	Michael is a Musculoskeletal Physiotherapist and Exercise Physiologist. He is an ex-coach and FIG Judge at NDGC and is fully aware of the demands required for gymnastics. He has worked as a trainer for the West Coast Eagles and currently treats many of our athletes.
	Jason Ciccotosto	<p><b>Formotion Physiotherapy (Inside Range of Motion)</b> 5/34 Sundercombe Street, Osborne Park P: 0422 483 865 E: <a href="mailto:admin@formotionphysio.com">admin@formotionphysio.com</a> W: <a href="http://www.formotionphysio.com.au">www.formotionphysio.com.au</a></p>	Jason has an extensive history in Gymnastics as an athlete and a coach. In 2019, he medalled at the Australian Gymnastics Championships. He has a wealth of experience in private practice physiotherapy, and he places a high emphasis on using exercise for rehabilitation.
<p style="text-align: center;"><b><u>Sports Doctor</u></b></p> <p style="text-align: center;"><i>Treatment of musculoskeletal and exercise related conditions.</i></p>	Dr. Scott Isbel	<p><b>SportsMed Subiaco</b> St John of God Subiaco, 175 Cambridge St, Subiaco P: 9382 9600 W: <a href="http://www.sportsmedsubiaco.com.au/">www.sportsmedsubiaco.com.au/</a></p>	Scott has seen some of our athletes in the past and is a medical consultant for the WA Ballet Company. He has a clinical interest in knee, ankle and foot injuries. Scott also represented WA at National Championships in Gymnastics!
	Dr. Jonathon Charlesworth	<p><b>Sports Medicine Glengarry</b> Suite 1, 64 Arnisdale Road, Duncraig P: 9246 4055 W: <a href="http://www.sportsmedicineglengarry.com.au">www.sportsmedicineglengarry.com.au</a></p>	Jonathon has extensive experience as a Sports Doctor working with many elite athletes and sporting teams. Jonathon himself was a member of the Kookaburra's Hockey Team representing Australia at the 2012 London Olympics! He has published research in numerous sports medicine fields and has been co-author on numerous papers.
<p style="text-align: center;"><b><u>Psychologist</u></b></p> <p style="text-align: center;">Assist with stress management and cultivate wellbeing by developing coping strategies. They also provide an outsider's perspective on situations.</p>	Dr. Vance Locke	<p><b>Western Kids Health</b> 2/84 Matlock Street, Mount Hawthorn P: 6112 2977 W: <a href="http://www.westernkidshealth.com">www.westernkidshealth.com</a></p>	Vance is a Clinical Psychologist and researcher with many years of experience working with children and adults across a variety of settings. He has also attended two Commonwealth Games and currently works with some of our athletes.
	Jodie Holwill	<p><b>Clear Health Psychology</b> Suite 6, 43 Kirwan Street, Floreat P: 6424 8177 W: <a href="http://www.clearhealthpsychology.com.au">www.clearhealthpsychology.com.au</a></p>	Jodie has over 20 years' experience as a Registered Psychologist which includes working with children and young adults with anxiety and depression.

<p><b>Sport Psychology</b></p> <p><i>Improving sport performance, working through setbacks or assisting with performance anxiety/competition stress.</i></p>	<p>Sharon Ridley</p>	<p><b>Chelsea Psychology</b> Suite 3, Chelsea Professional Centre 145 Stirling Highway, Nedlands P: 9386 6020 W: <a href="http://www.chelseapsychology.com.au/">www.chelseapsychology.com.au/</a></p>	<p>Currently works with WAIS and High-Performance Gymnasts. She has vast experience in working with adolescents and children.</p>
	<p>Kim Mercer</p>	<p><b>Kim Mercer Psychology</b> Suite 13/38 Colin St, West Perth M: 0409 455 103 W: <a href="http://www.kimmercerpsychology.com">www.kimmercerpsychology.com</a></p>	<p>Kim currently provides support to the AFL Players Association and has been a psychologist at WAIS and the Fremantle Dockers. Kim is part of the Mental Health Referral Network for the AIS, servicing high performance athletes, and has worked with athletes from cricket, tennis, gymnastics netball and cirque du soleil.</p>
<p><b>Dietitian</b></p> <p><i>Dietitians have specialist knowledge in the field of nutrition for athletic performance. They can also assist with injury prevention and overcoming existing health problems.</i></p>	<p>Julie Meek</p>	<p>E: <a href="mailto:julie@juliemeek.com.au">julie@juliemeek.com.au</a> W: <a href="https://www.juliemeek.com.au/">https://www.juliemeek.com.au/</a></p>	<p>Julie is a Sports Dietitian and has worked with athletes from gymnastics, soccer, basketball, football and the WA Institute of Sport. Julie is also mum to one of our junior coaches!</p>
	<p>Simone Allen</p>	<p><b>Nutrition Works</b> Available at Ascend Physio (HBF Stadium) (Wed 1-7) and West Coast Health Lathlain (Tues 1-7) Ascend: 9387 2699 West Coast Health: 6255 1990 W: <a href="http://www.nutritionworks.com.au">www.nutritionworks.com.au</a></p>	<p>Simone is an ex-Rhythmic Gymnastics Coach and works with many sporting teams, including gymnastics. She currently also works with the West Coast Eagles.</p>
<p><b>Remedial Massage</b></p> <p><i>Massage can help release muscle tension and pain, relax muscles and reduce stress.</i></p>	<p>Jayne Evans</p>	<p><b>Subi Sports Massage &amp; Physio</b> 415 Rokeby Road, Subiaco P: 9382 3969 W: <a href="https://www.subisportsmassage.com/">https://www.subisportsmassage.com/</a></p>	<p>Jayne has experience in working in Sports Injury clinics as well as professional sporting teams in the UK. She is trained in many different massage techniques and has provided services to gymnasts, West Coast Fever and Australian Diamonds Netball team.</p>
	<p>Sam Bibard</p>	<p><b>Noranda Chiropractic Centre</b> Suite 6, 36 Benara Road, Noranda P: 9375 1811 W: <a href="http://www.sammassage.com.au">www.sammassage.com.au</a></p>	<p>Sam is an ex-high-level gymnast, and after suffering numerous injuries himself, he went on to study a Diploma of Remedial Massage Therapy, specialising in Sport and Functional Movement. He is skilled in various massage techniques and works out of the Noranda Chiropractic Centre.</p>
<p><b>Podiatry</b></p> <p>Specifically work with lower limb and foot injuries / pain. Can provide athletes with orthotics if they have fallen arches.</p>	<p>Darryn Sargent</p>	<p><b>Peak Podiatry</b> 211 Nicholson Road, Shenton Park P: 9388 9999 W: <a href="http://www.peakpodiatry.com.au">www.peakpodiatry.com.au</a></p>	<p>Darryn has over 25 years of experience in private practice and involvement with elite athletes and sports medicine teams. He has been a podiatrist at the 2000 &amp; 2004 Olympic Games, as well as at the 2006 and 2018 Commonwealth Games.</p>

## **Frequently Asked Questions:**

### **1. Who should I see when my child has an injury?**

- Whether you have sustained an 'acute injury' (*an injury of sudden onset such as an ankle sprain, back pain, shoulder pain*) or have a 'chronic injury' (*overuse injury such as heel pain, elbow pain, shin pain, long term back pain*), we recommend you see one of the Physiotherapists or Sports Doctors above in the first instance. They are vastly experienced with regards to testing, diagnosis, management (exercise/rest) of musculoskeletal injuries and the sport of gymnastics.

### **2. Can I just take my child to our family Physiotherapist?**

- You are more than welcome to take your child to the Physiotherapist of your choice. However, the coaches at NDGC have developed strong professional relationships with the above listed practitioners. They have treated gymnasts for many years and have a thorough understanding of the sport, the apparatus involved, the skills the athletes perform, the repetitive nature and the differing surfaces within a gymnastics facility. When providing the athletes with rehabilitation programs, the above practitioners can provide detailed information on what skills the athlete should/should not do on each apparatus, the number of landings/impact and rehabilitation exercises which are specific to the injury and gymnastics. The above practitioners are also fantastic at communicating with us and are generally a phone call or email away.

### **3. How long should I wait to see a Physiotherapist or Sports Doctor?**

- If the injury results in modified training (load, intensity, hours) for roughly 3 training days, or affects day to day activities, we recommend getting the injury checked out to get your child back to full training as quickly as possible.

### **4. It has been suggested that my child rests completely from gymnastics to help with the treatment of their injury. Is this the best thing to do?**

- Complete rest from sport is not necessary. For example, an athlete who has sustained an ankle sprain can still do upper body and core exercises. Depending on their gym sport, they may even be able to continue to train on some apparatus. We highly recommend injured athletes still attend training (even if it is for half the session) to perform their rehab, strength and conditioning on the uninjured body parts, train the apparatus they are able to, and also to keep in touch with their teammates and coach. Mental wellbeing and inclusion are very important when an athlete sustains an injury.

### **5. How will a psychologist help my child (with their gymnastics)?**

- Whether your child is struggling with time management, bullying, low mood, poor eating habits, tumbling backwards, performance anxiety or motivation, the right psychologist can provide education and specific tools to help your child through their tough time. For example, in situations such as an athlete experiencing a fear of tumbling backwards or performing poorly at a competition due to nerves, a psychologist can help provide athletes with tools and techniques to help them work through these issues. An athlete doesn't necessarily have to be going through a tough time to see a psychologist, a psychologist can also provide athletes with various mental skills training such as imagery, self-talk and breathing, to improve their training and competition experiences.