

Jervis Bay Physiotherapy - Monthly Newsletter

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Newsletter - April.

Our monthly update of all things Jervis Bay Physiotherapy and what our team is up to in the community and the clinic. Including a blog post by one of our physios.



by Jackson Webb, 2025.

The Jervis Bay Physiotherapy team have been working hard over the past few weeks with lots of new clients and existing clients coming through the doors!

Currently if you wish to book in to see us, it is a 4 week wait but we are working on getting this down with recruiting a new Physiotherapist to join our ever growing team!

Please be patient with us while we get our waitlist down and get everyone in to see a Physiotherapist as quickly as we can.

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Weekly Inservices:

by Rebekah

The Physiotherapy team here at Jervis Bay Physio each week meet for 1 hour to discuss complex case studies of our own clients or do an inservice on a topic of interest and help educate each other.

This may include common assessments we do for each area of the body including Vestibular and Vertigo assessments, Knee and Ankles, Shoulder, Neck and Back. These inservices are used as continuing professional development and also a chance for our Physiotherapists to have some time together as a team socially and clinically.

We recently had Zac from VALD Health come and visit us at the clinic to show us all about the VALD systems including HumanTrax, Dynamo and Force Plates. Keep an eye out for these coming to our clinic.

Jo from Jervis Bay Health Choices, also popped in and chatted all things Nurse Practitioner roles and Women's Health. Jo was able to educate the team on her role as a Nurse Practitioner and how she can further help our clients with their injury and lifestyle management, including in depth assistance for women going through menopause and all the life stages.

Group Classes - Term 2 Has Begun!

Term 2 classes have started with the addition of our new high level Parkinson's management class on a Tuesday with Jacqui.

All classes are currently full for term 2, but a term 3 waitlist has started!

Term 2 classes will commence on Tuesday 29th April and Thursday 1st May,

Finishing up on the 1st July and 3rd July 2025.



Our Group Classes:

Tuesday 1pm Parkinson's

Tuesday 2pm Low Level Strength and Conditioning

Tuesday 3pm High Level Strength and Conditioning

Tuesday 4pm Low Level Strength and Conditioning

Thursday 8.30am Low Level Balance

Thursday 9.30am High Level Balance

Thursday 10.30am Parkinson's

Thursday 3pm Low Level Strength and Conditioning



St Georges Basin Dragons Rugby League Club Sponsorship:



2025 Season for our local rugby league team has begun!

The next home match is on Mother's Day on the 11th May 2025 at Francis Ryan Oval, Sanctuary Point. Head down to see our local rugby team beat Jamberoo Super Roos.

[READ MORE ON OUR WEBSITE](#)



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