



Jervis Bay Physiotherapy - Monthly Newsletter

Newsletter

Our monthly update of all things Jervis Bay Physiotherapy and what our team is up to in the community and the clinic.



The past couple of months have been full of excitement and milestones here at Jervis Bay Physiotherapy!

We are thrilled to celebrate the St Georges Basin Rugby League men's team, who finished their season undefeated and claimed the grand final win! It has been a pleasure supporting the team with physiotherapy and helping them stay at their best throughout the season.

A huge shout-out also goes to the St Georges Basin girls team, who made it all the way to the grand final. While they narrowly missed out on the win, their determination and teamwork were truly inspiring.

We were also delighted to host ENOVIS at our clinic, who ran an informative session for our physiotherapy team. It was a fantastic opportunity to explore the latest braces and support tools to better assist our clients on their journey to recovery.

Finally, we warmly welcome Ash, our new Physio Assistant, to the team. Ash has quickly become an invaluable part of the clinic, supporting both our clients and physiotherapists.

These last few months have been about growth, learning, and celebrating achievements – and we look forward to continuing to help our community stay strong, active, and healthy!

St Georges Basin Rugby League Club





One of the standout highlights was watching the St Georges Basin Dragons men's team take out the grand final, finishing their season undefeated with a commanding 24-12 victory over Robertson- Burrawang. We've been proud to work with the team throughout the year, helping with injury management and recovery. Their success is a real credit to their hard work and commitment!

Meet the team!

Ash.



We are excited to welcome Ash to the Jervis Bay Physiotherapy team!

Currently completing a Bachelor of Exercise and Sport Science, Ash works closely with our physiotherapists to provide additional therapy, ongoing maintenance programs, and extra support for our clients.

Outside the clinic, Ash runs Elevate Performance and Coaching, helping young local athletes improve strength, confidence, and performance through both one-on-one sessions and group training.

When she's not in the clinic or coaching, Ash loves being outdoors, spending time with her dog, walking along the beach, and staying active.

Her energy, knowledge, and passion for helping others make her a fantastic addition to our team, and we're thrilled to have her on board!