

Jervis Bay Physiotherapy - Monthly Newsletter

Newsletter - May.

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.



What have we been up to?

It has been a big month here at Jervis Bay Physiotherapy.

Our rugby sponsorship has well and truly begun ! The men and women are back on the field which means we are nice and busy with injury management, injury prevention and lots and lots of tape!

The St Georges Basin Dragons Rugby League Club Women's League Tag and Men's League

teams, have had 2 home games in the past month with great results and minimal injuries to report.

Game 1 - 11th May 2025

Women's League Tag Dragons vs Magpies **18-10**

Dragons vs Superoos **60-0**

Game 2 - Women in League - 18th May 2025

Women's League Tag Dragons vs Storm **6-10**

Dragons vs Kooris **10-6** (Game ceased due to injury)

THIS WEEK'S TOP STORIES

Continued Professional Development:



Nicki, our first year graduate Physiotherapist attended the Australian Physiotherapy Associations' course - Foot and Ankle in Sporting and Dance. Nicki learnt all things common injuries and pathologies, how to assess and manage these conditions. Including the latest research on treatment for foot and ankle injuries in the sporting populations and how Physiotherapists can enhance recovery and return to sport.

Nicki then returned and presented an inservice to our other Physiotherapists. Nicki showed us some new treatment and exercises for foot and ankle care including new taping techniques to ensure ongoing sporting through rehabilitation.

We are looking for our next Physiotherapist!



We are currently looking for our next Physiotherapist to join the Jervis Bay Physiotherapy team.

Jervis Bay Physiotherapy is an independent practice established in 2021. Our mission is to have a Physiotherapy team that does things differently. Focusing on patient-centred care while allowing for flexible and accessible therapy for all walks of life. Alongside in-clinic treatments, we also provide home visits, hydrotherapy, community visits, group classes and sporting events.

The role is flexible with part time hours commencing immediately and then progressing to full time (if able).

If you are interested or know someone who is please contact us or check out our seek ad!

St Georges Basin Dragons Rugby League Club Sponsorship:



Just a reminder for the St Georges Basin Dragon Women's and Men's teams!

We are at every Thursday night training from 5.45pm for the Injury Clinic and checking in prior to the weekend matches.

We will also be at every home game for pre-game assessment, taping and treatment as needed including sideline management of injuries and concussions.



Meet the Team - Jackson:



If you haven't already had the pleasure of talking to Jackson on the phone or seeing him at the front desk - say a warm welcome to Jackson.

Jackson is our new receptionist working on the front desk at our Sanctuary Point clinic. Jackson has previously worked in our local community at Vincentia High School with the Clontarf Foundation and at the Aboriginal Medical Service in Nowra with Out of Home Care. Jackson has 7 years experience in the social work and mentoring sector helping young men and women and has now started his studies towards becoming a Registered Social Workers. Jackson joined the Jervis Bay Physiotherapy team at the front of house in February 2025 but has been part of the team in the background since the beginning in 2021.

Outside of work you will see Jackson at the golfing green, fishing, camping and enjoying the outdoors with his wife and dog.

Say Hi and have a chat with Jackson next time you see him at the front desk of the clinic or behind the camera at the clinic or rugby games!

Team Birthdays - May:



Rebekah - Physiotherapist/Director

Online Bookings:

**3 EASY STEPS TO
BOOK ONLINE**

- 1. VISIT OUR WEBSITE**
Visit our website and select Online Booking
- 2. CHOOSE YOUR CONSULT**
Pick your consult type, pick your physiotherapist, date and time
- 3. BOOK ONLINE!**
Book online and get in to move better, feel better and be better

Select a service or class	
General	
<input type="checkbox"/> DVA Consultation	30 mins
<input type="checkbox"/> Initial Consultation	45 mins (\$110)
<input type="checkbox"/> Initial DVA Consultation	45 mins (\$70.5)
<input type="checkbox"/> Initial Workers Compensation/CTP Review	45 mins
<input type="checkbox"/> Subsequent Consultation	30 mins (\$80)
<input type="checkbox"/> Women's Health Initial Appointment	60 mins (\$150)
<input type="checkbox"/> Women's Health Subsequent Appointment	45 mins (\$125)
<input type="checkbox"/> Worker's Compensation/CTP	30 mins
Physiotherapy Classes	
<input type="checkbox"/> Women's Health Group Exercise Class - Post-Na	60 mins (\$120)
<input type="checkbox"/> Women's Health Group Exercise Class - Pregnant	60 mins (\$120)

Prices include tax where applicable.

Not sure what you need? Please feel free to call us on 0417681328 or send us an enquiry instead.

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Did you know you can book a Physiotherapy appointment online via our website?!

In a few easy steps you can book in for your appointment including initial and follow up appointments. There are specific appointments for Women's Health, Vertigo and Vestibular Physiotherapy, Worker's Compensation and DVA appointments.

Three easy steps !