

Jervis Bay Physiotherapy - Monthly Newsletter

Newsletter - June.

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



On June 1st, we were proud to support the St Georges Basin Dragons in their home game against Robertson.

- The women's League Tag team played a strong game, taking the win 18-10.
- The men's team also had a great match, winning 24-8 with plenty of big tackles and great teamwork.

Our physios were there on the day to help with pre-game taping and half-time injury support. It was a great afternoon all around, and a good reminder of why we love being involved in local sport. You can check out some photos from the day on our Instagram page.

Better Births Conference



Our director Rebekah attended the Better Births Conference in Sydney, a full-day event focused on pregnancy, postnatal recovery, and women's health. It brought together clinicians, researchers, and health professionals from all over the country.

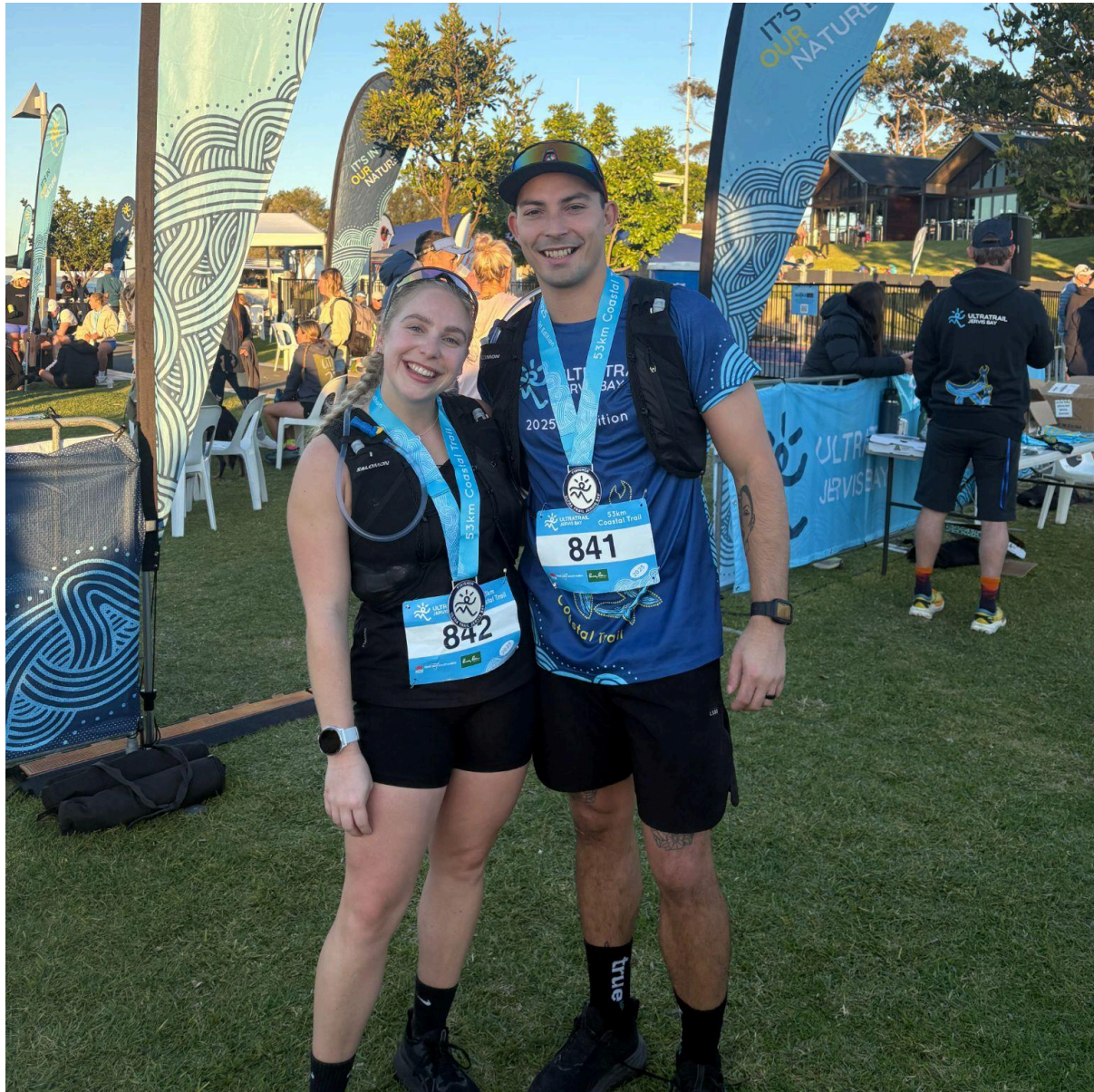
The conference focused on current evidence for safe birthing and improving the birthing experience for mothers including use of acupressure, breathing techniques during labour, midwife focused care and place of birthing including the new Waminda Birthing Centre - set for completion November 2026.

Continuing education like this is important to us — it means we can keep offering the most up-to-date, evidence-based care to the community, especially in areas like women's health and birth recovery.

Jervis Bay Ultra Marathon 54km

This month, Rebekah and Jackson ran their first Ultra Marathon, completing the 54km Jervis Bay Ultra through Booderee National Park.

It was tough — long stretches, tired legs, and plenty of moments that tested us — but crossing that finish line was a great feeling. We're grateful to be able to take part in events like this right here in our own backyard. It reminded us how important movement, challenge, and mindset are — for everyone, not just runners.



Staff Spotlight



We're excited to welcome Nicki, a recent graduate from Western Sydney University (Class of 2024), to the Jervis Bay Physiotherapy team.

New to both the profession and our clinic, Nicki brings great enthusiasm and a strong interest in musculoskeletal physiotherapy. She's particularly passionate about sports recovery, hips, knees, ankles and post-operative care.

Nicki is working closely with senior physios Nathan and Bek as she builds her experience and confidence in private practice.

You'll see Nicki around the clinic—and in the community—on Monday's, Tuesdays, Wednesdays, and Thursdays. She's also getting involved in our group exercise sessions, so keep an eye out!

Outside of work, Nicki channels her energy into training her dogs for agility competitions (and yes, she might just be a dog whisperer).

We're Hiring!



We're currently looking to expand our team with two new roles:

- Part-time Physiotherapist
- Part-time Physiotherapy Assistant

Both roles have the potential to grow into full-time positions. If you or someone you know is a good fit and looking for a coastal change, we'd love to chat. Get in touch with Jackson on 0417 681 328 or email jervisbayphysiotherapy@gmail.com.

Bookings Update!



Our books for new clients are currently closed for the next three months while we work through a backlog of initial appointments and clear our waitlist.

We understand this may be frustrating, and we're doing everything we can to reopen to new clients as soon as possible. Thanks for your patience and continued support – it means a lot to our team.