

## Jervis Bay Physiotherapy - Monthly Newsletter

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# Newsletter - March.

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, 23rd March 2025.

Nathan and Bek got to spend their weekend on the 22nd and 23rd of March working at the local South Coast Touch Championships at St Georges Basin Fields.

Teams across the South Coast region including Berry, Nowra, Culburra, St Georges Basin, Milton/Ulladulla, Sapphire Coast and Batemans Bay all came together for 2 days of touch footy. In the men's teams it was Milton/Ulladulla out on top, mixed teams was Nowra and Women's teams Berry won the competition.

Nathan and Bek worked across both days helping the players prepare and recover with some players participating in 11 plus games per day!  
Lots of tape and cream was used, and of course the compression boots were used lots!

We love helping out our local athletes and weekend warriors play their best and always up for a weekend of watching footy and chatting away with the players!

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## THIS WEEK'S TOP STORIES

# New Physiotherapist

by Rebekah

Our new Physiotherapist Nicki has started!

Nicki is new to the Physiotherapy profession and to our team here at Jervis Bay Physiotherapy. Nicki finished her Bachelor in Physiotherapy in 2024 at Western Sydney University.

Nicki has a keen passion for musculoskeletal Physiotherapy including sports recovery, lower back pain rehabilitation, shoulder and knee injuries and postoperative management. Nicki is under the guidance of Nathan and Bek both assisting her to gain confidence and knowledge across the Physiotherapy field in private practice.

You'll find Nicki in the clinic and in the community on Tuesdays, Wednesdays and Thursdays. You may even see her in our group exercise classes helping out!

When Nicki isn't in the clinic, she is out with her dogs working on their agility and training them for their next event! (Yes she is the dog whisperer).

# Group Classes - Term 2 Are Full!

Our community exercise classes have been a great success in term 1 and we have already cleared the waitlist for Term 2, by adding another class to the week and we are full!

We are taking names for the Term 3 waitlist currently but all classes for Term 2 are officially full. We are so happy with everyone's progress in Term 1 and cannot wait to see what everyone can do in Term 2 with their strength, mobility and balance.

Term 2 classes will commence on Tuesday 29th April and Thursday 1st May, finishing up on the 1st July and 3rd July 2025.

Classes are:

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:



Preseason has begun for the St Georges Basin Dragons Rugby League Club with preseason games already in progress!

First home match is on Sunday 27th April at Francis Ryan Oval (just behind the clinic). Sunday 27th April is a big day of games with the first one starting at 9am and continuing through to the final match at 3.30pm. Head over to watch a day of local footy with Nowra, Shellharbour, Berry and our local St Georges Basin Dragons.

[READ MORE ON OUR WEBSITE](#)



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