

Jervis Bay Physiotherapy - Monthly Newsletter

Newsletter -August.

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

ENOVIS Visits Jervis Bay Physiotherapy



We were excited to welcome ENOVIS into our clinic for an in-service session with our team. ENOVIS is a leader in innovative medical technology and bracing solutions, and their visit gave us the opportunity to explore a wide range of braces and supports designed to aid recovery, improve mobility, and support rehabilitation.

The session included demonstrations of the latest products, hands-on trials, and practical discussions around how different braces can be best matched to patient needs. Our team gained valuable insight into how these devices can be used to complement physiotherapy treatment plans—whether for post-surgical recovery, sports injuries, or chronic conditions.

We'd like to thank the ENOVIS team for sharing their expertise and helping us stay up to date with the most effective tools to support our patients' health and wellbeing

Staff Spotlight



This month we're shining the spotlight on Nathan, who has been a valued member of the Jervis Bay Physio team for over three years.

Nathan brings a wealth of experience to the clinic with special interests in sports physiotherapy, post-operative management, and knee rehabilitation. He's passionate about helping clients return to their active lifestyles and get back to doing what they love most.

With a strong background as a former rugby player and personal trainer, Nathan's skills extend beyond the clinic. He's a Level 2 Strength and Conditioning Coach, a Level 1 APA Sports Physiotherapist, and is also trained in dry needling.

When Nathan isn't supporting clients in the clinic or out in the community, you'll often find him enjoying the beautiful South Coast—whether it's at the beach, paddle boarding, or spending quality time with his family.

Right now, Nathan is also working hard towards an exciting personal goal: competing in his very first triathlon later this year!

Let's all cheer him on—Go Nathan!

Bookings Update!



As many of you know, our appointment books were originally closed due to high demand. We are pleased to share that we are now taking bookings from the end of October.