



**Hornsby Sports Physiotherapy
and Orthopaedic Centre**

98 Balmoral Street, Hornsby NSW 2077

Ph: 9476 2422

To All Mount Colah FC Players and Family

We are fortunate to be involved as the Club's Physio to assist with club member's injuries . My background in sports has come from:

NSW Suburban and Central Coast Rugby Club Physiotherapist (**2004 - Current**)

NSW Club Cricket Physiotherapist (**2004- Current**)

NSW State Soccer Physiotherapist (**9 years**)

Our Services include:

- **SPORTS and GENERAL INJURIES**
 - ✎ ***Sprains, Muscle Tears***
 - ✎ ***Preventative Conditioning Programs***
 - ✎ ***Rehabilitation for Return to Sport***
- **POST OP REHABILITATION PROGRAMS**
- **VIDEO BIOMECHANICAL GAIT ANALYSIS/ORTHOTICS**
- **SHOULDER & BACK STRENGTHENING PROGRAMS**

Players are offered preferential bookings following the weekend games and we offer free assessments at our practice with prior appointment.

We continue to offer Players and Family members **Club DISCOUNT** on treatment, braces, and other rehab products.

Michael Ho-Shon,

Principal Musculoskeletal Physiotherapist

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