



Media Release

6 February 2015

BACK TO SCHOOL SAFELY WITH BODY LOGIC PHYSIOTHERAPY

Physiotherapists Body Logic in Claremont are running free information sessions for parents about the importance of posture and injury prevention for children returning to school after school holidays.

The free community sessions will be at Body Logic's rooms overlooking the Swan River at Bethesda Hospital, and will be facilitated by Nicole Robb - Physiotherapist.

These sessions follow on from Nicole's popular injury prevention classes for teenagers taught last year resulting in attendees improving their posture, strength, coordination and confidence.

Nicole has post-graduate qualifications in Paediatric Physiotherapy and has worked with some of WA's elite sportspeople such as the West Coast Eagles, and State Netball and Rugby under 21 representative teams. She works closely with school-aged kids with various movement and posture problems.

Chris Perkin, Clinical Director & Specialist Sports Physiotherapist at Body Logic Physiotherapy said that 'kids have been spending the school holidays doing different types of physical activities, which are either an increase or decrease of their normal activity levels. Returning to sitting and using computers at school is a perfect time to start good habits. Nicole is at the forefront of children's posture and injury prevention, and we urge families to come along to her information sessions for some invaluable practical advice and recommendations'.

The first session will be at :

- Tuesday 24 February 7pm for a 7:30pm start
Bethesda Hospital Cafe
Ground Floor Bethesda Hospital
25 Queenslea Drive in Claremont

RSVP to this session via email bethesdaadmin@bodylogicphysiotherapy.com.au or phone 9230 6310.

Body Logic Physiotherapists also run children specific classes outlined below as well as see children one on one for assessments and screening of potential problems.

- 4pm Monday - PILATES FOR KIDS & TEENS 10+
- 4pm Tuesday - PREHAB FOR TEENS
- 4pm Wednesday - PILATES FOR 5 - 10 YEARS

There will be more free community sessions offered throughout the year.

www.bodylogicphysiotherapy.com.au

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