

# OUR SERVICES

Through Olympic Sports Clinic we offer patients a wide range of services, including:

- ✓ Orthopaedic/Musculoskeletal injuries - Management
- ✓ Sports injuries
- ✓ Rehabilitation
- ✓ Exercise Physiology
- ✓ Remedial Massage Therapy
- ✓ Pilates
- ✓ Strength and Conditioning
- ✓ Manual Therapy
- ✓ Hydrotherapy
- ✓ Dry Needling
- ✓ Pain Management Chronic and Acute
- ✓ Dietitian
- ✓ Compensable injuries, RTWSA - Work Injuries
- ✓ Motor Vehicle Accidents
- ✓ Department of Veteran Affairs
- ✓ Enhanced Primary Care (EPC) - Chronic Disease/ Diabetes/ Obesity/ Arthritis
- ✓ NDIS - Self or Plan Managed

## SPORTS INJURIES

We provide physiotherapy treatment for sporting injuries, early intervention and advice on returning to sport. Several of our physiotherapists have post graduate qualifications in sports and manual therapy, as well as considerable personal experience in many different sports including cricket, hockey, golf, football, soccer and dragonboat racing.

## COMPENSABLE INJURIES

After being reviewed by your general practitioner, you can call our clinic to make an appointment for treatment of your compensable injury. All we need is a referral from your general practitioner, case manager or rehabilitation consultant.

We encourage active rehabilitation for all patients, and follow the appropriate industry standards to achieve the best outcome. Our extended opening hours mean injured workers can attend treatment at a suitable time for both themselves and their employer.

Olympic Sports Clinic physiotherapists can also supply mobility aids and braces ensuring a more effective return to work.

Winner of the Local Business Awards 2022 for  
**Best Health/Wellbeing Provider**

We will do all we can to help  
you achieve your goals...

We support the  
**ndis**

## HYDROTHERAPY

Olympic Sports Clinic utilises the Sherriffs Road Swimming Centre at Reynella to conduct hydrotherapy classes. Maintained at an appropriate temperature, hydrotherapy can be ideal for the rehabilitation of injuries.

Our Physiotherapist will direct you in the water on the appropriate exercises for your condition, ensuring that you progress through your rehabilitation as planned. External referrals for hydrotherapy are also welcome.



## EXERCISES/ REHABILITATION/ FITNESS/ CLINICAL PILATES

At Olympic Sports Clinic (OSC) we offer customised and tailored exercise and rehabilitation programs. We cater for all age groups and level of function. Whether you are an elite athlete, a recreational athlete, or just looking to improve your strength, conditioning, balance and fitness, we can design an appropriate program for you.

At OSC we have specialised multi gym and rehabilitation equipment including Pilates machines (Reformers and Trapeze), exercise bands, free weights and smart balls to facilitate your exercise program.

Olympic Sports Clinic has Sports and Musculoskeletal Physiotherapists and an Exercise Physiologist who provide professional services in the area of exercise as a treatment strategy, helping to establish and sustain functional independence.



**DID YOU KNOW THAT  
PHYSIOTHERAPY CAN HELP  
YOU LIVE YOUR BEST LIFE?**

**Ph: 8387 2788**  
[www.olympicsportsclinic.com.au](http://www.olympicsportsclinic.com.au)



**GENERAL PHYSIOTHERAPY  
EXERCISE PHYSIOLOGY  
SPORTS INJURIES  
MASSAGE THERAPIES  
PILATES · HYDROTHERAPY**



### LOCATIONS

4/10 RAMROD AVE, HALLETT COVE  
26 OLD COACH RD, ALDINGA  
234 HONEYPOT RD, HUNTFIELD HEIGHTS

olympicsportsclinic

# OUR TEAM



**HARMEET SINGH SETHI**

*Director and Principal Physiotherapist*

- ✓ B.P.T. Masters (Orthopaedics, Sports and Manual Physiotherapy)
- ✓ APA Sports, Exercise & Musculoskeletal Physiotherapist
- ✓ Member of the Australian College of Physiotherapists' (MACP)
- ✓ Member of the Australian Physiotherapy Association

Being an APA (Australian Physiotherapy Association) Musculoskeletal and Sports and Exercise titled Physiotherapist, Harmeet has more than 20 years of experience in treating sports injuries, musculoskeletal conditions and the management of chronic pain disorders.

He was awarded the prestigious Marie Hammond award for outstanding performance in the Masters of Orthopaedics, Sports and Manual Physiotherapy, and has a special interest in treating complex musculoskeletal conditions and injuries and also in the assessment and treatment of vertigo (BPPV-Benign Paroxysmal Postural Vertigo).

He also teaches at the University of South Australia as a Clinical Educator for students undergoing post graduate training in Masters of Physiotherapy.



**STEPHEN MOSS**

*Physiotherapist*

- ✓ Bachelor of Physiotherapy
- ✓ Member of the Australian Physiotherapy Association

Steve began his career in Roxby Downs where he was the sole provider of physiotherapy services to the Roxby Downs community. Since joining OSC in 2004 he has focussed on musculoskeletal and sports injuries, orthopaedic rehabilitation and occupational treatment and assessment, and works with Community Health, providing services to a range of clients including cardiac and pulmonary rehabilitation, orthopaedic rehabilitation, and assisting elderly clients with maintaining independence in their own homes. Steve also worked in the UK with orthopaedic rehabilitation and rehabilitation of military personnel.



**JASPREET KAUR**

*Physiotherapist*

- ✓ Bachelor of Physiotherapy

Since graduating in 2012, Jaspreet has worked in a variety of settings including an Intensive Care Unit (Medical and surgical) to provide respiratory care rehabilitation, joint replacement rehabilitation (short term and long term) and in home rehabilitation.

As an experienced Physiotherapist, she has extensive experience with soft tissue and manual therapy techniques to treat sports and orthopaedics conditions. She is also a Certified GLA:D Practitioner for treatment of Osteoarthritis.



**SHAVINDER SINGH**

*Physiotherapist*

- ✓ Bsc. Applied Rehabilitation (Physiotherapy)
- ✓ Dip. Physiotherapy
- ✓ Member of the Australian Physiotherapy Association

Shavinder graduated in 2011 with a Bachelor of Physiotherapy from the University of Teesside UK, and a Diploma in Physiotherapy from Malaysia where he worked with Orthopaedic and trauma units as well as Sports Medicine teams. His areas of interest include: Rehabilitation of Arthroscopic Repairs (especially multi-ligament repairs of the knee and shoulder), management of chronic pain, spinal manual therapy, myofascial release, Kinesiotaping, Anatomy trains and a muscle energy technique called The Emmett Therapy and is an advanced Practitioner in dry needling.



**KEYUR WAGHELA**

*Physiotherapist*

- ✓ Bachelor of Physiotherapy
- ✓ Masters of Physiotherapy
- ✓ Member of the Australian Physiotherapy Association

Keyur has more than 14 years of clinical experience having graduated from India in 2007. He has worked in Hospitals, Clinics and Home health care. Keyur has a Masters in Physiotherapy (Cardio-Respiratory Sciences) and has a special interest in vestibular rehabilitation to assist patients with vertigo and associated balance issues.



**ALEX JOSIPOVIC**

*Exercise Physiologist*

- ✓ Master of Clinical Exercise Physiology
- ✓ Bachelor of Health Science (Sport and Exercise Science)

Alex has special interest in musculoskeletal rehabilitation plus strength and power movements for athletic performance, neurological rehabilitation including stroke and neurological disability and metabolic management through exercise.



**MICAELA BUDGEN**

*Massage Therapist*

- ✓ Diploma Remedial Massage
- ✓ Member Massage and Myotherapy Association
- ✓ Usui and Seichim Reiki Practitioner

Micaela achieved her qualification in 2008. She is trained in Reiki 1 and 11 and Universal Healing Energy. She provides Reiki Traditional Swedish and Remedial Massage Therapy. Modalities include Manual Lymphatic Drainage, Trigger Point, Myofascial Release, Pregnancy, Disability (Intellectual and Physical), Deep Tissue and Sports Massage.



**RYAN LEINFELDER**

*Massage Therapist*

- ✓ Diploma Remedial Massage
- ✓ Australian Traditional Medicine Society

Ryan achieved his qualification in 2011. He uses Myofascial Release, Deep Tissue massage, Trigger Point techniques, and Acupressure to treat pain and dysfunction.

**Languages spoken include:**  
English, Gujarati, Hindi, Kashmiri, Malay, Marathi, Punjabi, Sindhi, Urdu.