

Frankston Netball Junior Team Screening

The Physiotherapists, Podiatrists and Exercise Physiologists at Langwarrin Sports Medicine Centre have been busy “screening” the Frankston Netball Junior Representative Squads over the past few weeks.

75 girls have undergone a myriad of musculoskeletal and biometric tests to ascertain their strengths and weaknesses leading up to the 2015 season opening.

Some of the areas assessed included:

Lumbar spine: Posture, confirmation, range and quality of movement

Calves: Measuring calf strength via single leg calf raises

Legs: Maintaining correct alignment through the ankle, knee, hip and pelvis when hop landing

Posture: General pelvic/spinal position and symmetry with any signs of scoliosis/kyphosis

Movement: Running assessment looking for problems in gait

Sports Physiotherapist Lachlan Goodison commented that “From such screenings, individual deficiencies are identified and targeted to pro actively identify injury risk and mitigate it through specific exercise prescription. It was a process that the girls really enjoyed and it gave parents a great insight into where and how their daughters needed to improve”.

The joint initiative between Frankston Netball and Peninsula Sports Medicine Group will be repeated each year going forward before season openings.

Edithvale Primary Twilight Fair

Last Friday, Edithvale Primary School was transformed into a delightful and fun amusement park for children of all ages at their Twilight Fair. There was lots to see and do for everyone, with thrilling rides, stalls, silent auctions, show bags, raffles, delicious food and much more.

Edithvale Physiotherapy Clinic was privileged to be the major sponsors of the event. With our own stall set up, our masseurs and physiotherapists provided free treatment for anyone who came by. There were few people who passed up on the opportunity to unwind, relax and enjoy a moment of pure relaxation as they received therapeutic neck and shoulder massages! It was great to meet so many new faces and chat to all.

The Twilight Fair was a smashing success and we cannot wait to see what they have in store for next year!

Lachlan the “Double Shark Bait”

Saturday 10th Jan saw senior partner Lachlan Goodison swim his 20th Lorne Pier to Pub swim and be awarded the “Double Shark Bait” medallion. Not sure in this photo if he is indicating how big the shark was or that he thinks he kicked a goal!! Certainly the female announcer thought his finishing time was a Joke!

There is always next year LG!

PSM Netball team wins the Grand Final!

CONGRATULATIONS!!

The **PSMG Mornington Physio netball team** was formed half way through this year while we were out for reception drinks. We finished the season 3rd on the ladder so had to play two finals to get into the Grand Final. We won both of the finals convincingly and the Grand Final was last night.

We won 28 – 23 against Karingal. **Woohoo...**

Congratulations to the following: Jo Housden, Danielle Watson, Teri Osborne, Tracey Snooks, Skye Work, Jess Smith, Eliza Jobling & Caitlyn Everitt who were the Premiership players. Tracey was awarded best on court as voted by the umpires – extremely well deserved.

A huge thankyou to all our supported throughout the season & the huge crowd last night. A very big thankyou to Clinton from our Mornington Branch who is our major sponsor & supplied us with our uniforms. Very much appreciated.

Our 2nd season starts **15th Jan**. Lets see if we can go back to back...

Ros Zeuschner – Coach