

Jon Park appointed as the Australian team physiotherapist for International Motorcycling Federation Six Days of Enduro (ISDE) event

Peninsula Sports Medicine Group Director, Jon Park, has recently been appointed the Australian team physiotherapist for the FIM (International Motorcycling Federation) International Six Days of Enduro (ISDE) event in Spain, October 11-16th 2016.

The ISDE is one of the oldest 'off road' motorcycle events on the FIM Calendar. It is a multiple stage dirt bike race, with the best Enduro riders from Australia and around the world competing as teams. The event has over 700 riders from 35 countries.

Australia will have four riders in the senior team, three riders in the junior team and a women's team. Australia are the current world champions, winning the three women's world trophies, junior world trophy and world trophy at the FIM ISDE 2015 in Slovakia.

Jon has been the Chief Physiotherapist for Australian Motocross & Supercross as a senior member of the RACESAFE Medical Team for the past seven years. He was the sports physiotherapist for the FIM international speedway GP held at Etihad stadium 2015 and has been appointed to this position again this year.



IMAGE COURTESY OF:
<http://www.mcnews.com.au/2016-isde-senior-australian-trophy-teams/>

Jon says “In a Six Day Enduro the important thing is keeping each rider as fit as possible each day”

“With highly technical courses it is common for these riders to have a crash or two over the six days. The nature of the sport will mean many of them will carry injury or soreness/ joint restriction from previous injury into the race.”

“My role is to help the athletes manage these aches and pains over the six days. Many of the riders I have treated at some stage over the past seven years or am currently treating in preparation for upcoming events.”

Congratulations to Jon on his appointment.

For more information visit <http://www.fim-live.com/en/>