

BOROONDARA EXPRESS: *Victorian Netball League Club*

PREVENTION INJURY MANAGEMENT PERFORMANCE PROGRAM (P.I.M.P)

- Aidan Rich APA Sports Physiotherapist, Lifecare Ashburton
- Lisa Middleton Advanced Sports Dietitian, Lifecare
- Leah Fogarty Personal & Performance Psychologist, Between The Ears
- Dr Sue Reddish General Practitioner, Deakin University
- Dr Lyndell Bruce Sports Science & Performance Analyst
- Simon Moule Strength & Conditioning Coach, Sports Science
- Simon Olive Director Anytime Fitness, Kew & Balwyn



Boroondara Express P.I.M.P program:

The program is designed to HELP you in PREVENTING illness and injury, facilitating your RECOVERY from injury and MAXIMISING your performance, both physically and mentally.

PROGRAM:

- 1) Group presentations as required
- 2) Questionnaires – General medical, Nutrition, Mental Health, Injury Prevention
 - players identified to be “at risk” will be contacted directly by the relevant health professional to organise a private individual assessment at the rooms.
- 3) Our allied health professionals have provided a discounted rate for Boroondara Express players (see below)

COSTS:

If you have Private Health Insurance + relevant Extras

- A doctor’s referral is not required to see a physio, dietitian or psychologist
- Depending on your level of cover, you may claim a rebate off the cost of the appointment from your insurer
- There are no Medicare rebates applicable

If you are Uninsured or have no Extras cover

- A GP referral will enable you to claim a rebate from Medicare off the cost of your allied health appointments
- The following “referrals” are available from a GP:
 - Psychologist: Mental Health Care Plan (MHCP) enabling up to 10 visits / calendar year with a psychologist
 - Physio / Dietitian: GP Management & Team Care Arrangement Plans IF the problem has/will be present for > 6 months AND there are at least 2 other health care providers involved in your care ie) GP + dietician + physio or GP + surgeon + physio. This enables up to 5 visits for allied health professionals /calendar year

GP visits

- All GP and specialist doctor visits are claimable from Medicare regardless
- Out of pocket costs will depend on what/if your doctor charges over the Medicare rebate
- You can organise GP plans / MHCP via your own local GP by making an appointment and providing them with the relevant health professional details (above) – with regard to continuity of car, this is preferable
- Alternatively, Sue can organise to see you at Deakin University Medical Centre if required

GENERAL HEALTH

All our health practitioners (dietitian, physiotherapist, psychologist, GP) would be happy to see you for any relevant health related issue as required.



HEALTH PROFESSIONAL CONTACT DETAILS & COSTS 2016/17

SPORTS PHYSIOTHERAPISTS: AIDAN RICH, LAURA ANDERSON & YINKA OLORUNNIFE	
<p>Aidan > B.Physio, M.Sports Physio Laura > B.Science, B.Physiotherapy; Pilates Instructor Yinka > Doctor of Physiotherapy; Pilates Instructor</p> <p>Contact: aidanrich@gmail.com 0428 506 126 www.aidanrich.com.au</p> <p>Contact: lk.anderson24@gmail.com 0401 077 025</p> <p>Contact: yolorunnife@yahoo.com</p> <p>ALL W: 9885 8961 www.ashburtonphysiotherapy.com.au</p>	<p>Identify at risk players from Injury Prevention questionnaire Initial assessment of injuries during matches & training Ongoing management of injuries at training / LifeCare</p> <ul style="list-style-type: none"> • Lifecare Ashburton • BSC Mon 6 – 7pm note booking required via sms (Aidan & Laura) • VNL Championship matches (Yinka) <p>Note: Div 1 and 19U matches covered by physiotherapists Madi Taylor and Shannen Bertram respectively.</p> <p><u>COSTS:</u> \$70 per visit (usual \$98) Less private health Insurance rebate OR Less Medicare rebate \$54 if you have a GP plan (above) ie) \$16 out of pocket cost</p>
SPORTS DIETITIAN: LISA MIDDLETON	
<p>B.Applied Science, M.Nutrition& Dietetics Graduate Certificate of Sports Nutrition Personal Trainer (fitness)</p> <p>Contact: lisa@lisamiddleton.com.au 0414 574 678 W 9885 8961</p> <p>www.lisamiddleton.com.au</p>	<p>Identify players at risk from Nutrition questionnaire Group Nutrition workshops Advise re hydration & body composition testing / monitoring</p> <ul style="list-style-type: none"> • Lifecare Ashburton, Tues pm, Sat am <p><u>COSTS:</u> \$100 initial visit (usual \$140) \$65 review visit (usual \$85) Less private health insurance rebate OR Less Medicare rebate of \$54 if you have a GP plan (above)</p>
PERSONAL & PERFORMANCE PSYCHOLOGIST: LEAH FOGARTY	
<p>B.Science.Hons; Grad.Dip. Science; M. Applied Psychology</p> <p>Contact: leah@betweentheears.com.au 0407 996 383</p> <p>www.betweentheears.com.au</p>	<p>Identify players at risk of mental health issues using the K10 Private appointments with a Mental Health Care Plan Team culture workshops</p> <ul style="list-style-type: none"> • Armadale, 3 – 7pm Mon – Thurs; Tues & Thurs during the day <p><u>COSTS:</u> \$145 per session (usual \$170) Less private health insurance rebate OR Less Medicare rebate of \$85 if you have a GP MHCP plan (above)</p>
GENERAL PRACTITIONER: SUE REDDISH (if required)	
<p>Contact: suereddish@deakin.edu.au</p> <p>If you are a current Deakin student / staff you can book on-line via the Deakin website. If not, please email me directly and I can set you up as a “community patient”.</p>	<ul style="list-style-type: none"> • Deakin University, Building B, Level 2, Burwood Hwy, Burwood • M, T, W, Th /F <p><u>COSTS:</u> All consultations including GP plans / MHCP are bulk-billed All blood tests etc are performed on-site and also bulk-billed. ie) no out of pocket costs</p> <ul style="list-style-type: none"> • Expedited referral to surgeons and other specialists • GP Management Plans and Mental Health Care Plans • General Women’s health issues, travel vaccinations