

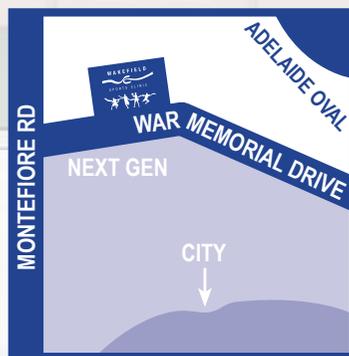
What to Expect

- An initial comprehensive individual assessment with our physiotherapists who are experts in rehabilitation and sports physiotherapy.
- A comprehensive 45 minute group session with a qualified APA Sports Physiotherapist. Groups are limited to a maximum of 6.
- All sessions are held at Next Gen.
- All sessions can be claimed under ancillary cover of your private health fund. Please check with your health fund for more information.
- A copy of the WSC Knee Club timetable is available from our website at www.wakefieldsports.com.au or by calling 8221 7000.

Our fun, motivating and positive group environment will support your rehabilitation journey.



Finding Us...



NEXT GEN

First Floor, War Memorial Drive
North Adelaide
8221 7000



Opening Hours:

Monday - Friday: 8am - 6pm
Saturday: 8am - 12pm
Sunday: Closed

WWW.WAKEFIELDSPORTS.COM.AU



WSC KNEE CLUB



The best care for sporting bodies.
Leaders in orthopaedics.

Knee Injury

Anterior Cruciate Ligament (ACL) rupture is a common injury during adolescence and early adulthood. It is especially prevalent in jumping, landing and multi-directional sports. An ACL injury can be devastating, especially for young people where sport is an important part of daily life. With rehabilitation following an ACL reconstruction extending over a twelve month period, diligence and a methodical approach is required for a successful outcome.

Many recreational and elite athletes do not achieve acceptable knee function by 12 months following surgery. Research suggests only 55% return to competitive sports. Functional deficits may remain despite performing at a high athletic level. 25% of athletes will re-tear their ACL, with many tearing the ACL on the opposite leg. Therefore, prevention of a 2nd knee injury should be a key component to your rehabilitation.

Performance Enhancement
+
Injury Prevention
=
Injury
Rehabilitation



Why WSC Knee Club?

The WSC Knee Club program has been developed by our highly experienced sports physiotherapists to enhance the rehabilitation from serious knee injuries.

Our main objective is to help you return to your sport and to prevent a second injury. WSC Knee Club is for all types of knee injuries and similar programs have been proven to help prevent ACL injury. We welcome all aspiring athletes to help them improve their lower limb strength and performance.

Getting Results

Our sessions focus on safely returning to sport by:

- Improving strength, power and endurance for the lower body and core.
- Enhancing movement patterns and postural control.
- Dynamic balance retraining.
- Dynamic strengthening of the core and lower body.
- Plyometric training.
- Incorporating functional and sport specific drills.
- Perturbation training.

