



PHYSIOTHERAPY @ SPORT

PERFORMANCE PRECISION PREVENTION





INTRODUCTION

We, the partners of Hector, Naidoo and Associates (HNA), would like to thank you for giving us the opportunity to provide you with our proposal. This document delineates our response to the requirement for physiotherapy services and discusses HNA's value proposition if selected to provide such services.

Physiotherapy @ Sport is a service offered by HNA, an accredited and professionally registered healthcare provider. We provide sports physiotherapy services and are based within the Western Province in South Africa. Our Physiotherapy @ Sport team has more than 40 years of combined sports conditioning and rehabilitation experience, utilizing cost effective service delivery models to clients across multiple sporting codes.

Vision

To be a world class provider of affordable and accessible sports physiotherapy services.

Purpose

Optimize physical function through science.

Values

Passion for People
Quality Service
Performance Pride
Lifetime Partnerships



All our physiotherapists have experience in and are actively involved with sport and conditioning. We are passionate about rehabilitative exercise and helping athletes achieve optimal athletic performance. It is our goal to safely rehabilitate and improve our clients functional ability in the fastest time by utilising leading technologies and research based treatment techniques in the environments that they are required.

At Physiotherapy @ Sport we pride ourselves in supplying a professional service at all levels of competition and through all phases of rehabilitative sports medicine, from acute injury management to post-operative rehab and return to sport.

Our Physiotherapists are team players and would easily fit into, and add onto, any existing support medical staff. We are also part of an extensive referral network and if required our clients will have access to numerous members of the multi-disciplinary team.



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MOVEMENT &
RECOVERY

MOVEMENT & RECOVERY

Sports rehabilitation is a treatment modality often recommended for injured or weak athletes of all ages suffering from any sports injury. Rehabilitation program helps in quick recovery, reduces pain, promotes movement of the stiffed muscles at injured site, restores normal function of the injured site, and prevents recurring damage to the injured tissue.

Our Physiotherapist can:

- Optimize return to sports after injury
- Resolve chronic pain and prevent further injury
- Enhance sporting performance and sports technique
- Increase flexibility, muscle control and strength
- Educate players on how to self-manage their condition

Our Physiotherapists are highly trained and experienced in:

- Crisis management, enabling them to take immediate care of injuries on the game day – all have Cardio Pulmonary Resuscitation and First Aid certificates
- Providing skilled diagnosis of sporting injuries
- Correcting muscle imbalances and posture
- Prescribing exercise programs for specific injuries
- Biomechanical analysis of sports technique to improve sports performance and prevent injury
- Providing education about injury management, prevention and maximizing sporting performance
- Designing stretching programs for teams and individuals
- Advising on appropriate warm up, cool down and recovery programs
- Providing musculoskeletal screening and injury prevention programs
- The provision and coordination of physiotherapy coverage at sporting events
- Liaising with coaches and members of the allied health care team to ensure a coordinated approach to maximize player performance

TEAM SERVICES

Pre-Season

- Pre-season screening (fitness testing and injury vulnerability assessment) of players.
- Postural assessment of players
- Development of individualised Prehabilitation programs for 'at risk' players.
- Management of players Prehabilitation program with the HNA national physiotherapy team (based in 4 provinces in SA)

Training Sessions (If required)

- The dedicated physiotherapist will be at the club during all training sessions, available to assist with training, assess injuries and manage players rehabilitation programs.
- Report back to coaching staff with regards to player progress.

Event Day

- The dedicated physiotherapist/s will be present at the event/game day
- We can supply our own gazebo, portable plinth as well as other necessary electrotherapy modalities (Cryotherapy/TENS/Ultrasound/Ossicaltion therapy/Hypervolt).
- Pre-match responsibilities of the physiotherapist would include: player strapping and any last minute minor player adjustments (massaging/stretching).
- During the event the therapist would work with medical staff in 'on-field' assessment and treatment of players as well as provide advice on whether it is safe for the player to continue playing.
- Post-match physiotherapy would comprise of injury assessment, for both new and known injuries, as well as adequate recovery in the form of massage or hydrotherapy (as available).

Additional game day services could include player warm-up and cool down protocols if required as well as massage services at the hotels of players at a fee for service model.



Fig. 1 Physiotherapy @ Sport

1) **Injury Prevention** - Baseline assessments can be done (where required) to ascertain critical baseline measures such as:

- Flexibility testing
- Muscle testing
- Balance testing
- Postural assessment
- Proprioception testing

2) **Injury management** - A Comprehensive 4 part assessment of injuries will be done to identify psycho-social aspects, physical diagnostic testing and problem identification. Thereafter a tailored treatment plan will be developed specifically for each injured players. This will be followed up with intense injury prevention conditioning to curtail the reoccurrence of injuries.

Physiotherapy @ Sport utilises the latest, scientifically based, treatment techniques in the management of player injuries making extensive use of electrotherapy, manual therapy, dry needling, kinesiology taping, proprioceptive retraining, plyometric training and sport specific rehabilitation and exercise prescription.



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TEAM SERVICES

WHY PHYSIOTHERAPY @ SPORT

- We have the expertise and know how to services players and all their associated injuries
- Our business has a national footprint and is positioned geographically to support the majority of players with their rehabilitation thereby maintaining a central database of player injury profiles and management.
- We have 6 out-patient facilities situated strategically in the Western Cape to support players with their rehabilitation needs
- We have state of the art rehabilitation equipment
- We make use of international exercise prescription software which will augment player's rehabilitation as they continue with rehabilitation on their own
- We offer a home-based physiotherapy service for players who are unable to attend services offered at our out-patient facilities.
- We have access to a hydrotherapy pool in Tokai where we can offer tailored aquatherapy rehabilitation services
- Both the co-founders of HNA are involved in academic teaching at the University of Cape thereby ensuring that all of the HNA physiotherapists utilize the latest best operating practices and evidence-based practice in sports rehabilitation.
- HNA has been operating since 2009 and the management team has developed an efficient standards management system to ensure that all stakeholders remain happy with the service offering.
- Some teams that we have supported with physiotherapy service are Western Province cricket team, Vasco Da Gama FC, FC Fortune, Ubuntu NFD team, SKW Rugby Club, WPRA (Western Province Rugby Academy) and SA Touch Rugby team that went to the World Cup in 2019, and Santos FC just to mention a few



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MANAGEMENT
TEAM

THE PROFESSIONAL TEAM

At Physiotherapy @ Sport, our primary focus is to help our players with musculoskeletal and sports injuries return to activities and sports they love as safely and effectively as possible. Our highly trained and educated team employs an individualized approach to treat our patients through a combination of evidence-based therapeutic exercises, manual therapy, neuromuscular rehabilitation techniques, and therapeutic modalities

Marc Naidoo Co-Founder

Marc has been a physiotherapist since 2003 and then went on to complete his Masters in sports physiotherapy in 2007 and his Ph.D. in 2018 specializing in rehabilitation. He has more than 12 years of experience in the sports arena.

Robyn Hawes Physiotherapist

Robyn graduated from UCT in 2012. She has a keen interest in sports physiotherapy and high performance conditioning of players. She has gained experience in the sports arena by being the physiotherapist at SKW Rugby Club, Milnerton High School Rugby, IPT experience (Junior and Senior), Craven week, UBUNTU NFD Team, WPRA (Western Province Rugby Academy) and SA Touch Rugby Team that went to world cup.

What Makes us Elite

- Experienced, well-educated professionals
- Personal, individualized care
- State-of-the-art equipment
- Convenient location and unique facility
- Caring and friendly staff
- Flexible scheduling
- Injury assessment and management
- Injury prevention training programs
- Personalized home exercise programs

Leron Hector Co-Founder

Leron graduated from UWC in 2007. He worked as a locum physiotherapist at Sport Science Physiotherapy Centre. During this time he was also the sport physiotherapist for a local rugby club and also provided physiotherapy support for the ABSA Cape Epic Cycle Tour and Two Oceans Marathon.

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