

## Dry Land Program Quick Fact Sheet

**Trainer/Exercise**

**Physiologist:** Glen Humphris

**Physiotherapist:** Kim Findlay

**Studio location:** Platinum Physiotherapy  
Riverside Office Tower  
Level 1, 69 Central Coast Hwy  
West Gosford, NSW 2250

**Admin contact:** Melissa Chidgey – Office Manager – 4324 5668  
[melchidgey@platinumphysiotherapy.com.au](mailto:melchidgey@platinumphysiotherapy.com.au)

**Training time:** Wednesdays 4:30pm-5:15pm  
(Please call if you are unable to make a training session or consult.)

**What to bring:** Please bring a drink and towel to each training session along with suitable training clothes and supportive footwear.

**Communication:** We will be communicating with your swim coach on a regular basis.

**Terms &**

**Conditions:** Hicaps facilities will be available to claim health fund rebates at each visit.

Missed training sessions or consults must be made up within one fortnight.

## Dry Land Program

### **Program objective:**

Provide swimmers with a safe and technically sound swim specific functional dry land training program. By instilling the correct techniques early, swimmers will optimise function helping to prevent injuries that may arise due to incorrect overuse. Identifying any biomechanical asymmetries or structural dysfunction which can then be rectified and therefore preventing further dysfunction or injury associated with repetitive load sport.

### **Program overview:**

Swimmers will undertake an initial postural and biomechanical analysis with the physiotherapist. This data will be collaborated with fitness, strength and flexibility testing conducted by the exercise physiologist. A customised, personal exercise program based on these findings will be devised by the physiotherapist and exercise physiologist. Dry land sessions will then be carried out weekly by our accredited exercise physiologist. The physiotherapist will conduct a formal assessment six weekly, ensuring the swimmers are achieving their personal strength, fitness and swim goals. The physiotherapist will also be readily available to assess any injuries throughout the season.

### **Program principals:**

#### **Kim Findlay - Physiotherapist (B.APP.SC PHTY, Masters – WINGtOR, CredMDT)**

Kim graduated from University of Sydney in 2002 and has also completed a postgraduate Masters Degree in Workplace Injury Management and Occupational Rehab, is a credentialed McKenzie Therapist and manual-handling educator. Kim has extensive experience in Sports Injuries, Musculoskeletal Problems, Manual Therapy, Clinical Pilates, Rehabilitation, Exercise Therapy and Paediatrics.

Kim is a keen Surf Life Saving competitor, recently bringing home numerous medals at the 2014 Nationals, and has a specific interest in swimming and biomechanics. Kim is also the Director and founder of Platinum Physiotherapy.

#### **Glen Humphris - Accredited Exercise Physiologist (B. ExSPSCI, M.EXPhys)**

Glen has completed his Masters of Exercise Physiology at the University of Sydney and has over six years' experience working within the health and fitness industry. Glen specialises in the delivery of graded exercise therapy and lifestyle interventions to promote overall healthy well-being.

Glen has a special interest in developing exercise modification programs which focus on the individuals strengths and weaknesses to help them best achieve their goals. He is also health fund accredited.

## Program outline:

**Initial assessment:** \$90 – one on one

Conducted by Kim (Physiotherapist) this assessment will incorporate a postural and biomechanical analysis. This includes taking functional based objective baseline measurements. It is also a requirement that parents or guardians be in attendance for this session. Kim will then review findings with Glen (Exercise Physiologist) and together they will produce a report based on these to make available to the coach and parents, where requested.

**Ongoing training:** 45minutes per week - \$20 per session – group training

Glen will then see the swimmer once per week for dry land training. This is again conducted in the expansive gyms situated within Platinum Physiotherapy. During these sessions they will go through the individualised program, adapting this week to week.

**Ongoing physiotherapy:** Every 6 weeks - \$70 per session – one on one

Kim will reassess swimmers every 6 weeks to ensure that known anomalies are improving and any new situations may be addressed. She will also conduct weekly case reviews with Glen at no extra charge, to provide feedback regarding any developments which arise between these consults.

## Financial structure:

After the initial consultation of \$90, a six week program will cost in total \$185, all of which may be claimable under your Physiotherapy or Exercise Physiology health fund coverage. To remove the burden of a lump sum, we will be accepting payment on a pay as you go structure. This will allow swimmers to pay their \$20 per training session and \$70 per physiotherapy consult on the day, and therefore have on the spot access to any eligible health fund rebates.

The majority of health funds now provide extras coverage of 60% or more for both Physiotherapy and Exercise Physiology.

If the swimmer is entitled to an enhanced primary care plan (epc) from their regular treating doctor, this may also be used to cover 13 training sessions at no additional cost, assuming they are eligible for all 5 epc sessions allocated in a calendar year. Please ask our reception staff or your regular GP for more details regarding Enhance Primary Care Plans.

