



- ✓ Pre Event Massage
- ✓ Recovery Massage
- ✓ Assessments
- ✓ Advice



# 2023 COUNTRY CHAMPIONSHIPS

This year Barwon Sports Physiotherapy are partnering with Geelong Athletics and Athletics Victoria to offer specialist Physiotherapy and Myotherapy services to all athletes at the 2023 Country Championships held at Landy Field, Geelong Jan 26-28th.

## PRE- & POST-RACE MASSAGE - 10 MINS \$15

- Pre-Race massage to get your ready to perform at your best.
- Post-Race massage to help you recover from your previous event and/or prepare for your next!

## FREE ASSESSMENT/ADVICE

- If you have any injury concerns while competing please come see us for a free assessment
- Or if you would like some advice on anything injury or Strength & Conditioning related please come and ask!

## DEEP TISSUE TREATMENT - 20 MINS \$40

- For those wanting a little more longer/deeper treatment
- Treatment of multiple body parts

Barwon Sports Physiotherapy is one of Geelong and surrounding areas leading sports Clinics, specialising in Sports Rehabilitation and Athlete Development. We work with Community and Professional Athletes to help them get the best out of themselves, regardless of their level of competition.



On Site (Grass area next to main office):

Thurs 10am - 6pm

Friday - 9am - 6pm

Saturday 9am - 2pm

For More Information or to pre-book:

[info@barwonsportsphysio.com.au](mailto:info@barwonsportsphysio.com.au)