



**MEDIA RELEASE**

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## **New SportsCare Physiotherapy Clinic and anti-gravity BOOST Treadmill give Dickson a BOOST**

SportsCare and Physiotherapy today officially launched their new Dickson premises on Woolley Street. The launch coincided with the reveal of their new anti-gravity Boost Treadmill – the first of its kind in Canberra – launched today by ACT Chief Minister, Andrew Barr.

“We have opened our new Woolley Street premises because we were looking for a presence in a vibrant location, closer to where the major redevelopments were happening,” said SportsCare Director and Sports Physiotherapist, Graeme Sproule.

“We sought a larger gym space to accommodate new trends in rehabilitation, and to better care for our sporting clients in and around Dickson, which is completely worth investing in,” continued Graeme.

And invest they have. Graeme today unveiled the most exciting investment news as the installation of the new anti-gravity Boost Treadmill – the first of its kind in Canberra- and one of only 20 in Australia. Valued at over \$71,000, the Boost Treadmill will be available for public use and aids in the recovery and rehabilitation of SportsCare clients.

“The Boost Treadmill helps clients by reducing their effective weight when full weight bearing is not allowed or painful. It can be used in training allowing the athlete to run at a higher speed than they otherwise could at 100% weight bearing, or to run at high speeds to allow faster recovery for a given session,” said Graeme.

Chief Minister Andrew Barr today said it was great to be launching SportsCare’s second Dickson premises and the new Boost Treadmill, as it’s an example of a local business which has gained the confidence to invest and expand in Dickson.

“I am proud to see the development that has been going on in Woolley Street of late, one because we are realising the Woolley Street Project and the broader revitalisation of the Dickson area, something that has been on our agenda for quite some time through the ACT Government’s City Renewal Authority. And two because this is my local area which I love being a part of.”

“The revitalisation of the area through the Woolley Street Project is giving local businesses like SportsCare the confidence to take steps to invest more in themselves, and to grow in and for Dickson.” said ACT Chief Minister, Andrew Barr.

**For more information, images or to arrange an interview, please contact:**

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**MEDIA BACKGROUNDER**

- SportsCare and Physiotherapy this year celebrates 20 years in business.
- The new Woolley Street practice is the 5<sup>th</sup> SportsCare location across Canberra.
- The new premises is a state-of-the-art practice which includes a fully equipped gym and four treatment rooms. Along with the new Boost Treadmill, the spaces houses a functional trainer, sled/running track, smith machine, manual treadmill and free weights.
- The Boost Treadmill is the first of its kind in Canberra, and one of only around 20 in Australia.
- The Boost Treadmill is valued at over \$71,000.
- Although the AIS has a similar machine, it is not available for public use.
- The Boost Treadmill helps client by reducing their effective weight when full weight bearing is not allowed or painful. Weight bearing can be increased from 20-100% as rehabilitation progresses.
- It can also be used in training allowing the athlete to run at a higher speed than they otherwise could at 100% weight bearing, or to run at high speeds to allow faster recovery for a given session.
- SportsCare invested in the Boost Treadmill because they were looking to offer their clients a more comprehensive rehab experience – to speed up their rehab process. So many rehab programmes are limited by the weight the client is allowed to take whilst healing is occurring. By being to manipulate the client's effective weight they load them in running and walking activities much earlier, so they lose less fitness and return faster.
- Boost is for anyone and everyone. Clients can book in on Boost for individual sessions, or for blocks of 5 or 10 sessions of either 30 or 60 minutes.