

PERFORMANCE GC

ELITE LATE STAGE RETURN TO PERFORMANCE PROGRAM

We are aiming to fill a gap in the needs of our clients recovering from ACL surgery by offering elite high-performance rehabilitation to the community athlete.

WHY ARE WE DOING THIS?

ACL rupture is a devastating injury for a lot of athletes. The cost, time and commitment it takes to return to performance following such an injury is huge.

Over the years the surgical techniques have improved, the post op management is first class but outcomes are still far from ideal. The statistics following ACL injury are pretty sobering:

- Only 55% return to sport after ACL injury
- 25% of people re-rupture the same or other leg
- 35% of people under 18 re-rupture the same or other leg
- Only 1/3 patients complete rehab beyond 6 months

HOW WE CAN HELP?

We believe this is due to inadequate end stage rehab. We want to change this by bringing an elite professional training experience usually reserved for those at the highest-level sport to amateur and community level athletes.

Our aim is to facilitate your return to full performance while minimizing the risk of re-injury in a great cost effective group-training environment.

Utilizing the latest evidence, cutting edge training techniques from the world leaders our comprehensive program covers all aspects of return to sports.

FOR MORE INFORMATION

Contact us performancegoldcoast@gmail.com or call on 0408 051 943



WHAT DOES IT INVOLVE?

- 2 x 60min small group training sessions per week supervised by highly trained physiotherapists specializing in ACL rehab
- All sessions claimable through your private health fund*
- Access to world class facilities including state of the art gym, gymnastics, field based conditioning and swimming pools
- Sessions individually tailored to your sporting goals and unique sporting demands
- Progressive holistic training including strength, power, speed, agility and coordination
- Comprehensive athletic testing and progress reports to ensure you are ready for return to sports
- A great time