



# Gold Coast Gymnastics Club

Active Body - Active Mind

ABN 24 450 961 806

80 Pacific Ave  
Miami QLD 4220  
P.O. Box 1317  
Burleigh Heads  
Gold Coast QLD 4220  
P: 075572 3619  
F: 07 5575 1725  
E: gcgym@hotmail.net.au  
W: goldcoastgymnastics.com

## Health Care Referral form

### **Practitioner,**

Could you please give us your professional advice regarding the following gymnast, including a diagnosis and a treatment & recovery plan, which enables the gymnast to minimise the disruption to training, while safely recovering from injury.

At Gold Coast Gymnastics Club our gymnasts participate in a number of activities that may be appropriate for the gymnast to do while still recovering from an injury.

### **Coach to fill out**

Gymnast name \_\_\_\_\_ Date: \_\_\_\_\_

Coach's name: \_\_\_\_\_ Coaches contact info: \_\_\_\_\_

Approximate date of injury onset: \_\_\_\_\_

Details of injury: \_\_\_\_\_

### **Practitioner to fill out**

Practitioner's name: \_\_\_\_\_ (Dr, Physio, other : \_\_\_\_\_)

Practitioner's contact information: Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

### **Treatment given/Recovery plan:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Throughout training the gymnasts should avoid:**

(Where possible please give us information regarding the type of loading (e.g. none, non-weight bearing, static weight bearing, dynamic weight bearing) the direction of loading & joint position, volume & intensity; and any other important considerations of which the coach needs to be aware).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other recommendations: \_\_\_\_\_

The gymnast will undergo physiotherapy treatment from: \_\_\_\_\_ to \_\_\_\_\_.

The gymnast is expecting to return to full training on \_\_\_\_\_.

Practitioners signature: \_\_\_\_\_ Date: \_\_\_\_\_



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## GGC Healthcare Contacts

**Note to parents:** It is important to use the medical referral form so that the Dr or Physio can give the coach clear and specific instructions about the nature of the injury, what movements are contraindicated, and how it should be looked after during the recovery process. The coach is then able to adapt the training program accordingly.

Our recommended Sports Physicians and Sports Physiotherapists understand the need for our athletes to continue training in whatever capacity is possible to minimise the disadvantage to the injured athlete, and will direct treatment and rehabilitation accordingly.

The coaching staff will adhere to written instructions of the Dr or Physio until those instructions are superceded by new written instructions or a clearance.

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### SPORTS PHYSICIANS

#### **Dr. Paul Ohmsen**

Sports Physician  
Mermaid Beach: 07-55753244  
Pindara: 07-55394484  
Robina: 07-55970338

#### **Dr Matthew Hislop**

Sports Physician  
Runaway Bay Sports Super Centre  
07-55009830

#### **Dr. Cameron Osborne**

Sports Physician  
Milton (Mon Wed Fri) 07-33695133  
Woodridge (TuTh Sa) 07-32991199

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### SPORTS PHYSIOTHERAPISTS

#### **Mr. Peter Ridley**

Sports Physiotherapist  
4/109 West Burleigh Road  
Burleigh Heads Qld 4220  
07-55760747

#### **Mr Peter Georgilopoulos**

Sports Physiotherapist  
07-55798066  
Cocos Shopping Centre  
Gooding Drive, Carrara  
Mr Bruce Rawson  
Sports Physiotherapist  
Pindara Physiotherapy and Sports Medicine  
27 Carrara St  
Benowa QLD  
ph: 55394484

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### MASSAGE

#### **Ms Leesa Ricketts**

Remedial Massage Therapist  
Mermaid Beach Sports Medicine & Physiotherapy Clinic  
Shop 10 Pacific Square  
2520 Gold Coast Hwy  
Mermaid Beach 4218  
07-55753244

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### SPORTS NUTRITION

#### **Ms Kellie Hogan**

Sports Dietitian  
Palm Beach Physiotherapy  
6 Sixth Ave  
Palm Beach 4221  
Ph 07-55341272  
0419 786 178  
[kelliehogan@hotmail.com](mailto:kelliehogan@hotmail.com)  
(Also at Mermaid Physio and Pindara)

#### **Ms Lauren Nugent**

Sports Dietitian  
Ph: 3344 1911  
M: 0411 741 059  
Email: lauren@eatSMARTnutrition.com  
(visits Gold Coast weekly)

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### PODIATRISTS

#### **Mr. Nathan Eadie**

Sports Podiatrist  
Gold Coast Foot Centre  
Benowa 07-55394484  
Robina 07-55787155  
Mermaid Beach 07-55753244  
Runaway Bay - 55009830  
Southport - 55282666

#### **Mr. Ashley Mahoney**

Sports Podiatrist  
Foot Analysis Centre  
(Various locations)  
1300 361 238