

Narrabeen Sports and Exercise Medicine Centre has now been operating for over two decades at the Sydney Academy of Sport. Although many of our patients are elite athletes from across the whole range of sporting and performance physical activity, most of our patients are ordinary members of the community who can benefit from exercise as medicine.

Sports and exercise medicine is now a recognised specialty in Australia and 17 other countries around the world, including New Zealand. All of the sports physicians at our centre are Fellows of the Australasian College of Sports Physicians which is the body accredited for post-graduate training in sports and exercise medicine.

Alongside our sports physicians we have consultant orthopaedic surgeons specialising in surgical management of foot, knee and shoulder and upper limb problems, massage therapists, sports medicine trained physiotherapists, a senior podiatrist and sports dietitian to provide comprehensive services to all our patients with their individual needs and activity levels.

We find this multidisciplinary approach a very efficient way of dealing with the whole sum of problems facing the injured sports participant or the community member trying to achieve and maintain fitness regardless of their level of participation.

Water exercises and rehabilitation are particularly relevant to some of our older patients and Masters athletes to supplement their training with non weight bearing, low shock exercise and to provide high volume fitness work with minimal risk of musculoskeletal injury.