



MILL PARK
PHYSIOTHERAPY



Rochelle Kennedy
Physiotherapist

BHlthSc, MPhysioPrac, MExSci (S&C)

Rochelle is a member of the Mill Park Physio team and lecturer at La Trobe University, with a special interest in treating running related injuries. A competitive runner herself, Rochelle has competed in middle distance events for over 15 years, the highlight of which was an opportunity to represent Australia in the Commonwealth Youth Games in 2011. Rochelle has worked with world renowned tendon experts at La Trobe University, and uses this knowledge combined with her S&C background to help runners get back to doing what they love.

RUNNING INJURIES

NOT JUST THE ACHILLES HEEL

Learn about the differential diagnoses in the Achilles region and how these conditions may be managed, as well as how to design return to running programs for athletes and recreational runners



Time and Cost

Tuesday 13th of Aug 2024
7.30pm

Cost: Free!

Pizza and soft drink
provided



Location

Mill Park Physiotherapy
22/1 Danaher Drive
SOUTH MORANG
3752



Additional info

- Also learn about return to running following tendinopathy

RSVP: ASAP via email or comment on social media posts

Registration Essential | info@millparkphysio.com.au | millparkphysio.com.au