



MILL PARK
PHYSIOTHERAPY



Sam Pietsch
Sport & Exercise
Physiotherapist



**PhD candidate, MPhysio(SportsPhysio)
BPhysio(Hons)**

Sports Physiotherapist with 15 years experience working in elite sport, previously in the AFL with Melbourne FC and currently in the A-league with Melbourne City FC. Also consulting at Alphington Sports Medicine and currently completing a PhD into quadriceps muscle strain injuries at La Trobe University.

MANAGEMENT AND PREVENTION OF RECTUS FEMORIS INJURIES

WHAT CURRENTLY GUIDES OUR PRACTICE?

Fresh from the Melbourne City FC grand-final victory, Sam joins us for the next Tuesday night lecture to provide a very practical session



Time and Cost

Tuesday 10th of June 2025
7.30pm

Cost: Free!

Pizza and soft drink
provided



Location

Mill Park Physiotherapy
22/1 Danaher Drive
SOUTH MORANG
3752



Additional info

- Recent research into quad muscle strains
- Practical tips for management and prevention

RSVP: via email, comment on our socials, or register at our website

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