

# One Culture Central Coast Physiotherapy



## Meet our Physiotherapist, Mitch



Mitchell is a graduate of the UTS Masters of Physiotherapy program and an undergraduate of Sports and exercise science. Mitchell has worked for ten years in the field of Swim coaching and has experience working with GWS giants academy (AFL).

Mitchells skills working with a wide variety of populations means he is well equipped to manage a wide variety of patients and conditions.



In his spare time Mitchell enjoys competing in triathlons, going to the beach and spending time with family and friends.

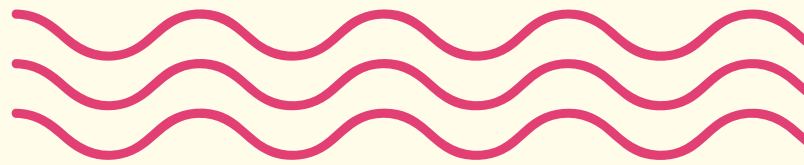


# You will be attending Physiotherapy at...

## Alta Athletic

3/13 Pioneer Avenue, Tuggerah

There are two assigned car spaces directly out the front of Alta Athletic.



## Here are some pictures of the location



# Here is some of the equipment we will be using



**Balance blocks**



**Gym ball**



**Soft mat**



**Foam Roller**



**What other equipment do you like to use?**  
Let Mitch know!

# What your physiotherapy session might look like



## Arriving at the session

When I arrive I might have to wait for the physio to finish a session. So I wait in the foyer until they come over to greet me.



## The Assessment

They ask me to move different body parts to see how I'm doing. It's like a fun game!



## Exercises and Activities:

I do exercises with their help. They might use cool equipment like bands or soft balls.



## Doing My Best:

I try my best, but it's okay if it's hard. They make it easier if needed and support me.



## Homework:

Sometimes, they give me exercises to do at home to get even stronger.



## Saying Goodbye

We say goodbye, and I might get a high-five. I'm doing great and getting stronger every day!

**Your session will last for 1 hour**

# Mitch's rules



## Mitch has 3 rules for your session

1

Try Your Best: Mitch will give you exercises and activities to do. Try your best, but don't worry if something is hard. They understand, and they can make things easier if you need it.

2

Listen: When the Mitch shows you what to do, listen carefully and follow their instructions. They are there to help you get stronger and feel better.

3

Ask Questions: It's okay to ask questions if something is unclear or if you're curious about what's happening. Mitch is happy to explain things to you.

**With these rules in mind, you'll have a great physiotherapy appointment and work towards becoming even stronger and healthier.**

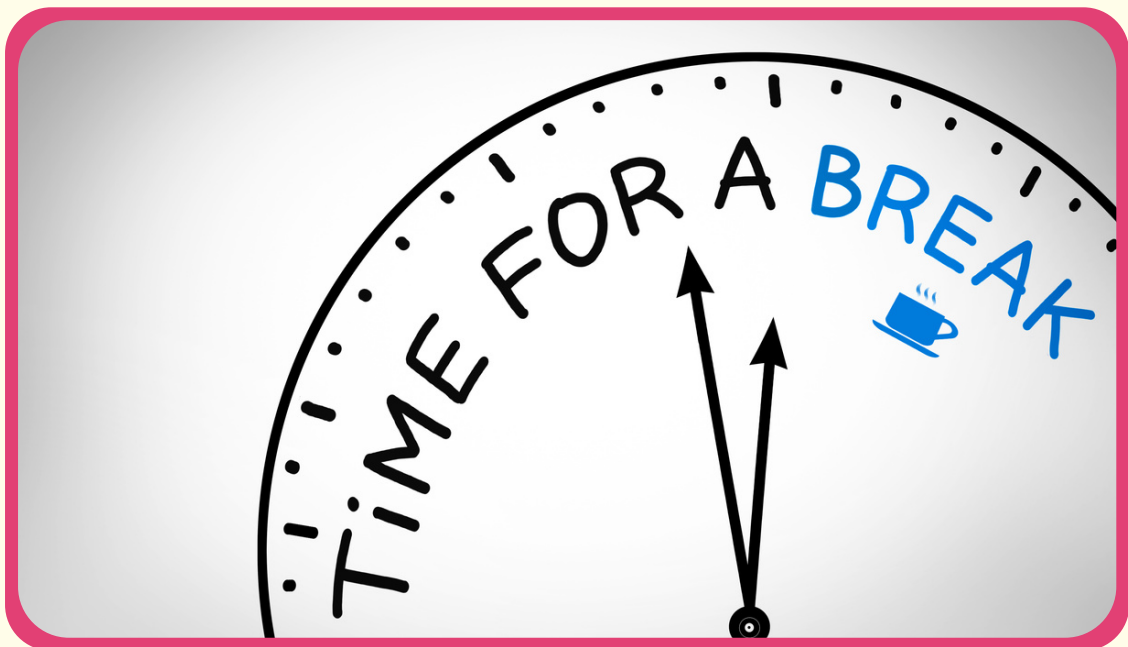
**You're doing great!**

# Break



**If you need a break, you can ask Mitch and tell him what you need.**

**Make sure if you need a break that you stay where Mitch can see you.**



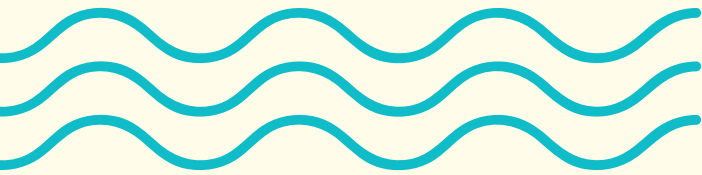
# Thank you



**Thank you for taking the time to read through our Social Story.**

**If you have any feedback, recommendations, questions, or comments please email us at the address listed at the bottom of the page.**

**We can't wait to see you at One Culture Physiotherapy!**



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