

LUKE NICHOLS

Chiropractic & Soft Tissue Treatment

Sponsoring Fluid Movements –

25% Discount on treatment for all Fluid Movement Athletes

Expect long thorough consultations

The focus of care is to provide injury prevention management, rehabilitation and performance optimization of the neuromusculoskeletal system for athletes. This focus is achieved through a range of techniques including soft tissue therapy/massage, mobilization, manipulation, rehabilitation and other movement/exercise therapies, nutritional advice and other related approaches. These approaches are applied to injury management in the form, of acute, sub-acute and chronic injury as well as in the prevention of injury and the optimization of athletic performance through the pursuit of the highest efficiency in musculoskeletal functioning.

Musculoskeletal related dysfunctions include but are not limited to.

- Tendons, Ligaments, Fascia injuries
- Joint related injuries and dysfunctions
- Nerve entrapment syndromes
- Headaches
- Muscles strains
- Acute/ Chronic Sprains
- General musculoskeletal stiffness and discomfort
- General training fatigue

Qualified in both soft tissue and chiropractic techniques treatment focuses on both muscular and skeletal dysfunctions maximizing treatment results.

Qualifications:

Certificate IV in sports massage
Bachelor of applied science (complementary medicine)
Masters of clinical Chiropractic

Experience:

Sports Massage at the VIS with Australian Rowing Team over four years
Currently Working with the Australian Olympic Rowing Team
Sponsored Fluid Movements athletes over the last four years
Currently working out of two busy clinics

Dr. Luke Nichols

Chiropractor
B.App.Sc (Comp Med Chiro.), M.Chiro
South Yarra Sports Wellness
679 Chapel Street
South Yarra,
Vic 3141

Phone: 0439 307 710

Email: lnichols@ljnchiro.com

