

BaiMed

Performance Centre
278 Keira Street | 02 4295 0707

Wollongong
65 Auburn Street | 02 4227 1990

Woonona
44 Hopetoun Street | 02 4285 8532

Kiama
15/3 Brown Street | 02 4233 1851

Shoalhaven
78 Bridge Road | 02 4422 7715



www.baimedphysio.com.au

DOES YOUR CHILD SUFFER KNEE OR HEEL PAIN?

RECEIVE 12% OFF YOUR CHILD'S FIRST CONSULTATION

Book your appointment today and make sure your child's growing pains are taken seriously.

Mention this offer and receive 12% off your child's appointment.

Did you know GROWING PAINS ARE NOT NORMAL, but BaiMed can help.

Growth-related pain, often called 'growing pains' is relatively common in young people, but a child limping with heel or knee pain is definitely not normal.

This type of pain can often be associated with Osgood-Schlatter Disease at the knee and Sever's Disease at the heel, and correct management can avoid any long-term issues associated with leaving it untreated.

The team at BaiMed has the experience to thoroughly assess and determine the stage of your child's injury, and achieve the best possible outcome through both treatment and education. If possible, we aim to keep the child playing their chosen sport throughout. The important thing is not to delay treatment.

What the appointment involves

- A comprehensive assessment to determine the stage of the injury – essential for effective treatment
- A recommended evidence-based treatment and exercise programming specifically tailored to your child
- A management plan that aims to allow your child to continue playing their chosen sport
- Customised education about how much load (running/jumping/landing) is possible at varying stages of growth, to help prevent flare-ups of pain

The team at BaiMed not only addresses growing pains, but can also treat any of your child's aches, niggles or injuries. Our services include physiotherapy, podiatry, osteopathy and our Youth Strong program designed to keep your children at the top of their game.

Book an assessment with BaiMed today on 4227 1990

