



Performance Centre
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ACL REHAB PROGRAM

Did you know

RETURN YOU TO SPORT IN BETTER SHAPE THEN BEFORE YOUR INJURY.

Damage to the Anterior Cruciate Ligament (ACL) is a common knee injury – which usually involves ACL reconstruction surgery. At BaiMed our philosophy is not just “return to play”, but “return to perform” and we want to get you back into your sport in better shape than you were before your injury – with a reduced risk for injury in the future.

The BaiMed ACL Rehabilitation Program is an addition to the care you receive through your surgeon and treating physiotherapist, and we work in close consultation with both.

What the program involves

- Each stage begins with an extended assessment session where we assess progress and set achievable goals for the patient.
- Stages last for between 4-6 weeks and patients do not progress unless they meet strict performance criteria.
- Treatment extends beyond the treatment table out onto the field/court/track for a more complete and thorough result.
- Patients encouraged to use our performance gym where we can guide and coach them as required.

ACL Program Director and Principal at the BaiMed Performance Centre, Dan Lawson, leads a team of highly qualified ACL rehabilitation professionals who will monitor you the whole way from treatment table back to sporting field, to ensure you have the best chance of a full recovery.

Contact BaiMed Performance Centre today on 02 4295 0707





Meet our staff:

Dan Lawson

Dan leads the BaiMed performance team, and is passionate about bringing the level of service usually only reserved to professional athletes to the general population.

Dan's qualifications include Bachelor Applied science (Physio), Level 1 Strength and Conditioning coach (ASCA), and Level 2 sports trainer and is currently studying his Masters of Strength and Conditioning

Dan has over 10 years experience with high level athletes including The Cronulla Sharks NRL (2015-2018), Illawarra Hawks head of Physical performance (2018- current), Physiotherapist for the New Zealand Maori Rugby League team (current), St George Illawarra Dragons NRL (2008-2015), NSW Country origin team (2013- present), and with the Samoa Rugby League national team (2010-2012) .

John Callaghan

John is a Physiotherapist at the BaiMed Performance Centre with qualifications of a Masters of Physiotherapy, Bachelor of Exercise Science and a level 1 strength and conditioning coach (ASCA).

John has previously worked as a Physiotherapist in Sydney, Manchester (UK) and now works out of the BaiMed Performance Centre in Wollongong. His experience includes working with everyone from professional Red Bull athletes, club level athletes of all sports and abilities and the general public. John currently also provides physiotherapy services for complex/chronic knee injuries as part of an integrated team with local GP's and orthopaedic surgeons.

