



SPORTS & LIFESTYLE CLINIC
AscentPhysiotherapy



HORSE & RIDER PERFORMANCE CLINIC

SUNDAY 17TH JAN, 2016
"HILLSVALE", BERRY

- * Equine Physiotherapy assessment & treatment
- * Rider screening & postural assessments (off-horse)
- * Ridden Assessments- combined horse/rider (on-horse)
- * Customised clinical interventions for peak performance

See our booking form for more information

*Let us help you achieve the height of performance
for both you AND your horse!*

LIMITED PLACES
AVAILABLE!

Personalised, professional
& performance based
assessment & treatment
especially for equestrians
by qualified, experienced
Sports & Animal
Physiotherapists

Individual sessions
for either horse or rider,
or combine both with a
ridden assessment &
tailored program for
maximal results.



Louise Steinman

Sports & Animal Physiotherapist

Masters Sports Physio, B.Phty, APA-M
Masters Animal Studies (Animal Physio)



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About Your Physiotherapists:

Louise Steinman – Sports Physiotherapist & Animal Physiotherapist (Masters Sports Physiotherapy, Masters Animal Physiotherapy, Bachelor Physiotherapy) with almost 25 years of clinical experience. Louise has been applying her knowledge of movement science & rehabilitation techniques to animals since 1999. She has three practices: Ascent Physiotherapy; Bungendore Physiotherapy & Sports Care & Capital Animal Physiotherapy. She has ridden horses for over 35yrs (mainly dressage), although due to injuries is now enjoying some carriage driving and supporting her children's riding & Equestrian Vaulting (and is currently undergoing her Level 1 Vaulting coaching). Louise is currently a Clinical Educator for the Masters in Veterinary Physiotherapy course (University of Liverpool, UK). She has lectured on the Equine Science Course at Charles Sturt University (Wagga Wagga) for several years and has presented throughout Australia to other Physiotherapists & Veterinarians on Animal Physiotherapy, as well as presenting at International Veterinary & Rehabilitation conferences. Louise is an active member of the Australian Physiotherapy Association's Animal Group, and was a state representative & committee member for many years. Her special interest is Sports & Animal Physiotherapy, performance animals & equestrian sports, especially the functional integration of the horse-rider unit.

Mark Klebansky (B.Phty, B.A, APA-M). Mark has been part of Ascent Physiotherapy since 2012. He has over 12 years of clinical musculoskeletal & sports physiotherapy experience, including extensive manual therapy & Clinical Pilates training; in addition to his expertise in strength & conditioning & exercise prescription before he entered Physiotherapy. Mark has also completed further Animal Physiotherapy training and has been an integral part of our animal practice – Capital Animal Physiotherapy for the last 2 years, treating a large amount of performance / sporting animals, however his special interest is horses- especially dressage, eventers & race horses. He is in the process of completing his Post Graduate Diploma in Sports Physiotherapy and is also enrolled in the Masters in Veterinary Physiotherapy through the University of Liverpool, UK.

We both have extensive experience & specialised knowledge with the special needs of equestrian sports - for both horse & rider.

Our Physiotherapy Treatment Techniques include:

- Joint mobilisations & manipulation
- Soft tissue techniques including Myofascial release techniques and Trigger Point Therapy
- Dry Needling (horses & human)
- Stretching/strengthening exercises including
 - Dynamic core stability/control
 - Clinical Pilates
 - Equestrian Core Trainer
- Movement & Posture re-education
- Balance and Proprioception retraining
- Sports Conditioning