



Bathurst Physiotherapy & Sports Injuries Centre

PDHPE

During Week 9 the Year 12 PDHPE class participated in a lecture and taping session provided by local physiotherapist Shannon Laughnan from Bathurst Physiotherapy & Sports Injuries Centre.

Shannon provided an invaluable session for the girls at a critical stage of their education. Shannon was able to provide a practical taping session, with the students having hands on experience at injury management and preventative strategies. The girls asked many relevant questions throughout the session, extending their understanding of sports injury rehabilitation and safe return to play.

I would like to thank Bathurst Physiotherapy & Sports Injuries Centre for facilitating this session and to Shannon for the provision of her valuable time.

