



STELLENBOSCH
RUGBY ACADEMY
since 2004

SRA Physiotherapy protocol

Rehab will only be provided during office hours, in physio room. Physio will give prognoses (permission) if player needs session. Serious injuries will be dealt with by other physio in town. THANKS GENTS!

Bookings

- Bookings should be made through the physio only in person / text message. If time/s does not work out, do it in person.
- Bookings must suite both parties.
- Bookings can be cancelled up to 2 hours prior to appointment, any time there after the appointment will be forfeited to the next available appointment.
- The same as above will apply if player is more than 5 min. late.

On arrival / session

- Be there 5 min. before your appointment, wait outside on the white bench.
- Come clean and tidy (shower before time). **DON'T** come dirty / sweaty.
- Always wear clean clothes. Wear a short, t-shirt and flops/shoes.
- If a follow up session is needed, book it straight after the appointment.
- Wait outside while until fisio calls you.

Fees

- All physio sessions are R10 (material EXcluded). Pay upfront at office and show your voucher at the physio. You cannot be helped without a voucher.
- Player buys own material at office (tannie Alexia/Janine) after consultation for appointment with the physio. Ask physio what you need before you come.

Prices

MATERIAL	PRIZES
Leukotape P . 38mm x 13.7m	R150.00
Tensospray 300ml.	R180.00
Leukoband S 75mm x 4.5m	R80.00
Leukoband S 50 mm x 4.5m	R60.00
Leukoband S 25 mm x 4.5m	R40.00
Leukotape K 5cm x 5m. / generic - different colours	R100.00
Pre match strapping (Leuko 50 / 75 mm incl.). Get form at physio 1st, go and pay at office then. Go back withform to physio. Conditioning coach will assit during strapping.	R10 (finger, wrist) R20 (knee) R30 (shoulder, ankle)

Players take own plasters to training sessions. Physio can do strapping.