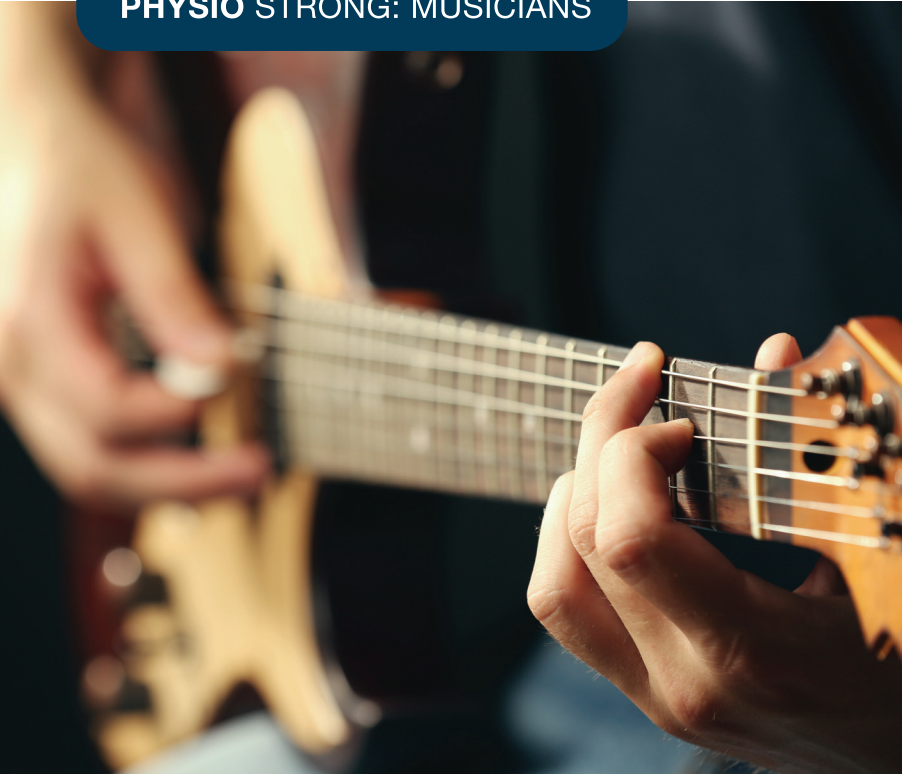


Instrumentalist Musicians are Athletes of the Arts



newington

PHYSIO STRONG: MUSICIANS



Whilst athletes may be prone to developing injuries from their sport, musicians are similarly at risk of developing playing related injuries. As such musicians require specific strength and conditioning to ensure peak performance.

Muscle imbalance and poor posture are often common risk factors of musician/instrumentalist related injuries.

If you would like to discuss the benefits of musician / instrumentalist related injury prevention or rehabilitation please do not hesitate to contact Elsa at Newington Physiotherapy. Elsa has a wealth of experience as a physiotherapist and a dedicated interest into the wellbeing of instrumentalist musicians.

ELSA TANG

Meet Elsa Tang:

- > AHPRA Registered Physiotherapist
- > Certificate in Performing Arts Medicine
- > Certificate in Advanced Dry Needling
- > MSc in Sports and Exercise Medicine
- > BSc in Physical Therapy
- > Member of the Australian Physiotherapy Association

Elsa joined the Newington Team in 2020 and has over 20 years of experience as a Physiotherapist in hospitals and clinics.

To find out more from Elsa you can contact the office or email her directly at:
elsa@newingtonphysio.com.au

**CONTACT NEWINGTON
OR BOOK ONLINE**



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