



Cook Physiotherapists will provide a qualified physiotherapy service to all participants at the race.

Book a 30 minute hands on physiotherapy treatment with the staff of OutdoorPHYSIO for a **massage** or any **injury concerns** to ensure optimal performance and recovery.

Services available will include spinal mobilisations, joint mobilisations, soft tissue techniques, deep- and superficial tissue massage, dry needling, kinesio-taping, and expert advice on musculo-skeletal conditions, electrotherapy for muscle strains, spasms and recovery as well as chest physiotherapy with nebulisation to ensure relief of chest conditions in dusty circumstances. This includes asthma, sinusitis, and bronchitis.

A complimentary rehabilitation area with stretching and foam rollers will be available to all participants.

Sessions can be pre-booked to confirm a slot or walk in at the race to book. Sessions are charged at **R350** per 30 minute session. Strapping will be available before the race at registration. Treatments can be claimed back from medical aid.

Kindly note that all bookings will only be confirmed upon proof of payment.

Banking Details

Cook P

FNB , Harrismith

Branch code: 230533

Acc No: 62110172351

Kindly use your full name as the reference.

Contact us: [**bookings@outdoorphysio.co.za**](mailto:bookings@outdoorphysio.co.za)

www.outdoorphysio.co.za

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