

2 May 2006



physiological footwear

MBT & COLLINGWOOD FOOTBALL CLUB TRISTAN WALKER



Physiotherapist for Collingwood Football Club, Gary Nicholls recently approached Australia to utilise MBT as a training and rehabilitation tool for player, Tristan Walker. Tristan has been experiencing ankle rotation problems. Specifically hyper mobility caused by constant sprains leading to stretched ligaments.

MBT will assist in providing a build up of muscles including:

- Tibialis Anterior
- Soleus
- Gastrocnemius
- Peroneus Longus

MBT provided specific exercises to Tristan to ensure he receives the maximum benefit from MBT as a training and rehabilitation tool.

For further information on Tristan Walker please contact Simon Cron or Nicole Elsworth on (02)9972 9988.

