



## Local physiotherapy practice named official health partner of the Gold Coast Triathlon

Family-operated Gold Coast based physiotherapy practice, PhysioFlex has been named the official health partner of the forthcoming Gold Coast Triathlon - Luke Harrop Memorial.

The practice specialises in treating athletes competing in the three continuous and sequential endurance races, and will offer its services free-of-charge to 1800 triathletes (around one-third of whom are expected to be Gold Coast locals) competing in the triathlon being held over the weekend of 6-7 April, 2019.

The annual event is the largest sprint distance triathlon in Australia with competitors ranging from children to elite athletes seeking qualification to compete in the World Championships.

Sentimentally known as the "triathlon for triathletes", the Gold Coast Triathlon is an iconic Gold Coast triathlon event celebrating the life and times of larger-than-life character, Luke Harrop – a former Gold Coast triathlete who lost his life in a motor vehicle incident while training.

PhysioFlex founder, Ben Mack, a former triathlete and elite middle distance runner himself, knows first-hand the huge incidence of injuries that come with being an athlete, and the importance of physiotherapy support, pre- and post-race.

"Both Ben's and my husband Victor's experience as triathletes have inspired our support for the Gold Coast Triathlon," said PhysioFlex manager, Prudence Gracio.

"Our five physios will be providing complimentary advice and treatment at the event, including mini assessments, massage, trigger point and myofascial release, strapping and compression recovery through a collaboration with NormaTec Pulse Leg Recovery System.

"We want to encourage triathletes to visit us pre and post-race, and moving forward. Our mission is to bring our love of, expertise and personal involvement in triathlons to our valued clients."

"As physiotherapists, we support everyone from children to the elderly, to people who are involved in sport, and particularly triathlon.

"Physiotherapy plays an integral role in preparing for best performance, and avoiding injury; and of course, when all-too-often injury occurs (particularly where there is inadequate preparation), recovering and rehabbing from injury; ultimately to maximise the life of their involvement in their sport."

Not only will the PhysioFlex team be offering athletes complimentary services, but their involvement in the Gold Coast Triathlon – Luke Harrop Memorial, will open doors for aspiring physiotherapy students.

A large team of student physiotherapists from Bond University will be on hand to assist the PhysioFlex team, and gain practical experience working with the athletes.

"In order for us to have the manpower to attend to all the athletes, we have partnered with Bond University to offer students the opportunity to gain invaluable practical, hands-on experience working alongside PhysioFlex's team of highly-experienced physiotherapists," said Ms Gracio.

PhysioFlex is a family affair with brother and sister team, Ben Mack and Prudence Gracio at the helm, mother Jenny in charge of administration, and Prudence's husband, Victor a triathlete and PhysioFlex ambassador.

"PhysioFlex was born almost 10 years ago, based initially from a spare bedroom. Through immense work, the practice grew from there to its current location in Southport," said Ms Gracio.

“What sets PhysioFlex apart from other physio practices is the fact that we are a family-based business. We are not a franchise or a large corporate; our clients are treated like family.

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