



**Help is here: Director and chief sports physiotherapist Kusal Goonewardena is an accredited Ridgway Method physiotherapist.**

Picture: Michael Copp

# A reason to smile

The aim is to have people back in action in just two to 12 days

If you're among the 95 per cent of the population suffering from back pain, sciatica, headaches, neck pain, tennis elbow pain or other sports injuries, the Ridgway Method may just be for you.

It employs a holistic approach that can help you recover in two to 12 days by isolating factors contributing to the problem.

One of only two accredited Ridgway Method physiotherapists in Victoria and one of eight nationally, Kusal Goonewardena is the creator, director and chief sports physiotherapist of Vigor Sports Physiotherapy.

Fuelled by a wealth of knowledge and experience, he oversees the day-to-day running of the three clinics.

His impressive credentials include masters in sports physiotherapy, graduate certificate in sports physiotherapy, and a degree qualification in physiotherapy.

Mr Goonewardena also has accreditation with the Australian Physiotherapy Association, which allows him to work with the

Australian Olympic team. In October, he was appointed chief sports physiotherapist of Melbourne University's elite athlete squad.

Vigor Sports has been nominated in this year's Telstra Small Business Awards. In February it began providing services to the Australian badminton squad, helping team members prepare for the London Olympics.

Mr Goonewardena said the results achieved after each visit is what sets the business apart.

"We are glad that we can help 95 per cent of the population with musculoskeletal injuries in two to 12 days!

"If more people knew what we did and how we do it, then we could prevent injuries, people would suffer less pain, and we would all have a reason to smile."

**Vigor Sports Medicine Clinics at 386 High Street, Melton, and 3 Clifton Drive, Bacchus Marsh, opens 9am-8pm, Monday to Friday, and 9am-noon, Saturday. Inquiries: 97434479 or visit [www.vsmc.com.au](http://www.vsmc.com.au)**