

# A sporting chance

By Anne van Alkemade

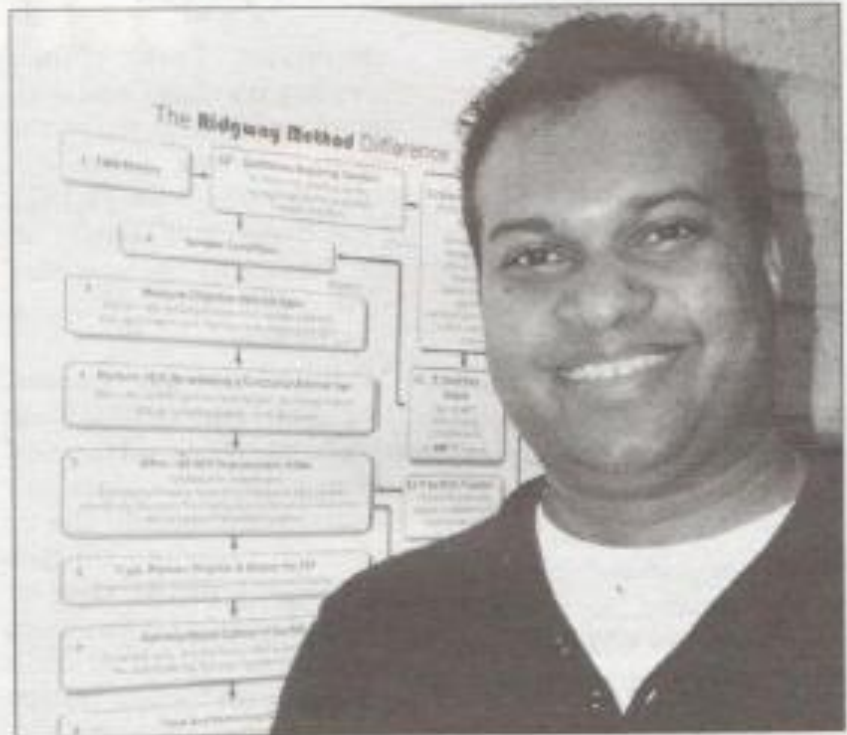
Local physiotherapist Kusal Goonewardena is in with chance to join the team of medicos providing their services to the Sri Lankan Cricket Team and by doing so he would realise a dream.

"I've always been passionate about cricket. I've always loved it. I played as a boy and the chance to work with an international side would be fantastic," Kusal said recently.

Kusal, who founded the Vigor Sports Medicine Clinic chain, was told earlier this month he has been included on the shortlist of people being considered for a position as team physiotherapist. He believes this is in many ways due to his practice of cutting edge technology known as the Ridgeway Method.

"It has a 95 per cent success rate," Kusal said.

The Ridgeway Method, developed by Brisbane specialist Michael Ridgway, assesses the contributing factors involved in a sports injury and prioritises these injuries and their response to treatment. Kusal said the method can return an athlete from injury in 2-12 days. He believes his experience with this method stands him in good stead for the position on Sri Lankan Cricket's medical and fitness team.



Kusal Goonewardena awaits a decision on his appointment to the Sri Lankan Cricket team's medical and fitness team. Photo Anne van Alkemade

"This is recognition of the work we do; it's cutting edge stuff. I'm very excited even to be short listed," he said.

Kusal is proud of his achievements, particularly with using this state-of-the-art treatment process. In fact only 50 physiotherapists are currently qualified to use it and he said only 11 people are accredited to teach it.

"I am one of them," he said.

A decision on whether Kusal will travel with the team will be made by July so Kusal is now counting down the days. If he is successful it will mean he will travel around the world

with the elite Sri Lankan cricket squad as well as work with their A side and junior squads. The medical team comprises three physiotherapists and two other sports medicine practitioners.

Working with the international side will mean Kusal will be based in Colombo, occasionally travelling to Australia. He said he has known a few of the elite cricketers through friends for some time. Although he would be away for long stretches of time, Kusal is confident it will be business as usual at his Clifton Drive clinic with his team of professionals providing first-class service.