



## Northcross Physiotherapy and Rehabilitation

Northcross Physiotherapy specialises in delivering high quality sports medicine and musculoskeletal physiotherapy services to both professional athletes and the general public. Since the recent addition of a rehabilitating gym to the premises, Directors Jo Coleman and Matt Wenham have been using Siliconcoach software to monitor client programmes both in the clinic and out on the field.

Both Northcross Directors have been involved in athletics at Olympic and Commonwealth level and they understand the conflict of facilitating a quick recovery from injury that does not compromise performance.

Siliconcoach software has provided the answer; Jo and Matt are seeing athletes returning to sport after injury much quicker than usual. Northcross have seen huge benefits in the last 2 years of using the software for gait analysis, re-education of walking and running post operatively, and most importantly, client education.

Siliconcoach enables patients to execute their home exercise programme as accurately as in the gym with their physiotherapist, ensuring results.

"It gives patients a modern scientific approach to their problem," says Jo, who also finds the software useful for the explanation of scapula retraining for those of their patients who "just didn't realise they have back muscles!"

**"Siliconcoach gives patients a modern scientific approach to their problem"**

Jo Coleman

Principal Physiotherapist

[www.northcrossphysio.co.nz](http://www.northcrossphysio.co.nz)

For more information please contact  
[clinical@siliconcoach.com](mailto:clinical@siliconcoach.com)

Software used: Pro