

*Central Performance*

# ***Shoulder Program***

*A unique program for treating shoulder problems & enhancing sports performance*



The *Central Performance Shoulder Program* is a unique 6-stage program specifically designed to;

1. effectively treat shoulder pain
2. prevent future problems
3. enhance sports performance through increasing shoulder power & strength

**Ask your therapist or call  
9280 2322 for details.**

***central physio and performance fitness***

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**[www.centralperformance.com.au](http://www.centralperformance.com.au)**

Central Performance

# Shoulder Program

## This program is ideal for you if;

- you have recurrent or chronic shoulder pain
- you play sport & would like to throw, swim, bowl or swing harder, faster, sharper & with less chance of injury
- have ongoing shoulder pain due to desk work or poor posture

## Based on science | Delivered by experts



### **Kieran Doyle** APAM SPAM MCSP MAACP

Kieran has advanced professional training & expertise in managing shoulder injuries. He has a special interest in optimising shoulder performance in athletes. He developed the *Central Performance Shoulder Program* based on the latest research & extensive clinical experience.

**t 9280 2322**

**info@centralperformance.com.au**

**418a elizabeth st, surry hills**

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