

Paul Nash*Masseur*

Paul's career as a masseur in professional sport and lecturer/educator in manual therapy spans 15 years both in Australia and abroad. He is currently head therapist for the Brisbane Broncos and the QLD Reds where he has hand picked and trained a team of highly skilled massage therapists who work along side him and who will also be on staff here at Go2 human performance.

With a resume boasting stints in the Premier League and championship soccer in the UK, Super League rugby league in the UK and France and current State of Origin duties but to name a few, Paul is an extremely experienced, respected and highly sought after therapist who is considered somewhat of a "Mr. Fixit" in the industry.

**Rod Martin***Acupuncturist*

Rod has spent the last 20+ years developing his knowledge of the Eastern arts and such is one of the highest decorated karate instructors in Australia.

Combine this with multiple degrees in health science, acupuncture and Chinese medicine and you have a very complete therapist. Rod is one of the senior therapists on the massage roster at the Brisbane Broncos and has a long history working with elite athletes.

As an elite athlete in his own right, Rod has a great understanding of the human body and whilst extremely proficient in the treatment of musculo skeletal injuries, his intimate knowledge of Eastern philosophy brings a sense of peace and calm to his work allowing him to excel in the care of depression and anxiety related disease.

Welcome aboard sensei.

**Ian McLean***Physiotherapist*

With 20 years experience treating elite athletes and the general public alike, it is great to have "Macca" as our senior Physio at Go2.

Ian spent 12 years as the principal of a major Brisbane-based physiotherapy practice group dealing with many professional sporting associations and clubs including the Brisbane Broncos, Brisbane Bandits, QLD Netball and QLD suburban Rugby Union. From head to toe, if it hurts Macca is your man.

He also holds fitness qualifications and is regarded as a specialist in complex biomechanical problems so you'll definitely see him getting around the gym.

**Matthew Legge***Naturopath*

As a scientist Matt is at the forefront of technical research, product development and sports supplement design.

As a naturopath he is one of the most respected in his field with over 10 years experience treating everything from hormonal, skin and immune disorders, fatigue, infertility and has tremendous success in enhancing athletic performance.

As an educator he is a sought after writer and presenter in all facets of naturopathy from nutrition to product design, frequency specific micro current treatments for pain relief and sports performance.

It is an absolute privilege to have someone of Matt's caliber on staff at Go2.

**Rex Urwin***Performance Therapist*

As a performance therapist Rex brings expertise and understanding to happiness and high performance. An absolute "guru" in his field, Rex Urwin is in demand world wide for his extraordinary ability to move people from a place of struggle to a place of clarity and happiness.

He presently consults both here in Australia and in the United States, addressing everything from chronic fatigue, motivational and relationship challenges, lack of self worth, depression, goal setting and everything that relates to having a worthwhile life be it physical, mental or emotional.

His ability to help the human mind get out of the way of itself is truly masterful. Rex is an accomplished therapist and simply just a great bloke to have a yarn to. We are so blessed to have him as part our team at Go2 because every body needs a little Rex sometimes.

**Marissa Invincible***Beauty Therapist*

Marissa, a Brisbane-based esthetician brings her knowledge, experience and passion for beauty to the team. With many years experience, inspired through education and working with professionals who lead the field, she managed to learn from the best and create her own fledgling business.

Recognised in the industry for her thorough knowledge in cosmeceuticals, she has published articles in Inflight magazine and is continually setting the standard in the beauty industry.

With a keen interest in the application of acupuncture and naturopathic remedies for skin and related cosmetic disorders, Marissa has a solid understanding of the human body and so is the perfect addition to the crew of professionals at Go2 human performance.



Coming Soon to healthworks

The Concept.....o

Having worked in professional sport for the past 15 years I am privileged to be associated with a network of expert practitioners of the highest calibre - from doctors to dentists, physiotherapists to chiropractors, naturopaths to sports scientists and everything in between.

I now offer this whole network to you - under the same roof, with the same phone number.

The Experience.....o

Once inside the doors at Go2 you will have access to all available practitioners. If your particular problem requires a multi disciplinary approach, we will do our best to make that happen there and then. It is possible that you could receive a combination of physio, massage, acupuncture and naturopathic advice all in the same session. Throw in a cup of coffee and that's not a bad day out!

If you are unsure of the type of treatment or help that your specific circumstance requires, our team will help you make an informed professional decision free of charge to ensure that you receive the correct care from start to finish. If the service that you require is not specifically catered for in our clinic, then we will happily refer you to an expert in our extended network who will take care of you with the same integrity.

The Promise.....o

If you or anybody that you know has any sort of problem/challenge with their health, be it physical, mental or emotional, if the problem can indeed be fixed, if your pain can be eased or removed, if your quality of life can be improved, then I firmly believe that the Go2 human performance network has the resources to facilitate it.

In my experience as a practitioner there is one thing that I've learnt for certain, and that is that different people respond to different things. That's just how it is. I believe that everybody in one way or another can be helped. It's just a matter of finding out what works for you.

The Team.....o

The whole team at Go2 has been hand picked for their expertise and is either currently, or has in the past, been involved in professional sport as a practitioner, a player or both.

Aside from the senior therapists (see reverse), Brisbane Bronco Nick Kenny will be joining the physio staff in a part time role and all sessional massage therapists currently work along side me at the Brisbane Broncos and QLD Reds and have a variety of other sporting clubs on their resume' as well.

We look forward to seeing you soon.

Regards,

Paul Nash

For enquires or to book an appointment, please leave your details at reception or call Paul Nash.

Contact:

Paul Nash

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8/28 Chinook St, Everton Hills, 4053 (next to Healthworks)

The Offer

As a gesture of thanks for your confidence in our team and to celebrate the opening of Go2 human performance here at Healthworks Everton Hills, our gift to you is a free bottle of wine of your choice (selection of reds, whites, and sparkling) when you visit us for the first time for any of the services that we offer. It's our pleasure.

Thank you