

## G'day, welcome to the world of LIMBC physios

2 October 2013 15:00  
MYT

MANY are not aware of their work behind the scenes, but the presence and expertise of the Langkawi



WE MAKE 'EM TICK: (Clockwise from the top) Jody Moran, James Rance, Bart Tuohey, Phebe Corey, Ellie O'Kane, Dan Mitchell, Xavier MacDonald and Rosie Purdue. Picture by AMIN AZIZ/sports247.my

International Mountain Bike Challenge's (LIMBC) official physiotherapists at the UCI sanctioned cycling event, is of utmost importance to the participating cyclists.

The team of eight, namely Jody Moran, James Rance, Bart Tuohey, Rosie Purdue, Xavier MacDonald, Dan Mitchell, Ellie O'Kane and Phebe Corey (interestingly they are all Aussies!) flew in on Saturday and will be here to provide physiotherapy and massaging services throughout the competition, to among others help the riders recover from injuries picked up during the races.

Sports247.my sat the whole team down for a chat and here, they talk us through the business of being a physiotherapist.

**Sports247:** First of all, tell us a bit about yourselves and your main role here at LIMBC.

**XM:** We're all physiotherapists from different parts of Australia and we work as private practice physios. We deal with sports injuries and we're here to provide physiotherapy and massage services to the riders.

**s247:** How long have you been doing this for?

**BT:** If you combine, I would say about 30 years of experience between all of us.

**EOK:** It's my first year and Jody's 15th so there's a good mixture there.

**s47:** Describe a typical day at the office.

**JR:** Most of us normally start the day with a surf or bike-riding. When we're at work we deal with a lot of sports injuries. Some of us work in the hospitals and some do general physio work. At the end of the day we might just do some yoga or pilates and go to bed.

**XM:** Basically it's a daily grind.

**s247: Do you treat sports injuries only?**

**JR:** We do other stuffs as well. Rosie here works with kids. Xavier is famous with the ageing population and Ellie works with teenagers a lot.

**s247: Can you share with us the ups and downs of being a physio?**

**JM:** Some athletes don't necessarily listen to you because they could be addicted to their sport and tend to rush their comeback so that can make it a little difficult for us.

**PC:** At times, it can also be physically trying.

**DM:** It certainly does tire you out but for me personally, to help a professional athlete reach their potential or get someone in age care to walk again wipes that tiredness away. We're fortunate to be in a profession where you get to change people's lives.

**s247: Your understanding of the human anatomy must be quite extensive.**

**EOK:** We do four years of university to try and learn all that stuff. Even when you're working, you have to keep going for courses and conferences to keep learning.

**JR:** Some of us work in emergency units at hospitals where people are very, very sick. We work very closely with the doctors, especially orthopaedic surgeons and we take care the rehabilitation of their patients following surgery.

**s247: I imagine your task is made even harder because today's athletes know so much about their bodies and sports recovery.**

**BT:** We have to trust our own skills because we spent a lot of time learning and understanding the biomechanics of the body, so it's up to us how to treat and educate. The role of a physio is not only to treat but diagnose injuries as well so it's a bit different to other practitioners. We can diagnose and help them get better.

**s247: I suppose it's not just the physical aspect – there's also the need to look after an athlete mentally when they are out long-term?**

**XM:** Normally, we have three questions we ask ourselves. Mind, body and spirit. We make sure we know how someone is feeling mentally, physically and spiritually because when we do it's a lot easier to get them up on their feet.

**s247: In some countries, athletes take sports recovery for granted. How important is it to have a proper recovery programme following an intense competition?**

**EOK:** Very important. To perform at the highest level, your body needs to be in the best shape possible so whether it's through physiotherapy to prevent, treat or recover from injuries, it's important to get the proper advice, especially for up and coming athletes who don't have the knowledge. It's a huge area.

**DM:** There's a lot of money going into preventing than treating as it's much easier to prevent an injury. So in that sense it's extremely important.

**s247: What kind of technology do you use?**

**XM:** We use real time ultrasound where you can see the way the muscles behave.

**EOK:** Nowadays with the focus on preventive and exercise based therapies, tools like pilates machines are used more commonly.

**DM:** We also use hydrotherapy pools.

**s247: I assume your job involves lots of travelling.**

**JR:** Not necessarily but there are massive opportunities to do so. As Australians we can work in the UK quite easily as well as Canada and some other English speaking countries like Malaysia.

**XM:** Malaysian physios could do the same actually.

**JR:** But you have to talk to us first. (laugh collectively)

**s247: Do you enjoy the travelling part of your job?**

**EOK:** Yeah, that's the best bit. We definitely do and we like Malaysia and Langkawi a lot.

**DM:** Langkawi has been fun. It's a stress-free island. I just love the quietness here.

**XM:** Dan here has fallen so much in love with Langkawi that he actually came up with the slogan "Don't blow your horn at me, 'cause Langkawi is stress-free!" (laugh collectively)

**s247: That's about it guys. Thanks for your time and enjoy your stay here.**

For feedback, please email [editor@sports247.my](mailto:editor@sports247.my)

---

## **SUPER LEAGUE FIRST ROUND FIXTURES**

---

### **JANUARY 17**

---

PAHANG 1 LIONS XII 0

---

### **JANUARY 18**

---

SELANGOR 2 T-TEAM 0

---

TERENGGANU 2 PKNS 1

---

DARUL TAKZIM 2 PERAK 0

---

KELANTAN 2 SIME DARBY 1

---

ARMED FORCES 2 SARAWAK 0

---

### **JANUARY 24**

---

PKNS 1 ARMED FORCES 0

---

### **JANUARY 25**

---

LIONSXII 2 SELANGOR 1

---

SARAWAK 0 KELANTAN 1

---

PERAK 1 TERENGGANU 0

---

T-TEAM 1 DARUL TAKZIM 0

---

SIME DARBY 1 PAHANG 0

---

### **JANUARY 28**

---

SELANGOR 1 PAHANG 0

---

DARUL TAKZIM 2 LIONS 2

---

TERENGGANU 2 T-TEAM 0

---

ARMED FORCES 1 PERAK 0

---

KELANTAN 1 PKNS 2

---

SARAWAK 3 SIME DARBY 0

---

### **FEBRUARY 7**

---

## SUPER LEAGUE FIRST ROUND FIXTURES

PKNS 0 SARAWAK 3

PAHANG 3 JOHOR DARUL TAKZIM (I) 2

### FEBRUARY 8

LIONS XII 0 TERENGGANU 0

PERAK 2 KELANTAN 1

T-TEAM 2 ARMED FORCES 2

SIME DARBY 1 SELANGOR 2

### FEBRUARY 14

PKNS 0 SIME DARBY 0

### FEBRUARY 15

DARUL TAKZIM (1) 4 SELANGOR 1

TERENGGANU 2 PAHANG 0

ARMED FORCES 1 LIONS XII 2

KELANTAN 3 T-TEAM 0

SARAWAK 1 PERAK 0

## SUPER LEAGUE STANDINGS

	P	W	D	L	F	A	Pts
TERENGGANU	5	3	1	1	6	2	10
KELANTAN	5	3	0	2	8	5	9
SARAWAK	5	3	0	2	6	3	9
SELANGOR	5	3	0	2	7	7	9
LIONSXII	5	2	2	1	6	5	8
JOHOR DARUL TAKZIM (I)	5	2	1	2	10	7	7
ARMED FORCES	5	2	1	2	6	5	7
PKNS	5	2	1	2	4	5	7
PAHANG	5	2	0	3	4	6	6
PERAK	5	2	0	3	3	5	6
SIME DARBY	5	1	1	2	3	7	4
T-TEAM	5	1	1	3	3	9	4