



Dr. Luke Nichols

Chiropractor
B.App.Sc (Comp Med Chiro.), M Chiro
MCAA. Cert IV SMT

Chiropractic & Soft Tissue

South Yarra Sports Medicine is a proud sponsor of Fluid Movements. Luke has sponsored Fluid Movements over the past four years and continues to offer reduced consultation fees to Fluid Movement athletes.

Luke has a special interest in sports related musculoskeletal injuries and understands the physical demands that triathlon has on the body. He uses a number of techniques including:

- Soft tissue therapy
- Joint mobilization
- Gentle adjusting
- Stretching
- Strengthening
- Rehabilitation exercise

Luke is committed to making sure that athletes enjoy thorough non-rushed assessments and treatments. The combination of soft tissue therapy and chiropractic is often the answer to many musculoskeletal problems that athletes encounter. Luke is particularly focused on injury prevention management helping athletes achieve their goals in peak physical condition.

Being a keen athlete Luke is also involved in working with a number of elite sporting teams in Melbourne. He currently works with the Australian Rowing team and continues to work with athletes at the Victorian Institute of Sport.

With Dr Karen Holzer Sports Physician and the Fluid Movements coaching staff Luke looks forward to assisting you achieve your goals.

Available times at South Yarra sports:

Tuesdays 7am - 7pm
Wednesday 7am - 1pm
Fridays 1pm - 7pm
Saturdays 8am - 1pm

Contact Luke on:

Ph: 0408 883 753
Email: lnichols@ljnchiro.com

Note: **25%** Discount for Fluid Movement Athletes
HICAPS available for health fund claims

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& Soft Tissue

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