



**La Sol Pty Limited**  
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## Overview- New Clinic Launch (Mount Eliza)

To date Paul Hedger, has been consulting clinically on a part-time basis since relocating his business to the Mornington Peninsula, Victoria in April 2003. We're pleased to announce that Paul's company La Sol Pty Ltd has recently opened a new clinic at 5 Old Mornington Road, Mount Eliza.

After being involved in clinical practice for over 20 years, Paul's had the opportunity to work with some of our leading sports teams, researchers, Doctors and Allied Health Professionals bringing together evidenced based Health Management Solutions that provide his clients with an integrated management of their health issues. His goal has been to help ensure people remain engaged and maintain the Lifestyle behaviors that will have a positive influence on their health and physiological age. The new clinic will provide the following services:

- ❑ Consultant Physiotherapist – Injury treatment and prevention
- ❑ Lifestyle Intervention Program – Exercise, nutrition and lifestyle strategies
- ❑ LifeGenes™ Program – Genetic Profiling Analysis
- ❑ Corporate Health and Wellness Programs
- ❑ Video Analysis & Biomechanical Assessments
- ❑ Sports Performance Enhancement Screenings
- ❑ Golf Awareness Program – feel good ... play better
- ❑ Corporate Golf Days / Performance Golf Tours



## Bio- Paul Hedger

Paul is a physiotherapist who has had extensive experience working with all ages and genders from recreational to professional athletes. He ran his own Physiotherapy Clinic in Chatswood (Sydney) as well as consulting to St Ignatius College (Grade 5 to Year 12) from 1990-2003. From 1992-1999 he was the Head Physiotherapist for the Sydney Swans Football Club. Paul also managed the Strength and Conditioning Programs and Injury Management for the Kawasaki Race Team from 2000-2006. He still continues to work closely with both amateur and professional athletes using video analysis to help enhance the sports specific biomechanics of their performance.

As well working in clinical practice, Paul continues to work as a medical consultant to Practitioner Direct helping to co-ordinate research and patient education materials. Paul also works with the Medical and Scientific Advisory Board, for a new website ([www.healthypond.com.au](http://www.healthypond.com.au)), writing articles covering the four broad areas health, fitness, leisure and lifestyle. Past professional appointments include Herron / Sigma and Inogen Pharmaceuticals, where he has had a role editing and publishing two websites ([www.osteoze.com](http://www.osteoze.com) and [www.genflex.com.au](http://www.genflex.com.au)), as well as developing professional recommendation strategies for several products launched onto the Australian market.

Paul has been involved in running national seminars educating physiotherapists, chiropractors, osteopaths, sports physicians, masseurs and athletic trainers about golf injury treatment, strength and conditioning, and injury prevention. He continues to lecture at various seminars on biomechanics, strength and conditioning programs, injury prevention, OA Specific Treatment and Lifestyle Intervention Strategies.

Paul's company La Sol Pty Ltd has for a long time now, been in the business of selling proprietary marketing and educational resources related to lifestyle intervention, injury treatment, management, prevention and performance enhancement. La Sol has recently been involved in working with Professors from QLD University developing both the LifeGenes - Genetic Profiling Analysis and The Lifestyle Intervention Program. As well as, re-creating the branded La Sol Golf - Performance Enhancement Programs.

La Sol is pleased to have the opportunity to work with the people of the Mornington Peninsula and share Paul's experience in managing [Health, Fitness, Leisure and Lifestyle Solutions- helping the community to Feel Good ... Look, Work and Play Better!](#)



**Paul Hedger** Director La Sol Pty Limited