

## **GRAEME MILLS**

**Remedial & Sports Massage Therapist – 14 Years**  
**Sports Trainer – 16 Years**  
**Triathlon Coach – 17 Years**  
**Swimming Coach – 25 Years**

Graeme has been a volunteer masseur at the Victorian Institute of Sport, and masseur and sports trainer to the Australian Age Group Team at World Championships – Duathlon 1998, Triathlon 1998, 1999, 2001 and 2003. He practices at his clinic in Beaumaris and at the Springvale Sports Medicine and Physiotherapy Clinic.

Graeme is trained to assess, treat and rehabilitate, based on both clinical findings and knowledge of stresses imposed by training and competition in Triathlon. He is trained to apply a variety of soft tissue therapy techniques and is registered to provide services under the Victorian WorkCover Authority and several Health Insurance Funds.

Prevention being better than cure, many athletes choose in-training, pre-race and post-race massages, each type being different, and specific to the individual's needs.

Prevention of recurrence of an injury may require modification of training technique or equipment. Thus, Graeme may seek your permission to discuss your injury with your own coach or refer you to another therapist such as a podiatrist.

Similarly, nutritional requirements differ at different phases and all advice given is firmly based on instruction received at the Australian Institute of Sport during Graeme's Level 2 and Level 3 Triathlon Coach courses, rather than "What is the latest fad diet and how can I make money from it?"

Graeme is also a Triathlon Australia Technical Official, a foundation member and a life member of Bayside Triathlon Club and club swimming coach since formation of our club.

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