



Sports & Arthritis Clinic

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Sports and Exercise Physician

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Greetings SPARC-Up Fitness Members,

As a sports and exercise physician, fitness is about much more than what our body looks like. Avoiding future health problems, keeping fit and healthy when you are 95, and preventing injury is a major focus for us. In keeping with this, it is part of our regular pre-season protocol for teams such as the Adelaide Crows, the Adelaide 36ers, and others we work with to always have a pre-season check performed. This is to help identify any early risks of heart/cardiac concerns (with an ECG), health issues that impact performance such as low iron, or risks of ankle injury or tearing an ACL.

As part of your SPARC-Up Fitness journey, we are also here as part of your support team. And as we are a medical clinic, all SPARC-UP Fitness members also need to be assessed with our SPARC CHECK program, as we do for all our professional athletes each year.

The SPARC **CHECK** program incorporates assessment of:

- **Concussion risk**
- **Health assessment**
- **Exercise advice and identifying any potential areas of concern**
- **Cardiac / ECG checks**
- **Knowledge updates and answer any questions you may have**

What you need to do:

1. Call reception on 8234 9707 and ask to be booked in with Dr Duncan Walker for a SPARC CHECK
2. This will be a 40-minute appointment, during which our nurse will do an ECG (cardiac check) if needed, along with your medical appointment
3. This is a COST-FREE appointment – a complimentary part of your SPARC-Up Fitness membership to ensure your safe and successful fitness journey

We believe that everyone trying to improve their fitness deserves the same level of care whether a professional athlete or not, and we look forward to watching (and hopefully helping) you achieve your fitness goals.

Dr Duncan Walker
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GP, Sports & Exercise Physician

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