

# PRESS RELEASE

## SOLID RACKS PTY LTD

FOR IMMEDIATE RELEASE

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### AVALON PHYSIOTHERAPY CENTRE EXPANDS ITS CAPABILITY

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**SYDNEY:** The versatility of the SOLID INFINITY SYSTEM is again demonstrated by the innovative healthcare community on the Northern Beaches who have adopted the product to deliver improved services to their customers.

Avalon Physiotherapy Centre has converted a previously blank wall into a functional part of the business, expanding services offered but also introducing business efficiencies as well. Physiotherapist and owner, Warwick Sargent observes that customers find the product attractive, and he likes the way it packs away neatly off the floor, clearing floor space for other exercise forms.

However he goes on to note that the real benefit lies in the type of exercises he can now train, exercises which are able to be followed up at home. Warwick says

“Most exercises involve upper and lower limbs working together. This encourages a more natural neuromuscular strengthening through the entire body and not just strengthening of a muscle in isolation. The core muscle groups cannot avoid working to stabilise the torso when the upper limbs are working with and against the lower limbs. It’s just like climbing a tree when we were kids.”

Warwick is pleased enough with the SOLID INFINITY SYSTEM that he sees the merit of having such a versatile system installed at home. Whether work or home, call us if you require a flexible, customer pleasing, effective way to expand your services.

#### About SOLID Racks

SOLID Racks is an innovative Australian company catching global attention with its patented wall mounted system which has applications in a wide range of industries. Its use in the health and fitness sectors provides users with a cost effective, space saving, flexible and good looking single solution addressing multiple needs.

**Contact:** Jake Edwards at Solid Racks. [jake@solidracks.com](mailto:jake@solidracks.com)  
<http://solidinfinitygym.com>

#### About AVALON PHYSIOTHERAPY CENTRE

Established in Avalon over 25 years ago, Avalon Physiotherapy Centre has developed strong links to, and referral bases from, Sydney’s Leading Orthopaedic Specialists and Sports Medicine Specialists as well as our local general practitioners.

Contact: [warwick@avphysio.com.au](mailto:warwick@avphysio.com.au) or (02) 9918 3373