



THE TWO FACES OF THE SHOULDER GUY

Hi, my name is **Luke Van Every** and it's a long story but I became known as "The Shoulder Guy" well before I opened the doors to my practice. In fact, it was a *nickname* I was given by my work colleagues at the time, because all I talked about and wanted to treat were shoulders.

Truth be told though, that is not all I love to do.

While **helping people** with shoulder pain is where my initial influence starts, it's not long before we **focus on a bigger vision**, which for most people is to build their capacity and confidence for a more enjoyable and fulfilling life.

I help people achieve this goal through realistic, **NO B.S. advice**, exercise strategies and an empowering strength training philosophy.

It's fun, relatively simple and it works.



BOOK YOUR DISCOVERY SESSION WITH LUKE TODAY.

C/O ALL ABOUT MOVEMENT
76 ENOGGERA ROAD,
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CALL NOW ON 3856 3607

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SHOULDER GUY

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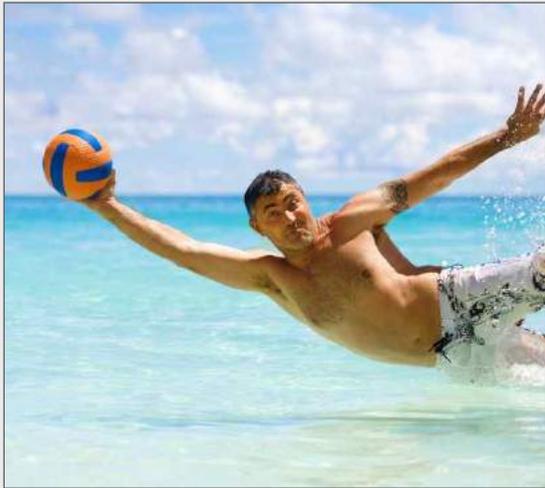


JUST SHOULDERS

It might sound weird but I love to help people with shoulder pain problems. In fact, over the years I've gotten really good at it.

The truth is most shoulder pain problems can be significantly improved, if not fixed using specific shoulder physiotherapy know how. Inside this brochure you'll discover how I can help you get rid of your shoulder pain once and for all.

Movement is Medicine..



SHOULDER PAIN AND INJURY CAN HAVE A MASSIVE AFFECT ON YOUR QUALITY OF LIFE.

“Hey listen, I have a little secret to tell you. I’ve been right where you are now...quietly going insane because your shoulder pain won’t let you get on and do the things you love to do”. **Let’s fix that...**



14 YEARS OF SHOULDER KNOW HOW...

It’s a big decision to trust someone with your body when you’re feeling vulnerable, painful and anxious.

I can’t say just yet “that I’ve seen it all”. But I have seen first hand the rapid *transformation* in people just like you, once they decided to commit to being better, they understood how to make that happen and trusted that I could help them get there.

If you’re willing to invest in yourself then I can help you overcome the following:

- Subacromial Pain Syndrome
- Rotator Cuff Tendinopathy
- Shoulder Instability
- Non Specific Shoulder Pain
- Post Operative Shoulder Recovery
- Shoulder Stiffness
- Poor Shoulder Sporting/Gym Performance



SO WHAT CAN YOU EXPECT?

People nowadays more than ever want results. Ideally less pain and better function. That’s exactly what I aim to help you achieve in the shortest timeframe possible, through education, targeted movement, loading and NO B.S. advice.

For starters...

- You’ll Know What is Wrong & How to Fix It
- You’ll Have Less Shoulder Pain
- No More Sleepless Nights
- Better Shoulder Mobility & Strength
- A Shoulder That Works When You Want It To
- More Confidence In A Shoulder You Can Trust.
- The “Know How” to Help Maintain Your Shoulders For Life.

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If fast results and a better you are what you are looking for, then go ahead and discover how today.
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Call 3856 3607 or visit

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