

Move and Feel Your Best in 2012!

January-February 2012

Volume 1, Issue 1

Posture

How you can help decrease your back and neck pain by standing and sitting correctly

Special points of interest:

- **Physionorth is now a BUPA Members First provider. Visit us for LOW or NO out of pocket expense for physio!**
- **ONE HOUR MASSAGE HALF PRICE!!! (See back of newsletter)**
- **FIND US ON FACEBOOK! (Visit us today for our latest competition!)**

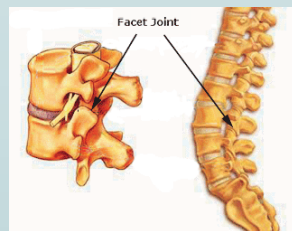


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Patients visit Physionorth with concerns about their posture, they would like to improve it but are having troubles correcting it themselves. They know that they don't have the best posture, however many people have trouble correcting it themselves. Incorrect posture can lead to back and neck pain, hip pain, foot and knee problems.

Standing in a slumped position loads up the facet joints of your back and neck. Facet joints are the joints on either side of your spine that connect one vertebra to the next. They are surrounded by a joint capsule, ligaments and muscles and are



highly innervated, which means they are very sensitive structures.

If the position you are standing in stops your spine from being in a normal 'S' curve, the small 'core' muscles that normally support your back 'switch off' and become lazy and weak. The big 'mover' muscles that are not designed to support your back become overactive to substitute

for the lack of work your core is doing. This makes your back more susceptible to injuries when you start to bend and twist, stay in sustained or awkward postures or lift heavy objects. Some of these muscles run from your lumbar spine, all the way into your neck, therefore if they are overactive in your back, this can translate to a stiff and sore neck as well.

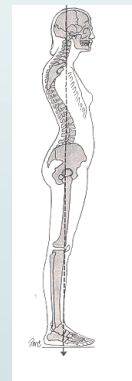
There are a couple of common bad posture types. The first is a 'sway back' posture.



People who have a sway back, stand with their pelvis rotated backwards, a very rounded upper back and a poked chin. To correct this posture they need to arch their lower back (and rotate their pelvis forwards), lift their chest and tuck their chin.

The other common poor posture is a kyphotic posture. People who have this posture stand

with their pelvis rotated forwards, a rounded upper back and a poked chin. To correct this posture they need to flatten their lower back, lift their chest and tuck their chin.



Tips for correcting your posture;

- Use a mirror
- Do pilates. Pilates increases your postural awareness as well as strengthens your stabilising muscles
- Stay active. Physical activity strengthens your postural muscles
- Sit in a well supported chair
- Get assistance from your Physiotherapist. They are highly trained in postural correction and prescribing strengthening exercises

Jaquie Goldsack Physio

Local Business Loyalty Card

The Team at Physionorth are happy to announce that we are participating in the local businesses loyalty card program. Five businesses in the local area have some special deals which can be redeemed with a loyalty card. Physionorth are offering a FREE initial Pilates assessment and initial Ion1 Pilates Class (valued at \$105). Cards are available to collect from our clinic.

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**MOVE AND FEEL YOUR
BEST!**

WE'RE ON THE WEB. VISIT US
AT: WWW.PHYSIONORTH.COM.AU

Want to keep up to date with what's happening at physionorth? Why not 'like' our facebook page?

Go to: www.facebook.com/physionorthqld or follow the link from our website



Pilates Classes Recommencing!

Our ever popular Pilates classes are recommencing on January 31st. Our "In Clinic" classes, with a maximum of four people, have proved very popular therefore we are sticking to this format.

If you are new to our classes you will be booked in for a pre-screening with one of our Physiotherapists prior to commencing classes to better understand your injury history (if any) and goals for Pilates.

Classes are then available Tuesday and Thursday evenings and Saturday mornings. Ion1 and Ion2 classes are also available on request just ask one of our friendly receptionists.

Private Health rebates are also available on a **pay as you go** basis with most participants getting a substantial rebate each time. If you don't have private health, you can buy a book of 6 classes and get a 20% discount.

Bookings Essential as Classes fill Fast! To reserve your place call 47240768

New Staff Member

A warm welcome to the newest physiotherapy addition to our team, Anita Selby.

Anita started work for Physionorth two afternoons a week in October and is now taking appointments full time. Anita is a local Townsville girl. She completed her Bachelor of Physiotherapy in 2008 (with Luke) and worked for

Queensland Health in Kingaroy for two years. She then decided to move back to Townsville and took up a position at The Townsville Hospital.

Anita enjoys treating all musculoskeletal injuries and doing Lymphoedema massage and treatment. She is also qualified in dry needling (western

acupuncture). In her spare time Anita enjoys playing touch football, softball, going to the gym and spending time with family and friends.



**SPECIAL
OFFER**

Mention this Newsletter to our reception staff when you purchase a 30min massage and upgrade to an hour for FREE!

Valid until the 29th February, limit one per person, not redeemable for cash