

physionorth

NEWSLETTER

No. 11

Welcome to Physionorth's 11th Newsletter.



We wish to welcome you all back after the Christmas and New Year break and trust that it will be a fantastic year for all.

As always we appreciate your support in helping us to show you how physiotherapy at Physionorth can help you to "feel the difference".

Melissa Hooper Returning from Maternity Leave

We are very pleased to announce that our Practice Principal, Melissa Hooper is returning from maternity leave. Melissa resumes clinical consulting on 20 February and is excited to be returning to hands on work in the clinic.

Melissa's special interest areas are Musculoskeletal Physio, in particular shoulder, cervical spine and TMJ and Women's Health including continence management.

If you wish to make an appointment with Melissa please call our office on 4724 0768.

Practice News

We are pleased to announce a very warm welcome to Lorren Muggleton who has joined us in her role as part-time receptionist since our last newsletter.

In December Physionorth said farewell to Julie who has left us to be closer to her daughters in Brisbane. We wish Julie and her husband all the best in settling back into their home town.



Charters Towers

2007 sees the upgrade of our Charters Towers facilities to include Real Time Ultrasound, laser and clinical Pilates.

Physionorth visits Charters Towers every Tuesday, at the rooms of Merrilee Melville Optometrist, 258 Gill Street.

During the year we hope to expand our services to three days a week. Stay tuned for more details.

To make an appointment with Daniel, just call Robyn in Charters Towers on 4787 8122.

Recall Reminders



This year the Admin team at Physionorth will be implementing recall reminders. If you are due for a follow up treatment and have forgotten to call us to make a time we will send you a reminder.

This allows us to check that everything has been ok since your last appointment and if there is anything more we as your physiotherapist can do to help you.

Hydrotherapy

Our group Hydrotherapy sessions are now held at the Heatley pool, every Monday from 11.00am – 12.00pm.

We chose to move the Hydrotherapy sessions to the Heatley pool as it has much better access, making it easier and safer for the elderly, injured and disabled to get in and out of the water.



If you have any queries regarding Hydrotherapy please contact our office on 4724 0768.

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NEWSLETTER

No. 11

Health Checks & Exercise Programs

Want to make a healthy difference in your life?

Why not make an appointment for one of our Physio's to carry out a Physical Health Check. They will give you a verbal report on your fitness level, range of motion, blood pressure and blood glucose levels. They will also highlight any areas of your physical function that need addressing before they potentially become a problem for you.



Our physio's can also create an Exercise Program specifically to meet your needs, be that general mobility, fitness or weight loss.

If you have any queries regarding either of these services please contact our office on 4724 0768.

Prevention of Low Back Pain

Have you been suffering from a bad back for months or years and neither you or your doctor have been able to figure out why?



You are not the only one, with back pain affecting up to 90% of us at some stage in our lives. The cost to us in terms of pain, suffering and financial strain is enormous.

Thankfully researchers at the University of Queensland have found that re-training the core stabilising muscles around the back and abdomen can help prevent the recurrence of low back pain.



When pain arises after an injury, there is an inhibition of these muscles. Unless corrected, this can lead to an ongoing recurrence of pain.

Physiotherapists are highly trained to assess and implement specific exercise program to address this weakness.



Patients are instructed on a program to re-train and strengthen these muscles. A Swiss Ball is the most effective way to re-train these muscles.

Please contact Physionorth for more details on assessment and design of a program for you.

Physiotherapy and Stroke

A Stroke occurs when a blood vessel leading to the brain either becomes blocked or bursts. The part of the brain that is supplied by that blood vessel becomes starved of oxygen, and stops functioning.

Stroke effects different people in different ways, depending on the type of stroke and area of the brain affected. Having a stroke can have an impact on movement, sensation, balance and coordination. The aim of physiotherapy in recovery from a stroke is to help regain as many of these abilities as possible. The severity of the stroke will dictate how much recovery is possible.

People who have suffered a stroke often have ongoing mild deficits after being discharged from hospital that prevents them from functioning at their best. This may be an inability to participate in hobbies such as cycling or dancing.



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NEWSLETTER

No. 11

Staff at Physionorth have a wide range of experience with neurological conditions. Your physiotherapist will assess your condition and individual needs and prescribe a suitable rehabilitation program in order to help you reach your goals and move and feel your best.

Exercise – Not just for weight loss

We all know that exercise helps you look and feel better but what about the benefits for the inside of your body.

Regular exercise is great for your heart, lungs, circulatory system, lymphatic system, digestive system, brain function, in fact nearly every system in your body!



When you exercise your heart beats faster, distributing the blood to your hard working muscles. Your heart is a muscle and by exercising, you increase the strength of your heart, making it more efficient (pumping more blood around your body with less effort). This also helps keep your blood pressure within normal levels.



Every time you exercise your muscles contract and help pump the blood back up to your heart. This prevents blood pooling in your legs

and ensures that your blood is re-oxygenated and wastes removed regularly. This increases the body's ability to use oxygen and promotes healthy circulation.

Did you know that circulating fats in your blood stream can adhere to the walls of your blood vessels causing clots. By exercising regularly you use up the circulating fats as fuel, which decreases your risk of



stroke and heart attack. Exercise is also great for preventing peripheral vascular disease (narrowing of the blood vessels in your legs), which can also be caused by a build up of circulating fats on the inside of the vessel wall.

Many people report that exercise helps lighten their mood and clear their heads allowing them to think more clearly. This occurs when the body releases endorphins, or the body's natural "happy pills" during and after exercise. These endorphins make us feel good and are a great way of fighting depression!

The secret to exercise is finding a mode that you enjoy and making it into a routine. For more ideas, talk to your Physio.



Tips for Gardening Safely

Begin your Gardening session with a few stretches and exercises to warm up the muscles and joints you will be using. This helps prevent injury and reduces soreness at the end of the day.

Make sure the area in which you are working is free of obstacles such as gardening tools, bags and seedling trays. This helps prevent slips and falls.

Vary your activities so that you are not in the one position for more than 30 minutes at a time.



When doing tasks at ground level, like weeding or planting, kneel rather than bend from the waist. Where possible, keep one hand on the ground for support as you lean forward.

If your garden beds are fenced, step into the bed to work rather than lean in from the edge.

physionorth

NEWSLETTER

No. 11

When shoveling, move your feet to change direction rather than twisting your body around.

Observe the basic rules for safe lifting, namely:

- Get a firm footing, with your feet shoulder-width apart.
- Bend at the knees and at the hips, using the strong muscles in your legs to lift.
- Have a good, firm grip on the load.
- Keep the load close to your body.
- Brace your spine and keep your back as straight as possible for the whole lift.
- Make all movements smoothly, avoid jerking or twisting.
- Use a wheelbarrow to transport heavy items, but don't overfill it! Position the weight over the wheel.



Observe the basic rules for working safely, namely:

- Ensure heavy equipment and materials you use often are stored between the waist and knee level, not overhead or below your knees.
- Where possible, work at benches built to your waist height. Clear the ground in front of the bench so you can stand close in.
- Ensure your equipment is in good repair and the size that feels comfortable for your own size and strength.
- Use aids such as wheelbarrows and kneeling mats.
- Listen to your body. If it hurts, stop. If the pain continues, visit your physiotherapist who can assist with providing stretches and exercises to help get you fit for gardening and avoid injury.



Clinic Hours

Our hours for Physiotherapy treatment are:



Weekdays:
7.30am – 7.00pm
Saturdays:
7.30am – 1.30pm

For an appointment please call Christy, Lorren, Bree, or Sarah on 4724 0768.

Remember that a Doctors referral is not required for private clients for physiotherapy! (It is however for Veterans Affairs, WorkCover and Medicare)

The team at Physionorth love feedback to help us improve our service to you; so any ideas, suggestions or criticisms please let us know:

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Our Mission Statement:

“Physionorth provides an affordable, quality physiotherapy service available to all members of the community. It has a pleasant and open environment conducive to client satisfaction. Physionorth aims to meet the needs of all patients, referring practitioners, health funds, staff and principals.”

*If you received this newsletter in error or you no longer wish to receive our newsletter, please phone us on:
4724 0768*