



Welcome to Physionorth's 14th Newsletter!

There have been many changes since our last newsletter. We've had to say good bye to some of our beloved staff, and as many of you already may know, we have also welcomed some fantastic new members to the team.

Daniel O'Grady

Daniel left late last year for Melbourne with his partner Fiona. He is now busy working in a sports physiotherapy clinic.

Melanie Armstrong

Melanie left us earlier this year to work at the TGH & pursue her dream to work as a rehabilitation Physiotherapist. Melanie and her husband are expecting their first child in August!

Christy Guidera

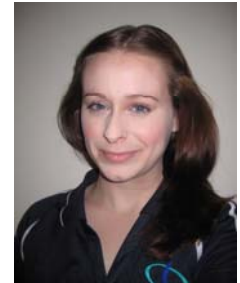
Christy has returned to her home town of Kimba in South Australia to be closer to family.

Melissa Allsopp nee Hooper

Melissa, her husband Phil and son Hugo moved to WA late last year. They welcomed a baby girl- Adelaide Grace, into their family on the 1st of May.



*Congratulations!
Melissa and Adelaide heading
home from hospital*



*Ebonney -
Physiotherapist*

Luke Wheeler - Physiotherapist

Luke joined the team in January. Luke is a keen golfer and also plays soccer. He is qualified in pilates and will be completing his qualification in acupuncture in late July.

Shannon Pinnington - Physiotherapist

Shannon joined us in May bringing many years as a qualified Physiotherapist with her. Shannon has special interest in dry needling (acupuncture), exercise prescription and women's health. Shannon is a keen mountain biker and enjoys keeping fit.

Ebonney Jackson - Physiotherapist

We welcomed Ebonney to the team in March. As the only Physiotherapist working on Saturdays, she is a valuable member of the team for her co-workers and clients alike. Ebonney is currently studying medicine at JCU.

Carly Russell - Pilates Instructor

Carly is our newest recruit, joining us at the start of the year. Carly is from Canada and has previously worked teaching exercise classes to people involved in motor vehicle accidents. Carly is also studying to be a physiotherapist.

**July/August Special
Tens machines \$120 for
July and August only. Be
quick as there is limited
stock!!!**

*"Remember, that a
Dr's Referral is not
required for
Physiotherapy!"*



Feature Article:

Incontinence, Bladder Retraining & the Pelvic Floor

- Do you go to the toilet more than 5-7 times during the day or more than once at night?
- Do you go to the toilet "just in case"?
- Do you leak urine when you laugh, cough, jump or run?

If you answered yes to any of these questions it is likely you have a problem with your bladder function.

Incontinence is leaking urine involuntarily. It is a common issue affecting primarily women; however, it is both preventable and curable.

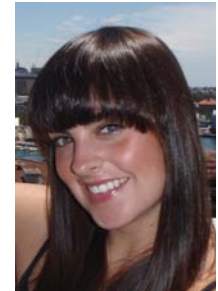
The bladder is a storage reservoir for urine and fills up slowly. Once it reaches a certain level we feel an urge to go to the toilet and urinate. Many women go to the toilet "just in case". This results in continually emptying only small volumes of urine from the bladder and the bladder loses its ability to stretch to full capacity.

The urge to go to the toilet now occurs more frequently and we go to the toilet even when we do not really need to go. The bladder therefore requires retraining so it can hold the normal amount of urine again. Better bladder habits can be taught and the capacity of the bladder to hold more urine before getting the "urge" to go to the toilet can be improved.

It is the role of the pelvic floor muscles to stop urine and "hold on" when we have the urge to go to the toilet or during physically exerting activities such

as jumping and running. These pelvic floor muscles are under voluntary control. If these muscles become weak, often due to ageing, chronic coughing, chronic constipation, pregnancy or childbirth, we can lose the strength to "hold on". This can result in leakage at inopportune times. Strong pelvic floor muscles allow you to hold on until you are ready to go and are a necessity for better bladder control. Like any muscle, the pelvic floor can be strengthened.

Physiotherapy can help you retrain your pelvic floor muscles and teach you better bladder habits to assist in the prevention and cure of incontinence. *Please come in and see one of our physiotherapists for further advice!*



Carly - Pilates Instructor



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Cancellations

For the convenience of other patients and our Physiotherapists, please contact us at least 24 hours in advance if you need to cancel or re-schedule your appointment.

By doing so, you will ensure that you avoid incurring the cancellation fee of \$48.40. If you cancel or don't show up for more than 3 appointments a cancellation fee of \$48.40 may apply.

Clinic Hours

Our hours for Physiotherapy treatment are:

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

For an appointment please call
Lorren, Lyndal, Candice or Kerry on
4724 0768.



Our website is in much need of some TLC! We expect upgrades to be completed within the next 3 months. Your patience is very much appreciated throughout the transition period.

Pilates Classes

We have had a change of venue for our pilates classes. They are now located at the Senior Citizens center on Ryan St Belgian Gardens. Beginners is held on Mondays at 5:30pm and Intermediate on Thursdays at 5:30pm. If you would like to sign up for our courses please contact our friendly reception staff! Pilates is great for core stability, low back and neck pain.

