

Welcome to the autumn edition of Health Check, our quarterly newsletter from Physioworks Health Group. The summer sun has been plentiful, which we trust has ensured plenty of outdoor activity for your general wellbeing and fitness. At Physioworks we believe that **'Everyone is an athlete.... we just have different events'**. What is your event this autumn? Is it sport, work, recreation or simply everyday life? At Physioworks our team strive to provide service excellence in helping you to **'be your best'** at your event. **We wish you all a very happy and safe Easter - we hope you enjoy the break.**

## Health in Focus: "Do the Basics Right"



Physioworks Director Andrew Dalwood and Sport's Physiotherapist, Brad Fernihough discuss the importance of maintaining a correct sitting posture.

Research shows that backache is second only to headaches as the most common location of pain and many of these problems stem from poor posture while sitting.

Think about the amount of time you spend sitting – driving, working, eating, watching TV, using the computer. Are you sitting correctly?

**Doing the basics right** will have significant impact on your back pain and general wellness.

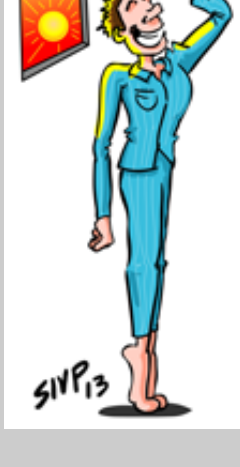
Our team of physiotherapists are trained to assist and educate you with simple techniques to improve your posture. Let us show and work with you on doing the basics right!

For more information contact your nearest Physioworks clinic – go to [www.physioworkshealthgroup.com.au](http://www.physioworkshealthgroup.com.au)

## Double Check: Fast Facts

### Taller in the morning?

We are about 1cm taller in the morning than in the evening, because during normal activities during the day, the cartilage in our knees and other areas slowly compress.



• **The knee bone's connected to the...** strongest bone in your body - the femur (thighbone), and it's hollow!

### Protect your feet

The feet account for one quarter of all the human body's bones. Of the two hundred or so bones in the body, your feet contain a whopping 52 of them.

## Health Check Special: Clinical Pilates at Physioworks



**Book now for Clinical Pilates at PHG**  
Discounts apply for a '10 Class Purchase'  
**Save up to 20%**  
Ask at your local PHG clinic.



Clinical Pilates is a specific form of Pilates designed and supervised by the PHG team of specially-trained physiotherapists.

It focuses on improving core stability, posture, balance, control, strength, and flexibility through low-impact equipment and floor based exercises. It is most effective for management problems such as tendonitis, muscle strains and back pain.

Our approach is first to provide an individual assessment. If and where appropriate, Clinical Pilates maybe recommended as part of your treatment and management program

**All four Physioworks clinics offer Clinical Pilates.**

Check our weekly class timetables as there is bound to be a class time that suits you. Classes are held in our customised gym facilities and are limited in size; so bookings are essential.

Call your local Physioworks clinic or go to the website for more detail and class times.

**Ask about our Woman's Only classes at PHG Camberwell (Babies are welcome).**

## Double Check: Did you know?

Physioworks Director **David Francis** has received an **Special Services Award** for his services to the **Collingwood Football Club** where he has been Senior Physiotherapist for 17 seasons. [Watch Eddie McGuire present the award to David at a recent CFC function.](#)



**Robyn Cameron** (Reception, Waverley Park Physiotherapy Centre, PHG Mulgrave) has been welcoming patients to the clinic since just after we opened our doors to the community 25 years ago.

**Chris Seville** (PHG Camberwell) is a member of the Australian Powerlifting Team competing internationally for the past 3 years and recently came 17th in the World Powerlifting Championships in the U83 kilo category.

**Spike balls** are great for self-treatment at home for those hard reach knots. Roll on the ball, enjoy the relief. Grab one from your PHG clinic – a seriously great \$15.00 investment.



**Brad Fernihough** (PHG Camberwell) was the exclusive physio for the **Red Hot Chili Peppers** at Big Day Out in Melbourne in January – [and loved the gig from his prime backstage position.](#)

In late February, PHG Camberwell welcomed our **1000th patient** since we opened the clinic in February 2011. Thanks to all our patients, the local community and our staff for your ongoing support.

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There are wedding bells afoot for **Jonathan Dodd** (PHG Cranbourne) recently engaged to Andrea.

**Ben Shipperd** (PHG Pakenham) is a pretty handy A grade cricketer. Ben was caught on boundary last weekend for 97 trying to bring up his ton in style!!

## Double Check: The App

What app has caught your eye recently? We're keeping an eye out for some fun, worthwhile health and fitness apps.

### RunKeeper

**RunKeeper Free for iPhone & Android**

Despite its name, RunKeeper covers the full gamut of aerobic activity, including mountain biking, cross-country skiing, swimming and rowing. It can take advantage of your smartphone's GPS to track your progress on a map if you're outdoors, but it works equally well for indoor workouts at the gym, especially if you pair it with a compatible heart-rate monitor.



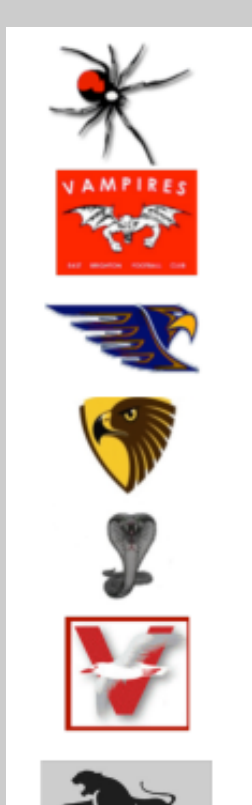
## Health Check: Around our clinics

All PHG clinics will be **closed** on the Easter public holidays and Easter Saturday, **except** WPPC Mulgrave which will operate normal clinic hours on Easter Saturday.

- Camberwell:**  
Musculoskeletal Physiotherapist **Amy Bach** has recently joined our clinic. **Brooke De Hay** brings her Exercise Physiology expertise to the clinic on Tuesday and Thursday. Both Amy and Brooke have strong interest and passion for woman's health issues. Call reception on 9889 6611 to make a booking with either Amy or Brooke.
- Cranbourne:**  
Physiotherapists **Jack Mest** and **Jonathan Dodd** are currently undertaking Post Graduate Masters studies in Sports Physiotherapy and Musculoskeletal Physiotherapy respectively. Call reception on 5955 1111 to make a booking with either Jack or Jonathan.
- Mulgrave (Waverley Park Physiotherapy Centre)**  
As part of PHG ongoing commitment to health education and research, Andrew Dalwood will lead the PHG team at Mulgrave (and Camberwell) in a combined Research Study program with the University Melbourne into **Lateral Hip Pain** (Pain in the side of your hip).
- New signage, new look, same service excellence!** We've updated our signage at 439 Police Rd, so we trust we are easier to find – and we've given our [website](#) banner a little make over as well.
- Pakenham**  
Physiotherapist Casey Cleeland has a strong focus on Woman's Health and is currently completing her Postgraduate Certificate in Pelvic Floor Rehabilitation, with a focus on pre/post natal exercises and pregnancy related pelvic girdle pain. For a consultation with Casey call the clinic on 5941 5499.



## Health Check: Community support and sponsorship



At Physioworks we love a good team motto – the Vampires, the Redbacks, the Cobras, the Panthers, the Lions, the Swans, the Hawks, the Eagles!!

Physioworks Health Group prides itself on assisting local community sporting groups to optimise their performance, supporting a range of local teams around our clinic locations.

This season Physioworks is providing service support and sponsorship to football and netball clubs including the Ashie Redbacks, the East Brighton Vampires (Camberwell); the Cranbourne Eagles, the Devon Meadows Panthers, and the Cora Lynn Cobras, (Cranbourne); the Waverley Hawks, Northvale Netball (Mulgrave); the Pakenham Lions and the Tooradin Swans (Pakenham). We hope all have a healthy, fun and successful season.

Physioworks are also the Sports Medicine partner of the Casey and Cardina Football Netball League, a long term partnership arrangement which further highlights our commitment to community health and recreation.

Further, PHG Directors, David Francis and Andrew Dalwood are also providing their specialist consult expertise in assisting numerous Victorian football leagues and clubs with the treatment and management of complex injuries.

**Please contact Mick O'Dea on 0416 620 798 to discuss potential support by Physioworks of your community based sports organisation.**

## Double Check: LIKE US ON FACEBOOK



Keep up to date with the latest news and goss from PHG – go on, you know you want to - thanks for liking us on Facebook

[www.facebook.com/PhysioworksHealthGroup](http://www.facebook.com/PhysioworksHealthGroup)

Check our page for further information

Physioworks Health Group provides excellence in **General** and **Specialist Physiotherapy** care and treatment to all our clients. Our team of health care professionals, headed by Musculoskeletal Specialists **Andrew Dalwood** and **David Francis**, have been successfully treating patients for over 15 years, at our network of multi discipline health care clinics across Melbourne including:

- Camberwell** | 98896611
- Cranbourne** | 59951111
- Mulgrave** | 97950668
- Pakenham** | 59415499