

## Quarterly Newsletter from PHG September 2013 – Edition04

Spring has sprung; so “*Improve your Move*”, brush of those runners, tone up and get active for summer. At **Physioworks Health Group** we believe “*Everyone is an athlete.... we just have different events*”. matter what your “*event*” is this spring – preparing for summer sports, participating in the Melbourne Marathon Festivals, gardening, walking or just ensuring your general fitness and wellbeing to enjoy be quality of life - let us help you to be “*Improve your Move*” this spring.



### Health in Focus:

#### “Physiotherapy: Improve your Move”



Physioworks Health Group prides itself on assisting our community to improve their health and fitness, optimise their performance and reach their individual goals

As a member of the Australian Physiotherapy Association (APA) we are supporting the current Physiotherapy campaign “*Improve Your Move*” which heightens awareness of what physio’s actually do. Put simply, **we help to get you moving to ensure that you are healthy and get the most out of life.**

At Physioworks Health Group we provide a range of physiotherapy specialisations to ensure best assessment and treatment to “*Improve your Move*”; from General, Paediatric and Sports Physiotherapy to Specialist Musculoskeletal Physiotherapy where highest qualified specialists, David Francis and Andrew Dalwood provide consultation for complex, difficult treatment cases.

Enjoy this APA video “**Improve Your Move**” produced by Truce Films, who recently won the Tropfest short film festival; and bought to you by the APA and Physioworks. We trust it helps you to “*Improve your Move*” this spring!



### Double Check:

#### Fast Facts



The Australian Government Health Guide recommends adults “*Improve their Move*” with at least 30 minutes of modest exercise 5 days a week - a brisk walk, a gentle swim or a hit of tennis will do the trick.

**What’s your Blood Pressure?** Normal Blood Pressure is 80/120. The two numbers refer to the highest pressure in your veins as the blood is pumping and resting pressure between the beats.

**How’s your heart rate?** A normal pulse rate is between 60-100 beats per minute. During exercise you should aim for 85% of your maximum heart rate, measured by subtracting your age from 220. So if you are 40 years of age, your maximum figure is 180.

**“Improve your Move” with a short stroll after meals to lower Diabetes risk.** Research shows older adults at risk for getting diabetes who took a 15-minute walk after every meal vastly improved their blood sugar levels.



## Health Check Special:

### Clinical Pilates *“Everybody can benefit from regular exercise”*

All four **Physioworks Health Group** clinics offer Clinical Pilates

**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 to focus 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.

Supervised by the Physioworks team of specially-trained physiotherapists, classes are held in our customised gym facilities, and are limited in size; so bookings are essential.

Check our weekly class timetables as there is bound to be a class time that best suits you. Call your local Physioworks clinic or [go to the website](#) for more details and class times as we are adding new classes regularly.



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

**Double Check:****Did you know?**

Physiotherapists can treat a variety of conditions from headaches to whiplash to jaw pain? "[Improve your Move](#)" and check out [what can be treated](#).

Physioworks Director, [David Francis](#) has been appointed to the board of SEHPA (South Eastern Health Providers Association). SHEPA currently has over 800 members and aims to support local primary health care professionals and their staff to provide high quality care to the community.

Physioworks Director, [Andrew Dalwood](#) recently undertook sports injury management educational research at leading UK sports facilities. Andrew visited the National Tennis Centre in Roehampton in SW London and Lords Cricket Ground for a tour of the sports medicine facilities and discussions with senior UK Sports Medical staff.



Physioworks Director Andrew Dalwood at Lords Cricket Ground

Each [Physioworks clinic](#) has a range of health and fitness products from ice packs and roll mats to support bandages and braces, with many of these items claimable on your Health Insurance.



RICE has a different meaning in the health care world

**RICE** is the staple food for the entire planet, but in the health care world **RICE** is the acronym for the self-management of injury **R**est, **I**ce, **C**ompression and **E**levation. For more information on [R.I.C.E. click here](#) (PDF file).

Physioworks Massage Therapists, [Karyn Wheeler](#) and [Larissa Cordiano](#) provide pre and post natal pregnancy Massage services.

Podiatry is treatment of all foot and lower limb disorders. [Ben Holland](#) provides Podiatry services at Physioworks Cranbourne and "[Hawk Mad](#)" [Omar Balhaus](#) at Physioworks Mulgrave (WPPC).

**Double Check:****Apps that help you "*Improve your Move*"**

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

**iMapMyRun**

If you're looking for a new running route, want to log the distance run or find someone nearby to run with, then this app is a must-have. The app also suggests the food you should eat before & after your workout, & logs the number of calories burned. Free for [iPhone](#) & [Android](#).

**iMapMyRide**

Like iMapMyRun, this app uses built-in GPS technology to track your cycling distance, while keeping track of the time, distance or speed you've cycled. Free for [iPhone](#).

**iMapMyWalk**

The Australian Heart Foundation recommends walking 30 minutes every day in order to keep our weight, heart and cholesterol levels in check. This app lets you keep track of how far you're walking, & how many kilojoules you've burnt by storing the information on your phone (which is then uploaded to the website). Free for [iPhone](#) & [Android](#).



## Health Check: Around our clinics

### Camberwell:

Sports Physiotherapists [Brad Fernihough](#)



Brad

and [Chris Seville](#) have been assisting the the East Brighton Vampires squad into the 2013 Southern Football League Grand Final; and have been working with the Camberwell Magpies squad with power training and body strengthening in their preseason for the upcoming Victorian Premier Cricket season.



Chris



**Please call reception on 9889 6611 if our team can assist your sporting team or your individual sport endeavour.**

### Cranbourne:

Physioworks Cranbourne is pleased to be providing health care support to the 400+ members of the [Cranbourne Little Athletics Club](#) for the upcoming 2013-14 season. We wish all the little athletes (aged 6-16) and their families a fun, healthy athletic season.



Scott

Sports Physiotherapist [Scott Williams](#) has been working this season as club physio with the Cranbourne Eagles who are playing in the Casey Cardinia Football League in Grand Final. Congrats to all the Eagles boys & to Scott for keeping the guys on the field in 2013.

**Please call 5995 1111 for an appointment with Scott.**

### Mulgrave (Waverley Park Physiotherapy Centre)

Physiotherapist [Anthony Fernon](#) been working hard all season with the VFL Box Hill Hawks providing his expertise to the club as they playoff in the 2013 VFL Grand Final.



Anthony

Physiotherapist [Chris Snell](#) recently spoke to the [CanToo Running Group](#) about injury prevention and initial injury management as the group prepare for the Melbourne Marathon.



Our part time receptionist Melissa Roberts is nearing completion of her four year Physiotherapy studies at Monash University. We are very proud of her achievements – well done Mel.



Melissa

[WPPC Director Andrew Dalwood](#) been on-site at local businesses assessing the set-up of computer workstations to ensure they are ergonomic, efficient and safe for the health of employees.

**Call Andrew on 9795 0668 if WPPC can assist your business with health, safety and productivity of your employees.**

✓ [Pakenham](#)



Nick

Working for the VCA, with teams including the Victorian Bushrangers and Melbourne Renegades, Physioworks Physiotherapists [Nick Adcock](#) and [Ben Shipperd](#) have extensive experience in the prevention, treatment and injury management of elite cricket players, which they then apply to local community cricket players and clubs.



Ben



Does your cricket team require health care support for 2013/14 season?

**Call [Ben Shipperd](#) on 5941 5499 to discuss the needs of your cricket team for the upcoming season.**



## Health Check Special: Community support and engagement

### "Improve your Move" at Melbourne Marathon Festival Let us help you prepare to reach your goal



The multiple events at the Melbourne Marathon Festival present challenges at different levels for all, from experienced athletes to first time runners.

Some of our team at Physioworks are using the challenge of the Melbourne Marathon as a way to "Improve their Move" pre summer.

And many of our clients are preparing for one of the events at the Melbourne Marathon. Don't forget if you are participating let us help you to reach your event goal.

Our '**Melbourne Marathon Squad Rate**' applies to all treatments across all our clinics and is applicable to every event at the festival to be held on Sunday October 13. Just provide your entry registration number to reception to be eligible for your 10% discount on treatments.

Here a couple of Pre-Event Tips from our Exercise Physiologists [Brooke DeHey](#) and [Jude Hewavasam](#):

**'That Long Run'**: Instead of always focusing on that long run for the week, spread your weekly mileage over the week. This will increase recovery time between runs enabling increased effort & intensity of sessions. This can have similar fitness effects as that 'long run' & decreases your risk of injury.

**'Quality not always Quantity'**: A fast harder run for 90 minutes can provide similar fuel efficiency benefits (the ability to store & use fuel) as running a slower longer run for 2+hours. So always think about the quality of what you are doing during a run vs the time you are running.

**Stuck with your training?** Need program advice? Head into one of our clinics and see our [Exercise Physiology team](#) for some training advice, motivation & education.

**Pulling up sore from running?** Are you running correctly or as efficiently as you could? Head into our clinics and see our [Exercise Physiology team](#) today for a running assessment & running strengthening program.

Keep on eye on our [website](#) and [Facebook](#) page for more tips in the lead up to the event.



**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 Specialists Musculoskeletal Physiotherapists 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

**PHYSIOWORKS<sup>®</sup>**  
Health Group

[www.physioworkshealthgroup.com.au](http://www.physioworkshealthgroup.com.au)

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