

Health Check

PHYSIOWORKS.
Health Group 

Your Life, Your Health, Your Wellbeing



**Comment by David Francis,
Physioworks Director, Specialist Musculoskeletal Physiotherapist & Senior Physio at
Collingwood FC.**

I was in the gym early last Saturday morning. During my workout I observed an older lady lifting bar bells. She was in great shape and had excellent lifting technique.

She told me that she was “only” 82 years old, worked out 2-3 times a week, and felt great. She had been diagnosed with Osteoporosis and thought “*Well I’d better do something to try to stay active and well*”. She had encouraged some of her “younger” friends to join her to stay fit, but all had declined – “*...it was all a bit hard for them*”

There comes a time when we all reach an age or a point in life when we must start to really look after ourselves. We all need to make an individual decision to be active, to stay fit to ensure that we feel better about ourselves, which in turn leads to a happier individual.

Everyday at **Physioworks Health Group** we treat people for a range of injuries and conditions. But what myself and my team are really passionate about is assisting to enhance an understanding of Health Prevention. Why? We want individuals to understand the important role that being fit and active plays in the prevention of conditions, including obesity, diabetes and mental health issues.

At Physioworks we believe that “*Everyone is an athlete we just have different events*”.

So what are your different events - work, family, sport or general life activities? Are you at your physical and mental best for “your event”? When you close your eyes at night, how are you feeling about yourself and your wellbeing? Be Honest. Where are you at? Are you looking after yourself?

So I ask you this question: **Is it time to DO SOMETHING?**



Health in Focus:

“Industrial Physiotherapy: Ensuring a healthier workplace”



In this video Specialist Musculoskeletal Physiotherapist and Physioworks Health Group Director, **Andrew Dalwood** discusses best practice in the workplace, including correct lifting techniques.

As an expert in his field, Andrew has extensive understanding and experience in assisting numerous organisations to improve their workplace environment resulting in improved productivity and lower workplace insurance costs by operating a healthier, happier workforce.

Physioworks can assist with the treatment of work place injuries; providing one on one appointments tailored to the individual and work requirements. All of our therapists are recognised by the TAC/Worksafe as preferred providers.

Please call Andrew on **9889 6611** if Physioworks can assist your organisation with workplace health needs.

You can also check all our videos in the **[Physioworks YouTube channel](#)**.

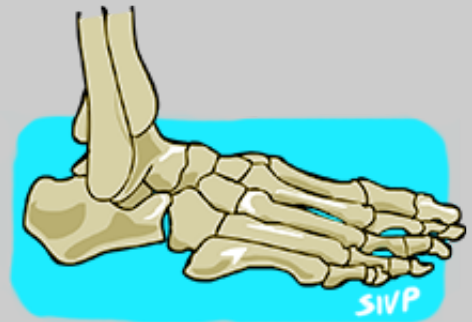


Double Check:

Fast Facts

“Ouch....there goes the ankle”:

Mild ankle sprains can take **up to 14 days** for you to recover fully, whereas more severe ones can take a month or more. Read more in this article on **[Ankle Sprains](#)** by WPPC Physiotherapist **[Jordan Coleman](#)**.



Your foot contains 26 bones, 33 joints, more than 100 tendons, muscles, and ligaments, and a whopping 250,000 sweat glands. No wonder many of us may need **Foot Orthoses** insoles inside our shoes to help improve foot and lower bio-mechanics, especially when playing sport. Read more about **[Foot Orthoses](#)** in this article by Physioworks Podiatrist **[Ben Holland](#)**.

Protein is a key component for a healthy body. The best quality protein available is **Whey Protein**, which is a by-product of milk and cheese; and from as early as 420 BC it has been promoted for its health benefits. Read more about **[Whey Protein](#)** in this article by Physioworks Exercise Physiologist **[Jude Hewavasam](#)**.



Health Check Special:

“Supporting” your Winter Sport endeavours!!

Extensive range of

Health Care Products

at great prices!



Physioworks can ensure you are “well supported” this season with an extensive range of health care products from Tape and Mefix Dressing to Ankle Stabilizers and Foot Orthoses insole supports for your footy boots/sports shoes.

Pop into your local Physioworks clinic to see our full range of health care products or discuss your needs with our health team during your next treatment.



Double Check:

Did you know?



From 2014 Physioworks Health Group will be the major sports medical and allied health partner of the **Ellinbank and District Football League** for the next three seasons. [Read about our partnership with the EDFL here.](#) This extends Physioworks deep involvement in local community football and netball, as our successful health care partnership with the **Casey Cardinia Football Netball League** and numerous local teams, also continues this season.



A core philosophy of the Physioworks Health Group is our ongoing commitment to health care research education. Physioworks Director, Specialist Musculoskeletal Physiotherapist **Andrew Dalwood** and WPCC Physiotherapist **Chris Snell** are involved in two new research studies with the University of Melbourne. One study is on **Chronic Knee Pain**, using exercises administered over the internet to clients. The other study is for **Hip Osteoarthritis**. [Read more about the research studies here.](#)



At some stage, 80% of people will experience a degree of lower back pain. While this maybe a core reason for a visiting a physiotherapist, the health care team at Physioworks **treat a wide range of symptoms and issues** from sports injuries and headaches to whiplash and shin splints.



Health Check: Around our clinics

There is plenty happening around our four clinics with a very busy start to 2014 and with pre-season training for most winter sports now in full swing:

Camberwell:

'Relax your mind, relax your body and build core strength'. Join one of our Clinical Pilates classes. We have a **NEW** Monday morning class at 9.00am with Sports Physiotherapist **Brad Fernihough**. Check out our new Pilates Timetable to find most the convenient time for you or call the clinic on **9889 6611**.



Brad instructing Pilates

Some of the Camberwell clinic team recently supported the annual golf day of the **Camberwell Magpies Cricket Club**. Let's just say as golfers we make great physio's!!



David and his Physioworks Golf Cart

When not at the clinic, Specialist Musculoskeletal Physiotherapist **David Francis**, Physiotherapist **Chris Seville** and Massage Therapist **Larissa Cordiano** have been busy with AFL pre-season training at the Collingwood Football Club.

At the local footy level, our team are running pre-season Trainers Education evenings for local footy clubs, the **Ashy Redbacks** (YJFL) and **East Brighton Vampires** (SFL), to assist with player injury prevention and management. Call us on **9889 6611** if we can assist your club this footy season.

✔ Cranbourne and Pakenham:

Karyn Wheeler, Massage Therapist at Cranbourne is available on Monday 12 – 8pm, Wednesday 12 – 8pm, Thursday 9.30am – 2pm and **now** on Saturday morning 8am to 12noon. Call the clinic on **5995 1111** to book a Massage treatment with Karyn.

Congratulations on the inspirational effort by our receptionist **Kate Membray** who raised over \$4480.00 for Peter Mac Cancer Research by completing the 48km **Soleful Strutters Walk** around Melbourne. [Read about Kate's walk experience here.](#)



Kate with son Jack at the finish line

Welcome to our new receptionist, **Abby Loppo**, who will be working at the Cranbourne clinic on Monday, our Pakenham clinic Wednesday and Friday, and at the Camberwell clinic every Thursday.

Wedding Bells at Physioworks: Congratulations to Physiotherapist **Paul Kemei** on his upcoming marriage in late March to Avalon ; and to Physiotherapist **Jonathan Dodd** who was married to Andrea in late February.

Exercise Physiologist **Brooke DeHey** and 8 members of her exercise running class recently completed the Susan Classic Summer Fun Run, having a heap of fun and raising money for Breast cancer. Contact Brooke on **5995 1111** to discuss joining one of her exercise training groups for fun run events in 2014.



Brooke (right) with some of her running group

✔ Mulgrave (Waverley Park Physiotherapy Centre)

WPPC Director and Specialist Musculoskeletal Physiotherapist **Andrew Dalwood** has been teaching the postgraduate physiotherapists at LaTrobe University on manual therapy techniques, and complex patient management.

Physiotherapist **Jordan Coleman** is in the midst of playing his Victorian State Touch Football season, and is soon to provide his physio expertise to the Knox Soccer Club for the upcoming season.

Physiotherapist **Hayley Jefferson** has been attending Women's Health Seminar's to expand her skills and woman's health care services provided by the clinic. Hayley will also be running a **NEW** Wednesday morning **Clinical Pilates** class at 9.00am. Check out our new [Pilates Timetable](#) to find most the convenient time for you to join one of our Pilates classes or give us a call on **9795 0668**.



Double Check: LIKE US ON FACEBOOK



Keep up to date with the latest news, information and goss from PHG and thanks for liking us on Facebook

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

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