



Health Check



Your Life, Your Health, Your Wellbeing



*Comment by David Francis
Specialist Musculoskeletal Physiotherapist
Director Physioworks Health Group
Senior Physiotherapist at Collingwood Football Club*

Summertime Injuries.....do you have one?

What a great extended “Indian” summer we have enjoyed weatherwise – ideal for ensuring that we are outside, active and looking after our fitness, health and general well-being. Hopefully it will continue over the Easter Holiday break.

Unfortunately our enthusiasm for outdoor activity can lead to what I refer to as “**Summertime Injuries**”. Knee, ankle and foot pain are common “Summertime Injuries” as we are more active; often wearing less supportive footwear (i.e thongs, sandals, bare feet) and generally being “up and on our feet more”. Currently our client case load is heavy treating these types of injuries.

Knee Pain – under the knee cap and/or on the outside of the knee are a most common “summertime” issue, potentially leading to painful and/or reduced function in every-day life activities, such as walking, running, stair use, or standing tolerance.

***Is this you?** Take a quick look at this 90 second [Video on Summertime Injuries](#). *Has your summer activity led to a pain condition?**

If you have one of these painful, annoying conditions please act on it now as they have a tendency to linger and lead to other “compensatory” issues. With correct treatment and a management program our team will soon have you moving freely again enjoying your everyday and lifestyle activities.

VIEW [Summertime Injury](#) Video with DAVID FRANCIS



Health Service in Focus:

CLINICAL PILATES Available at all Physioworks Health Group clinics

Pilates (*Pi-lart-ees*) involves a series of controlled movements/exercises that engage the body and mind, and is excellent for the novice and athlete alike.

Clinical Pilates is a specialised specific form of Pilates run by specially-trained physiotherapists. It focuses on improving core stability, posture, balance, control, strength and flexibility through low-impact equipment and floor based exercises.

Recent research has shown that specific Clinical Pilates exercise programs designed and supervised by physiotherapists are the most effective with injury management of problems such as tendonitis, muscle strains and back pain. Clinical Pilates is also used by our physiotherapy team to improve strength and tone, improve athletic performance and help prevent injuries.

At Physioworks Health Group you will initially have a one-on-one assessment with one of our physiotherapy team who may recommend Clinical Pilates as part of your treatment and management program.

Clinical Pilates Physiotherapist **Liane Fenwick** manages the Clinical Pilates program at **Physioworks Camberwell**, with a new timetable now in place for 2016.

Our **Cranbourne**, **Pakenham** and **Waverley Park** (Mulgrave) clinics also have updated their timetables.

Clinical Pilates is covered by Workcover, TAC and private health insurance. Please speak to our reception teams regarding Physioworks Clinical Pilates programs.

Download the Physioworks Clinical Pilates flyer



Clinical PILATES



*"Control your mind, relax your body,
build core strength"*

Clinical Pilates is a special form of Pilates developed with the input of physiotherapists to specifically:

- Develop & control core limb stability
- Restore flexibility
- Improve posture
- Improve balance
- Improve strength & tone
- Reduce pain, especially back & neck pain
- Help prevent injuries
- Provide rehabilitation after surgery or injury

Clinical Pilates is research-based & is ideal for clients who wish to exercise without aggravating a condition, or as part of a rehabilitation program. It involves specific series of exercises, performed either individually or in small group sessions, led by a qualified physiotherapist.

At Physioworks Health Group an individual physiotherapy assessment is required prior to commencing Clinical Pilates. Clients will not be progressed to a group session until they have mastered certain core muscle contractions to ensure pilates exercises are performed correctly, with correct muscle activation patterns.

www.physioworkshealthgroup.com.au



Double Check: Fast Facts

In 20 words or less... Getting to Know the Physioworks Team:

Amy Shipperd

Physiotherapist



Physiotherapist Amy Shipperd consults at Physioworks Mulgrave - **Waverley Park Physiotherapy Centre**. She has expertise in Sports Injury management and Women's Health. Read a recent article by Amy Shipperd on [Tennis Related Hip Injuries](#).

My job as a sports physiotherapist is... to assess, diagnose & treat injuries to reduce symptoms and improve function.

The thing I like best about my job is... The satisfaction of being able to improve someone's health & therefore quality of life.

The greatest challenge in my role is... that every patient & their injury is different, so you need to be open to trying different strategies & continually reassessing your treatment effect.

I try to relax by... Grabbing a coffee with friends, going for a walk and visiting my 1 year old niece.

My favourite sport or activity is... I love all sports, although tennis is my favourite! I'm a Hawks girl; and have recently started enjoying the golf driving range.

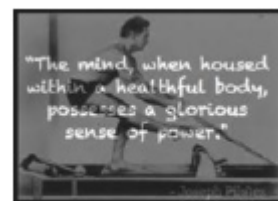
If I could be someone else for one day, I'd be... Beyoncé or Roger Federer.



Double Check: Did you know?

1. Pilates

Pi-lart-ees was developed in the 1920's by, and then named after, legendary physical trainer Joseph Pilates.



2. R.I.C.E

R.I.C.E is the best way to quickly and effectively self-manage injuries – not rice the world's most widely consumed staple food; but R.I.C.E: REST, ICE, COMPRESS, ELEVATE. [Click here to download the flyer](#)



3. Laughing

Laughing 100 times is equivalent to 15 minutes of exercise on a stationary bicycle – so crack a laugh to help improve your general well-being!!



4. Enjoy but Beware the Bunny!

Children receive an average of 8.8 Easter eggs every year – double their recommended calorie intake for a whole week.



Health Check: Around our clinics

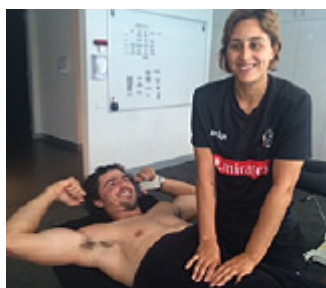
We wish you and your family a happy, safe, active & healthy Easter – enjoy the holiday; and your egg hunt!!

Please note our clinics will be closed on the public holidays, Good Friday and Easter Monday.



Camberwell

Welcome: Kate Membery has joined our Reception team at Camberwell having previously worked for 18 months at the Cranbourne and Pakenham clinics.



Footy is Back: Physioworks Director **David Francis** and Sports Massage Therapist **Larissa Cordiano** have completed a long pre-season helping the Collingwood Football Club AFL team prepare for the season. Cranbourne Physiotherapists **Ben Shipperd** (AFL) and **Sam Mayes** (VFL) are also working with the Pies 2016.



Community Footy: The Camberwell clinic continues its long term relationship with the **Ashy Redbacks** in 2016 ensuring best health care and injury management to help all the boys and girls to enjoy their junior footy season.



Physioworks Directors **David Francis** and **Andrew Dalwood** will lead an **Educational Night for parents, coaches, trainers** on April 21. Please contact **Susan Francis** for more details.

Pelvic Floor for Men & Woman: Apart from managing our **Clinical Pilates** program, Physiotherapist **Liane Fenwick** offers expertise in pelvic floor issues for both men & women, including improving incontinence and erectile function. To discuss pelvic floor issues with Liane please call reception on **9889 6611**.



Congratulations: To the **Camberwell Magpies Cricket Club** on an outstanding 2015/16 cricket season, with all four teams making the finals (first time in club's history) leading to the club finishing second in the Victorian Premier Cricket club championship. After a busy season supporting the players, Sports Physiotherapist **Brad Fernihough** is keen to help the club go one step further next season.



New EP times: **Exercise Physiology** is now offered 3 days per week at our Camberwell clinic

- ✓ Monday evening 5-8pm: **Jude Hewavasam**
 - ✓ Wednesday afternoon 12.30-4pm: **Brooke DeHey**
 - ✓ Friday afternoon 1.30-5.30pm **Megan Jepson**
-

✓ Cranbourne and Pakenham



Welcome: Physiotherapist **Jack Mason** has recently joined the team at Cranbourne & Pakenham clinics. Jack has a strong interest in Sports Physiotherapy; and will be match day physio for the Pakenham FC for the 2016 season.

Exercise for Mum's: Controlled exercise while pregnant is important for the health and well-being of both mother and baby. Our Exercise Physiology team of **Megan Jepson** and **Brooke DeHey** have expertise in Pre & Post Natal Exercise for expectant and new Mums.

- ✓ **Our Post-Natal classes** are now up & running at our Cranbourne clinic on Wednesday & Friday's at 10am. *Would you like to join our post-natal exercise class?* Call reception on **5995 1111**.



- ✓ A **FREE Pre & Post-Natal Seminar** will be held at our Cranbourne clinic on Wednesday 6th April from 8.00pm-8:30pm. All attendees will receive half price pre or post-natal initial assessment. *Go on "Mum", come along* – please call reception on **5995 1111**.



Strength and Conditioning: Our **Exercise Physiology team** are soon to be offering specific strength & conditioning assessment & classes. Starting soon – contact reception on **5995 1111** - class days/times will soon be confirmed.



Congratulations: To the Pakenham Cricket Club on winning their first premiership in 16 seasons in Premier Grade of the West Gippsland Cricket Association; and to **Ben Shipperd** who hit the winning runs in the final against Koo Wee Rup.

Community Footy: As part of our allied health care partnerships with the **EDFL** (April 6 at Pakenham) and **SEFNL** (April 20 at Cranbourne) Physioworks Director **David Francis** will lead our **Trainer Educational Nights** focussed on Injury Management for all club football and netball trainers/helpers.

Our EDFL and SEFNL **Coaches Night**, with **David Francis** and Scott Burns (Collingwood Midfield Coach) will be on April 27 at the Cranbourne clinic.

Please contact **Susan Francis** to be part of these educational sessions.



✔ **Mulgrave (Waverley Park Physiotherapy Centre)**



New Signage: Look out for our new banners waving in the wind on Police Road – just to make sure you know where we are and what we do!!



Footy is back: Physiotherapist **James Serong** has been busy supporting the Box Hill Hawks (VFL) in readiness for a premiership tilt in the 2016 season.



Community Sports:

Our physiotherapy team will be providing their expertise to the **Waverley Park Hawks Junior FC** as WPPC continue our **long term allied health sponsorship** of the Hawks in 2016. We trust all have a great fun, footy season.



Physiotherapist **Amy Shipperd** is the event physio for **The Gallipoli Youth Cup** tennis tournament at Melbourne Park from the April 18. Over 120 local, Australian and international players compete in the event, and no doubt will keep Amy very busy.



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Double Check: WATCH US ON YOU TUBE



Our team regularly upload injury management hints and tips. Check them here: **PHYSIOWORKS_TV**

Physioworks Health Group provides excellence in **General, Sport** 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 18 years, at our network of multi discipline health care clinics across Melbourne including:

Camberwell |
98896611

Cranbourne |
59951111

Mulgrave |
97950668

Pakenham
59415499

PHYSIOWORKS
Health Group

www.physioworkshealthgroup.com.au

“Everyone is an athlete.... we just have different events”