



# Health Check

Latest News from  
**PHYSIOWORKS**  
Health Group

Quarterly Newsletter  
Spring September 2016 - Edition 15

## Special Spring offer at all Physioworks clinics!



Be active this Spring. It's fun-run season!  
Physioworks are offering a discounted "squad rate" for  
Physiotherapy, Massage and Exercise Physiology services at all  
clinics for those participating in the **Melbourne Marathon** carnival.  
Ask at your **clinic reception**.

Check out more about  
our "MM Squad Rate"

## Educating our Community:



Post football and netball season is a time to rest and recover – but it is also a time to prepare for next season. **Physioworks Health Group** Director and Collingwood FC Senior Physiotherapist **David Francis** provides advice on rehabilitation to ensure you are at your best for next season.

“How to be best prepared  
for 2017”

## What can be Treated?



### Recovery from Orthopaedic Surgery.

The **Physioworks Health Group** physiotherapy team prides itself on combining evidence-based clinical treatment and the latest technology to ensure best service options for our patients.

We have recently invested in **BODYFLOW** equipment at all our clinics to assist in removing swelling and speed up recovery from Orthopaedic Surgery. Speak with our physiotherapy team.

Find more about

**bodyflow**

and how it can assist recovery

## Around our Clinics:



**Exercise Physiology** services are now available at **Waverley Park Physiotherapy Centre** (Mulgrave), headed by Physioworks **Exercise Physiologist Brooke DeHey.**

Take a look at this & other things going on around our five health care clinics.

## Health in our Community:



Mental health impacts an individual's physical health and well-being and is an increasingly important community issue. A team from Physioworks Health Group, comprising a mix of staff and clients, recently completed Australia's largest consecutive stair climbing challenge, **STADIUM STOMP at the MCG**, raising funds for **Headspace**, supporting Youth Mental Health.

Read more about





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

PHYSIOWORKS Health Group provides excellence in General, Sport and Specialist Musculoskeletal Physiotherapy care and treatment. Directed by David Francis and Andrew Dalwood, PHYSIOWORKS Health Group has been successfully providing quality care for patients for over 20 years. PHYSIOWORKS Health Group operates a network of five multi-discipline health care clinics across Melbourne including:

Berwick	97689276
Camberwell	98896611
Cranbourne	59951111
Mulgrave	97950668
Pakenham	59415499

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



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