

Health Check

Latest News from PHYSIOWORKS

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?

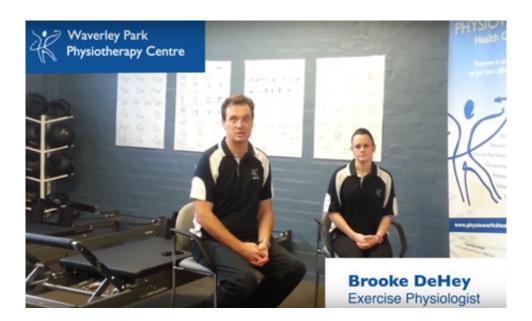


Recovery from Orthopaedic Surgery.

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.



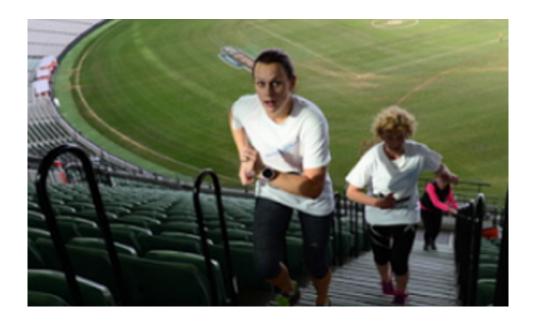
Around our Clinics:



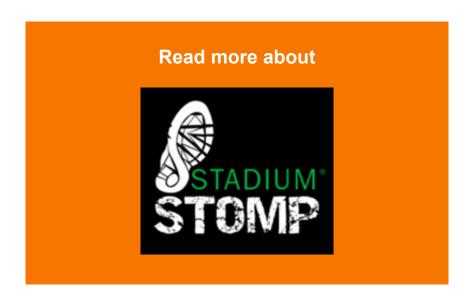
Exercise Physiology services are now available at Waverley Park Physiotherapy Centre (Mulgrave), headed by Physioworks Exercise Physiologist Brooke DeHey.

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.



Physioworks Health & Fitness Tips:



"A good night sleep is invaluable for recovery from a sporting activity or event, but also in preparation for your game. Try and keep your sleep pattern regular. Less screen time prior to bed and keep the phone out of bedroom"

Andrew Dalwood, Specialist
Musculoskeletal Physiotherapist
Physioworks Camberwell & Mulgrave (WPPC)

"Always complete specific muscle activation exercises
BEFORE your team warmup for injury prevention/power
improvement. Ask a Physio for a program"

Peniamin Shippord Physiotherapist

Benjamin Shipperd, Physiotherapist Physioworks Cranbourne & Pakenham

"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







