

# Health Check

PHYSIOWORKS  
Health Group



## Your Life, Your Health, Your Wellbeing.



*Comment by Andrew Dalwood,  
Waverley Park Physiotherapy Centre Director, Physioworks Health Group Director &  
Specialist Musculoskeletal Physiotherapist.*

### At This Time of Year.....

As we head into the festive season we can all be guilty of enjoying this time of year too much... *many of us to excess.*

Along the way our usual routine of life changes with more social events, dinners, children's end of year concerts and work functions. This may mean our usual exercise regime can get lost in the hustle and bustle of the festive spirit.

Time flies by quickly and the habit of body maintenance by regular exercise can be lost. Before we know it the end of January approaches, it has been 6-8 weeks of no exercise and a few extra kilograms have been collected as an unexpected Christmas present to ourselves!

Research has shown the benefits of exercise are simply too good to lose. **Weight loss, bone density, muscle mass, quality of sleep, mental health are all shown to improve with regular exercise.**

So planning over the festive period is essential to ensure you can maintain your "*exercise habit*". This may mean adapting your exercise regime: early morning starts to make up for the lost evening exercise time, plan exercise time into your busy weekend schedule and look for opportunities to walk, such as using the stairs not the lift, walk instead of jumping on a tram, etc.

Other health wise festive tips include watching the portion sizes you eat, make the first drink a mineral water rather than a wine beer or champers, and skip on that extra serving of mince tarts or plum pudding.

I don't mean to be a Grinch!!! Enjoy... but you get the drift.

During the summer holiday period use your extra free time away from work to top up on your usual exercise routine, perhaps with an early morning or late summer evening walk with the family – a relaxed, ideal way to keep your exercise habit going.

For those of you who haven't yet got the regular exercise habit, let's make 2015 your year of exercise. If you are restricted by a sore knee, stiff back or other injury that you believe limits your ability to get an "exercise habit" started or if it has stopped or limited you in the past, then now is the time to get some help.

This may mean a comprehensive physiotherapy assessment and tailored exercise plan, additional exercise physiology/pilates sessions and even some massage to ease those aching muscles; all aimed at getting you moving on regularly basis. And maybe it's not you that needs help, but your partner, family member or close friend that needs that little push toward improved fitness and health. The health care team at Physioworks Health Group can help.

**So please take the time to invest in your body, your health and your general well-being, find your "*exercise habit*", because really the only one who can make a real difference is you.**

From all the Physioworks Health Group staff we wish you a very Merry Christmas and a safe, enjoyable, healthy and active time with family and friends.



## Health in Focus:

### Management of Injury: "Calf Strains"

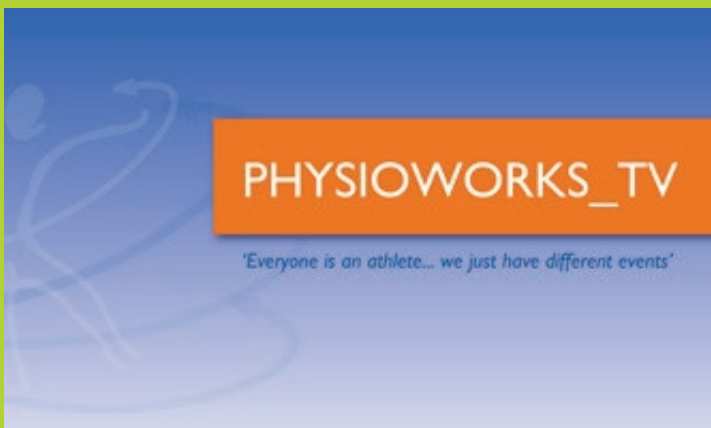
Physioworks Health Group continues our popular You Tube series on physiotherapy injury and management.

Collingwood Football Club Head Physiotherapist, Specialist Musculoskeletal Physiotherapist and Physioworks Director, **David Francis discusses Calf Strains**, a common injury which is on the increase across all athletes, from footballers to "the everyday average runner".



Please call [David](#) on **9889 6611** if Physioworks Health Group can assist you with your injury management and recovery.

Please view [Physioworks TV](#) on You Tube for all of our Injury Management videos.



## Double Check:

In 20 words or less...

### Getting to Know the Physioworks Team:



**Brooke DeHey**  
**Exercise Physiologist**  
Physioworks Camberwell,  
Cranbourne, Pakenham

**My job is...** *to use my knowledge of Exercise Physiology to prescribe appropriate exercise, which will see people achieve health & lifestyle benefits as well as desired goals.*

**The things I like best about my job are...** *Seeing people achieve their goals, optimising & improving their life & seeing them change and improve physically.*

**The greatest challenge in my role is...** *Keeping people on track & ensuring adherence to an exercise plan.*

**I try to relax by...** *Shopping! Catching up with friends & going out for lunch/dinner.*

**If I could be someone else for one day, I'd be...** *Laura Geitz (Australian Netball Captain) so you could train all the time!!*

**Exercise Physiologist Brooke DeHey** consults at **Physioworks Camberwell, Cranbourne and Pakenham.**



**Double Check:**

**Did you know???**



**1. That 'Cardio' is regarded as one of the most important types of physical activity as it helps ensure the heart becomes more efficient at pumping blood.**



**Author Sally Davis** has written a self-help book "Woman's Diabetes – Reduce Risk and Recover". In a chapter titled "***Exercise: what's the point?***" she describes 'Cardio' as '*the often used abbreviation for activity that increases the heart rate*'.

Physioworks Exercise Physiologist [Brooke DeHey](#) helped devise - and is the model for - the books' fitness program.

The author acknowledges Brooke as "*my exercise physiologist who inspired me to lose weight and improve my fitness*"

Need some help with your fitness? [Contact Brooke or any of our EP team at Physioworks Camberwell, Cranbourne and Pakenham.](#)



**2. That nearly two thirds of Australia's population is overweight, with Australian men more likely to be overweight or obese than women?**

***This year Physioworks Health Group supported  Movember with it's focus on increasing awareness of Men's Health. Congrats to all the team involved on some excellent "tashes" by the end of Movember.***



**Dave, Ben**

**Matt, Jude and Sam**





### 3. That Physioworks Gift Certificates make an ideal Christmas Gift?

Help keep your loved one fit and active after all the Christmas excess. Contact your local Physioworks clinic to purchase a **Christmas Gift Certificate** which can be used for any of our health care services including *Pilates, Massage, Exercise Physiology, Physiotherapy* or our range of *health care products*, such as ice packs, lumber rolls or spike balls.

4. That Santa Claus covers 510,000,000km on Christmas Eve delivering on his sleigh 1,232,300 metric tonnes of presents all over the world?

**Be careful of your back this year Santa – and bend your knees when lifting!**

You may enjoy this article [\*The science of Christmas: Santa Claus, his sleigh, and presents.\*](#)



## Health Check: Around our clinics



***All the Physioworks team wish you and your family a happy, healthy and active festive season. Please check our website for opening times of each clinic across the December and January holiday period as we will be operating reduced hours and services.***

Check out a couple of snaps from the 2014 Physioworks Christmas party. The theme was "P" so from *prisoners, priests and pirates to patients, punks and polar bears*, a great fun time was had by all.



## ✓ Camberwell:

Physioworks Camberwell provides health care and financial support to local community sporting clubs, including the [Camberwell Magpie Cricket Club](#), the [East Brighton Vampires](#) and the [Ashy Redbacks Junior Football Club](#). Physioworks Director, David Francis recently presented our 2014 contribution to the Redbacks President Simon Brownhill at an end of season function.



Our Exercise Physiology team of [Brooke DeHey](#) and [Jude Hewavasam](#) prepared a fitness program for Physioworks Managing Director Sue Francis, helping her to achieve her PB goal in the 42km Melbourne Marathon. Well done Sue.

Massage Therapist [Larissa Cordiano](#) has been very busy massaging the sore pre-season muscles of Collingwood footballers as the Magpies kick off their 2015 AFL pre-season.



Larissa

Need a new exercise plan to achieve your goal? Or perhaps you need a massage to reinvigorate your sore muscles for “your pre-season” post Christmas? Call the clinic on 9889 6111.

## ✓ Cranbourne and Pakenham

Physioworks Cranbourne and Pakenham welcomed two new staff members in November.



Megan

[Megan Jepson](#) joins our expanding [Exercise Physiology](#) department. Megan has a Masters in Clinical Exercise Physiology. She has a passion for seeing people reach their ultimate fitness goal, whether that is to fit into that size 10 dress or to finally be pain free, as she firmly believes “*that a little bit of exercise can help everybody*”. Megan is available for EP consultation at [Physiowork Cranbourne](#) clinic on Monday, Wednesday, Thursday and Friday; and on Tuesday at [Physioworks Pakenham](#) clinic.



Stuart

[Stuart Wishart](#) joins the Physiotherapy team. Stuart has completed his Masters in Physiotherapy Practice at La Trobe University, and has a strong interest in sports physiotherapy. Stuart is dedicated to ongoing enhancement of his knowledge and clinical practice in sports and musculoskeletal injury management. Stuart will be consulting at both [Physioworks Cranbourne](#) and [Pakenham](#).

## ✔ Mulgrave (Waverley Park Physiotherapy Centre)

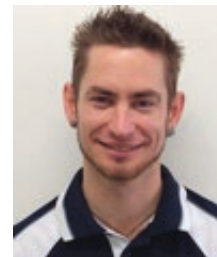
WPPC Director Andrew Dalwood and Physiotherapists Chris Snell and Jordan Coleman recently provided health care support for the Australian Over 60's Cricket Championships.

Held in Dandenong, over 330 players from 30 teams competed over 4 days. There were a few players who required post game assessment and advice, with a mix of sore Achilles and plenty of sore bowling shoulders. It was great to see so many older men out being active and enjoying the sport and competition over the championship.

Looking for health care support for your sporting event or local sporting club? Call Andrew Dalwood on **9795 0668**.



Chris



Jordan



Andrew Dalwood with Ian Longmuir, Victorian Metro representative at the Australian Over 60's Championship



Health Check Special:

## Have you tried Clinical Pilates?

*"Everybody can benefit from regular exercise"*

All four Physioworks Health Group clinics offer Clinical Pilates.

**Book now for Clinical Pilates**

**Discounts apply**

for a '10 Class Purchase'

**Save up to 20%**

Ask at your local PHG clinic



Clinical Pilates focuses on improving core stability, posture, balance, control, strength, and flexibility through low-impact equipment and floor based exercises.

Physioworks team of specially-trained physiotherapists supervise all group classes, which are held in our customised gym facilities. Classes are limited in size so bookings are essential.

Our treatment approach is always to first provide an individual assessment. If appropriate, Clinical Pilates may be recommended as part of your treatment and management program, as it is most effective for management of problems such as tendonitis, muscle strains and back pain.

Check our weekly class timetables for a class time that best suits you. Timetables change regularly due to high demand

Call your local Physioworks clinic or check the website for more details and class times over summer.

**This Christmas help your loved one with their "exercise habit" by buying a Physioworks Christmas Gift Certificate to use for Pilates classes in 2015.**





Double Check: LIKE US ON FACEBOOK



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

[www.facebook.com/PhysioworksHealthGroup](http://www.facebook.com/PhysioworksHealthGroup)

**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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*Merry Christmas and Happy New Year to all.*

Please check our website for opening times of each clinic across the December and January holiday period as we will be operating reduced hours and services.

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

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