



Health Check



Your Life, Your Health, Your Wellbeing



*Comment by Andrew Dalwood
Physioworks Director, Camberwell & Mulgrave (WPPC)
Specialist Musculoskeletal Physiotherapist*

Relax your Mind, Relax your Body...

Massage has been used for thousands of years for muscular aches and part of the injury management rehabilitation program. It is commonly used by massage therapist and physiotherapists at Physioworks Health Group when the aim is to reduce muscle tension and “stiffness”.

The cause of the tension and stiffness in the muscle tissue can be due to overuse, or unaccustomed use (new exercise load) of the muscle system, or underlying painful joint, but also in response to emotional stress. Some studies have found that emotional stress can cause some of the muscles around the neck to increase in tension.

Studies investigating massage alone for back pain have shown mixed results, but it does seem clearer that when combined with active exercise and education that outcomes are better. Patients commonly report relief of tightness after quality massage therapy, as I think this enables them to move more freely and thus restores normal movement. This may need to be complemented with other exercises for strength and endurance.

I often recommend regular massage therapy for sports athletes who train regularly and hard (eg lead up to a marathon/triathlon, cricketers after long bowling spells). Over the years I have found that regularly releasing the muscles from overloaded tension with remedial massage has helped performance and got the athlete to the starting line, rather than potential breaking down with injury during the training program.

Our experienced Massage Therapy team of Karyn Wheeler, Phil Boland and Larrisa Cordiano offer a range of massage services at Physioworks Cranbourne (Karyn), Pakenham (Philip) and Camberwell (Larissa).

Need those muscles released? Call one of our clinics for a massage therapy consultation.



Health in Focus:

Updated website of Physioworks Health Group Camberwell

www.physioworkscamberwell.com.au

The Physioworks Health Group Camberwell website has recently been updated making it easier for you to find out about our team and our services at Physioworks Camberwell.

The new website can be viewed on your computer, tablet or iPad and/or on your mobile phone.

Check out the Camberwell clinic website at www.physioworkscamberwell.com.au



Double Check: Fast Facts

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

Larissa Cordiano

Massage Therapist
Physioworks Camberwell



My job as a massage therapist... consists of the primary duty to be the catalyst to bring the body back to equilibrium, because that is its natural state. And this in turn will give the body the ability to heal.

The thing I like best about my job is... constantly meeting new and interesting people from all walks of life and being able to make a difference to their health and wellbeing.

The greatest challenge in my role is to be creative and open to new ways and techniques. Massage varies often so to get that massage recipe right that suits the individual can be a challenge.

I try to relax by... meditating, reading, running, and pampering myself with Thai Massages.

If I could be someone else for one day, I'd be... a Buddhist Monk.

***Massage Therapist Larissa Cordiano** consults at Physioworks Camberwell. She is also the Senior Massage Therapist at the Collingwood FC (AFL).*



Double Check: Did you know?

1. That “Australia’s Physical Activity & Sedentary Behaviour Guidelines for Adults recommends:

Adults to participate in a minimum of 150 minutes (2.5 hours) of moderate intensity physical activity each week, or 75 minutes (1.25 hours) of vigorous intensity physical activity.

How much exercise time do you achieve in your week?



2. That 85% of all Australians recognise this guy (right) and his important message.

Can you name him?

[Watch here. Life. Be in it. - YouTube](#)



3. That One Third of all Australians live with one or more Chronic Diseases, such as Obesity or Heart Disease

These are conditions that could be managed or treated through expertly prescribed exercise.

Physioworks Exercise Physiologist team of [Brooke DeHey](#), [Jude Hewavasam](#) & [Megan Jepson](#) supported [Exercise Right Week](#) in May 2015 and can assist with developing a customized exercise program for you.



4. That the 2015 Mother’s Day Classic Fun Run had over 135,000 participants nationwide and has raised over \$24.5 million for Breast Cancer research since 1998.

Congrats to the 8 ladies from the Exercise Physiology running group (Cranbourne) who braved a wet and windy Melbourne Mother’s Day to complete their events at the classic, with all achieving their exercise goal.





✓ Camberwell



Exercise Physiologist **Megan Jepson** now also consults at our Camberwell clinic.

Having been a team member at Physioworks Cranbourne and Pakenham since 2014, Exercise Physiologist **Megan Jepson** is now also consulting at Physioworks Camberwell every Friday. [Read more](#)



Sports Physiotherapist **Brad Fernihough** is providing physiotherapy services and co-ordinating two student physiotherapists as trainers to support the **Xavier College** 1st XV111 and 2nd XV111 squads during the 2015APS football season.

Our Group Pilates classes at Camberwell have been extended:



Jonathan Dodd is now supervising an additional class on **Thursday evening from 6.15-7.00pm** to assist our cliental in fitting work commitments around their rehab and exercise needs.

Looking to improve your health with an exercise program? Like to join our Group Pilates class? Call our Camberwell clinic on **9889 6611**

✓ Cranbourne and Pakenham



Physioworks Director **David Francis** in his role as Head Physiotherapist with Collingwood FC, donated a signed Collingwood jumper for the Pakenham FC, who recently raised money for Motor Neuron Disease (MND). The jumper ws auctioned at a match day fund raising lunch (against the Cranbourne Eagles) and raised \$600 for MND.



A New Baby Exercise Physiologist joins the team!

Congratulations to our Exercise Physiologist **Brooke DeHey** husband Jeff and big sister Lace on the safe arrival of bouncing baby Billie Mae on June 5. Mum and her baby girl doing well; with Brooke now on Maternity Leave from our clinics until December 2015.



Physiotherapist **Sam Mayes** was the match day physio for the **SEFNL** Inter-League team in the recent Worksafe Victorian Inter-League Championship. Congrats on a great win to all **SEFNL** representatives, and to the **EDFL** Inter League team who also had a strong win.



Ben Hart, 300 game, two-time Adelaide AFL premiership player, now Collingwood Defensive Coach for Collingwood FC was the guest presenter, along with Physioworks Director, **David Francis**, at our recent annual **SEFNL** & **EDFL** coaches night educational at Physioworks Cranbourne.

Can we assist your sporting club with allied health care support?
Call our Cranbourne clinic on **5995 1111**

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

WPPC welcome two new physiotherapists to our team over recent months:



Amy Shipperd has a clinical interest in Woman's Health, Clinical Pilates and Sports Physiotherapy developed from her long term involvement in tennis, which she has played for 18+ years including two years on scholarship playing US College Tennis. **Read more**



Vaidas Stalioraitis is a highly qualified, widely experienced musculoskeletal physiotherapist with clinical interests including the management of back & neck pain and upper & lower limb injuries. Vaidas lectures in manual therapy, regularly travelling to Sydney & Perth to teach at undergraduate and postgraduate levels. **Read more**



Waverley Park Hawks Secretary Lindsay Moore with Andrew Dalwood

WPPC Director **Andrew Dalwood** recently presented & discussed injury prevention and management for junior footballers at the Active Kids Health Seminar for coaches, parents and supporters, along with Rob Haala from Nutrition 4 Life for the **Waverley Park Hawks FC (SMJFL)**



From June, WPPC Clinical Pilates/Rehabilitation classes have been extended to seven (7) sessions per week. The 45 minutes classes are held Daily Monday to Thursday at 5.45pm, Wednesday 9.00am and 11.30am; and Friday morning at 9.15am.



WPPC Director Andrew Dalwood with SNAP Fitness Manager Katrina Knight

Our focus on providing the very best health & fitness advice to our local community includes our long standing working relationship with **SNAP Fitness Waverley Gardens** where the WPPC team conduct injury prevention education sessions for SNAP Personal Trainers.

Andrew Dalwood provides **Workplace Industrial Physiotherapy services** to the local workforce, currently Hella Australia is benefiting from Manual Handling training for all employees on correct desk set up and lifting techniques.

Interested in our joining our Pilates classes? Can we assist with injury prevention in your workplace? Make an appointment with Amy Shipperd or Vaidas Stalioraitis? Please call WPPC on **9795 0668**



Health Check Special:

Fitness and Health Care Products Supporting your Winter Sport participation!

Available at all Physioworks Health Group clinics



Don't forget that our extensive range of fitness and health care products are a real winner for your winter sports activities – from *Tape & Mefix Dressing*; *Ice Packs & Ankle Stabilizers*, to *Knee Braces & Foot Orthoses* insole supports for your footy boots.

Drop into your local Physioworks clinic to see our full range of fitness and health care products; all at great prices; or discuss your needs with our health care team during your next treatment. Remember some items, such as braces and orthopedic appliances, could be claimed on your Health Insurance.



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

www.facebook.com/PhysioworksHealthGroup



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

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Health Group

www.physioworkshealthgroup.com.au

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