



St Leonards Physiotherapy November Newsletter

St Leonards Physiotherapy focuses on the whole spectrum of your care from identifying the root cause of your injury and prescribing an effective exercise program to ensure your problems do not continue to return in the future. This is achieved through our specific 3 stage process.

Stage 1

The first stage involves a thorough initial assessment and biomechanical analysis to

- Determine the **root cause of your problem** and not just treat your pain
- Clear **explanation of diagnosis and prognosis** so you know what is wrong, what were going to do to fix your problem, how long it will take and what you can do to help recovery
- Hands on **manual therapy** to increase your movement and decrease your pain levels.
- **Specific exercises** to facilitate your rehabilitation
- **Referral for scans** (x-rays, ultrasounds, MRI's etc) if appropriate
- Liaison with **Doctors, surgeons, allied health professionals**

Of course some people will continue to need our hands on manual therapy skills but our aim is to progress you to the point that you no longer need any continued manual therapy with management with exercise, posture correction and modification of daily activities.



Stage 2

Sometimes patients often need more supervision and direction as to when and how to progress their exercises which is where our 9 week pilates based classes provides the second stage of the rehabilitation process. The classes run for 1 hour per week for 9 weeks with a maximum of 4 people per class so you receive appropriate guidance and supervision from an experienced physiotherapist. The equipment used includes reformers, foam rollers, balls, therabands and simple bodyweight exercises with a focus on correct technique and appropriate progression

- Our pilates is a very specific form of exercise involving the conscious control of all muscular movements in the body.
- It focuses initially on the development of core muscle control in the pelvis and shoulder girdle, before moving on to other parts of the body.
- This process starts with simple isolated movements, and progresses to dynamic and complex exercises while maintaining good postural alignment.
- The aim is restore natural, normal movement patterns to resolve pain or injury. These patterns become automatic through repetition.



Stage 3

Once you have mastered your control based exercises the next step is to increase functional strength and fitness. This involves seeing one of our physiotherapists within our rooms at St Leonard or NORTHS Fitness to:

- Prescribe a **specific individual gym based exercise program** to increase your general strength and fitness relative to injury
- Refer you (if appropriate) for **specific gym services**, such as personal training, aqua-aerobics or exercise classes
- Provide an **evidence based exercise program** to help you **manage chronic health conditions** such as diabetes, cardiovascular disease, osteoporosis, arthritis, back pain or rehabilitation following surgery.



<http://www.northsfitness.com.au/>

Staff Profile of the Month



Jan Redman is our specialist paediatric Physiotherapist with over 25 year experience of providing services to neonates up to young children. Jan has a special interest in children with Connective Tissue Disorders and Developmental Hip Dysplasia. Jan provides clinical education services for nurses, midwives, allied health and medical professionals. Jan is the current National Paediatric Group Representative on the National Advisory Council.

Falls Prevention



Falls can cause a dramatic impact on your independence and overall confidence. Recent evidence from the University of Queensland indicates that the **risk of falling increases by 5% per year beyond the age of 40**. Some other scary statistics about falls are:

- Falls kill three times the number of Australians as car crashes.
- 1 in 3 people over 65 fall each year, with home the most likely place to fall
- The risk of a falling increases exponentially with age.
- 1 in 4 people die in 12 months if you fall and fracture your hip.

<http://www.smh.com.au/national/health/the-fourletter-word-were-not-talking-about-20161013-gs1sce.html>

Strength, balance and mobility are all important factors that can contribute to falls. If you have noticed you have been feeling a bit unsteady on your feet recently come and see one of our experienced physiotherapists to prescribe some specific exercises to get you moving safely.

Ergonomics



St Leonards Physiotherapy provides ergonomic presentations and assessments for patients and local businesses. We understand the significant impact that sitting in front of a computer all day can do for your posture. Neck, shoulder and back pain are the most common problems that people develop from sitting for extended periods. If you feel that your work environment is not ideal or if you have some annoying neck pain that you will not go away please contact the practice to see how we can assist your workplace setup.