



Eastern Sports & Spinal Care
'Performance Focused Physio'

Practice News

Summer 2011



As the Christmas season is fast approaching we reflect and wonder where the year has gone. Once again it has slipped past taking with it some good times and for others some real challenges. Christmas time can be a very frantic time preparing our homes for celebrations and catching up with friends and family. For others it is a great time of relief to get to the end of a year and a chance to set new goals for the year ahead (think of the yr 12 students & parents).

Here at Eastern Sports & Spinal Care we embrace the festive season – the weather is warmer; it is easier to exercise more regularly and develop muscle control and general fitness to allow us to enjoy the festivities and hopefully have well earned holiday.

NEW STAFF JOINING THE PRACTICE

We are very pleased to welcome Rhianon Wood, a new physiotherapist to our practice.

Rhianon has worked as a personal trainer prior to and during her physiotherapy training and brings a wealth of experience in exercise prescription for fitness & wellbeing.

She has also been the head trainer for two football clubs and has a keen interest in injury prevention and management.

New skills & treatment techniques available

Throughout 2011, both Samantha & Jane have learned the skills of Dry Needling, (using acupuncture needles in trigger points to release muscle tension) a very effective way to treat particularly chronic overactive muscles – they have also done additional Pilates training.

In 2011 Libby completed her studies in Clinical hypnosis with the Australian Society of Hypnosis. She has been using this tool to assist clients in their management of stress, anxiety, pain and behavioural challenges.

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- Neuroplastic Brain Training
- Understanding Chronic Pain

Eastern Sports & Spinal Care

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New Programs in 2012

Focused Relaxation

In addition to our current exercise program we plan to run a *Focussed Relaxation Program* (depending on demand) to assist clients in learning the skills of relaxation of both the body & mind.

The program will address techniques for stress management, anxiety and pain control over a 4 week period.

Understanding Chronic Pain & Regain Control of your Lifestyle

For chronic pain sufferers who feel that pain is ruling their lives, we are offering to run a group program to help people understand more about *Chronic Pain Processing*, the likely triggers and how to overcome these using a graduated active management program. Currently this education is on an individual basis.

Neuroplastic Brain Training

There is now scientific evidence showing we produce new brain cells throughout our lives. However we often only use a small percentage of them in our daily function due to the habits we have learned. When learning new skills we use a lot of our brain and develop new connections, which with practice become more hardwired and then require a lot less energy & concentration to fire. Hence we can become creatures of habit & let our brains become lazy.

In the new year we plan to run a Neuroplastic Brain Training Class in 2 x six week blocks. Aimed at improving memory, speed and accuracy, name recall and general wellbeing.

If you are interested & would like to reserve your place in any of these programs please register at reception.
Numbers are limited.

CHRISTMAS CLOSURE

Eastern Sports & Spinal Care will be closed from Friday afternoon 23rd December until Tuesday 3rd of January to give our staff a well earned break!



Change in Class Policy for 2012

We are making a small change to the way you book your "Pack Sessions"

Now when you pay for your pack of 10, we will book you in for the 10 classes at the time of your purchase.

If you wish to change a class time, 24 hours notice is required otherwise you will be charged for the class.

THANK YOU FOR YOUR SUPPORT

We thank you for your continual support of the practice. We wish you a safe and happy Christmas and look forward to seeing you in the New Year!

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