

Physio Noosa

Quarterly

Winter/Spring 2017

Edition 2, Vol. 1

Winter..what Winter?

Winter 2017 has almost come to pass and the fresh smell of spring is almost upon us! This winter the Sunshine Coast experienced an increased level of Influenza with Queensland Health figures revealing a 5.9% increase in Influenza cases across the Wide Bay area compared to last year. During times of increased state wide Influenza outbreaks, it is extremely important to

Studies have shown by participating in regular moderate intensity exercise, immune function can be increased, and thus your immune system will be more adequately equipped to fight off infection! At Physio Noosa, we offer individual assessment and exercise programs to get you back up and moving. If you would like

For maintaining robust immunity, getting adequate recovery and sleep is important, as is avoiding deficiencies of protein and micronutrients (particularly iron, zinc and vitamins A, D, E, B6 and B12!)

participate in regular physical activity and ensure you are eating a balanced diet, rich in vitamins and minerals to promote immune efficiency!

to book in for an assessment and personalised exercise program, please contact us at Physio Noosa today on 5455 5308.

Pilates

We are currently running rehabilitative mat based Pilates classes on Wednesday at 10am and Thursdays at 4pm. If you would like to attend, please contact us on 5455 5308. Maximum of 4 participants per class. For more information go to:

<http://www.physionoosa.com/fitness>



Welcome Courtney

...



We are excited to announce that Diploma level Massage Therapist, Courtney Geraghty, has joined the team at Physio Noosa! Courtney achieved her qualifications through the QASC and has extensive experience working with athletes being part of the Noosa and Mooloolaba Triathlon massage team & Noosa Ultimate Sports Festival and Ultraman Australia massage teams. Courtney also holds qualifications in Strength & Conditioning Coaching and sports taping. Why not book in with Courtney today to give your body the much needed TLC it deserves by calling us on 5455 5308.

Staff News

- Congratulations to physiotherapist Carol Robertson and her husband Andrew on the birth of their son Lachlan on the 10th of May!
- Congratulations to physiotherapist Ross Drummond and his wife Stephanie on the birth of their son Elias on the 11th of June!
- Congratulations to physiotherapist Troy Kratzmann and his wife Melinda who are expecting their 2nd baby December 2017!

Issues From the Tissues

Exercise for chronic lower back pain

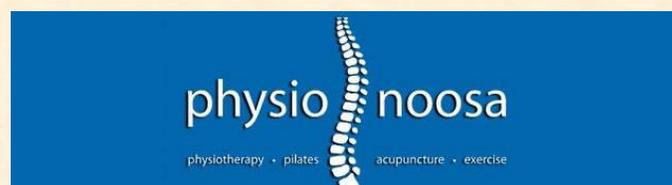


With the warmer weather approaching, the time is nigh for heading outdoors to get that body moving. But what about for those individuals who suffer from chronic lower back pain (LBP). Well, much research has been done to look into the effects of exercise, specifically strength/resistance based exercises and it has been found that for patients suffering with chronic lower back pain, exercise (individually specified) is the gold standard for improving symptoms. Studies by Searle et al. 2015 found a strong beneficial effect for strength/resistance and coordination/stabilization exercises for individuals with chronic LBP, whereby research by Coulombe et al. 2017 found core stability exercises to be highly successful in managing symptoms. And the list goes on. With these evidence based recommendations in mind, it is important for individuals with chronic LBP to participate in exercise but to also avoid the 'boom-bust' phenomenon that will possibly see you with an exacerbation of symptoms if you do too much too soon (such as running 5km when you haven't exercised for more than a year) outside of recommendations from your physiotherapist and other healthcare practitioners. At Physio Noosa, our physiotherapists are highly educated in developing safe graded return to exercise programs for patients with not only Chronic LBP, but many other musculoskeletal conditions and injuries. If you suffer with chronic lower back pain, and are interested in commencing a rehabilitation exercise program designed to see you regain movement, increase strength, and decrease symptoms, please contact us today on 5455 5308.

Returning Soon!

After a short time away, Physiotherapist Tylana Woodward will be returning to Physio Noosa during late September 2017. We look forward to having her back on board!

Physio Noosa Physiotherapist and Acupuncturist, Troy Kratzmann, is now available and taking bookings for Tuesday and Friday afternoons.



Noosa Civic CB-04/28 Eenie Creek Rd, Noosaville
Phone: 5455 5308 Fax: 5455 5708