

# Physio Noosa

## Quarterly

Autumn 2017

Edition 1, Vol. 1

### Welcome

Welcome to our quarterly newsletter! This newsletter is aimed at keeping our patients and affiliates up to date with what is happening within the Physio Noosa Physiotherapy clinic as well as giving you information on a variety of musculoskeletal conditions, how they may present, how to best manage them, and how physiotherapy can assist you in

your recovery or ongoing management. We hope you enjoy the information you receive every quarter in our newsletter and we are looking forward to continuing our ongoing care for all of our patients as well as ongoing collaboration with our local medical practitioners during 2017!

*Physiotherapy combines therapeutic exercise and physical techniques to treat impairments or restrictions of movement. Our physiotherapists are university-qualified professionals who consult, assess, diagnose and treat clients with a broad range of conditions*

### ***Bulk Billing for Medicare Patients***

Bulk billing is available at Physio Noosa for patients who are eligible for *physiotherapy* under the Medicare funded Enhanced Primary Care package in 2017. For more complex conditions, however, if pelvic floor scans or extended consultation is required, then patient contribution will be required.

### **Class News**

Physio Noosa will be doing some renovations next month to improve our Pilates and functional exercise gym space to ensure our patients have the best outcomes for their rehabilitation. Keep an eye on our Facebook page <https://www.facebook.com/physionoosa/> & Website <http://www.physionoosa.com/> for updates!

### **Welcome Mark**

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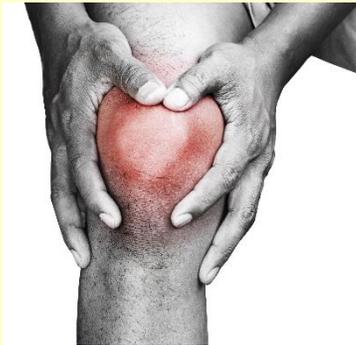
We are excited to announce Senior Physiotherapist/Physiotherapy educator Mark Davis, has joined the team at Physio Noosa! Mark brings with him a wealth of physiotherapy clinical experience in all areas musculoskeletal, orthopaedic, sports, and general rehabilitation. Why not book in with Mark today to see how he can get you moving by calling us on 5455 5308.

### **Staff News**

- Carol Robertson will be commencing maternity leave as of the end of March. We wish Carol all the very best for the upcoming arrival of her baby and look forward to seeing pictures of the new bub!
- Physiotherapist Ross Drummond and his wife are expecting their second baby in June 2017! Updates and pictures will be in our Winter 2017 issue!

## Issues From the Tissues

### Osteoarthritis of the knee and best management



Osteoarthritis (OA) is the most common form of arthritis which is associated with degeneration of the bone and surrounding cartilage. It can affect men and women, however there is a slightly higher prevalence of the disease in women. Symptoms of OA typically include pain through the knee joint, restricted movement or range of motion, and swelling or inflammation of the knee. An individual with OA of the knee may experience pain with kneeling, squatting, jogging/running, and walking up and down stairs. But what can be done to address it?

Current research has shown that exercise is key in reducing symptoms of knee osteoarthritis. Although exercise cannot necessarily 'heal the joint', by strengthening the muscles surrounding the knee and improving functional capacity, increased stability is provided which can significantly reduce painful symptoms associated with OA. Research has found that exercise that has a focus on improving aerobic capacity, quadriceps muscle strength, or lower extremity performance, significantly reduced painful symptoms (although it was found that patient outcomes were more effective if: a) just one type of exercise was focused on for each session and b) exercise sessions were carried out 3 x per week).

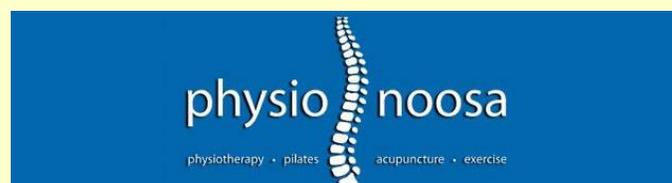
If you have osteoarthritis of the knee or believe some of the symptoms above match what you're experiencing, contact us today on 5455 5308, and find out how our physiotherapists can help get you on your way to moving better and experiencing less pain!

Physio Noosa have a large range of stocked and orderable products such as strapping tape, myofascial trigger point release equipment, supportive/corrective braces and much more! So come in today and tell us what you need! We can always help!



#### Welcome Back!

Physiotherapist and acupuncturist **Troy Kratzmann** will be returning to Physio Noosa in *April 2017*! Troy will be taking bookings on Tuesdays and Thursdays and will be sure to get you back to your best! Contact Physio Noosa today on 5455 5308 to book in with Troy!



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