



8 Roderick Street (Cnr Thorn St),  
IPSWICH QLD 4305

MEMBER  
**AJA**  
AUSTRALIAN PHYSIOTHERAPY ASSOCIATION

**Physioactive**™

www.physioactive.com.au

Ph: 3281 8876

Fax: 3812 1100

## NEWSLETTER

WINTER 2009

**Hours: Monday to Friday 7.30 a.m. to 6.00 p.m.**  
**Appointments are necessary and we promise to do our best to accommodate your needs.**

### Spinal:

All of our physiotherapists have expertise in treating neck and back complaints, including six with post graduate qualifications in this area.

### Sports:

The oncoming sporting season is always an intense time for injury management keeping us busy at Physioactive. Two of our physiotherapists have post graduate qualifications in sports.

### Ergonomics:

We are very committed to helping prevent and manage work related injuries & use both in-house & Integrated Work Health occupational therapists.

### Muscle Imbalance:

Leads to pain through overuse or poor posture. Improving control of the body's deep muscle stability systems and stretching of tight muscles form the basis of most home exercise programs.

### Ultrasound

#### Biofeedback:

This is used to help train the deep muscle systems of the lumbar spine and abdominal wall.

**Our Clinical Team**, includes Darrin, Claire, Anne, Shelley, Heidi, Kerry, Renae, Stephen, Luen, Bula, Alicia, Louise, Candice, James, Belinda, Marnie, Rowena & Gemma

**Our Administration Team**, Vikki, DebR, Lauren, DebC, Laurel, Tracy, Katie, Amy L, Alex, Amy O, Peta, Pam and Coralie continue to help the Clinical Team and patients have a positive Physioactive experience!!

Welcome to our newsletter and many thanks for coming to see us for your physiotherapy needs. We hope that this newsletter will help you to keep up to date with all of our interesting physiotherapy news. If you have any queries, don't hesitate to ask us. If you, or someone you know has a physiotherapy related problem, come and see us. We would be more than happy to help you out in any way we can. Feel free to pass this newsletter on to your family and friends.  
Kind regards from the Physioactive Team.

### STAFF EXTRA

- ◆ Congratulations to Renae & Brad Strong who welcomed their first child, Charlotte in February this year. Renae is now working two days a week.
- ◆ Belinda & John Strong welcomed Archie in May. Archie is a little brother for Annie & Eleanor.
- ◆ Alicia & Luke Edwards are expecting their first child in August this year.
- ◆ We welcome to our clinical team Louise Bennett, Candice Norris, James Lin, Gemma Smith (remedial massage therapist) and Tracy Bales to our administration team.
- ◆ We sadly farewelled Patrick Shannon & Kristy Muir who have moved to Ayr to be closer to their family and start a practice of their own.

### OTHER NEWS

- ◆ Physioactive recently supported Australia's Biggest Morning Tea, Think Pink Day.
- ◆ We are currently supporting the Cancer Council Daffodil Day.
- ◆ Marching into Africa received 100 pairs of shoes from the Physioactive team in response to this Appeal held in April. Many thanks to those who donated to this appeal.
- ◆ On Sunday 26th July some of the Physioactive team participated in the Park to Park held in Limestone Park.

**Our new Remedial Massage Therapist, Gemma Smith, is now available for appointments each Tuesday. See our friendly administration team for her appointment times and fees.**

### STAFF PROFILE

#### Candice Norris

Candice graduated from University of Queensland with a Bachelor of Physiotherapy in 2007. Candice's interests lie predominantly in sports and spinal injuries, Pilates and post-operative rehabilitation. Prior to studying Physiotherapy Candice completed a Bachelor of Journalism in 2003. Candice lives in the local area and in her spare time she enjoys exercising, being with her dogs, cooking and travel.



### CONTINUING EDUCATION

In addition to our regular professional continuing education, the clinical staff at Physioactive have participated in the following:

1. We are currently involved in three research projects with the University of Queensland. These projects are on tennis elbow, carpal tunnel and whiplash. **Physioactive** is privileged to be chosen as a primary treating clinic for this research.
2. Mark Comerford, (a Qld based physiotherapist and international expert on movement control) presents annually at Physioactive. At the end of July he will return.
3. In August, Bula Elwell & Louise Bennett will attend a Needling Course at the Gold Coast.
4. Darrin & Claire Neumann, Luen Pearce, Bula Elwell & James Lin will be attending the Australian Physiotherapy Association Conference in October.
5. Luen Pearce and Darrin Neumann recently attended a 2 day conference on chronic low back pain presented by Peter O'Sullivan.