

# Newsletter First Edition

Friday 3<sup>rd</sup> August

## NOW OPEN!!

We are a new physio that has been up and running for just over a month.

We offer services in the area of physiotherapy, hydrotherapy, rehabilitation, pre/ post operative care, acupuncture and kinesio taping, workers compensation/ motor vehicle injury, DVA/EPC, Lymphoedema management, women's health, aged care/ home visits and therapeutic massage.



Contact Us Today:

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## Team Member Profile

We would like to welcome our massage therapist Yasuko to the team. Yasuko has been practicing remedial massage therapy for over 3 years in multi-disciplinary health centres and is very happy to join the Greenwood Physio team. She graduated from the Australian College of Natural Medicine in Perth and is a certified member of the Australian Association of Massage Therapists (AAMT).

Yasuko has just recently come back from and completed a course at Dr.Vodder School International in Austria. She will soon be qualified as a Manual Lymphatic Drainage Therapist to treat Lymphoedema. She will be working on Tuesday and Wednesday from 10 AM to 7 PM. Welcome Yasuko.

Also, we would like to welcome Rebecca Taylor to the team. She will be working with us as a receptionist. Rebecca is a dance graduate from WAAPA, now working as a dance teacher and independent dancer in Perth. She is excited to be working with Greenwood Physio, to meet all the patients and help with any enquiries.

## Sporting Clubs

Greenwood Physio wishes all the very best to Dejan Andrić for the trials in Europe. Dejan is a patient of Greenwood Physio as well as a talented young soccer player. He plays striker for the Balcatta Soccer Club. To see some of his highlights on the field follow the link to:

[http://wn.com/DEJAN\\_ANDRIC\\_2011\\_HIGHLIGHTS#/videos](http://wn.com/DEJAN_ANDRIC_2011_HIGHLIGHTS#/videos)

## Common Soccer Injuries

Many of our patients are active sports players and we have a working relationship with the Balcatta Soccer Club. Common soccer injuries are sprains and strains to the lower extremities. These injuries may be traumatic, such as a kick to the leg or a twist to the knee, or result from overuse of a muscle, tendon, or bone.

If an injury such as this should occur, participation should be stopped immediately until any injury is evaluated and treated properly. Most injuries are minor and can be treated by a short period of rest, ice, and elevation. The athlete should return to play only when clearance is granted by your health care professional.

Pushing through pain can be harmful, especially for stress fractures, knee ligament injuries, and any injury to the head or neck. Contact your Physiotherapist for proper diagnosis and treatment of any injury that does not improve after a few days of rest.

## Kinesio Taping

Here at Greenwood Physio we utilize the Kinesio Taping Method for therapeutic and rehabilitative taping for treatment of muscular disorders and the management of lymphoedema and chronic swelling.

Kinesio Tape provides extended soft tissue manipulation to prolong the benefits of manual therapy administered during physical therapy. The results are increased fluid flow through an injured area, better control over muscle contractions, reduced pain, and ultimately faster healing.

The adhesive backing is a heat activated acrylic and does not contain latex. The tape is also water resistant and withstands high moisture environments in addition to sweating. The practitioners at Greenwood Physio use Kinesio Tape as treatment and strongly believe in its benefits. Please don't hesitate to ask one of our physiotherapists for more information during your next visit.

## City To Surf

Perth's City to Surf is on this month! If you are a competitor, come pay us a visit to fix any niggles that need attention, so you can compete in the best shape possible. There is a distance to suit everyone, no matter what your age or fitness level and there are even team options. Register before the 24<sup>th</sup> August at 12pm. For more information visit:

<http://events.sportsnewsfirst.com.au/event/perthcitytosurf/0>

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