



3rd Edition

WHATS NEW WITH US!!!

Welcome to the November edition of the Greenwood Physio newsletter. Over the past couple of months we have built a strong relationship with local sporting communities, offering stock to sell and providing a wonderful service for all our patients.

We are also welcoming into our practice, new patients on weekly basis and hope they continue to come back to allow us to assist with their acute or chronic injuries. We are always happy to continue welcoming in new patients and assist their needs.

TEAM MEMBER PROFILE

Our new staff has fit into the practice very nicely and they have become quite valuable to around.

Niyati now has more availability to work Tuesdays and Thursdays from 1:45 onwards and available on the other weeknights between 6pm and 8pm and Saturdays 8am till 2pm.

Yasuko is still running her 45 minute massage special for the price of 30 minutes. So come in for a nice relaxing 45 minute massage. Yasuko is available Tuesdays and Wednesdays.

November Newsletter



Contact Us Today:

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Sports community involvement

We are pleased to announce our involvement with ECU soccer club commencing January 2013. We will be providing the club with musculo-skeletal testing for their player's pre season. This will assess the players pre-disposition and reduces the risk of injury throughout the season.

We will also be providing the club with two experienced sports trainers to assist the club with their immediate medical attention on training and game days. These trainers will work in conjunction with the coaches and physiotherapists to report and record any injuries and provide ongoing feedback for their recovery.

We are looking forward to the season starting and building a relationship with the club.

SPECIALS SPECIALS

Waking up with neck pain?

Contoured therapeutic pillows support the neck with a natural curve to prevent and relieve neck pain.

Down from \$45 to only \$37

REHABILITATION

Are you suffering and in pain from an existing work or motor vehicle accident? Maybe you had a sports injury and just can't quite get back to 100%? Well let our physiotherapist assist you in with your recovery.

The aim of rehabilitation is to increase range of motion, flexibility, stability and strengthen the injured area and surrounding areas.

Our physiotherapist will assist you with your return to sport, cardio/pulmonary rehab, balance/proprioception or strengthening programs pre and post operations.

The physio will give you a range of home based, pool and gym exercises with programmed session plans to get you back to 100%.

Exercise rehabilitation benefits athletes trying to get back to performance level, patients involved in motor vehicle or work accidents, patients with chronic ongoing injuries or patients requiring operation.

