



4th Edition

HAPPY NEW YEAR!!!

We hope all of our patients, their families and friends had a wonderful and safe Christmas and New Years.

Getting started into the New Year can often leave people feeling stressed resulting in tight muscles. Why not start the New Year off feeling fighting fit. Come in and see one of our Physiotherapists to get the ball rolling.

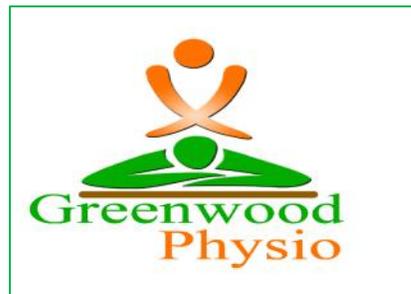
Or if you are just looking to unwind from the busy holiday period, book in with our remedial massage therapist for a full one hour relaxation massage.

TEAM MEMBER PROFILE

As our practice is growing and we are continuously welcoming new patients, we have also welcomed in two new Physiotherapist and a yoga teacher. Sarah is working part-time in our aged care facilities and the rest of the time taking on new patients joining the practice. She has experience in the sporting industry, working with professional netballers and footballers. Sarah is interested in completing a post-graduate in acupuncture and Pilates.

Rebecca has recently returned from Sydney after a vigorous 3 month yoga training and teaching course. She will be running classes on Saturdays

January Newsletter



Contact Us Today:

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Yoga and well-being

Power Yoga

Power Yoga is a modern day flowing form of yoga, focusing on building strength, flexibility, awareness, mental calmness and clarity. It blends the traditions of yoga practice with modern anatomical knowledge. Our classes at Greenwood Physio adapt to the needs of our students ranging from beginners to more advanced yogis.

Benefits of yoga

Yoga provides many different benefits for both your physical and mental well-being.

Physical

- Both lengthens and strengthens the muscles
- Improves health of the joints
- Improves lung capacity and breath
- Improves co-ordination and balance
- Weight loss
- Improved muscle tone
- Lowers blood pressure
- Helps with injury management
- Helps pain management
- Low risk of injury
- Improved energy levels

Mental

- Elevates mood
- Promotes calmness reducing the effects of stress
- Centres your mind through focus and concentration
- Self control/discipline

SHOULDER PAIN:

Shoulder pain can be a common occurrence within the sporting population, but also among everyday people who perform a lot of overhead activities.

There are a variety of factors that can cause shoulder pain, and most of them can be attributed to the four rotator cuff muscles, or their tendons which attach to the shoulder. These muscles play an important role in pain free movement of the shoulder, especially overhead. It is therefore usually the rotator cuff tendons that are injured when there is shoulder pain present. They can either get impinged between bony structures during shoulder movements, or become weak or torn. When this occurs, patients experience pain around the anterior aspect of the shoulder, but can also radiate down into the arm. In addition to this they may also feel weak in the shoulder; not being able to elevate past a certain point.

The important thing to remember with shoulder pain involving the rotator cuff is that the pain itself will inhibit the muscles, and cause further dysfunction around the shoulder joint. Because of this, an important part of physiotherapy management of shoulder problems, is reducing the pain. Factors such as heat and active rest early on, as well as gentle massage to the muscle body/tendon provided by your physio can assist in reducing the pain.

Your doctor can provide you with an anti-inflammatory cortisone injection which can reduce the chemical irritation, but there is varied evidence towards its effectiveness. These injections will only provide short term relief; therefore it is more effective to undergo a comprehensive rehabilitation of your rotator cuff with a physiotherapist to ensure complete recovery and long term relief. Our physio's can assist you with performing gentle active range of movement exercises, as well as rotator cuff strengthening exercises which will restore 100% pain free movement of the shoulder joint, and help with return to sport, work and everyday activities.

*****SPECIALS*****

Wellness package!

4 x Yoga classes

4 x Remedial massage 1hr

\$340