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## Physio on Ross 2024 Winter News - Welcome Physio Shaun

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# WINTER 2024 NEWS

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## Winter News

### In this update:

1. More Info Knee Strengthening & Reconditioning Program
2. NDIS Physio?
3. Welcome to Shaun Van Der Merwe (Physiotherapist)

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## NEW HOPE FOR KNEE PAIN and WEAKNESS?

You might think that there is nothing left you can do for your knee, and that you will just have to *get used to the discomfort*, the weakness, and to just not do the things you would like to do...

But there is hope!



It may seem like a secret, but there is a stack of scientific evidence that includes the fact that improving the muscular strength (of your quadriceps (thigh) muscle can both reduce pain and need for pain medications - as well improve your ability to use your knee in everyday life.

**And we are seeing great results from those already in the knee program.**

Some of you will wonder if the physiotherapy you did before - perhaps after an operation or even a replacement - should have worked then if it was going to work? Great question!

The answer is the reason that we have created our comprehensive knee program.

## **In a nutshell, unless your previous knee conditioning was:**

- AT LEAST 6 weeks long (12 weeks for most people) with TWO supervised sessions per week
- AND was at the right level of intensity for each session
- AND each drill done PROPERLY
- AND you did not over-do the training and go backwards
- AND included work for the joints above and below your knee to sort out the misalignment (limping makes you crooked in ankle and hip/back)

**Then there is still hope for great improvements from a proper physio knee program...**

The "secret" that is known by the professional athletes and ultra-rich is that joint reconditioning **MUST** be done properly, at correct intensity for long enough to work!

If you have a knee replacement - that by itself **DOES NOT MAKE YOUR KNEE WORK BETTER!** The replacement joint can only give you muscles something to hang onto properly. And the best results for a new knee **DEMAND** a full bore program of rehabilitation.

**The most common mistake with a knee problem is to UNDER-DO your rehab program (See Checklist Above!)**

And the "standard" approach where you do your rehab at home by yourself tends to cause this to happen frequently. Maybe it happened to you?

Good news is that you can still get solid improvements from proper conditioning even if your surgery was years ago. It is common for people to just accept that their knees are as good as they ever be and make the best of it. A better choice is to have an assessment with Brett to see if the knee program will help you or not.

Brett says *"This is not for everyone. This will specifically help those who can have improvements from rehabilitation, but who are not able to complete the training properly at home. Or if you just want to do it properly! There is plenty of research to show this is true - you just need to decide and get organized."*

The program is in 6 and 12 week chunks with personal one-one sessions 2-3 times per week. Watch the video for more information or call us. (ph 4728 2116) Spaces in this new program are limited.



# 6-12 Week Knee Program

**Do Not Give Up On Your Knees Before You Check This Out!**

**PhysioOnRoss.com.au**

**KNEE PROGRAM INFORMATION PAGE  
(CLICK HERE)**

Please forward this email to anyone you know who has "crook" knees that is program may be suit.

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## 2. Are You In the NDIS and Need Physiotherapy?

Physio on Ross is not just a typical musculo-skeletal practice but has the ability to work with chronic neurological or physical conditions under NDIS.



Director Brett Cunningham has 36 years' experience and spent years working in Townsville Hospital Rehabilitation Unit and several Neurological rehab wards within London ( 1991-93). Our other physiotherapist, Shaun, has recently spent the last 2 years working at Townsville's largest rehab centre in Townsville.

Both therapists have an interest and the knowledge to deal with a multiple of conditions from the early acute phase through to the chronic stable stage.

We understand safety is paramount, and know what exercises are appropriate and when to progress. Our clinic set up is designed for more mobile clients who can assist in transferring (no hoists).

**This means Physio On Ross NDIS is able to assist with conditions including:**

- ☐ CVA/Stroke
- ☐ Amputee
- ☐ Neurological – eg Guillain-Barre, muscular dystrophy
- ☐ Spinal Injuries
- ☐ Peripheral neuropathies
- ☐ Spina Bifida
- ☐ Multiple Sclerosis



If you are in need of physiotherapy assistance under the NDIS or know someone who needs this help, please contact Reception on

**(07) 4728 2116**

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### **3. Welcome Physio Shaun Van Der Merwe**



A new face you will see at Physio On Ross is our physiotherapist Shaun Van Der Merwe.

Shaun has a very wide range of skills and experiences and a sound understanding of how to get great results in a variety of conditions.

Shaun has also completed post graduate training in Neurological Physiotherapy (APA Level 1) and Dry Needling (Advanced Clinical Education).

He enjoys golf, hiking, trail running and mountain biking.

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## **Clinic Information**

- **Physio sessions are available on Saturday mornings** - you need to book in early as lots of people find this the best time.
- **Please allow up to a FULL HOUR** for your consultation (and you don't pay more). This allows the time needed to get to the real core of the issues, create a simple and effective plan, and give you some relief today.
- **Booked Out?** If the online booking system says there are no spots available and you need attention now - CALL Trish on 4728 2116 and they will move a mountain or two to try and fit you in.
- **Clear, Written Home Treatment Plan.** When you leave after an appointment with us, you will have a clear, written plan and timeline for your treatment program. This is the key to the best results, both in the short and long term.

**For Online Bookings Click Here**

**For Enquiries or Phone Bookings Call 4728 2116**

**Email: [admin@physioonross.com.au](mailto:admin@physioonross.com.au)**

Great health and vitality to you!

*The Physio On Ross Team*



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