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**Physio on Ross 2024 Christmas News**

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To: James Hooper <devlinsteel@gmail.com>

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# CHRISTMAS 2024 NEWS

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## Christmas News

### In this update:

1. **Christmas: Physio Clinic Open Hours**
2. **HEALTH FUNDS - What You Need To Know in December!**
3. **Special Report on Knee Problems by Brett Cunningham**
4. **Reminder: A free icepack/resistance band included if needed**

Best wishes to all - looking forward to a wonderful 2025!

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## 1. CHRISTMAS CLINIC HOURS

# CHRISTMAS

*opening hours*



**Monday 23.12**

**Open 7.30am-6pm**

**Tuesday 24.12**

**Open 8am - Noon**  
(+ Later if bookings)

**Christmas Day**

**Closed**

**Boxing Day**

**Closed**

**Friday 24.12**

**Closed**

## NEW YEAR

**Monday 30.12**

**Open 8am - Noon**  
(+ Later if bookings)

**Tuesday 31.12**

**Open 8am - Noon**  
(+ Later if bookings)

**New Years Day**

**Closed**

**Thursday 02.01**

**Open 7.30am-6pm**  
(Normal Hours)

**Physio On Ross**

## 2. HEALTH FUNDS WHAT YOU NEED TO KNOW

**REMINDER: Most Health Funds expire their benefits on the December 31 each year.**



**Health Funds benefits work on the USE IT OR LOSE IT principle.** If you have not used your benefits for the year, they don't mind. *So they won't remind you.*

You have already paid for benefits, so if you have the need ( whether it be dental, physio, optical etc) - book yourself into whatever treatment is helpful before the end the year.

If you're suffering with niggling aches and pains, or self-managing an injury that's just not resolving consider making a start on it now.

If your health fund's kitty has finances, they will be expired and then topped up to full again on Jan 1. This applies to most health funds and will apply across all allied health facilities-dental, podiatry, optometry and so on.

For further queries don't hesitate to make contact on **4728 2116** or if you prefer booking on-line: **[CLICK HERE](#)**

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### **3. KNOW SOMEONE WITH CROOK KNEES?**



Yes, this is the same information about knees I showed you earlier in the year. It is here again because I know you have been busy. But I also know that dodgy knees can give you a real headache - and this program is getting really great results. Please put the information under the nose of someone who wants a better year next year. The first step is to just organize an evaluation. This programme is not to irritate your symptoms-it must not hurt you!

## Knee Program Update

Our first group of knee programme participants are soon to complete their knee strengthening and balance courses.

We keep precise statistics of their progress and **all** have achieved significant advancements.



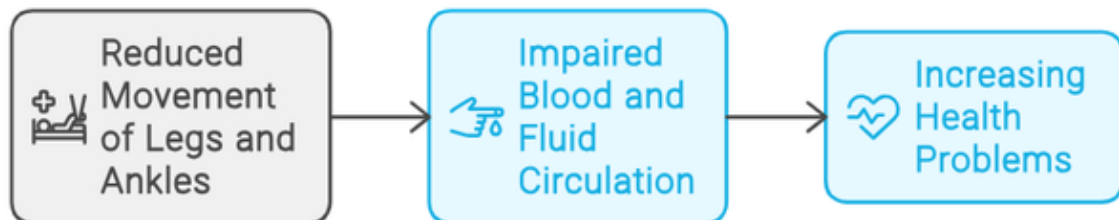
*For example our 79 year old Beth used to walk with a limp, not feel confident with her balance and struggle with any stairs. Now she can walk as far as she wants and ascend/descend stairs normally without issue.*

*Another star pupil Sue (50 years old) has significant osteoarthritis in both knees. She was in serious pain, not sleeping at night, taking significant medication and unable to walk more than 100 metres. Through strengthening alone she is now off pain medication altogether, sleeping comfortably, and walking up to a kilometre.*

It is important to understand both clients we have NOT changed their arthritis or degeneration. Their xrays would still look the same. All the program has done is improve muscular support and nature's own bracing around the joint.

It does seem like a miracle, but it is just a very precise and complete protocol implemented with very close supervision; and it does take time to get these results.

If you have worked on your knees before but have not done the full program AND applied it for over sufficient time - you need to consider this program.



Brett has also written a special report to help explain why your knee functioning is absolutely vital to your ongoing health, and what CAN successfully be done to reduce pain, inflammation, instability and weakness in your knees. Once you get an understanding of how completely your independence and health rely on your "second heart" for circulation, your life will change.

**[Click Here for the report.](#)** (Please forward this to anyone you know whose life is affected by their knees.)

Call the Clinic on **4728 2116** and arrange a time to have a quick chat with Brett by phone about the knee program.

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#### **4. FREE ICEPACK/RESISTANCE BAND**

To get the best value from your physiotherapy you often need to do things at home. This often means that you may need a device like a

resistance band or an ice pack to do those things.



Our team decided that if it is clear during your consultation that you need either, and you don't have one, we will just give you one to keep. The cost is on us. It is that important.

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**A Safe and Happy Christmas and a wonderful 2025 to one and all!**



[Clinic Information](#)

- **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 or Marina 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.
- If it is determined in your consult that your home treatment program will benefit from having an ice pack or resistance band they will be provided for you.

**For Online Bookings Click Here**

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

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

Once again, enjoy the festive season and best wishes for 2025.

**Brett, Melan, Shaun, Trish & Marina**

***The Physio On Ross Team***



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**Resistance-Bands.webp**  
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