

## Physio on Ross Christmas Update

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# CHRISTMAS UPDATE

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**Happy Christmas!**



### In this update:

1. Clinic operating hours over the holidays
2. Tips from Brett on to get through the Christmas period unscathed
3. Reminder about Health Insurance Funds - use your Extra's!

### **1. Christmas Clinic Open Hours**

Physio on Ross would like to wish all our clients a Merry Christmas and an enjoyable festive season with friends and family.

Our Physiotherapists will remain available up until midday on Friday 22nd December.

Our practice will then be closed between Saturday 23 December and New Year's Day, and recommence normal trading on Tuesday 2nd Jan 2024.

We thank you for your loyalty throughout 2023 and wish you all the very best of success, happiness and good health for 2024.

## 2. How To Survive The Holidays & Travel

### **The Problem:**

We often get out of routine with Christmas functions, travelling and so forth. This often increases our passive sitting time and we lose some our fitness or core strength!

This is worsened if travelling due to sleeping on different beds and pillows

Plus it is summer and it is hot, so so we can tend to be far less active overall!

**Often I find in early January that many clients complain of vague neck or back or knee pains not because of a particular incident or what they've done wrong but because of "what they haven't done - being out of routine!"**

I'll explain. Many of us have minor issues or injuries with our muscles or joints. In normal times, through a routine of modified exercise we stay active, fit and muscularly support our issues.

Once we travel, sit and enjoy festivities (eat and drink) we tend to forget our routine of regular exercise and lose our support/stabilisation of our joints. As a result our susceptible joints can often ache!

**To assist and prevent exacerbations here are some helpful steps:**

**1. If it is too hot to walk consider spending time in the pool - do laps,**

**do hydrotherapy?** Consider cycling? Possibly attend a gym that has air conditioning - and if weights aren't your thing what about pilates/yoga? Lots of hotels and resorts have mini-gyms you can use.

**2. With any prolonged sitting whilst travelling consider a small rolled up towel to support the arch of the back**

**3. If driving, consider stopping more regularly to change position and go for a small walk.** Once stopped for a drink/ and bite to eat consider staying in standing position as you've been sitting for hours and have further sitting time ahead.

If in a plane, hop up and go to the toilet. Not because you have to but to treat your back by changing position. Or just go for a wander along the aisles.

**4. After prolonged sitting stand up and do some back arches.** Place both hands on your waist and gently arch backwards while keeping your buttocks relaxed. Stretch into a manageable discomfort but not into pain. Hold for approximately 10 seconds and do 3-5 of them at any one time



**5. With different pillows and beds plus possible stress of travelling (and usually some family drama!) - gentle neck and shoulder stretches can be gold!**

Remember your posture of simply pulling your shoulders back regularly, and do the side of your neck/trapezius stretch. It's best done in standing (but can be done in sitting) where your head goes sideways (ear to shoulder).

If you would like a stronger stretch some like to grab the head with a hand and assists its pull a bit further or the hanging hand can stretch further down the leg to further lengthen the muscle. Hold the stretch for 10 seconds and do 3-5 repetitions.



**6. Keep your water intake up** - obviously it is summer and we sweat more so need more water than normal to replenish. Plus the increase in celebratory alcoholic drinks may further dehydrate you.

Remember that you are an athlete! It may be that you are training for life and not a sport - but our bodies respond beautifully to training and movement.

### **3. Health Fund Extras - End of Year Deadline**

This means that you have until the end of December to get full value from your fund, and to "use up" the Extras.

If you have already used your allocations, you will get a "refill" on January 1st.

This applies to most dental, optical, podiatry and physiotherapy. Once the kitty is refilled you will have the remainder of 2024 to use your health fund extras to a better capacity.

This is correct for the majority of health funds however I would advise you to check specifically with your own health fund as some consider a year from the date you joined, and a small number work on the financial/tax years.

Remember - how you feel is impacted by the quality of your life - including physical, medical, mental and sleep patterns. So use every resource that you have available to ensure you feel as good as you can!

And do have a wonderful Christmas!

## 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 or Jess 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***

***(Brett, Riley, Trish & Jess)***

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