

## Physio on Ross Easter 2024 News - Knee Program Announced

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# EASTER 2024 NEWS

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## Happy Easter! Plus New Knee Program Announcement

### In this update:

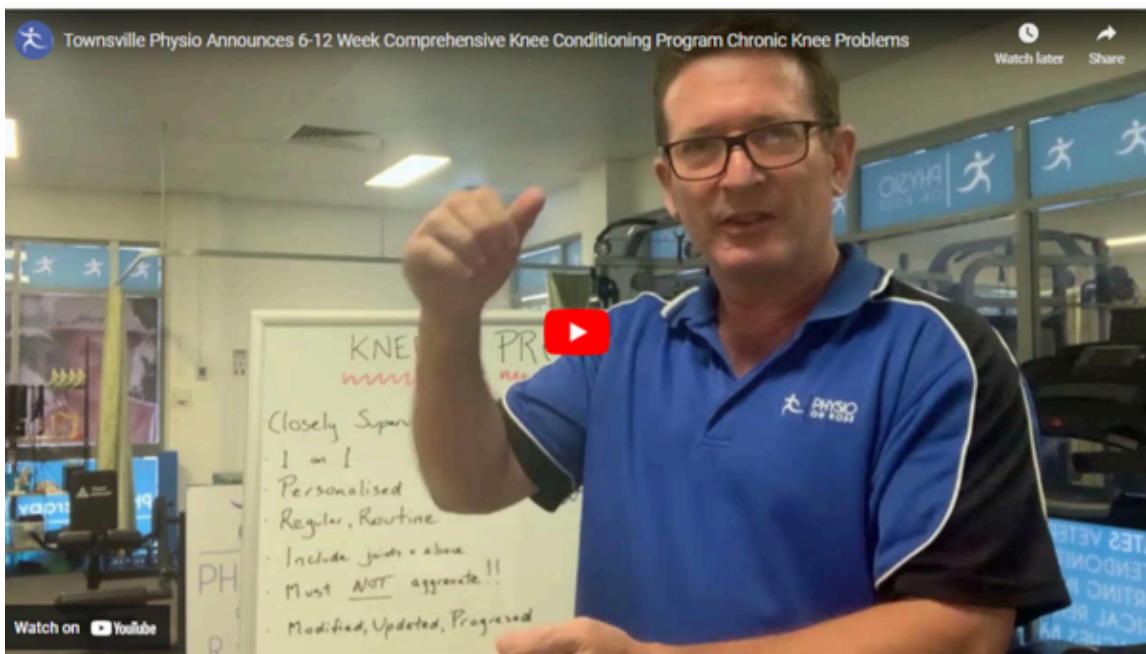
1. NEW Knee Strengthening & Reconditioning Program
2. Easter Hints (Prevent Injuries These Holidays!)

## KNEE PROBLEMS?

Emails from physiotherapists are often a little bit boring. We tell you things that you know you should be doing, and share things that are actually pretty useful to know. But This Email Is DIFFERENT - If You Have A Chronic Knee Problem!

It is different because it may contain the answer to reducing your current knee weakness, inflammation, pain and lack of utility.

The "Recovery Secret" That Elite Sportpeople & Billionaires Know



PHYSIO ON ROSS IS PROUD TO ANNOUNCE A NEWLY DEVELOPED PROGRAM SPECIFICALLY FOR THOSE WITH KNEE CONCERN'S OR PROBLEMS. THIS KNEE RECOVERY PROGRAM IS DESIGNED TO INCREASE THE STRENGTH AND EXTERNAL MUSCULAR SUPPORT OF YOUR KNEES, AS WELL AS THE JOINTS ABOVE AND BELOW YOUR KNEE.

**Here are the 5 most important questions if you have knee problems:**

### **"About The Knee Rehabilitation Program You Used Before Or Are Still Using..."**

1. Was it at least 12 weeks long? (Why? Info [Click Here](#))
2. Was your program CUSTOM DESIGNED specifically for you?
3. Did it ensure you did the exercises and drills with the CORRECT FORM, at the RIGHT FREQUENCY (eg twice a week), and at the RIGHT INTENSITY (not too hard, not too easy)
4. Did the program include conditioning for the joints above and below your knee? (eg your ankles and hips)
5. Was the program supervised by a qualified and experienced physiotherapist for every session to ensure that everything was right AND that at no stage did you do FURTHER DAMAGE?

The "SECRET" that elite sportpeople and billionaires know is that you need ALL of these criteria to be met for the best results you can get.

Brett Cunningham - our Clinic Director and Practising Physiotherapist for 36 years has designed a system that means you can finally access a treatment program that increases strength, condition, flexibility, alignment of your knees and your adjacent joints.

With these improvements you can expect far better capacity to enjoy your life - you can do more the things you want to do. Your pain may reduce greatly. Your balance and confidence improved. Better sleep. Travel. Golf, fishing, bowls, playing with children.

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.*"

It is suitable for you if you have had a knee surgery or arthroscope previously, or are now considering having a procedure. It is suitable if you have a "chronic" knee problem (means it has been going for a long time.)

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 - get in early.

Your first step is to find out if this Program is likely to help you. To do this you can attend a Comprehensive Initial Assessment where Brett will give you a clear indication of likely success (or not!).

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

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

## **2. Easter Hints**



With Easter coming up I thought I would share a few preventative techniques that may assist preparing for the Easter break and prevent injuries namely to your lower back.

With a few extra days off we are often considering travelling or possibly camping. Both involve sitting, lifting, and packing.

Then if we travel to an apartment the bed and pillows are often different.

We sit around a bit more than usual catching up with friends and family. If camping we have the arduous task of preparing or trying to pack the car and trailer to make everything fit, unpack at our destination, fight with the family as the tent won't go up, sit on collapsible unsupportive chairs...

### **Here Are Some Hints For Holidays & Travel**

1. Try to support your back when prolonged sitting eg aircraft/driving/ camp chairs. Consider a rolled up towel/Tshirt etc to assist as a pillow or cushion is often too big.
2. If sitting, driving, bending and lifting - do heaps of back arches in standing / or even lying on your stomach and arch back into a cobra onto your elbows
3. Consider a modified hang from your hands ( only if shoulders are OK) from a tree, external steps, clothes line, exposed beam, carrybars on a ute, or whatever is safe.
4. If sitting in a plane – go to the toilet, not necessarily for your bladder but to stand, walk and change position. Also go when there is a line up so you can stand longer!

5. If driving north we often stay at Cardwell for their 'famous' pie van. We then look everywhere to find a table to sit. Why? We have sat for 2 hours travelling to Cardwell and have another 2 hours sitting possibly to Cairns. **Consider standing to eat it**, and don't look for a close park near the toilets-consider parking 100-150 metres away so you can walk for a change
6. Remember camping chairs are often cheap, saggy and unsupported. Prolonged unsupported sitting is often worse than heavy manual lifting or work.
7. If driving (being held in a statue posture), or if you catch up with families and there's a bit of stress around - remember to add a few postural neck stretches

### Simple Holiday Stretches



Stretch: Hands behind back, pull shoulders back



Gentle Stretch: neck sideways



Gentle Stretch: neck sideways, into armpit (diagonal)



Gentle Stretch: back arch while standing

Happy Easter!

## Clinic Information

- **Clinic Closed Good Friday to Easter Monday - Open Tuesday April 1st.**
- **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***

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

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