

## Physio on Ross 2025 February News

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Wed, Feb 5, 2025 at 9:09 AM

# February 2025 NEWS

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## News

Hope you are all well and most importantly dry. All our thoughts for those affected by the recent floods and wish you all (again) a speedy recovery.

### In this update:

1. **50 % Discount for those affected directly by the floods**
2. **An Update of our Knee Program for clients who suffer from chronic Degeneration**
3. **In preparation for school and sports pre-seasons is it time to get last year's niggle checked? (Physical Screening - do you need one?)**

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### 1. Flood Victims

I'm lucky I live in an area that was unaffected by our recent deluge, but I know a lot of our clients have suffered. With this hardship they've probably had to be hands-on and done a lot of manual handling/lifting etc.

**Should your body be suffering or you've aggravated an old injury  
Physio on Ross will (for the month of February) will give a treatment  
for half price (savings of \$55-63).**

Hopefully we can patch you up strong and ready for the work ahead to recovery.



## 2. Knee Programme Update



### Knee Program Update

We only commenced the 6 and 12 week knee programme for chronic degenerative knees approximately 5 months ago. The clients have enjoyed the challenges, and their achieved results have surpassed what even I was hoping for.

As a reminder there are some key factors that makes our programmes work.

#### **Knee Program Key Points:**

1. It is one-on-one with the physio (not part of a group)
2. It is closely supervised by our physiotherapists
3. It must NOT be painful or aggravate the affected joint

4. Program includes joints above and below. The program also works with hips and ankles. The knee does not work in isolation; it is part of the lower limb chain. If the knee isn't functioning well the whole lower limb will be weakened.
5. There is a choice of a 6 week or 12 week course where the client attends twice per week for approximately one hour each visit.

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.

With this strengthening program the results are carefully tracked. Pain and disability are measured so that we can compare before and after scores and hopefully achieve measured improvements.

Our results so far have been significantly very positive. Not only are the clients physically stronger with heavier weights lifted and more repetitions being completed, they are functioning better eg walking further, doing the stairs better, playing golf or playing with the grandkids with less discomfort.

Their quality of life has considerably improved, and without medication.



Should you wish for more information for yourself or a friend please feel free to ring me on 47282116, email [admin@physioonross.com.au](mailto:admin@physioonross.com.au) or click the link below for more details about the knee program.

<https://www.physioonross.com.au/knee-recovery-program/>

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### **3. Physical Screenings as Injury Prevention-not just for sports!!**

As you know a lot of sports teams are preparing with pre-season training in preparation of the long physical year ahead. This is what the professional/science-based clubs do to prevent bigger concerns later on in the season.

So why shouldn't we learn from their experiences and use some of their systems to help the common battler? Is there a niggle from last year that with rest just hasn't gone? Is there a twinge that's affecting your golf swing, gardening, tennis serve etc?

It doesn't just have to concern sportspeople but walkers, babysitters of grandkids,fishermen/women. **Through a template assessment we can assess all joints for stiffness, and muscles for tightness and weakness.**



Muscles support and surround the joints and ultimately pull it in different directions. If there is an imbalance in musculature there will be abnormal pulling forces on the bones and joints. The body can cope with some imperfections for a while but will ultimately breakdown and cause symptoms of pain/swelling/poor performance.

On an individual basis we can do an assessment, then summarise clarify your specific challenges. Then we organise a unique home programme to address the imbalances.

**It's our way of preventing a "mountain out of a molehill".**

So please don't think physical screens are just for the elite sportspeople.

They are also for you and I to assess for deficiencies and create an effective program for recovery specific to you.

Further information can be found on the following link

<https://www.physioonross.com.au/general/physical-screening-assessments-arent-just-for-the-elite-sportspeople/>

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We wish everyone all the very best for 2025. A tough start for some but should any queries arise, anytime-please don't hesitate to make contact.

Regards,

***Brett, Shaun, Melan, Trish and Marina***

## **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)**

**Great health and vitality to you!**

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

***The Physio On Ross Team***

**f in**

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