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**Physio on Ross Physio Update September**

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# September 2025 Physio Update

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## News

Hope all are well and prospering. The year is now three quarters of the way through, which is unbelievable! Christmas decorations will be in the shops soon. In today's newsletter we would like to:

1. Welcome our newest Senior Physiotherapist - Anita Selby
2. Give you [what you need to know](#) about osteoporosis. Bone loss is one of the most common and damaging conditions as we age.  
Discover the Eight Dangerous Myths About Osteoporosis
3. Share again the information about our popular 7 and 13 Week Program for degenerative knees. Some impressive transformations

## 1. New Senior Physiotherapist Joins Physio On Ross

We are very pleased to welcome Anita Selby to our team. Anita has a very wide range of experience and skills developed over 16 years of physiotherapy.



Anita has extensive knowledge in many areas including musculoskeletal, sports, women's health, lymphoedema, occupational health, and aged care. [Read more about Anita \(click here\)](#)

An additional highly experienced physio means more availability, so you have a greater choice of times for your treatment.

[For Physio Appointments Click Here](#)

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## 2. Osteoporosis Affects 23% of Women, 6% of Men Over 50 In Australia. (Almost One In Four Women.)

**At Physio on Ross, we encourage and support people staying active, confident and resilient. A big part of that is keeping your bones healthy and strong.**

Osteoporosis is surrounded by ignorance and misinformation. This can leave people fearful or confused about what they should and shouldn't do. Let's clear things up by tackling some of the most common mistruths—so you can really understand what is important in avoiding it.

**A: “If I have osteoporosis, I should only do gentle exercise”**

The truth: Your bones actually need impact and resistance.

Gentle activities like Pilates or Tai Chi are excellent for flexibility and balance, but they don't provide enough loading for bones to get stronger.

Bones respond positively to stress. Weight-bearing and resistance exercises—such as stomping, jumping, dancing, and lifting weights—stimulate bone growth.

The key is graded exposure and progressive loading so your bones adapt safely over time.

**B: “Exercise won’t help my bones”**

The truth: Exercise is one of the best things you can do.

It strengthens bones, improves balance and coordination, reduces fracture risk, and builds confidence in movement.

If you’re on medication for osteoporosis, exercise works alongside it—enhancing results and supporting long-term independence

**C: “If I don’t have pain, my bones are strong”**

The truth: Osteoporosis is a silent condition.

Bone loss happens without symptoms, which is why osteoporosis is often called the “silent disease.” Many people don’t realise they have it until a small fall—or even a cough—leads to a fracture.

The only reliable way to measure bone strength is through a DXA scan, which checks bone density.

**D: “Exercise is too dangerous if I have osteoporosis”**

The truth: Not exercising is riskier.

Safe, targeted exercise builds stronger bones, muscles, and balance—all of which reduce your risk of falls and fractures. In fact, the right kind of training can improve bone density.

At Physio on Ross, we use a mix of:

- ☐ Weight-bearing movements
- ☐ Impact-loading activities

- Resistance training

*All carefully tailored to be safe, progressive, and effective.*

### **E: “Only older people need to worry about osteoporosis”**

The truth: Strong bones are built young, maintained for life.

Bone mass peaks in your 20s and 30s. After that, the focus is on maintaining what you’ve built. The stronger your bones are early in life, the lower your risk later.

Lifestyle choices—like poor diet, inactivity, smoking, and alcohol—can speed up bone loss.

That’s why nutrition, exercise, and healthy habits from a young age are essential for lifelong bone strength.

### **F: “Calcium is all I need”**

The truth: Calcium is just one piece of the puzzle.

To support bone health, your body also needs:

- Vitamin D for calcium absorption
- Weight-bearing and resistance exercise to stimulate bone growth
- Protein and balanced nutrition to support muscles and bones
- Healthy lifestyle choices like reducing smoking and alcohol

In some cases, medication may also be required.

### **G: “Osteoporosis is a women’s disease”**

The truth: Men get it too.

Yes, women are at higher risk due to hormonal changes after menopause. But men aren’t immune—1 in 4 Australians diagnosed with osteoporosis is male (AIHW, 2024).

In men, low testosterone, certain medications, and lifestyle factors can contribute to bone loss. Bone health is important for everyone.

## H: “Breaking a bone always means I have osteoporosis”

The truth: Not every fracture equals osteoporosis.

While osteoporosis increases fracture risk, not every break is caused by it. However, if a minor slip or bump causes a fracture, it can be a red flag. A DXA scan, along with an assessment of family history, diet, and activity, gives a clear picture of your bone health.

### Summary - Your Bones Thrive on Movement

Osteoporosis doesn't mean giving up activity—it means moving smarter. With the right combination of nutrition, lifestyle changes, medical management, and exercise, you can build confidence and keep your bones strong at every stage of life.

[For Physio Appointments Click Here](#)

## 3. Knee Rehab Program Continues To Kick Goals

More and more people are discovering that knee problems are often able to be improved without surgery and without more drugs. Correct training can increase strength, reduce pain and inflammation, improve balance and mobility, help sleep, give you far better endurance and often allow a reduction in your medication. Much better than just putting up with it, or even getting worse.

On a serious note, maintaining your physical mobility is an extremely important part of retaining your independence, no matter your age. If you have a "niggle" or you have a weakness that has been hanging around - physio is a natural way



PHYSIO ON ROSS IS PROUD TO ANNOUNCE A NEWLY DEVELOPED PROGRAM SPECIFICALLY FOR THOSE WITH KNEE CONCERNS 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.

to assist recovery. This is not just for knees, but for any part of you. For injuries that should have healed by now, why not consider an assessment, treatment and an individualised home programme to start your road back to normal function again?

So come in, get assessed and started on a plan to achieve full recovery and not miss out on the best of life.

Here is a preview of our new Knee Rehab Program brochure. (Click Image to load full view)

**Program Options**

**Choose Your Program:**

**Comprehensive - Diamond Level**  
13 weeks = 26 visits, 2 sessions/week.  
(Most Popular, Most Effective)

**The Trial**  
7 weeks = 14 visits  
Option of Extension if more time required, especially for continued improvement.

**The Trial Extension** Extra 6-week block (Week 7-12) available to those who completed the 7-week Trial.

All sessions are with qualified and trained physiotherapists. Reduced rates apply. Health fund rebates may apply (depends on your fund).

**Find Out More**

Your first step is a brief phone call with Brett to determine if a Knee Assessment is worthwhile for you.

If Brett determines that this program will produce good results, an appointment for the Knee Assessment will be made. A special rate will be applied (\* may be claimable from your private health if applicable).

The Assessment will involve thorough testing and review of not just your knees, but of the groups of joints, bones, sinews, nerves and muscles that include your hips, back, neck and ankles.

This program is achieving great successes because it works not only with improving and strengthening your knee but also the joints above and below. This is essential, and possibly why previous treatments may have not worked well for you.

**Call Reception on 4728 2116 to arrange your phone meeting with Brett Cunningham**

**PHYSIO ON ROSS**

**KNEE REHAB PROGRAM**

**Take Control of Your Knee Pain**

- Is knee pain limiting your daily life?
- Are simple tasks more challenging?
- Struggling with walking, stairs, or sports? Or sleeping?

You're not alone. This program can help.

The info page for the Knee Rehab Program is [CLICK HERE](#)

**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 Alex 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, Anita, Trish & Alex**

***The Physio On Ross Team***



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