

## Physio on Ross Health Update

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# SPRING 2023 PHYSICAL HEALTH & WELLBEING UPDATE

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**Welcome! This newsletter shares great ideas and immediately usable tips for feeling as good as you possibly can.**

As a client of Physio on Ross, you will receive this short and useful update every month or two. The team will focus on keeping it as simple as possible, and will include brief videos about a range of the most common problems - and what you can do about them!

### This Month:

#### 1. Plantar Fasciitis (plan-tuh fa-shee-ai-tuhs)

If you have sore feet from this extremely common condition, this 2 minute video from Brett will be helpful.



## 2. Riley Demonstrates Four Simple and Gentle Stretches To Avoid Stiff Neck, Shoulders & Back For Office Workers



Four Simple Stretches  
For Office Workers

Stretch #1

Gentle Back Arch  
10 Seconds  
3 Times

- **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 4727 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)***

**f in**

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