Welcome to the first newsletter of 2015. PHYSIO MECHANICS has had a wonderful start to the year with our rebranding. We are sure you find our new signage on Great South Road much easier to spot!

Our new clinic in Karaka is also underway and due to open in October 2015.

Our team of physiotherapists has further expanded in 2015 and we would like to introduce Leah Young to the team...

Originally from the United States, Leah moved to New Zealand over 25 years ago. She completed her Physiotherapy training at AUT in 2004 after being inspired by the therapists involved in her grandfather’s care after he sustained multiple strokes. She has remained passionate about Rehabilitative Therapy since then. After completing her training, Leah has worked a wide range of areas including: musculoskeletal private practice, orthopaedics, surgical and respiratory therapy, post-operative care of amputees, and ICU. She has a background in neurological rehabilitation including working with patients following Stroke, Head injury, Parkinson’s disease and Spinal Injury. Leah has recently returned from Maternity leave following the birth of her second son and is thrilled to be part of the team at Physio Mechanics. With Leah’s wide range of physiotherapy experience, she is able to assist clients from all walks of life. Leah’s holistic approach to therapy is sure to be able to assist in your recovery and achievement of goals.

Some of you may know that Allie Le Lievre is taking a short break from the clinic to spend time with her partner, who was selected for a short rugby contract in Portugal. Allie is having a great time traveling, learning to cook and spending time with the rugby club. She will return to the clinic in June 2015. In the interim, the rest of the team at Physio Mechanics will be taking care of Allie’s patients and ensuring they reach all their goals in rehabilitation.

Are you aware that PHYSIO MECHANICS provides physiotherapy services at our local high schools?

James Cook High School – Clinics run Wednesday and Friday with Helen Dart
Alfriston College – Clinics run Tuesday and Thursday with Amelia Bull
ACG Strathallan – Clinics run Tuesday and Thursday with Liz Cooper

If you have children attending these schools, they are able to receive FREE ACC treatment within the normal school clinic times. Please ask your child to see the school nurse or sports administrator (Strathallan) to book a time with the physiotherapist.

DRURY RUGBY

The rugby season has started, and our physiotherapist Fabian Law is back with the Drury Rugby club. Physio Mechanics staff have provided on site physiotherapy to Drury Rugby since 2008 encouraging injury prevention, correct diagnosis and enhanced recovery.

Following a successful season winning the Sid Marshall Shield, the team is hoping to start off with a bang with their first game against local rivals Papakura.
Back Pain and Cardiovascular Exercise

With the fitness industry fully embracing the importance of “CORE STABILITY” it is worth reminding you about importance of increasing your cardiovascular (CV) fitness and the role it plays in low back pain prevention and rehabilitation.

We know the many benefits of good CV fitness - increased vitality, lowered blood cholesterols, reduced body fat, reduced risk of heart disease and stroke. However this component of fitness has often been neglected in back pain prevention and rehabilitation programs.

Why is it important to work on your CV fitness (i.e. heart and lung capacity) in low back pain rehabilitation and prevention?

1. improved oxygen delivery to muscles - improving recovery rates and performance
2. Improved performance in real life tasks – for example, climbing stairs, supermarket shopping, looking after children, etc.
3. In many cases of low back pain the level of the pain is indirectly aligned to the actual injury – i.e. the pain experienced can be much worse than the physical injury. Many patients feel that all pain is making their condition worse. CV exercise will you to get on with your life and allow quicker return to work and previous activities
4. Improved self-esteem/confidence
5. Positive hormonal chance which reduces anxiety and improves general mood

FACT: All chronic pain management programs include a comprehensive activity and fitness components as this is proven to have a huge input into the success of the program and the progress of the patient

So what is the best CV exercise for back pain patients?

In our experience swimming or water walking can be of great benefit. Some patients are also able to perform an adequate CV programme on the stationary cycle or treadmill, depending on their individual condition and level of pain.

It is vital that your back pain is fully assessed by a trained medical professional before embarking on CV or any type of exercise programme. All back pain is different and appropriate treatment is required to ensure optimal results.

Speak to us at PHYSO MECHANICS today for help.

New Patient Feedback

Every new patient is given the opportunity to complete a short online survey to rate our overall performance. This feedback is essential in helping us maintain the highest quality service to all our patients. Your feedback is warmly welcomed. If you would like to submit your feedback and have not done so, then simply visit the Physio Mechanics website at http://physiomechanics.co.nz/feedback/ to register your comment and score. Your opinion is most valuable to us! Submit your feedback and be in the draw to win a FREE 30 minute massage worth $40.

AND FINALLY... Our new website is now up and running. Please take the time to take a look around the site. You will find valuable information about the clinic, our team and the services we offer www.physiomechanics.co.nz

BRING IN THIS NEWSLETTER AND RECEIVE A FREE ACC INITIAL ASSESSMENT AND TREATMENT