

Product of the Month

Foam Rollers

The rollers are a great device to help you maintain flexibility and manage tight muscles. Anyone who has used one before will understand the deep massage capabilities of the rollers and they are currently available at excellent prices. Please speak to one of our staff if you would like more information on their benefits.



Drop in to the clinic to see our full range of stock on display.

The Physio Studio Opening Hours

Monday - Thursday

8am - 8pm

Friday

8am - 5pm

Saturday

8am - 1pm



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2011 Rolling on...

You may have blinked, we are into April 2011. The year has been a busy one already at The Physio Studio. We have recently welcomed three new staff members, farewelled a long term staff member, and have established a new treatment area in the studio. Many of our clients are well into their new year fitness regimes or pre-season training for winter sports, while others are coming to finals time for summer sports.

New Massage Therapists

We are excited to welcome Peter Kotsiras and Kelly Magain who have begun consulting at The Physio Studio. Both are highly experienced remedial massage therapists with excellent hands on skills. Peter brings 15 years of experience, and is a highly regarded therapist with additional qualifications in pregnancy massage, dry needling and cupping along with sports trainers and fitness certificates. Kelly has developed her skills working in health centres around Adelaide and Queensland and as a qualified sports trainer continues to have involvement with sporting teams.

Appointments are available most days of the week, including Saturday mornings and mid week evenings.

More New Faces

We also welcome Kate Bourne, the newest member of our administration staff. Kate brings a bubbly personality, fantastic administration and computer skills, and she has quickly adapted to her new role.

Fond Farewell

Long time staff member, Jane Conroy finished up with us in January. Jane has opened her own shop Three Card Trick, in Colonel Light Gardens, specialising in retro and antique furniture, ornaments and jewellery. Pardon the pun... Jane has been a part of the furniture at The Physio Studio for a number of years and will be missed. We wish her every success in her new venture.

Email Contact

To help our environment and communicate more efficiently, please notify our staff if you would like to receive communications including newsletters via email. Phone 8357 0418 or email admin@thephysiostudio.com.au to update your details.

TOPIC OF THE MONTH— Headaches

Headaches come in varying types and forms. Some common classifications include; Migraine with or without Aura, Tension Headache, Cluster Headache, Chronic Paroxysmal Hemicrania and Hemicrania Continua, Cervicogenic Headache and Dural Headache. There are a variety of physiological causes and clinical signs and symptoms with these classifications.

Cervicogenic headaches originate in the upper cervical spine (upper neck) and present in a series of repeating pain patterns from the neck and over the head.

The joints of the upper cervical spine can refer pain as a consequence of confusion within the brain itself. As a result of this confusion, a section of the brain thinks that pain is coming from parts of the head when the irritation is actually in the joints of the upper neck. This referred pain presents as a headache and a cervicogenic origin, or cervical joint origin, is very common.

Because of the direct relationship with the joints of the upper neck, there is usually also some indication of neck pain or restriction of movement associated with the headache, commonly on the same side. Often there is a history of neck trauma or injury. The three involved levels of the upper neck (O/C1, C1/2, C2/3) have very specific patterns of referred or headache pain that can be assessed and determined by a Physiotherapist at The Physio Studio.

Physiotherapy treatment can be of benefit to Cervicogenic headaches through carefully mobilising and stretching the joints of the upper neck to decrease the localised restriction and associated referred headaches. With relief of the headaches achieved, the physio can then guide you in exercises to maintain flexibility and retrain the important supporting muscle groups that will assist in preventing the recurrence of these headaches.



Tension Headaches are another form that have been found to have a musculo-skeletal origin. Commonly arising from trigger points in the neck and shoulders, these types of headaches can be associated with poor and prolonged postures and increased tension of these muscle groups. Physiotherapy treatment can assist in releasing the tension in these muscles and then retraining muscle groups and postural practices to reduce the tendency to tighten in the offending areas.

The Physio Studio prides itself on promoting and practicing manual therapy to assist our clients in regaining function that may have been lost as a consequence of injury or degenerative change. When it comes to headache treatment, we will endeavour to provide you with a thorough assessment, an honest appraisal of the potential cause of the headache and treatment that is evidence based and guided by a directed management plan developed with your specific needs in mind.

If you, your family or friends suffer from headaches, call us on 8357 0418 for an assessment.

Tour Down Under 2011

Physios Sean Bushby and Scott Palmer, along with a number of our clients were amongst the 8,000 odd cyclists who completed the Mutual Community Tour Down Under Challenge ride in January. Despite the blood, sweat and tears it was a fantastic day and the boys described a great sense of achievement rolling into Strathalbyn after too many hours on the bike. Keep your eye out for The Physio Studio Cycling Kit on the roads soon. These high quality jerseys and knicks can be ordered through our front office.

Sports, Relaxation and Remedial Massage

Kelly Magain consulting Monday evenings, Friday afternoons and alternate Saturday mornings.

Peter Kotsiras consulting Tuesday Mornings, Thursday evenings and alternate Saturday mornings.

Phone the clinic now on **8357 0418** to book your next massage, you will not be disappointed!



Watch out for our new look website, launching soon!

thephystudio.com.au

Referral Rewards

We value your support and word of mouth referrals play a large part in maintaining our practice.

If you are delighted with the quality of service and care you receive from The Physio Studio we ask that you recommend us to your family, friends and colleagues who might also benefit from our service.

For every new client that presents for treatment and tells us they were recommended by you, we will post you a **\$10 discount voucher** to be used for your next physio consultation.

Congratulations!

Luke, Katie and Riley Dixon welcome a beautiful new son and brother to the family, Harper William, born on the 22/2/11 at Ashford.

The Physio Studio will be closed over the Easter long weekend with usual opening hours recommencing Wednesday 26/4/11