



Hello

In this issue:

- Changes to our Pilates timetable
- New equipment arriving next month
- Prevention of knee injuries in sport
- Congratulations and farewell to a team member
- Upcoming free courses at Advanced
- Upcoming professional development for students, Doctors and Physios

Changes to Pilates Timetable

These can be seen by following this link: <https://bit.ly/2KXmdhG>

For those that have not seen inside the room, check it out. We really proud of it and it is proving to be a beautiful exercise space.



For those who have not seen it in its current form checkout the **gym**.



New equipment coming next month

We are confident now that our clients have access to the best equipped rehabilitation and training area in any clinic in Australia. Adding further to this we are getting you some really exciting new equipment.

The Alter G, treadmill allows us to run or walk on a treadmill, with less bodyweight, using a patented system of air pressure technology to take off a prescribed amount of your bodyweight. For those returning to sport it allows you to run earlier. For anyone recovering from surgery it allows you to walk earlier and safer. For athletes it allows you to train more with less damaging impact.

The Alter G can be used in the management of stress fractures, ACL rehabilitation, stroke rehabilitation, knee replacement and hip replacement rehab, and in numerous other clinical situations.

You will be able to book time on the Alter G after some instruction from your Physio or Exercise Physiologists.



Prevention of Knee Injuries in Football

Knee injuries constitute a serious problem in many team field based sports but are especially common in football due to the 360 degree nature of the sport. In Football the sport involves sudden change of directions, pivoting/cutting, accelerations/decelerations and jumping/landing which are all common mechanisms for knee injuries.

Read more here: <https://bit.ly/2zoA243>

Congratulations and Farewell to Owen James

Owen has been offered a full-time position with the Newcastle Jets to look after their Youth team and assist with the senior team. He will be leaving next week to take up this role, and joins Robert Dingle (Jets), Brendan Wilson (Auckland Cricket), Justin Dougherty (Jets and Melbourne Victory), and Jaclyn Benz (Matildas), Mick Hughes (Collingwood netball) who have taken up appointments with professional sport during or after working here. We wish him all the best and hope to work with him again.



Free Upcoming Courses

We are running a lower limb strapping course at the clinic. You can register online, it filling up fast. See below for booking details.

<https://www.eventbrite.com.au/e/sports-taping-education-session-tickets-47757388635>

Upcoming PD for Students, Physiotherapists and Doctors

For the next 6 weeks Cameron Bulluss and Declan Waters will be presenting an update on low back pain, based on their 3 day course in Sydney last month. **These are at 1pm on 12/7, 26/7 and 9/8.** Attendance is **free for health professionals** and student health professionals. Please email reception@advancedphysio.com.au if you want to attend.

SPORTS TAPING EDUCATION SESSION



Session Details

Location: Advanced Physiotherapy
2/335 Hillsborough Road Warners Bay

Time: 7.00PM

Date: Monday 23rd July 2018

Cost: Free
Places Limited

**A FREE EDUCATION AND PRACTICAL SESSION TEACHING SPORTS
TAPING.**

Registrations:

<https://strappingsession.eventbrite.com.au>
or via email: s.montgomery@advancedphysio.com.au

Don't forget to follow us on our Social Media pages!

Until next time,

The Team at Advanced Physiotherapy