

Thank you for continuing to read our Flex Newsletter. We hope it finds you in the best of health. Much has happened in recent months! Please enjoy these little snippets to keep you up to date.

Fee schedule

As preferred physiotherapy providers for Mutual Community and MBF health funds our fees have increased in accordance with the Mutual Community and MBF physiotherapy schedule of fees for South Australia as at April 2009. The new fee schedule is:

Physiotherapy

Initial consultation	\$66.50
Standard consultation	\$53.50

Massage

30 minutes	\$47.00
60 minutes	\$75.00

Pilates

Initial consultation	\$80.00
One on one session	\$53.50
Review consultation	\$66.00
Casual class	\$26.00
Block of 8 classes (\$24.50 a class)	\$196.00
For Mutual and MBF members (\$17.50 a class)	\$140.00

Please note

Surcharges apply to consultations with principal and specialist physiotherapists.

Flex team physiotherapists

Along with the cooler weather, so too come our many winter sporting commitments at Flex. Each of our physiotherapists is involved with at least one sports team, including:

Sturt Football Club – Tim McKeough, Tim Parham and Rachel McAleister will all be involved in working with both the League and Reserves squads in 2009.

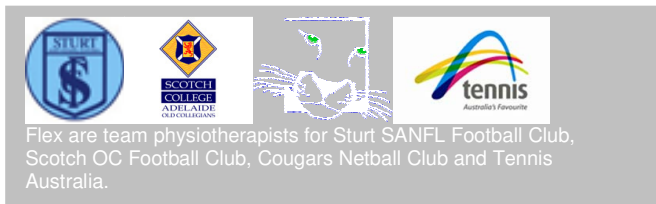
Tennis Australia – Scott will continue to work with the elite SASI squad of junior players whilst Rachel has assumed the role of physiotherapist for the state based 'Academy' athletes.

Australian Women's Basketball Team (Opals) – Rachel has recently been invited to travel with the Opals on their European tour starting in May.

Adelaide Cougars Netball Team – Scott will be the consultant physiotherapist for the club, particularly the State league squad. Natalie Shield, Sarah Hocking and Tim Parham will assist in match day coverage.

Australian Korfbal Team – Natalie will juggle her role as a squad member and physiotherapist until the World Games in Kaohsiung, Taiwan in July this year.

Flex continues to be the preferred physiotherapy provider for the Scotch Old Collegians Football Team.



Flex faces



Name: David Annells

Position at Flex: Musculoskeletal Physiotherapist at Cumberland Park

Previous experience:

- Private Practitioner and Director of Straight Back Physiotherapy from 1998 through 2008 and co-director of Specialised Physiotherapy Services
- South Adelaide Football Club Physiotherapist from 1995 through 2002
- Physiotherapy Consultant to CGU Worker's Compensation
- University of South Australia – post graduate programme clinical tutor

Area of speciality:

- Postural assessment and prescription exercise
- Lumbo-pelvic-hip sporting problems
- Real-time ultrasound examination
- Return to work consultancy services to WorkCover and Self-Insured Employers
 - Early intervention programmes
 - Independent Clinical Examinations for complex cases
 - Peer review

Favourite sport: Aussie Rules – go the Crows!

How do you spend your weekends:

- Renovating projects around the home
- BBQ and beers around the pool with good friends and family
- Surfing with my son

Pilates Cumberland Park

Due to the increasing popularity of our Pilates classes at Cumberland Park we have added some new classes. Refer to our current timetable below for class times:

	Mon	Tues	Wed	Fri
9.00am			Pilates Rachel	Pilates Rachel
10.00am				Pilates Rachel
12.00pm		Pilates Tim		
4.45pm	Pilates Rachel			
5.00pm				
5.30pm	Pilates Rachel	Pilates Tim	Pilates Rachel	

Please phone to make a booking as classes fill up quickly.



Scott Smith
Principal
Physiotherapist

Sarah Hocking
Physiotherapist

Natalie Shield
Physiotherapist

Meredith McIntyre
Physiotherapist

Dr Mary Magarey
Specialist
Physiotherapist

Tim McKeough
Physiotherapist

Rachel McAlister
Physiotherapist

Chantel Hewett
Massage Therapist

David Hamden
Massage Therapist

The DOs and DON'Ts of back pain

There are many ways to help look after your own back and avoid many of the common causes of back pain.

DO

You can help to prevent back pain if you:

- Exercise regularly
- Maintain a healthy body weight
- Consider your mattress (particularly if you wake with pain)
- Think before you lift. Avoid bending and twisting. Carry carefully!
- Are aware of your posture, particularly when sitting for long periods
- Take regular breaks at least every hour to change the position of your joints and loosen your muscles

DON'T

If you reduce the stress and strain on your back, it could help to reduce the risk of injury. You can help to reduce pressure on your back if you don't:

- Slouch in chairs or in the car
- Sit for long periods without a break
- Stand badly
- Lift incorrectly
- Sleep on a sagging mattress
- Become unfit or out of shape
- Generally overdo activity

When should I see a physio?

It is sensible to consult your physio if your back pain fails to clear up after a few days. Other indications that it is time to call your physio are:

- Repeated bouts of back pain or stiffness
- If other symptoms accompany back pain (like pins and needles or numbness)
- If activity becomes difficult because of pain or tightness
- If you need advice on treatment options, exercise, posture, or other spinal related matters

Sarah's wedding



Congratulations to Sarah and Myles who were married on April 4th in the Barossa Valley. On behalf of all her clients and the Flex staff, we wish them all the best in their lives together. Sarah will be returning from her honeymoon on April 17th.

In a big year for the Flex crew, Natalie will also be tying the knot with Tom on June 7th.

Flex diary dates

April 3 rd – 17 th	Sarah away
April 20 th – 24 th	Scott away
April 25 th	Closed for Anzac Day
June 4 th – 12 th	Natalie away

Pilates Initial and Review consultations

To improve the quality of our Pilates programs, we have initiated an improved assessment process.

From April 1st, all Flex **Initial** Pilates consultations at Norwood will utilise real time ultrasound (RTUS) to assess abdominal and back muscle function. Poor deep abdominal function is one of the major contributing causes of back pain and other musculoskeletal injuries. This assessment will allow us to tailor a very specific and individualised program, specific to your needs. Initial Pilates assessments with RTUS services will soon be available at our Cumberland Park clinic.

Flex **Review** Pilates consultations will now involve the re-evaluation of abdominal muscle function using RTUS to ensure your continued improvement. It will also allow your physiotherapist to progress your Pilates program accordingly based on the results of the assessment. Pilates review sessions are required at least every 8 weeks during your program.

Are you in a spin?

Vertigo is a problem that troubles a surprising number of people and fortunately physiotherapy can help many of those who suffer the problem. Treatment is usually effective, and relatively fast-often a patient requires only a couple of visits to a physiotherapist. Both Natalie and Scott have a special interest in this area and may be able to help you with this difficult condition.

e-news

If you do not wish to receive our Flex news via email please email us at admin@flexclinic.com.au with the word unsubscribe written in the subject box.

Cancellation policy

We ask that all clients please ensure they give at least 12 hours notice for an appointment they wish to cancel. We have a number of people on waiting lists and your early call will help us to offer the appointment to someone else. All missed appointments will incur a cancellation fee:

\$10 missed Pilates class

\$20 missed physiotherapy and massage appointment

Thank you for your understanding and co-operation.

SMS appointment reminders

One of the extra services provided by Flex is our SMS appointment reminders, which have been well received. If you choose to reply to the message we would appreciate if you could also text your name so that we can more easily identify you. If you do not wish to receive messages via SMS, please notify reception so we can remove you from our list.