



Physiotherapy

Massage

Personal Training

Pilates & Rehab Gym

# Newsletter

Spring 2008

Welcome to the Spring Flex newsletter, keeping you informed of all the ongoing developments at Flex. Feel free to let us know your thoughts so that we can ensure our newsletters remain interesting and informative.

## New clinic

Exciting news! If you haven't already heard, we have recently moved from our Westbourne Park rooms to our brand new clinic almost directly across the road at 380 Goodwood Road, Cumberland Park.

Our new site has once again been purpose built to provide you with up-to-date consulting rooms, a well equipped rehabilitation gym and Pilates studio and plenty of reserved parking at the rear of the building.

In order to continue providing you with a broader range of services, we are particularly pleased to advise that our new clinic also gives us the space and facilities to offer sports and remedial massage and our increasingly popular Pilates classes.

Musculoskeletal Physiotherapist, Tim McKeough is based at Flex Cumberland Park on a full-time basis whilst Sports Physiotherapist Rachel McAlister and Scott Smith are available for appointments at the Cumberland Park rooms on a sessional basis. Chantel Hewett provides massage services all day Monday and Thursday. Jan Gibb, formerly from Flex Westbourne Park, runs administration.

Our Cumberland Park Pilates classes have commenced on Mondays at 4:45pm and 5:30pm, Wednesdays at 5:30pm and Fridays at 10:00am. Class sizes are kept to a maximum of four participants to ensure continuing personalised supervision by our physiotherapists. Additional classes will be added shortly as these sessions are already approaching capacity.

To make a booking at Flex Cumberland Park please phone 8373 0562.



## Flex faces



**Name:** Rachel McAlister

**Position at Flex:** APA Sports Physiotherapist at the Flex Cumberland Park clinic

**Previous experience:** I have 17 years of clinical experience working in private practice and working with sporting teams. I have been physiotherapist for various teams including men's National Hockey League, women's National Basketball League, and the Australian junior women's basketball team. I have worked closely with the Queensland Academy of Sport, as well as athletes of all levels from recreational to elite.

**How do you spend your weekends:** Weekends are family time spent with my three year old son and my husband.

**Area of specialty:** I have a special interest in lower limb injuries, particularly hip, groin and pelvis problems.

**Favourite sport:** Basketball

## New staff

Due to our recent expansion at Cumberland Park, we are excited to introduce two new members of the Flex team.

**Rachel McAlister** has joined the physiotherapy team three days a week at Flex Cumberland Park. Rachel brings with her a wealth of experience in various areas of physiotherapy including Clinical Pilates and acupuncture, and has already proven to be a wonderful clinician in the new practice.

**Laura Holland** has joined our administration team, working between both the Norwood and Cumberland Park clinics. Laura is currently studying Human Movement at Uni SA and still finds time to pursue her passion for dancing in her free time.

We specialise in you



Scott Smith  
Physiotherapist

Natalie Shield  
Physiotherapist

Meredith McIntyre  
Physiotherapist

Tim McKeough  
Physiotherapist

Rachel McAlister  
Physiotherapist

Chantel Hewett  
Massage Therapist

David Hamden  
Massage Therapist

## Massage

### Therapeutic and Relaxation Massage

Massage can help you maintain physical, mental and emotional well being, especially when it is part of your wellness routine.

#### Benefits

- Reduces tension, stress and anxiety
- Calms the nervous system and promotes a sense of well being
- Improves blood circulation, which delivers oxygen and nutrients to the cells
- Prevents and relieves muscle cramps and spasms
- Stimulates the lymphatic system, which carries away the body's waste products
- Massage therapy can also help with pain management in conditions such as arthritis, poor circulation and tension headaches

### Sports and Remedial Massage

Deep massage causes the pores in tissue membranes to open, enabling fluids and nutrients to pass through. This helps remove waste products such as lactic acid and encourages the muscles to take up oxygen.

#### Benefits

- Maintain the body generally in better condition
- Prevent injuries and loss of mobility
- Cure and restore mobility to injured muscle tissue
- Boost performance
- Extend the overall life of your sporting career

### Myofascial Release

Myofascial release is a highly specialised stretching technique used to treat a wide variety of soft tissue problems. It aims to eliminate fascial restrictions that may be impeding natural movement.

#### Benefits

- Improves post operative recovery
- Can be used when other massage techniques may not be suitable
- Reduces emotional stress

Contact reception to make an appointment with either Chantel or David. **Private health insurance rebates apply.**

## Flex diary dates

26-29 <sup>th</sup> September	DMA Clinical Pilates course being held at <b>Flex Norwood</b>
Friday 26 <sup>th</sup> September	5:45pm Pilates class run only
Saturday 27 <sup>th</sup> September	No Pilates classes
Monday 29 <sup>th</sup> September	5:30pm Pilates class run only

## Corporate massage

Looking for a way to increase productivity and morale and reward your employees? Then enquire at reception about the Flex corporate massage service. Your employees will love you for it!

## Congratulations

Congratulations to **Meredith McIntyre** on becoming a proud grandmother to a baby girl Eliza Millie born on the 21<sup>st</sup> of August.

## e-news

If you do not wish to receive our Flex news via email please email us at [admin@flexclinic.com.au](mailto: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, ortho, flex fit 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.

## Flex team physiotherapists for



Flex are team physiotherapists for Sturt SANFL Football Club, Scotch OC Football Club, Cougars Netball Club and Tennis Australia.

## Flex Rehabilitation Clinics

41 Kensington Road, Norwood SA 5067 t 08 8361 3355 f 08 8361 3366 e [admin@flexclinic.com.au](mailto:admin@flexclinic.com.au)

380 Goodwood Road, Cumberland Park SA 5041 t 08 8373 0562 f 08 8271 5202 e [flexcp@flexclinic.com.au](mailto:flexcp@flexclinic.com.au)

[www.flexclinic.com.au](http://www.flexclinic.com.au)