

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.

Massage

Hot Rock Therapy



Chantel Hewett now uses Hot Rock Therapy on request. Hot Rock Therapy is an ancient massage technique utilising the benefits of thermotherapy. Heated smooth, flat stones are placed on key points on the body and used during the treatment to provide deep muscular stress relief. Hot Rock Therapy is available at both Flex Norwood and Cumberland Park.

David Hamden is now Workcover and CTP accredited. If you are a Workcover or CTP patient you can now make bookings to see David at Flex Norwood and Chantel at Flex Norwood and Cumberland Park.

We welcome back Chantel after five weeks travelling overseas throughout Europe. Thank you to Angelique for covering for Chantel whilst she was away.

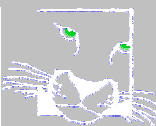
Flex Goes Paperless

Thank you for your patience in recent weeks as we have upgraded our computer system. In the coming months, our physiotherapists will begin using a software note taking system that will not only improve our efficiency, but also provide extra security for the information we collect. Please note also that all therapists now have their own email addresses. Feel free to email them with any questions that you might have regarding your care or extra information you may need. Reception at both practices can provide you with the right email address upon request.

Levi McKeough



Congratulations to Tim and Kate McKeough on the birth of Levi McKeough. Levi was born on 29.06.09, a well awaited bundle of joy. Well done Kate for hanging in there!



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

Flex Face



Name:

Tim Parham

Position at Flex:

Physiotherapist at Flex Norwood

Area of specialty:

- Acute sporting injuries
- Dry needling/acupuncture
- Strength and conditioning
- Return to sport programming
- Clinical Pilates

Physiotherapist for sporting groups:

- State U18 SANFL Football Academy
- Sturt SANFL Football Club
- Adelaide Cougars Netball Club Reserves

Favourite sports:

- AFL
- Road cycling
- Bocce

How do you spend your weekends:

- Watching sports
- Playing football
- Bike riding through the Adelaide Hills
- Cooking and gardening
- Spending time with friends

Vibration Platform Therapy

Based on recent research suggesting vibration therapy may be useful in both preventing and treating osteoporosis, Flex has recently purchased a vibration platform for the benefit of our clients. Please talk to your physiotherapist about whether vibration therapy may be a useful treatment for you.



Congratulations Rachel McAlister

Rachel has been appointed to the position of team physiotherapist with the Australian Opals Women's Basketball team. She has recently returned from New Zealand after helping the team qualify for next year's World Championships. Rachel's appointment speaks highly of her commitment and skill working with athletes of all levels. Well done Rachel.



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

Orthotic Treatment...without the shoes!



The Vasyli wave orthotic thong is designed to compliment your orthotic treatment when you are not wearing shoes. With summer around the corner the wave thong is the perfect alternative to shoes.



Train harder • play longer • recover faster

Skins are the leaders in compressions performance equipment. Skins are the most effective way to increase circulation and reduce the build up of lactic acid. Skins are now available through Flex clinics.

Please enquire at reception for further details.

Gift Vouchers

Newly designed Flex Gift Vouchers are now available at reception and look fantastic! A Flex gift voucher makes the perfect gift for someone special.

Natalie and Tom's Wedding



Congratulations to Natalie and Tom who were married on 7th of June in Adelaide. On behalf of all her clients and the Flex staff, we wish them all the best in their lives together. Following the wedding Nat went to Taiwan for the World Korfball Championships returning to Tom for their honeymoon where they travelled through Northern Australia.

Adelaide Cougars Reserves

Congratulations to the Adelaide Cougars Reserves team on winning the grand final! After finishing the regular season in 3rd place, the team finished the season strongly to claim the premiership in a hard-fought contest against Cheerio. Congratulations to all the girls and Lynette Hutton, coach for the superb season! It was a great team effort. Scott, Tim Parham, Rachel and Natalie all enjoyed working with both the league and reserves teams in 2009 and look forward to our continuing relationship in 2010.

Flex diary dates

| | |
|-------------------|--|
| 22.09.09-2.10.09 | Meredith McIntyre away |
| 25.09.09 | Flex Norwood and Cumberland Park closed Staff Planning Day |
| 29.09.09-11.10.09 | Flex physiotherapists involved in AMT and Happy Valley tennis tournaments at various times |
| 3.10.09 | Flex Norwood closed Labour Day Long Weekend |

Pilates

Due to the continuing popularity of our Pilates classes, we have added five more Pilates classes at Flex Norwood:

- 6.15pm Mondays
- 12.30pm Tuesdays
- 9.30am Thursdays
- 4.00pm Thursdays
- 7.30am Fridays

and one at Flex Cumberland Park:

- 5.45pm Thursdays

Please make bookings at reception as classes do fill quickly.

Benefits of Pilates

- Correction of poor mechanics that underlie injuries
- Improved posture and flexibility
- Better trunk stabilisation
- Greater resistance to injury
- Overall body toning
- Safe injury management

Regular exercise is an important part of life. Prevention is the best form of cure and a body that moves efficiently is far less prone to injuries.

Pilates is covered by private health funds, Workcover and CTP.

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.

Norwood 41 Kensington Road telephone 08 8361 3355 email admin@flexclinic.com.au

Cumberland Park 380 Goodwood Road telephone 08 8373 0562 email flexcp@flexclinic.com.au

flexclinic.com.au