

Welcome to our Flex winter newsletter. We hope you enjoy reading the latest happenings at Flex and get some tips on how to keep fit and healthy this winter.

Flex turns 5

Flex has turned 5! After simple beginnings as a one man show under the name Southside Manipulative Physiotherapy at Westbourne Park, May 2006 saw the opening of a brand new clinic at Norwood with a change in name to the now well known Flex. This was soon followed by the new Cumberland Park clinic opening in 2008.

In 5 years we have grown to now having 22 fantastic staff members who all help to keep running our 3 clinics including 50 Pilates classes per week, and our lesser known Aged Care and Orthopaedic Physiotherapy businesses.

It is thanks to our loyal clients and our great staff that we are looking so good at 5! We look forward to continuing to look after your health and well-being and providing you with other great services in the not-too-distant future. Watch this space!

Welcome Tim Kreis

We welcome **Tim Kreis** to the physiotherapy team. Tim has been working as a Physiotherapist since 2007 after completing the Masters, Graduate program at the University of South Australia. Prior to this he completed a degree in 2001 in Human Movement. Tim has worked in Adelaide and recently London in a Musculoskeletal setting. He has worked in private practice, in-patient orthopaedics, at a foot and ankle specialist clinic, hydrotherapy and sports based rehabilitation/return to sport. He has been involved with SANFL football teams (Woodville West Torrens FC and Norwood FC), and an A-League Soccer team (Adelaide United). He has also been involved as a member of staff and an education committee member of Sports Medicine Australia (SA Branch).

Tim is working at both the Norwood and Cumberland Park clinics and is also providing physiotherapy services to the Sturt Football Club with fellow Flex physiotherapist Tim Parham. We are excited and to have Tim as part of the Flex team.

Massage at Cumberland Park

As of 1st June massage therapist David Hamden is providing massage times at Flex Cumberland Park on a Wednesday from 9.00 am to 5.30pm. Please phone either Flex Norwood or Cumberland Park to make a time to see David.

Flex Face



Name:

Tim Kreis
Physiotherapist at Flex Norwood and Cumberland Park

Previous experience:

I have been working as a Physiotherapist since 2007 after completing the Masters of Physiotherapy (Graduate Entry) at the University of South Australia. I have worked in Adelaide for three years and recently returned from working at a private musculoskeletal physiotherapy practice in London. I have worked with SANFL football teams in both a physiotherapy and rehabilitation setting. I have also completed a degree in Human Movement at the University of South Australia.

Areas of interest in physiotherapy:

I enjoy treating and rehabilitating all injuries with a particular interest in the lower limb, including the hip and pelvis.

Favourite sports:

I enjoy running, cycling and playing golf and love to watch all sports

How do you spend your weekends:

I spend my weekends with family and friends. I like to keep active and enjoy visiting new places.

Pilates



Keep your tootsies warm during Pilates!

Pilates socks have rubberized grips on the sole of the foot to ensure superior gripping, and therefore safety on the Pilates equipment. What's more, they now come in a range of fantastic colors!

Sizes range from: Small (4-7), Medium (7-11) and Large (11-14) Price \$10

Booking Sheet

Thank you to those of you that have been using the Pilates booking sheets to book their blocks of 10 classes. Pilates booking sheets are a great way to save time and a much more efficient way to book your classes. We encourage those of you who are yet to use a booking sheet to inquire at reception about them.

Congratulations Laura Marslen

Flex administration member and physiotherapy student Laura Marslen has been selected in the Australian National Netball Team in the U19 age group. We congratulate Laura on her great achievement.

Flex are team physiotherapists for Sturt SANFL Football Club, Cougars Netball Club, Tennis Australia and Tennis SA, Scotch Old Collegian's Football Club, Australian U19 Women's Lacrosse and College of Elite Golf.



Physiotherapy tips

Finding motivation in winter

How to work out when it's cold outside

The key to staying motivated in winter is to change your workout routine – include as much variety as possible! Don't let cold weather sidetrack your exercise routine. Get creative!

Below are some ideas to help you stay on track this winter:

See your physiotherapist: Come visit the physiotherapists at Flex for recommended exercises that are designed specifically for you to keep motivation during winter and to achieve your desired level of fitness. We will also give you advice on how to go about the following ideas:

Join a health club: they're a great place for meeting people and getting fit.

Find an indoor pool: water aerobics is one of the best things you can do to lose weight and tone your whole body. Flex physios can help direct you to appropriate programs for you.

Jog or walk: you can still go for your weekly run, just do it sensibly. Drink plenty of fluids, go with the wind, do a proper warm-up, layer your clothing and wear reflective clothes in poor light.

Take the stairs: if you live near a shopping centre, or work in a high-rise, consider them your personal gym. Walking up and down several flights of stairs for as little as 20 minutes will give you a winter wonder body in no time.

How can the physiotherapists at Flex help?

We can recommend exercises that are designed specifically for you to keep motivated during winter and to achieve your desired level of fitness. The more you repeat and become aware of an activity, the easier it becomes. We look at types of exercises/activities, specific workloads, durations of activities/sessions and intensity guidelines and can devise a plan to help you achieve your target fitness level during these winter months. Exercising and staying healthy can be a hard enough task for some of us at the best of times, and now we have to find the motivation to choose something healthy and 'light' for lunch and get out there exercising when it is dark and cold outside. Let's face it, being 'good' in winter can be hard, but the reality is that it is even more important to exercise and eat well in the cooler months. Not only will your body be better equipped to fight off colds, but you will be ahead of the game when the summer season rolls around again and it is time to hit the beach.

Win 2 corporate seats to Port Adelaide v Melbourne

Refer a new patient to Flex and go into a draw to win 2 tickets to a corporate box at AAMI Stadium to watch the Port Adelaide v Melbourne game on Friday, Saturday or Sunday 2, 3 or 4th September 2011.

Competition closes 2nd August

(New patient to list you as their referral source on Flex patient information sheet)

Fees

Please be advised that as of 1st June Scott Smith's physiotherapist fees are: Initial and long consults \$90 and standard consults \$70. All other physiotherapists' fees are initial and long consults \$70 and standard consults \$60.

Flex diary dates

04.06.11-25.06.11	Sarah Clarke away (UK)
14.06.11-26.06.11	Rachel away (Opals)
30.06.11-07.07.11	Tim Parham away (football) Jess Trengove away (running)
24.07.11-29.07.11	Rachel away (Opals)
26.07.11-20.08.11	Scott away (Lacrosse)

Chris Bishop – Podiatry at Flex

Chris Bishop is the consulting podiatrist to Flex. Chris's consultancy provides Flex staff and patients with a great level of expertise in regards to human biomechanics, gait assessment and orthotic therapy. Chris is involved full time in research and teaching on the subjects of foot and ankle biomechanics and gait analysis. Through his international travels and research into how the foot interacts with the shoe and how the body moves during walking and running, Chris is always at the interface of new research and development, allowing him to provide you with world class treatment options that are tailored to your individual needs.

Chris works very closely with the physiotherapists and massage therapists at Flex. He also provides an extensive network of specialist consultants who are on hand to provide additional assessment and care when required. Chris' patients extend from the active individual, to state, national and international athletes. A qualified podiatrist who is actively involved in sports medicine on a state and national level, Chris provides assessment for foot and ankle pain, biomechanical dysfunction, appropriate footwear and orthotic assessment. Combined with many years experience and superior biomechanical knowledge, Chris will ensure you recover as quickly as possible.

Chris provides podiatry services at Flex Norwood on Monday afternoons. Please enquire with your physiotherapist or at reception for further information or to make a booking.

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 and \$30 missed physiotherapy and massage.** 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 are well received. If you need to change or cancel your appointment please can you telephone Flex Norwood or Cumberland Park rather than SMS a reply. Thank you

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

Kadina 77-79 Port Road telephone 08 8821 3133 email natalie@flexclinic.com.au

flexclinic.com.au