

TOTAL NEWS SPRING 2021



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PHYSIOTHERAPY



EXERCISE PHYSIOLOGY



CLINICAL EQUIPMENT CLASSES



PAEDIATRIC PHYSIOTHERAPY



REMEDIAL MASSAGE



HAND PHYSIOTHERAPY



WOMENS HEALTH

PHYSIOTHERAPY



SENIOR FIT EXERCISE CLASSES

*Physiotherapy
plus everything
your body needs*

WHAT IS PAEDIATRIC PHYSIOTHERAPY?



Paediatric physiotherapy is the treatment of children from newborn to 18 years.

Our youngest clients are newborns just 1 week old! Babies can need physiotherapy for head tilts, flat spots on their head, head turning preference, turned-in feet, clicky hips, asymmetrical movement and delays in reaching milestones.

Paediatric physiotherapists treat a wide variety of interesting conditions.

You may not know that we see:

- Clumsy kids who trip over and bump into things.
- Pigeon toes, knock-knees and toe walking.
- Misshapen baby heads and tight necks.
- Babies that are slow to crawl or walk.
- Kids who have trouble catching, skipping and bike-riding.

Our physiotherapists Fiona, Lucy and Stella will assess your child and provide a home exercise programme or positioning for play for your babies.

We give you photos or videos of the exercises. We also give expert advice during your consultation.

We may recommend footwear, night foot splints, compression garments, braces, sports, toys and playground equipment to help your child.

Paediatric physiotherapy can include home visits, daycare or school visits and park visits!

We can help children with Gross Motor Delay who require early intervention to participate in their daily lives.

GROSS MOTOR SKILLS

Gross motor skills are physical skills that require whole body movement and involve the large muscles in the arms, legs and torso. These skills are important in order to perform everyday activities like walking, running, jumping, throwing, catching and kicking a ball.

Gross motor skills relate to body awareness, strength, balance and reaction speed.



- Unable to perform the same skills as their peers (i.e. catching, kicking, throwing a ball)
- Be unable to follow multiple instructions
- Plan and sequence

When helping to improve gross motor skills, various factors need to be considered. These include the following:

- Strength and endurance
- Motor learning (developing skills)
- Motor planning (move the body in sequencing to perform the movement)
- Postural control
- Balance and coordination
- Sensory processing
- Body awareness/ proprioception (where our body parts are in space)



If a child has difficulties with their gross motor skills they may:

- Be late in reaching developmental milestones (i.e. crawling, walking, running, hopping)
- Appear clumsy
- Develop avoidance tactics when performing the tasks
- Only participate in physical activity for short periods (due to fatigue)

At Total Physiotherapy, we offer a 45-minute Gross Motor Skills Class, where a physiotherapist will focus on incorporating these factors into the class to help improve your kids motor skills over the term. If your child needs assistance in developing their motor skills, please contact us today to book in for an assessment to join the class.

MOVEMENT ASSESSMENT FOR CHILDREN

MABC-2 stands for Movement Assessment Battery for Children - a tool used to assess children with gross motor difficulties.

This assessment identifies, describes, and guides treatment of motor impairment relating to dexterity, ball skills and balance.

The MABC-2 is also used to facilitate a gross motor delay or Developmental Coordination Disorder (DCD) diagnosis. The children are scored and these are converted to percentiles which compare to typical children of the same age.



Paediatric physiotherapy is recommended for children who perform below the 15th percentile on the MABC-2.

These children scoring below the 15th percentile are considered at risk of a DCD diagnosis. Children scoring below the 5th percentile may be diagnosed with DCD by their paediatrician.

The MABC-2 helps with managing disability caused by DCD or other congenital conditions including rare genetic diseases, Hypermobile Ehlers Danlos Syndrome (hEDS) or hypermobility spectrum disorder (HSD).

The test looks at the impact of motor skill delays and poor coordination on everyday activities including dressing, eating, sports, hobbies, play with friends, school, family activities, social relationships, academic progress and homework completion. The information obtained assists with developing strategies for managing the child with coordination difficulties.

NDIS and Early Intervention Funding:

The MABC-2 test and report is used to assist with funding reviews. It assesses the need and effectiveness of paediatric physiotherapy intervention.

From there your physiotherapist may recommend 1:1 therapy or small group-based therapy for your child with gross motor delay. For further information or to book your child in for a MABC-2 test and report, please call our reception on (02) 99070321.

BABY DEVELOPMENT CLASS - LEARN THROUGH PLAY

An educational and fun class under the supervision of an experienced physiotherapist to teach parents how to position your baby for play to facilitate gross motor development.



You will learn different play and resting positions appropriate for your baby's level. You will be able to identify if your baby may need help with achieving certain milestones.

This class will allow parents to voice any questions or concerns they might have, or just enjoy bonding with their babies and learning new tips and tricks!

Not only is this an informative class, but it's an opportunity to meet other parents and babies too!

Goals of the Baby Development Class:

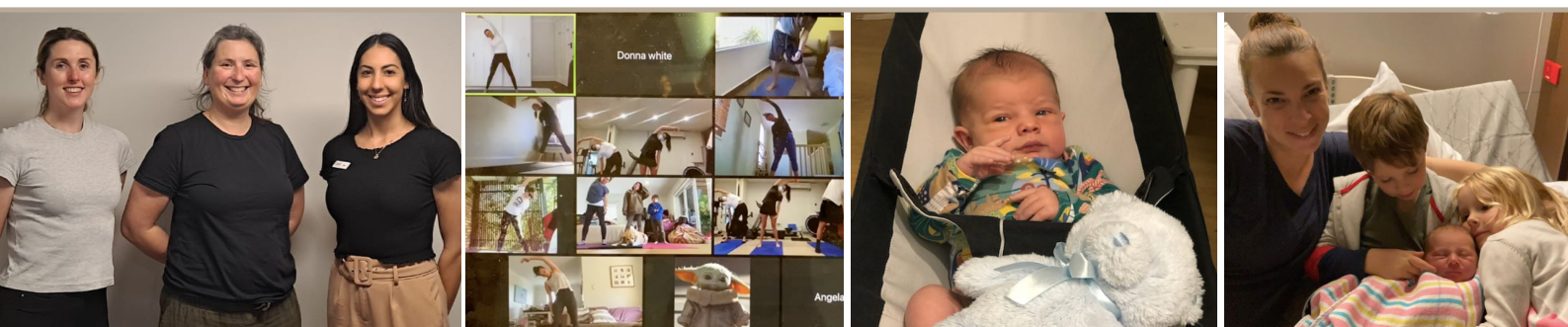
- Learn positions of play for gross motor development
- Learn how to help baby enjoy tummy time
- Improve baby's head control and body awareness
- Strengthen baby's core and arms to get ready for crawling and other skills.
- Learn normal ranges for development of skills in your baby
- Identify early on if any developmental milestones are not being reached and how to address this/encourage
- Identify any potential concerns with head shape or muscle tightness from side preference
- Learn appropriate toys for your baby's development
- Learn which baby devices to minimise for gross motor development

This class is monthly for 45 minutes usually mid-morning. It is aimed at pre-crawlers ages 4 to 9 months. At the end of the class, if you feel you would benefit from any further 1:1 sessions of paediatric physiotherapy, feel free to book in!



TOTAL TEAM NEWS

- + Stella and Lucy recently completed "Introduction to Paediatric Physiotherapy" through Monash University and continue their mentorship under the guidance of APA Titled Paediatric Physiotherapist, Fiona Elliott.
- + In Total baby news - we congratulate Laura on the birth of her baby boy Koa and we also congratulate Kay on the birth of her baby boy Rory!
- + Welcome to the Total Team - Margo Joyner (Women's Health Physiotherapist), Adrian Theseira (Physiotherapist), Matthew Matson (Physiotherapist) and Emma Rosner (Massage Therapist). We'd also like to welcome back Brittany Merlo (Massage Therapist)!
- + Clara Thompson also works at the Lifehouse, a comprehensive cancer hospital in Camperdown, Sydney, where Clara provides oncology massage to patients. Clara starred on ABC's Catalyst program last month.
- + The Total Physiotherapy team are also staying active and social (distanced - of course) by participating in a monthly online yoga class run by Donna Nolan and weekly team quizzes via Zoom!



OUR LOCATION

GETTING TO TOTAL PHYSIOTHERAPY MANLY VALE

Conveniently located on Condamine Street directly opposite the Caltex Service Station and 200m up from Dan Murphy's.

We are on major bus routes between the City and Northern Beaches. Park on Condamine Street, surrounding local roads (please check road signs for clearways: 6-10am; 3-7pm) or nearby Coles or Dan Murphy's carparks.

There is also parking available in our underground car park accessible from Somerville Place.

Please ask reception for specific details.

295 Condamine Street, Manly Vale 2093



OUR TEAM

PHYSIOTHERAPISTS

All our Physiotherapists are senior Physiotherapists, experienced in treating a wide variety of musculoskeletal and sporting injuries. They all attend ongoing continuing education in specific areas which leads to a special interest in treating certain conditions or particular sports.

Donna White: Physiotherapist, Masters in Sports Physiotherapy. Special interest in sports, back and shoulder injuries, with extensive research into sailing and gymnastic injuries.

Louise Henderson: Physiotherapist, Pelvic floor, sacroiliac joint and pelvis particularly in post natal women.

Rebecca Rutherford: Physiotherapist, Pelvic Floor, Pilates Instructor and rehabilitation for the elderly.

Laura Wickens: Physiotherapist, Pelvic Floor and Pilates Instructor.

Jane Leathwood: Hand Physiotherapist and Pilates Instructor.

Fiona Elliott: Physiotherapist with an interest in treating children (paediatrics). Masters of Advanced Paediatric Physiotherapy.

Lucy Cathcart: Physiotherapist with an interest in acute pain, neck injuries and rehab of lower limbs and paediatrics.

Gunda Lehmann: Physiotherapist with an interest in general physiotherapy, hydrotherapy and an expertise in the treatment of lymphoedema.

Brooke Young: Physiotherapist with an interest in sporting injuries and enjoys helping people achieve their functional goals.

Jacquie Ryder: Physiotherapist, Masters of Musculoskeletal Physiotherapy. Interest in the management of complex musculoskeletal conditions.

Stella Callintzis: Physiotherapist with an interest in paediatrics, which she is currently pursuing further studies in.

Justine Walker: Physiotherapist with an interest in sports injuries, chronic pain, inflammatory arthritis and rock climbing.

Mathew Matson: Physiotherapist with an interest in sport injuries.

EXERCISE PHYSIOLOGIST

Jo Lindsay: Exercise Physiologist.

Emily House: Exercise Physiologist.

MASSAGE THERAPISTS

Jo Lindsay: Remedial and sports massage therapist

Clara Thompson: Remedial and sports massage therapist.

Mairi Thompson: Remedial and sports massage. Dry needling.

Brittany Merlo: Remedial and sports massage therapist.

Emma Rosner: Remedial massage therapist.

Georgie Wood: Remedial and sports massage therapist.

ADMINISTRATION TEAM

Cindy Menzies, Janene Cullen, Angela Barolsky, Nicole Hodgins, Annette Wiley, Martelle Laws, Tully White and Louise Atherton.

Bookkeeper: Mel Keown.

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Total Physiotherapy Manly Vale

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@totalphysiomanlyvale

