

# TOTAL NEWS WINTER 2018



## In this issue:

- + Travel
- + DVT Risk
- + Patient Spotlight
- + Total Team News

### PHYSIOTHERAPY



EXERCISE PHYSIOLOGY



CLINICAL PILATES



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## TRAVEL



### Travel and Injuries

“Prevention is the key” says Total Physiotherapist Louise Henderson. The Australian winter seems a popular time for our clients to travel and sadly return with new injuries or niggling pains that have worsened.

A few suggestions to help you get the most from your holiday.

#### 1. Footwear and Attire

+ Think comfort and support before fashion when buying your day pack and shoes.

+ Pack your carry on luggage and day pack with your spikey ball or tennis ball that you usually use to relieve tight muscles, your chi-ball and Thera band for your usual exercise routine.

#### 2. Walking

More often than not, travel involves a lot of walking - whether it be the cobblestoned stairs and paths of Europe or a specific walk or hike like the Milford Track, so think about:

+ Training walks including stairs - specific programs may be suggested by some companies if you are doing an organised walk.

+ Consult your physio for treatment of any your knee, hips or back pain that may be aggravated by walking.

+ Consult your physio or exercise physiologist for an exercise program to “get fit and strong for walking.”

#### 3. Planning

+ Pace your sightseeing to include some less active days.

+ Look for accommodation that is close to transport.

+ If possible, book plane seats ahead of time to suit your needs eg. exit rows or seats with additional leg room (try [www.seatguru.com](http://www.seatguru.com) to check layout), less noisy areas, aisle seat to avoid climbing over strangers to walk/exercise/go to bathroom.

*Continued on page 2 .....*

# PLANE TRAVEL

## Tips to prevent DVT, prevent postural aches and pains and illness

- ✦ When awake, walk around the plane, do exercises and stretch for 10 minutes every hour to promote blood flow, maintain flexibility.
- ✦ Wear compression socks or tights to reduce swelling and promote blood flow but remove if they make it difficult to sleep.
- ✦ Use antibacterial hand gel before meals, wash hands thoroughly after using the bathroom.
- ✦ Consider using a saline nasal spray (eg. FESS) to keep nasal membranes moist to help fight off bugs.

### Easy exercises for flying

Long-haul flights can be tough on your body. Prevent DVT and loosen up your joints with these 8 easy exercises.

● Feet ● Legs ● Shoulders ● Head



1 Lift up your feet and rotate your ankles in circles



2 Point your toes up with your heels on the floor



3 Raise your heel with your toes on the floor



4 Stretch out your legs and point your toes



5 Bring one knee up to your chest and hold it



6 Roll your shoulders back and forth



7 Tilt your head toward each shoulder



8 Walk up and down the aisle

[www.staysure.co.uk](http://www.staysure.co.uk)

Staysure

## Plane travel- tips to combat jet lag

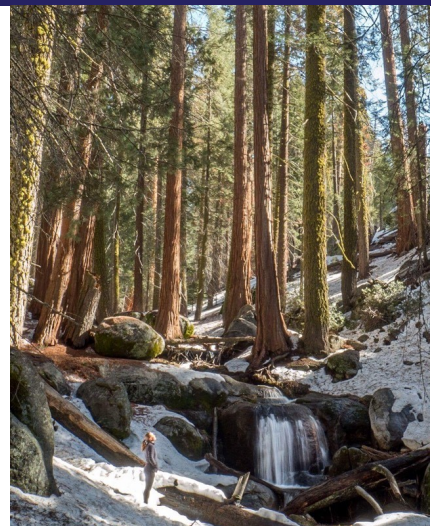
- ✦ Rest well before travelling by going to bed early, sleeping in or napping if your schedule allows.
- ✦ Pack in advance and be organised so that you are well rested and not stressed prior to travel.
- ✦ Consider whether you need to pack food snacks if the food available on the plane or at stopover airports will be to your taste and meet your nutritional needs.
- ✦ If you do not sleep well on planes, consider discussing with your doctor the option of a sleeping tablet.

## Sleeping on the plane

- ✦ In general, try to sleep during your destination's night time and avoid watching movies or playing games at this time. To help sleep, recline the seat use headrest and a cushion/ neck support, eye shade and ear plugs or noise cancelling headphones.
- ✦ If possible, eat at your destination's meal times to promote adaptation to the new time zone
- ✦ Drink plenty of fluid but avoid caffeinated drinks and alcohol as they can keep you awake or reduce sleep quality.
- ✦ It usually takes the number of time zones you have crossed in days to adjust to jet lag.

# ONCE ARRIVED

- ✦ As soon as possible, aim to sleep during night time.
- ✦ Allow a short sleep-in but set an alarm.
- ✦ Nap for a maximum of 90 minutes in the late morning or early afternoon to catch up on sleep if you are tired but avoid naps close to bed time.
- ✦ Natural light exposure, exercise and a shower can help you stay awake during the day.
- ✦ Light exposure should be in bright light without sunglasses on.



## TRAVEL SUGGESTIONS

Travel suggestions from patients Kate and Cristina

### For walking:

Pre-holiday training walks including up and down hills, uneven ground, wearing your boots.

Build up your quads and glutes.

Learn how to walk up and downstairs with good technique.

Make sure back pack is well adjusted and balanced.

### For plane travel:

Eat a good meal before the flight and plan to eat less on the flight.

Hydrate and avoid alcohol.

Keep to the time zone of the country you are visiting, change your watch as soon as you get on the plane.

Swap seats with family members to give change of direction of body/legs.



## TOTAL TEAM NEWS

- ✦ We are very sad that Andy Sherborne is leaving us after 7 years to return to New Zealand. We will miss Andy's sense of humour, calm and caring attitude and excellent physio skills. Good luck Andy!!!
- ✦ CONGRATULATIONS to Kay Robinson and her husband Dave on the arrival of their baby girl, Matilda.
- ✦ A huge congratulations to Total Massage Therapist Jo Lindsay and fiancé Josh who are due to be married in November!
- ✦ We would like to welcome massage therapist Mairi Thompson back to the practice after her time in the UK. Mairi will be at the practice 2 days a week including alternate Saturdays.
- ✦ We welcome Eloise Cook and Lucy Cathcart to the Total Team. Eloise is currently completing a post graduate certificate for musculo-skeletal physio. Lucy trained in the UK and brings extensive experience in treating musculo-skeletal and sports injuries.
- ✦ Congratulations to ex Total (SRP) physio Lucy Tighe, who was married in the UK in June. It was lovely that old friend Laura Wickens was able to be there.
- ✦ DON'T FORGET— we now have an **ONLINE BOOKING** option for physiotherapy and massage appointments! To book online visit our website: [www.totalphysiomv.com/](http://www.totalphysiomv.com/)



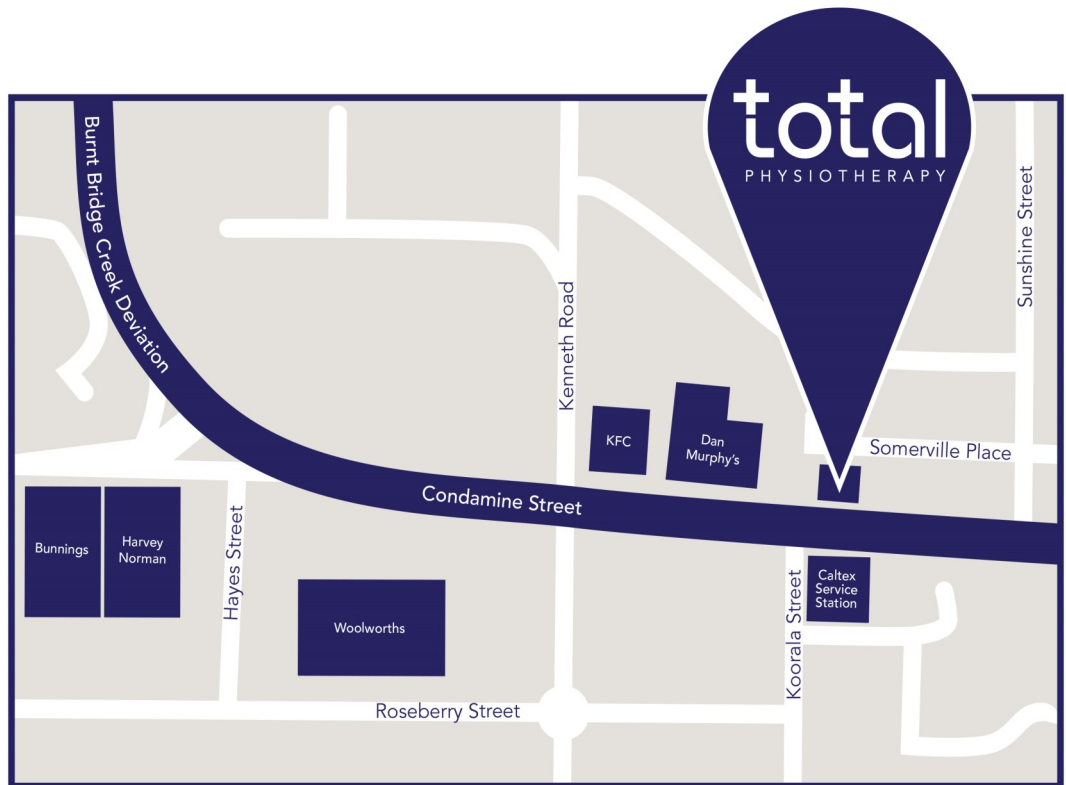
# OUR LOCATION

## GETTING TO TOTAL PHYSIOTHERAPY

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:** Masters in Sports Physiotherapy. Works with elite athletes with a specific interest in lower back and shoulder pain.

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

**Christine Reed:** Masters in Hand Physiotherapy. Upper limb including splinting for the hand and wrist.

**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 and a special interest in treating children (paediatrics).

**Mike Harvey:** Physiotherapist with an interest in sports and general physiotherapy.

**Sarah Brown:** Physiotherapist with an interest in running injuries, back and neck pain.

**Eloise Cook:** Physiotherapist with an interest in sports injuries,

with a history of working at an elite level of netball, hockey and equestrian sports.

**Gunda Lehmann:** Physiotherapist with an expertise in the treatment of lymphoedema, rehab of the elderly and home visits.

**Lucy Cathcart:** Physiotherapist with an interest in acute pain, chronic back & neck injuries and rehab of lower limbs.

**Sam Jekelic:** Physiotherapist with an interest in Equipment and Mat Pilates

**Edel Langan:** Sports psychologist

## MASSAGE THERAPISTS

**Jo Lindsay:** Remedial and sports massage therapist; Exercise Physiologist.

**Clara Thompson:** Remedial and sports massage therapist. Dry needling and oncology massage.

**Mairi Thompson:** Remedial and Sports Massage. Dry needling

**Donna Gianniotis:** Remedial massage and myofascial release.

## ADMINISTRATION TEAM

Nicole Hodgins, Sue Belramoul, Janene Cullen, Martelle Laws, Ali Brett, Jo Jodrell, Sascha Scholtens and Alex Miller.

Like us on Facebook at Total Physiotherapy Manly Vale to keep up-to-date with what's happening at Total Physio - staff news, research & helpful info!

