



PHYSIOACTIVE NEWSLETTER



Proudly Ipswich

March – April 2021

WELCOME BACK



FLEXIBILITY.
STRENGTH.
ENDURANCE.

Proudly Ipswich

An IGS Old Boy

Ben French
Physiotherapist

Born: Ipswich

Qualifications: B. PHTY (UQ), M.PHTY (Sports) (Latrobe)

Special Interest Areas: Sport Injury & Orthopaedic rehabilitation

Favourite Sport: NHL, NFL

Hobbies/Interests: Gym, renovations, spending time with my kids, board games and playing with my dog - Loki

Favourite part of being a Physiotherapist: Working with and getting to know patients on a personal level to help aid their return to their pre-injury level of function.



Physiotherapy Exercise Physiology Psychology Podiatry Massage Therapy Dietitian



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@ Physioactive Ipswich

Contact Us

Physioactive

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Monday – Friday 7am – 7pm

Saturday 8am – 12pm

Clinical Physiotherapy

Group Class Timetable

Monday 4:15 – 5:00pm (R)
5:00 – 5:45pm (R)
5:45 – 6:30pm (R)

Tuesday 8:30-9:15am (R)
9:15-10:00am (R)
10:00-10:45am (R)
4:15-5:00pm (R)
5:00-5:45pm (R)
6:00-6:45pm (M)

Wednesday 9:00-9:45am (M)
9:45-10:30am (M)
4:15-5:00pm (M)
5:15 – 6:00pm (R)
6:00-6:45pm (R)

Thursday 5:15 – 6:00pm (R)
6:15 – 7:00pm (R)

Individual Pilates sessions are also available

Hydrotherapy Timetable

Tuesday (Group Classes)
7:15-7:45am
7:45-8:15am
8:15-8:45am

Friday (Group Classes)
7:15-7:45am
7:45-8:15am
8:15-8:45am

*Maximum 4 clients per class

Top 5 Tips To Help Kids Avoid Injuries For The Next Season Of Sport

Kids' sports season is upon us and for many parents, this starts with ensuring that their sports gear fits! However, underneath that sport's jersey is a body of bones and tendons and muscles that is constantly growing and evolving. This means that kids can be more prone to certain injuries during these active growth phases of their lives. To help your child prepare for their upcoming sports season, we have put together our top 5 tips to help kids avoid injuries:

1. Load management and cross-training is certainly the most important component to injury prevention. Loading the body in the same way for long periods of time is one of the most common causes of injury that we see in clinic. This is where cross-training is pivotal to managing load and preventing injury from over-training. For example, ensuring that your child supplements one or two training sessions with an activity that moves their body and loads it in a different way.

2. Strength is also very important to help prevent injuries. Strengthening exercises should be performed regularly to ensure baseline strength is adequate to allow your child to meet the requirements of the sport.

3. Warm-up and warm-down - Taking the time to warm-up is pivotal for preparing the body for exercise – as a general guide we recommend the following warm-up for kids/teens/young athletes.

4. Rest is commonly overlooked and super important for helping their growing bodies recover. A good general guide is to both ensure at least 1-2 days rest from a specific sport before another training or playing session and that they are getting enough sleep to optimise recovery.

5. Flexibility is important for young athletes. Foam rolling and stretching the muscles that have worked hard can often help facilitate better movement.

News from Around The Practice:

- ◆ Welcome to Marian Tsai, who has joined the Physioactive team. Marian is a Paediatric physiotherapist who will be available to patients on Mondays, Tuesdays and Thursdays as well as being available for Hydrotherapy.
- ◆ We welcomed back Peta Jackson from Maternity leave, who is now available for appointments on Wednesdays and Fridays, as well returning to our Wednesday night classes.
- ◆ Jen Moore-Gordon (Paediatric Physiotherapist) will be starting Maternity leave in early April.

Physioactive Blog

In recent months, we have launched our very own, patient orientated blog on our website. We aim to utilise this platform as a way of educating, empowering and informing our patients. We will utilise the extensive range of expertise we have at Physioactive to deliver evidenced based and current advice around self-care and injury management. To have a read, head to

www.physioactive.com.au/blog

WMAC Partnership

We are excited to announce that Physioactive will be supporting West Moreton Anglican College's sporting program. Physioactive will be providing a sports medicine sideline service that will ensure safety of players during the season. We wish WMAC a successful and safe 2021 season.

Physioactive Sports Coverage

Our Physiotherapists Darrin Neumann, Aidan Lunney and Ben French, along with our Exercise Physiologist Nicholas Vellacott and administration assistant Harry Dutney have been busy gearing up for another school sporting season. Across the 1st XV Rugby squads of Ipswich Grammar School, St Edmunds College and West Moreton Anglican College, our team is working hard to ensure the players are kept safe and remain on the field. We thank Darrin, Aidan, Ben, Nicholas and Harry for their effort and wish the very best for all our Ipswich schools in their upcoming competitions.