



PHYSIOACTIVE NEWSLETTER



Proudly Ipswich

September - October 2020

NEW STAFF

WELCOME



Fageer Engapadalil

Part Time
Physiotherapist

Special Interests:

Neurological
rehabilitation and slow
stream rehabilitation

Aaron Pleash

Full Time
Physiotherapist

Special Interests:

Sports and
Musculoskeletal
rehabilitation,
Orthopaedic
rehabilitation

Nicholas Vellacott

Part Time Exercise
Physiologist

Special Interests:

Musculoskeletal and
post-operative
rehabilitation, Return
to Sport

WELCOME



Physiotherapy Exercise Physiology Psychology Podiatry Massage Therapy Occupational Therapy Dietitian



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Contact Us

Physioactive

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www.physioactive.com.au
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

PHYSIOACTIVE SPORTS COVERAGE

Our Physiotherapists Darrin Neumann and Aidan Lunney, along with our Exercise Physiologist Nicholas Vellacott have been busy helping out the 1st XV Rugby squads of Ipswich Grammar School and St Edmunds College. Darrin, Aidan and Nicholas have helped manage the boys injuries and remain on the park. We thank Darrin, Aidan and Nicholas for their effort and look forward to continuing this partnership moving into season 2021 and beyond.



Keeping our cricketers safe as we enter the summer

As we move into the final quarter of the year, the sporting calendar shifts from Rugby and Soccer into the summer of cricket. As with every sport, cricket brings its own set of challenges and loads to our bodies that we need to be mindful of, especially lumbar spine stress related conditions in our younger athletes.

Lumbar stress injuries are common injuries amongst our growing athletes, resulting from repetitive stressors placed on the joints in our lumbar spine. Focusing on cricket, long days of bowling and throwing, along with countless training sessions accumulate to a large amount of compressive force placed on our bones and joints in our lower back. It is often worsened as training commences, as our bodies are not accustomed to this load.

A Lumbar stress injury may only start out as activity related back pain, however as the severity of the condition progresses, pain can begin to manifest at rest and throughout daily activities. This pain is often reported as one sided low back pain, down near your hip and tail bone. It is worsened when we arch our back (a position that is assumed in both the bowling and throwing action). If suspected, diagnostic imaging is often ordered to confirm the diagnosis

Once diagnosed, these injuries respond well to a period of de-loading and rest, along with a guided physiotherapy program focusing on core and hip strengthening, as well as corrections in bowling/throwing action.

If you are experiencing any of these symptoms, or are keen to get a head start on some preventative exercise programming, make an appointment to see one of our physiotherapists

Professional Development

Aidan: APA Level 2 Sports Physiotherapy Course

Sam, James, Claire and Peta: Healthia Clinical Development program

Nicholas: Masters of Physiotherapy

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

Welcome Gabrielle

We welcome Gabrielle Willis, a physiotherapist who will be joining us for the next four weeks. As a part of her Masters of Physiotherapy program, Gabrielle will be treating our patients, as well as learning from our senior clinicians.

Paediatric Physiotherapy

Physioactive offers individualised paediatric physiotherapy treatment for a wide range of consultations. We value the health and wellness of our little ones, and we are currently in the process of expanding our paediatric physiotherapy team, allowing greater access to our services.