



COMMUNITY NEWSLETTER

New Look Logo - same people!

After 14 years in our current location, we decided that our old logo needed a little refreshment—we hope you like it!

- Physiotherapy
- Real Time Ultrasound Imaging
- Clinical Pilates
- Contenance Physiotherapy
- Massage therapy

Manipulation—Is it all its “cracked” up to be?

Do you know of friends or family members who depend on regular manipulation? Does treatment seem to be on-going with only short term relief and return visits necessary? Here at Forrest Hill Physiotherapy, our philosophy mirrors the NZ Manipulative Physiotherapy Association's and the findings of the Cochrane Report.

Manipulation may be appropriate once the acute phase of the injury has settled, but not in the presence of leg pain or spinal disc symptoms. Manipulative therapy is taken seriously here at Forrest Hill Physiotherapy and often the Physiotherapist's clinical reasoning on a patient by patient basis dictates that manipulation may not be the best option. Rather, an approach that incorporates gentle mobilization, muscle strengthening, postural re-education and exercise rehabilitation is often a more effective and long term solution.

We aim to teach patient responsibility and self-management as key to improved function over the longer term and reduce therapist dependency. Manipulation in the wrong circumstances can have dire consequences so only those therapists with appropriate post-graduate skills should attempt this after clear discussion and explanation with the patient.

“We aim to teach patient responsibility and self management as the key to improved function over the longer term.....”



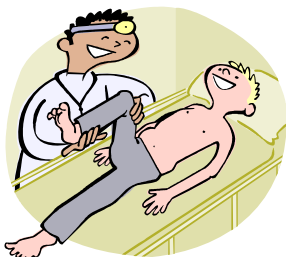
CLINICAL PILATES GROUP CLASSES

If you have taken individual Clinical Pilates sessions with us in the past you may be entitled to join one of our group classes.

Current class times are:

Mondays 9.30am with Nikki
Mondays 5.30 pm with Leanne
Tuesdays 10.30am with Nat
Thursdays 12.30pm with Nikki
Thursdays 5.30pm with Nikki
Saturdays 10.00am with Kirsty

If you would like to experience the difference Clinical Pilates can make to your well-being and for prevention of those recurrent niggles, then feel free to give us a call to discuss.



WE AIM TO EDUCATE! Your Home Exercises are Important!

Frequently exercises are prescribed by your Physiotherapist in order to assist your treatment. The duration of your recovery time can be significantly affected by whether or not these are adhered to— saving you time and money. Try to fit these into your day and help us to help you. Even after therapy has finished, these exercises can be beneficial for longer term maintenance and injury prevention.

READ OVER THE PAGE FOR MORE NEWS!!



For a full description of our services and staff profiles, go online to www.forresthillphysio.co.nz



Congratulations to Staff members

Jennifer Sayer

Recently appointed to the Football Ferns - NZ Womens Soccer team, en route to the World Cup 2011 and London Olympics 2012.



Bede Christey

Physiotherapist supporting the East Coast Bays Premier rugby team after a successful pre-season tour to the Gold Coast.



Kelly Rope

Physiotherapist appointed to NZ U17 Womens Soccer team. Assisting in their build-up to the World Cup in Trinidad and Tobago this September.



Chris McCullough

Recently awarded the Prime Minister's Scholarship for research projects and support of NZ Canoe Racing (Kayaking) and role as Physiotherapist for NZ Academy of Sport.



Massage Therapy— Relax, Recover, Restore in a safe and professional environment — does that sound like a bit of you?

If so, then we have four highly qualified Massage Therapists on site Monday to Friday who would love to see you for **Relaxation, Therapeutic or Sports massage**.

Not sure which is best for you? Well, we can help tailor a session that's right for you on any given day, by using a combination of techniques and massage styles. But for the uninitiated here is a run down of what we can do:

Relaxation Massage—This aims to bring about a general sense of unwinding in the body and helps reduce general muscle and mental tension. It can assist with maintaining general good health and immune function by managing and reducing effects of stress, anxiety and trauma.

Therapeutic Massage—This is where we address specific areas of concern and tension, often with deeper tissue techniques. This can be in conjunction with your current

Physiotherapy treatment. Please ask your Physio if this would be helpful for you.

Sports Massage—This is about enhancing athletic performance, whether it be a national level athlete or a social weekend warrior. We aim to maximize your ability to train and compete by integrating your massage session into your training program, and taking into account any special requirements your sport, position and current training program has on your body.

Discount Voucher

Mention this newsletter and receive a **\$ 10.00 discount** off any massage appointment booked during the months of May and June. Limited to one massage per person.
Phone **410 8461**
Today!

Our Staff Members.....

Physiotherapy

Chris McCullough
Bede Christey
Kelly Rope
Jennifer Sayer
Stu Ross
Kate Ellis
Kirsty Neal

Contenance

Physiotherapy
Alexandra Jones

Administration

Fran Short
Angela Win
Louise Kirkham
Samantha Osborne

Massage

Natalie Dent
Kasia Degler-White
Tanya Gamman
Kirsty Neal

Clinical Pilates

Nikki Darroch
Natalie Dent
Leanne Hopkins
Kate Ellis (Physio)
Kirsty Neal (Physio)

Practice Manager

Nicola Darroch

*We aim to inform not offend and twice yearly we would like to send you informative health and fitness tips in the form of this mailed newsletter .
If you would prefer not to receive these, then please email info@forresthillphysio.co.nz with your full name and 'Unsubscribe' in the subject line.*

Remember: all our Physiotherapy staff have extensive private practice experience and have either completed or are undergoing Post-Graduate/Masters training. This is a minimum one year of full time study in addition to their four year degree in Physiotherapy.

PHONE : **410 8461** 198 FORREST HILL RD, FORREST HILL.

