



Chris McCullough  
AND ASSOCIATES

# COMMUNITY NEWSLETTER

## CONFUSED ABOUT ACC CHANGES.....?

You may have heard recent media reports of changes to the current ACC system from Monday 16th November. For the last 5 years ACC have fully subsidised the cost of physiotherapy treatment at selected clinics which fulfill strict criteria of quality and meet recognised Health Standards. However, these changes will now mean a return to the previous system of co-payments or surcharging whereby patients contribute to the cost of their treatment. Our co-payment fees from this date will be:

<b>Initial treatment</b>	<b>\$ 15.00</b>
<b>Follow on treatments</b>	<b>\$ 12.00</b>
<b>Extended follow on treatments</b>	<b>\$ 18.00</b>
<b>(in consultation with your physiotherapist)</b>	

You may be able to claim these co-payments back from any medical insurance you may have. E.g. Southern Cross.

We see this as a very positive change, as compliance and commitment to the rehabilitation process is invariably improved when the patient is contributing a small portion of the cost of the service.



### Remember .....

**Good posture keeps your core stabiliser muscles continually working and helps to prevent injury. A lumbar roll is often a simple way to encourage better posture while working, driving or leisure activities. See our Reception for postural and therapeutic products.**

**READ OVER  
THE PAGE FOR  
MORE NEWS!!**



## DID YOU KNOW.....?

We have many ways to assist your health and fitness.....

- **Physiotherapy** incorporating soft-tissue therapy, mobilisation, manipulation, acupuncture, and exercise prescription for long term self management.
- **Real Time Ultrasound Imaging** Optimise function and performance of your core muscles by learning the right way to activate these. [See enclosed brochure for more details.](#)
- **Clinical Pilates** for Rehabilitation and general Fitness.... The safest way to ensure you get the best results—a physiotherapy screening is required. [See over page for more information.](#)
- **Continence Physiotherapy** for both men and women.... [See over page and brochure enclosed.](#)
- **Massage therapy** in conjunction with your physiotherapy rehab, to assist stress management/relaxation or to enhance athletic endeavour and recovery.

**For a full description of our services and staff profiles, go online to  
[www.forresthillphysio.co.nz](http://www.forresthillphysio.co.nz)**



## CONTINENCE PHYSIOTHERAPY (Plumbing up the Spout?)

**Alexandra Jones** has joined us to offer this important service for both men and women.

Incontinence is a well known problem in our society affecting 600,000 New Zealanders. It is not just the elderly that suffer, but 70% of new mums and over 90% of men following prostate surgery. There is strong evidence that physiotherapy guided pelvic floor muscle training can cure or improve incontinence and should therefore be considered a part of first line conservative management.

Physiotherapy has also been deemed effective in the conservative management of pelvic organ prolapse, as exercise will tone these key muscles. Continence Physiotherapy is also recommended pre and post prostate surgery to improve quality of life and reduce the burden of incontinence.

Alexandra Jones holds a Postgraduate Certificate in Continence & Pelvic Floor Rehabilitation (University of Melbourne) and has a special interest in obstetric physiotherapy and pelvic pain.



## OUR STAFF MEMBERS.....

### Physiotherapy

Chris McCullough  
Bede Christey  
Kelly Rope  
Jennifer Sayer  
Grant Taylor  
Stu Ross  
Kate Ellis

### Continen

**Physiotherapy**  
Alexandra Jones

### Administration

Fran Short  
Angela Win  
Louise Kirkham  
Olivia Simpson

### Practice Manager

Nicola Darroch

### Clinical Pilates

Nikki Darroch  
Natalie Dent  
Leanne Hopkins  
Catherine Dent  
Kirsty Lopes

### Massage

Kirsty Lopes  
Natalie Dent  
Kasia Degler-White

## CLINICAL PILATES

\* **Core Strength** \* **Stabilisation of the Pelvis** \*  
\* **Improved Posture** \* **Injury Prevention** \*

Are these missing from your exercise regime? Pilates may be the answer to preventing recurrent injuries—particularly those of a spinal nature. We offer a very safe environment to learn the Pilates method, with pre-screening and guidance from our Physiotherapists, who provide a full clinical profile of your current musculoskeletal status. Their support and back up can be accessed at any stage during your program with our certified instructors.

Sessions are usually one-on-one, but small classes utilising all traditional Pilates equipment are available once you have completed between 6-10 individual sessions (depending on ability).

**Pilates is so much more than just mat exercises! We have a fully equipped studio including all the traditional Pilates apparatus:**

- **Reformers**
- **Trapeze Table**
- **Ladder Barrel**
- **Combo Chair**



Bridging on the Reformer

***We would like to keep you updated from time to time and plan to include informative health and fitness tips in future newsletter editions. If you would prefer not to receive these, then please email [info@forresthillphysio.co.nz](mailto: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.



