

DOCTOR'S NEWSLETTER

Spring/Summer
2009

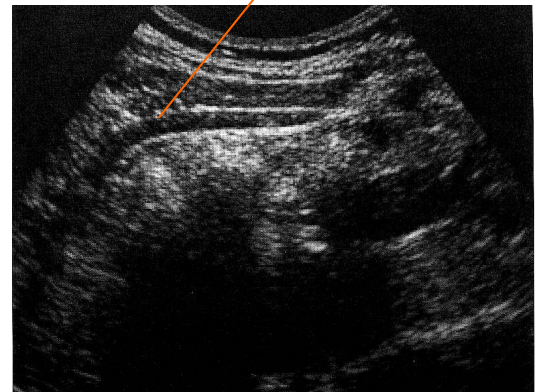
Welcome to Forrest Hill Physiotherapy's GP Newsletter. We hope you find this a quick and easy way of updating yourself with our clinic. **Two new services** are outlined below. These are of course in addition and complementary to our high quality **Physiotherapy, Clinical Pilates and Massage Therapy**. As always, your feedback is encouraged and we are always available to take your call with any query.

REAL TIME ULTRASOUND - CHRONIC LOW BACK PAIN PATIENTS

Often the key to resolving the common condition of Chronic Low Back Pain, can be the instruction on correct use of key postural muscles, primarily the stabiliser muscles of Transversus Abdominus and Multifidus. This takes skill and often patients find it difficult to isolate and effectively retrain these muscle groups. To this end and as an optional extra service to our normal Physiotherapy treatment, we are now able to offer Real Time Ultrasound Imaging. **This is a teaching tool only and is not for diagnostic purposes.**

Please take a look at the **brochure enclosed** as this may be beneficial to patients who are continually frustrated by ongoing back pain and less than effective stabilisation interventions to date.

Deep Abdominals -TVA



CONTINENCE PHYSIOTHERAPY

Alexandra Jones has joined us to offer a service to both men and women. Please find a **brochure enclosed** which details her approach to this sensitive area.

Incontinence is a well known problem in our society affecting 600,000 New Zealanders. It is not just the elderly that suffer (Minassian et al., 2008), but 70% of new mum's (Wilson et al., 2002), and over 90% of men following prostate surgery (Van Kampen et al., 2000). 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 (Dumoulin & Hay-Smith, 2007).

Physiotherapy has also been deemed effective in the conservative management of pelvic organ prolapse (Hagen et al., 2009) as exercise will hypertrophy the muscle and reduce levator hiatus dimensions (Bo et al., 2009). Physiotherapy is recommended pre and post prostate surgery to improve quality of life and reduce the burden of incontinence (Burgio et al., 2006). 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.

ASJPHYSIO
REAL HEALTH FOR MEN & WOMEN



CONFUSED ABOUT ACC CHANGES?

Then read on over the page for our perspective and what it means for our patients.....



For a full description of our services and staff profiles, go online to
www.forresthillphysio.co.nz or phone 4108461



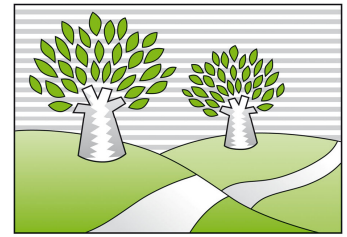
Confused about ACC CHANGES?

By now you will no doubt be aware of changes to the ACC Endorsed Provider Network for Physiotherapy, which will take place Monday 16th November. For the last 5 years ACC have fully subsidised the cost of physiotherapy treatment (with a capped fee) at selected clinics which fulfill strict criteria of quality and meet recognized Health Standards. However changes will now mean a return to the previous system of co-payments whereby patients will need to contribute to the cost of their treatment. A small co-payment per visit will apply from this date.

As with most health care costs, patients may be able to claim these co-payments back from any medical insurance they may have.

We see this as a very positive change to enhance the professional relationship with our patients. Compliance and commitment to the rehabilitation process are invariably improved when a contribution is being made toward agreed goals.

Forrest Hill
PHYSIOTHERAPY



Chris McCullough
AND ASSOCIATES

Even Health Professionals need postural advice from time to time. Do yourself a favour and set a good example to your patients. Good posture demands that core stabilizer muscles continually work at a low level of effort. Often a simple lumbar roll is an effective way to assist work, driving and leisure activities.



THANKS!

A big thank you to all our regular referring GPs and Specialists.

We really enjoy being part of a team approach to our patient's care and appreciate the chance to liaise with you and gain your feedback whenever the need arises.

Our commitment to quality patient care includes:

- A policy of gaining a **second opinion** from a colleague, should a patient's condition not improve as expected within 3 treatments
- An integrated '**team approach**' to differential diagnosis and the management of spinal and peripheral presentations
- A strong emphasis on teaching **patient self-management** and enhancing healthy lifestyles. Teaching skills with a view to longer term injury prevention.
- **Treatment reports** to you regardless of whether the patient is referred by you or self-referred (providing the patient consents).

OUR STAFF MEMBERS

Physiotherapy

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

Continence Physiotherapy

Alexandra Jones

Clinical Pilates

Nikki Darroch
Natalie Dent
Leanne Hopkins
Catherine Dent

Massage

Kirsty Lopes
Natalie Dent
Kasia Degler-White

Administration

Fran Short
Angela Win
Louise Kirkham
Olivia Simpson

Practice Manager

Nicola Darroch

Remember: all our physiotherapy staff are Post-Graduate trained with commitment toward on-going professional development through fortnightly in-services and regular conference attendance.



