



all care
PHYSIOTHERAPY

NEWS

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Welcome to All Care Physiotherapy News. We are here to help you, so if you have any feedback or requests for future articles, please feel free to contact us via email or directly at our clinic.

All Care Physiotherapy is moving!!!!

.....just a few minutes walk down the road!!!!

We will be moving on
2nd February, 2009

Our new clinic address will be:

Morris Towers
Level 4
149 Wickham Terrace
Spring Hill



Our phone number 3834 6501 will also be changing to a **1300 number**. We will let you know of our new number as soon as it is known to us!!

ALL CARE TEAM

- Patrick Cruice**
Principal Physiotherapist
- Belinda Jarrett**
Physiotherapist
- Rita Rush**
Physiotherapist
- Sue McKean**
Admin/Reception
- Jenni Trevatt**
Admin/Reception



POINTS OF INTEREST

Our Clinic provides:

- On-the-spot Health Fund rebates.
- Outside work hour appointments available (7.30am till late)
- Dry needling available



WHAT IS DRY NEEDLING??

Dry needling is a treatment which involves inserting a very fine acupuncture needle into a trigger point (a tight spot in your muscle). This technique has found to be very effective and useful in treating pain and muscle tightness!

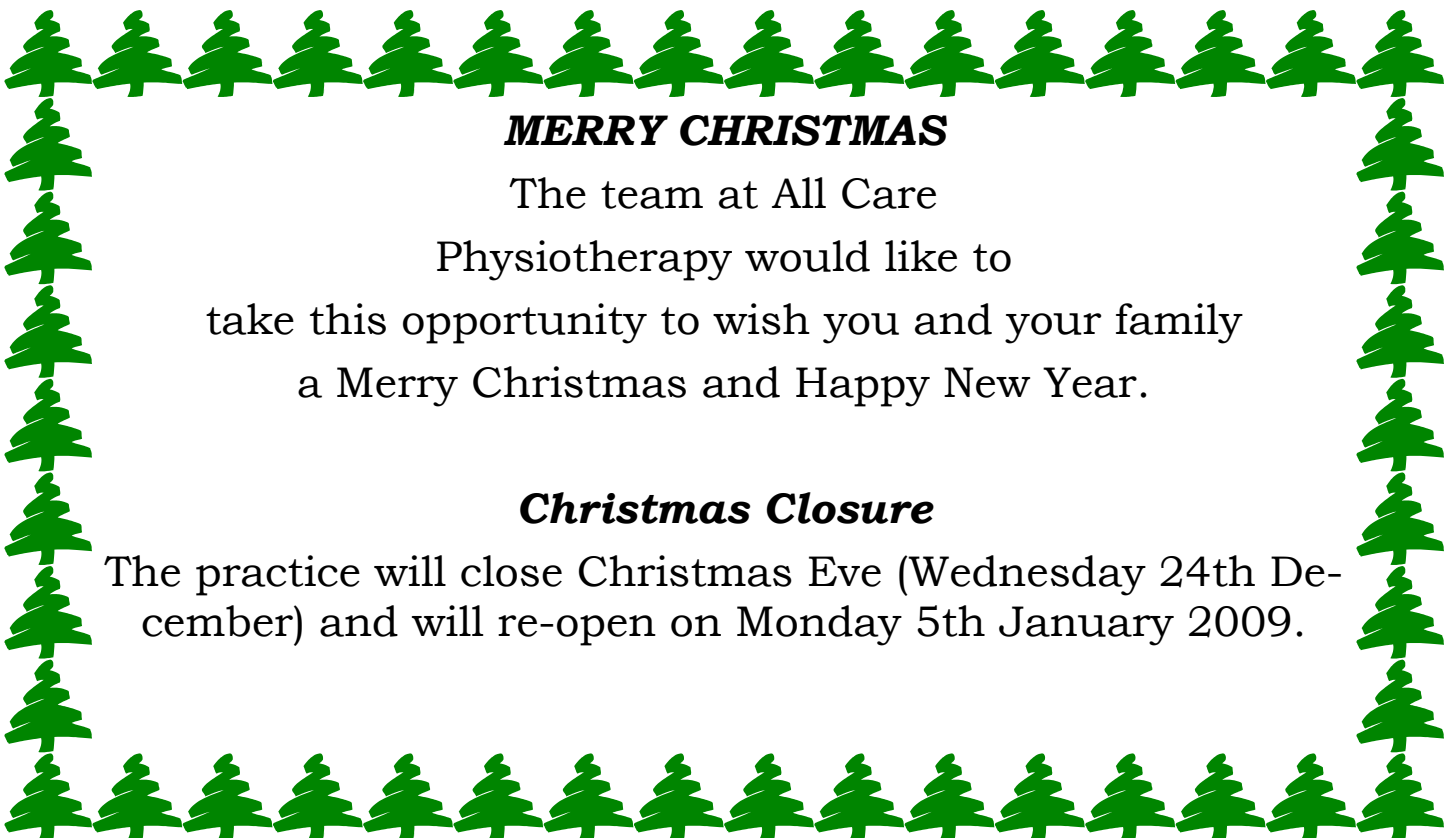
Isn't that Acupuncture?

No, dry needling isn't acupuncture. Acupuncture is based on opening up energy channels and returning it's 'Chi' or flow. Dry needling is actually a westernized technique based on scientific research. The aim of dry needling is to needle muscles that carry trigger points. It is based on musculoskeletal therapy. It has also been shown to be more effective than acupuncture when used for treating musculoskeletal pain and dysfunction.

How does it work?

Inserting a needle into a trigger point helps the muscle to 'let go' and relax. This normalizes blood flow and allows proper cellular function to return to normal.

If you are interested in using Dry Needling to help treat your condition, then have a chat to your Physiotherapist about whether it could help you!



MERRY CHRISTMAS

The team at All Care
Physiotherapy would like to
take this opportunity to wish you and your family
a Merry Christmas and Happy New Year.

Christmas Closure

The practice will close Christmas Eve (Wednesday 24th December) and will re-open on Monday 5th January 2009.