



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.

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**It's FREE!!**

**Postural assessment week!!**

Do you know if you have **bad posture**? Want to know what to do to fix it? Bad posture isn't a lifelong sentence. There are ways of **improving your posture** through awareness of what you're doing, exercise and stretches. Let us help you improve your posture.

Common problems associated with poor posture (or slouching) include neck pain, back pain, headaches and fatigue or tiredness.

The benefits of improving your posture include:

- Improving appearance
- Reducing pain
- Improving energy
- Reducing wear and tear on your body so you get better 'mileage' out of it

Give us a call on to arrange a time. This offer is available on Tuesday and Thursday afternoons. You'll need to fill in a postural assessment questionnaire and then the Physiotherapist will be able to assess you and then give you some helpful advice.

Best of all, it's **FREE!!!**

**ALL CARE TEAM**

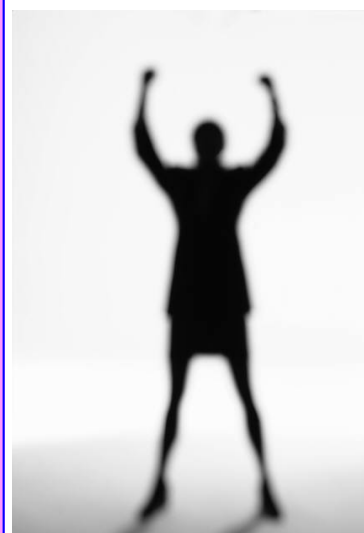
**Patrick Cruice**  
Principal Physiotherapist  
**Belinda Jarrett**  
Physiotherapist  
**Rita Rush**  
Physiotherapist  
**Sue McKean**  
Admin/Reception  
**Jenni Trevatt**  
Admin/Reception



**POINTS OF INTEREST**

**Our Clinic provides:**

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



### Interesting Fact:

**Did you know that as you age, you need to do more exercise to maintain the same muscle strength as you would have when you were younger!**

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We are happy to say our clinic move has been a success!! We have been receiving positive feedback about the new 'pad'. In particular, people are quite pleased that it cuts out one hill with the walk from the city. For others coming in, they have been finding the convenience of the train station across the road, the close bus stop and parking complexes are all very accessible and easy to use.

The physios are happy as the rooms are generally all a bit bigger than the last place!!

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**All Care Physiotherapy is at their new location!!!**

Our new address:  
Level 4  
149 Wickham Tce  
Spring Hill

Phone: 1300 291 133 Fax: 3112 7701

