



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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## Physiotherapy and Pain

**Do you suffer from an acute or recurrent injury and find yourself being distracted from your daily life by pain?**

**Our physiotherapists are specialists with a wide array of treatment options for managing both acute and chronic pain.**

**Did you know that pain may arise without actual tissue damage? In fact pain is a very complex phenomenon that may require a thoughtful and methodical treatment approach to manage successfully.**



**We can assess your muscles, joint range, balance, and function. Determine the root cause and subsequent complications of your pain and help you achieve a quick and safe recovery.**

**What kind of painful conditions can you treat?**

**We see patients with a vast array of musculoskeletal complaints covering every major joint in the body. If you're in pain there's an excellence chance we can help treat it.**

**Treatment may involve mobilisation or manipulation, massage, specific strengthening exercises, postural re-education and supportive taping as well as the use of thermal and electrotherapy modalities when indicated.**

**Finally, we'll work on discovering the cause and avenues of prevention for your particular condition.**

**Won't the painkillers be enough?**

**There is little doubt that medication can work**

### ALL CARE TEAM

- Patrick Cruice**  
Principal Physiotherapist
- Belinda Jarrett**  
Physiotherapist
- Casie Scott**  
Physiotherapist
- William O'Callaghan**  
Physiotherapist
- Wendy Harris**  
Receptionist/Admin
- Gill Kehoe**  
Receptionist



### POINTS OF INTEREST

#### **Our Clinic provides:**

- On-the-spot Health Fund rebates.
- Up to 2 hrs free parking in Brisbane Private Hospital and Specialist Centre Car Parks only (if available) by presenting parking ticket to receptionist for validation.





Level 5 Specialist Centre  
Brisbane Private Hospital  
259 Wickham Terrace  
Spring Hill Qld 4000

Phone: 07 3834 6501  
Fax: 07 38346564  
Email: [all\\_care@tpg.com.au](mailto:all_care@tpg.com.au)

#### Services Provided

Spinal care  
Joint care  
Muscle care  
Sports care  
Work care  
Orthopaedic care

**We're on the Web!**  
[allcarephysiotherapy.com.au](http://allcarephysiotherapy.com.au)

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**extremely well in managing pain. However, painkillers will not address biomechanical causes of pain nor will they identify bad habits you may have fallen into. The reality is that physiotherapy treatment can work as an excellent adjunct to medication use and will decrease the amount of medication needed.**

#### How long will take to recover?

**This depends on the specific condition and the individual. Typically your physiotherapist will be able to offer some guidance after you have been assessed.**

**All Care Physiotherapy is here to help you understand your pain and assist you in your recovery.**

#### We welcome Casie Scott to our team.

Casie has taken over the position from Maryanne Mendis who is completing her PHD fulltime. Casie has a strong interest in golfing injuries and will be working mornings in the clinic.

#### Do you want a FREE MASSAGE?

In January we are giving clients who refer a friend, family member or colleague to all care physiotherapy for treatment, a free 30 minute massage to reward them.

This offer will apply to the first 10 people. Just make sure your name is written in the "who referred you" section on our new patient form and we will send you a voucher to redeem.

Massages must be redeemed before 20 February 2008.

Please let us know if you do **NOT** wish to receive our newsletter. If you have any ideas for articles, please email us at [all\\_care@tpg.com.au](mailto:all_care@tpg.com.au) and attention it "Newsletter Editor"

#### Advanced Notice

Patrick Cruice will be away on long service from February 27th to April 5th inclusive. Both Belinda and Casie will be available to look after your care if you normally see Patrick.