



all care  
PHYSIOTHERAPY

Newsletter Date: January 2010

If you are suffering pain  
then call our friendly team  
today on

**1300 291 133**

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 **Detailed  
assessment**

 **Specific  
treatment**

 **Right  
results**

## We are moving!!

**And before you say no, not again**, we are moving permanently to bigger premises with better facilities for patients on the 1<sup>st</sup> floor. The move from the Brisbane Private Hospital to level 4 Morris Towers was a temporary arrangement and has fulfilled its purpose.

**Our new rooms on level 1, Morris Towers**, are modern and incorporate our rehabilitation studio all within the one location which means greater access to our equipment and a higher standard of care for you.

We have also added the latest technology to our new practice with the addition of the **Gait Scan** and **Posture Pro** programmes.

The Gait Scan allows real time analysis of your foot mechanics and weight shift resulting in diagnosis of what really is the problem with your legs and feet. This programme allows a specific blueprint of your feet and we can then send this information away for prescription of orthotics tailor-made to your feet.

Posture Pro is a posture analysis programme that will print out a diagrammatic presentation of your posture and what this means for increased loading and stress on your spine.

Drop by and see our new space—why not take advantage of our free Gait Scan or Posture Pro assessment.

**See over for how you can receive your free Gait Scan or Posture Pro assessment or free consultation with our Tier 1 Physios**

### What's in the new clinic?

- Spacious individual treatment rooms—for your privacy and comfort
- Onsite rehabilitation studio—keeping you well for the long term
- Latest technology—to speed your recovery
  - Real time ultrasound
  - Gait scan
  - Posture pro
- Pilates machines which include the best of Reformer and Trapeze equipment—ensuring you get the best work out
- Hicaps—claim on the spot!
- Computerised record keeping— more time with you

## Our Team

**Patrick Cruice**  
Principal  
Physiotherapist  
(Tier 2)

**Susan Carr**  
Physiotherapist  
(Tier 1)

**Rita Rush**  
Physiotherapist  
(Tier 1)

**Sue McKean**  
Admin/Reception

**Jenni Trevatt**  
Reception

**How do you get  
your free  
Gait Scan or  
Posture Pro  
assessment??**

It's as easy as  
calling All Care  
today on  
**1300 291 133**

Ask for our free  
assessment.

Hurry as spaces  
are limited.



## Do you need a new schoolbag or work bag this year?

*Here's some advice on what to look for in a bag and tips on correct use.....*

As the new year comes around, it might be time to buy your kids a new school bag or yourself a new work bag. Did you know an incorrect bag can cause headaches, neck pain, postural scoliosis, back pain etc.?

### **Here's what to look for in a bag:**

1. Lightweight. When the bag is packed, it ideally should be less than 10% of your body weight.
2. Size. A Backpack shouldn't be wider than your shoulders
3. Broad, padded shoulder straps
4. Padded area for low back support
5. Chest + waist strap— if you're a runner, hiker or someone that carries a heavy bag for extended periods, these straps can be most helpful to more evenly distribute loads.
6. Avoid heavy briefcases and handbags



### **Some tips on how to use it:**

1. Always place both shoulder straps over shoulders
2. Ensure that the bag sits close to your back, but the straps do not dig into your under arms. Make sure it fits firmly.
3. Make sure the lower back padding sits in the small of your low back.
4. Make use of lockers to only carry necessary goods—keep the bag as light as possible!

## Welcome Susan....

We are excited to introduce our new physiotherapist—Susan Carr. Susan graduated from the Royal College of Surgeons in Ireland in 2007. Since graduating, she has worked both in Ireland and Australia and has always enjoyed orthopaedic work. She has had the rare opportunity to also have a range of experiences in the paediatric area, working with children with developmental, orthopaedics and neurological syndromes. Susan enjoys travelling, and has travelled throughout Europe, Asia and Australia. Susan fell in love with Brisbane's life style and people when she arrived in 2008 and is looking forward to exploring South East Queensland further in the next few years.

Susan started working with All Care Physiotherapy in 2010 and has completed intensive training with Patrick Cruice on the unique assessment and treatment methods provided to clients of All Care Physiotherapy.

Here is your opportunity to meet our Tier 1 Physios (Susan and Rita) with a free treatment session in February. All Care is offering a free initial consultation and treatment at no charge to you. All we ask if you have private extras that you redeem the rebate from your health fund at the time of consultation. This offer is available for the first 20 patients only.