



Welcome to our monthly edition of 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.

DO YOU SUFFER FROM HEADACHES???

Got that pounding feeling in your head again? Well, don't despair, you might actually be suffering from a type of headache that can be relieved!!! And it doesn't involve taking a couple of pills!



Frequent intermittent headaches are a common problem and can in some cases persist for years. There are different types of headaches and different causes. The most common types are tension-type, migraine and cervicogenic headaches.

Physiotherapists can help sufferers of cervicogenic headaches. This type of headache is caused by an impairment in the muscles and joints of your neck. So how do you know if you've got one of these headaches? A cervicogenic headache can be one-sided or bilateral (both sides) and often starts at the top of your neck. The headache usually comes on with prolonged posture in sitting, standing or lying. You might experience tension or aching which starts at the top of the neck, then may spread into the back of the head, temples, forehead and behind the eyes. You might also have stiffness and a loss

of movement in the neck. There is also a deficiency in the muscular system of the neck whereby the deep muscles are weak and don't support your neck joints like they are supposed to.

So how do you get rid of it? Treatment depends on the individual person. It may involve a combination of neck mobilisation or manipulation, massage, specific strengthening exercises, postural re-education or taping. But that's not all!

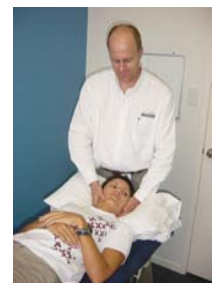
Factors that perpetuate cervicogenic headaches tend to be poor posture at home and in the workplace, workstation setup, sleeping position or type of pillow. You need to change these factors as well to get permanent relief from your headaches.

Book in for an appointment with your physiotherapist today and let your headaches be a thing of the past.



ALL CARE TEAM

- Patrick Cruice**
Principal Physiotherapist
- Heidi Wimmer**
Physiotherapist
- Marianne Mendis**
Physiotherapist
- Paul Campbell**
Physiotherapist
- Ben Tanner**
Massage Therapist
- Morag Palombo**
Receptionist/Admin
- Bernardine White**
Accounts Manager



POINTS OF INTEREST

Our Clinic provides:

- On-the-spot Health Fund rebates.
- Up to 2 hrs free parking in Brisbane Private Hospital and Arnold Janssen Centre Car Parks only (if available) by presenting parking ticket to receptionist.
- Massage gift vouchers available at reception.





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 Spring Hill Qld 4000

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 Email: all_care@tpg.com.au

Services Provided

- Spinal care
- Joint care
- Muscle care
- Sports care
- Work care
- Orthopaedic care
- Remedial massage

We're on the Web!
allcarephysiotherapy.com.au

NEED ARTHRITIS RELIEF?

Based on the best available clinical evidence and research, Clinical Authority have developed **GCM Joint Food Complex** to give consumers across Australia the strongest and most effect natural joint care formula.

- 6 times more potent than other formulas available.
- Contains clinically proven ingredients at clinically active dosage levels.
- Contains critical co-factors that offer superior synergistic effects for patients.
- Latest research suggests glucosamine when combined with chondroitin offers far superior results.
- Oral power form aids rapid and efficient absorption by the body.

This product is exclusive to practitioners and is available at All Care Physiotherapy for **\$45** (2 months supply).

Please let us know if you do **not** wish to receive our newsletter. If you would prefer to receive our newsletter via email, please email your address to all_care@tpg.com.au

STAFF PROFILES

Patrick Cruice

Patrick graduated in 1987 and completed his Masters in Manipulative Physiotherapy in 1992. He has extensive experience in treating all musculoskeletal conditions.

He has a strong sports physiotherapy background having previously worked with State Queensland Rugby Union and Netball teams.

Pat works Monday to Friday at All Care Physiotherapy.



Pat's major pastime is spending time with his wife, Di and 18 month old daughter, Olivia.

Bernardine White

Hi, my name is Bernardine White but everyone calls me Bernie. I have been with All Care approx 3 years working on a part-time basis, behind the scenes in administration. Through this time, I have seen many exciting changes to All Care.



Prior to being employed by All Care, I devoted much of my time to raising 3 children and being proactive in their schools and have also found time to play tennis.

I am currently managing 2 soccer teams and am newsletter editor for my neighbourhood watch. Some of my interests include reading, cooking, fishing, camping, catching up with friends and family, and enjoying life.