



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.

Are you sick of being in pain?

Is pain affecting your social life, sports or hobbies?

Do you have a chronic condition such as arthritis and want to learn how to manage your pain or condition?

Are you sick of popping pills or medication and want to fix the reason for your pain?

Perhaps your body needs its 10 000km service or a tune up!!

If your car started getting a little bit rattly you'd send it in for a service, right?? If your car starting pulling to the right - would you get a wheel alignment? If you noticed a part of



your body a little bit tight or you started getting pain somewhere would you



get it looked at?? We often find that people don't address an injury or pain until it gets severe or limits their daily life that they come into our clinic. Sometimes warning signs can be there for months. Pain (minor or major) can often be the last sign that there is something wrong but it is your body's warning sign that there is something wrong! You wouldn't wait until your car breaks down until you get at looked at??? So why do we often wait until we are in a lot of pain or can't move until we seek medical attention?

ALL CARE TEAM

- Patrick Cruice**
Principal Physiotherapist
- Belinda Jarrett**
Physiotherapist
- Rita Rush**
Physiotherapist
- Sue McKean**
Admin/Reception
- Jenni Trevatt**
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Your body is somewhat like your car. It can need tune ups or servicing to keep it running ok.

The benefits of getting an injury or pain looked at quickly include:

- A quicker recovery
- Avoiding having to undergo severe pain
- Reducing the risk of the problem becoming ongoing or chronic
- Less physio treatment required therefore costing less
- Keeping out of pain
- Reducing disability
- Reducing exacerbation of chronic problems giving you greater control over an existing injury
- Less time out from a favourite sport or hobby
- Keep your body performing at its best to improve your quality of life giving you more energy, sleeping better, moving easier, walking, running or playing sport better.
- Feeling healthy, well and able to tackle life!
- Better long term mileage out of your body!

Who would benefit from a regular check up?

- People who have ongoing or chronic conditions such as arthritis
- People who have a problem that keeps coming back
- People who manage their condition with a home exercise program - a 'service' can help to review your program and possibly progress your program so it can be more effective for you

Come in for an assessment and management plan from All Care Physiotherapy so we can help you live life out of pain or manage a chronic condition better!