



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.

OSTEOPOROSIS

Osteoporosis is the dangerous thinning of bones. It is insidious because you can't see or feel what is happening. The risk of osteoporosis is increased in people who have been on steroid medication for a long time. Having a significantly decreased bone density can increase the risk of fractures if you fall.

Our bones are slowly shaped by the forces they withstand. The more active we are the stronger our bones will be. These changes don't happen quickly with the occasional spurt of exercise but it will happen with regular weight bearing exercise.



The best program for osteoporosis is one that combines 4 different types of exercises: weight bearing aerobic exercise, strength training, balance exercises and flexibility.

Weight Bearing Aerobic

Activity—weight bearing activities create impact on bone each time your feet hit the ground e.g. brisk walking, running. The bones in your hip and spine benefit



particularly from these exercises. Increase the duration and or intensity to continually improve your body.

Strength Training— research has shown that strength training just twice a week dramatically cuts the risk of fractures for post menopausal women.

Balance Training— balance training does not increase bone density. However, it does protect whatever bone we have by preventing falls.

Stretching— is an important component of any well-rounded exercise program. If you have strong, flexible joints, all physical activity will be easier and more enjoyable and you are less likely to suffer injuries.



So get up and get moving and protect your bones for the long haul. As they say, use it or lose it!

ALL CARE TEAM

- Patrick Cruice**
Principal Physiotherapist
- Heidi Wimmer**
Physiotherapist
- Marianne Mendis**
Physiotherapist
- Carmel Phillips**
Physiotherapist
- Paul Campbell**
Physiotherapist
- William O'Callaghan**
Physiotherapist
- Morag Palombo**
Receptionist/Admin
- Debbie Livesay**
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

Services Provided

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

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

WELCOME TO NEW STAFF

Carmel Phillips, physiotherapist, will be working
Mondays and Thursdays.

Debbie Livesay, receptionist, will be working
Tuesdays

STAFF LEAVE

Pat will be away from 13 March to 30 March
2007 inclusive.

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

CLINIC HOURS

AS FROM 15 APRIL 2007

PATRICK CRUICE (Musculoskeletal Physiotherapist)

Monday, Tuesday, Wednesday, Friday

MARIANNE MENDIS (Physiotherapist)

Tuesday, Wednesday, Friday

CARMEL PHILLIPS (Physiotherapist)

Monday, Thursday

HEIDI WIMMER (Physiotherapist)

Tuesday, Thursday

CLINIC HOURS as from 15 April 2007

Monday	7:30am to 6:30pm
Tuesday	7:30am to 5:30pm
Wednesday	7:30am to 6:30pm
Thursday	7:30am to 5:30pm
Friday	7:30am to 6:00pm

RECEPTION HOURS as from 15 April 2007

Monday	8:00am to 5:30pm
Tuesday	8:00am to 5:00pm
Wednesday	8:00am to 5:30pm
Thursday	8:30am to 5:30pm
Friday	8:30am to 5:30pm