



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.

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## TV AND POSTURE

After a day spent glued to the box watching the footy, you might find some new aches and pains in your neck and back. While watching sport is one of our nation's favourite past times, it is one that can lead to neck and back pain or aggravate existing conditions. How you may ask? The answer is prolonged posture.

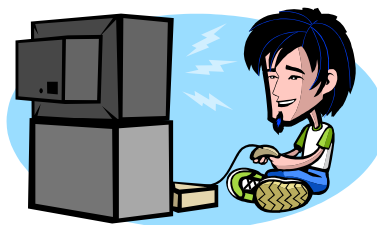
Your body can tolerate, on average, about 20 minutes in one posture before you feel the need to adjust your position for comfort. Watching TV is one of those activities where you can spend hours in one position blissfully unaware of the strain you are placing on your body.

You might not strain your rotator cuff or tear a hamstring while watching TV but you can increase your chances of getting neck and/or back pain by sitting in one posture for a long time. Here are some tips to avoid pain while watching television:

- Sit so you're well supported - avoid spending prolonged periods on soft couches or bean bags.
- Change your position regularly - if you're watching for long periods, take turns sitting on the couch, chair, or floor.
- Use a lumbar roll, or rolled towel, behind your lower back (about belt line) to provide support whilst sitting.

- "Half positions" can be worst on your neck and back - avoid sitting with your low back unsupported or lying with your head crooked up on one side.
- Position your TV well - try to have the set directly in front of you, at mid vision height.
- Stretch - use commercial breaks to change positions and do gentle stretches.
- Keep yourself physically active - have a break from viewing and walk to the local shops or continue with your exercise routine.
- Be inspired by the athletes - remember to eat and sleep well.
- If you experience pain while sitting, you need to change positions or get moving.

So the next time your favourite team scores a try and you feel the urge to jump up and cheer...just do it! And remember, if pain persists, see your physio!



### 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.





Level 5 Arnold Janssen 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
- Remedial massage

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

## MASSAGE

We are offering a **10% discount** to all clients on your massage treatment with Ben Tanner our Massage Therapist. Ben is available Wednesday to Friday each week.

The standard fees are \$40 for 1/2 hour and \$60 for 1 hour massage, located in our practice here on Wickham Terrace.

To make an appointment, please phone us on 38346501 between 8:30am and 5pm Monday to Friday, and mention this advertisement to receive your discount.

**This offer is valid from 10 May to 9 June 2006.**

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](mailto:all_care@tpg.com.au)

## STAFF PROFILES

### Morag Palombo

Morag has been employed at All Care since October 2004. Prior to joining the All Care team, Morag was employed for 14 years in the Qld Government as an Administrative Officer.

She has a keen interest in computer programs and is always learning new programs.

She works full time at All Care from Monday to Friday.



When not at work, Morag enjoys singing, pyrography, woodwork and photography.

She also enjoys attending musicals and theatre productions.

### Ben Tanner

Ben graduated with a Bachelor of Exercise Science from Griffith Uni in 2004. He has been a practicing Massage Therapist since completing his massage studies in 2001. He is also a qualified Exercise Physiologist, Gym Instructor and Sports Trainer.



Ben has a special interest in human performance, biomechanics and injury rehabilitation.

Ben works at All Care from Wednesday to Friday.

Away from work, Ben enjoys mountain biking, martial arts and surfing when there is time.