



Welcome to our 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.

BALANCE

Balance is how the body, young or old, keeps from falling down. Our balance is an amazing ballet of our muscles, joints, nerves, senses and brain working in split second harmony. For most of our lives we balance effortlessly and thoughtlessly. We take for granted the muscular effort it takes to balance our bodies as we walk and run. Then, as our bodies break down and biomechanical problems accumulate, such as arthritis and back pain, we may find our balance deteriorating.



wobbleboard or other special equipment to stimulate the body's balance system.

Another easy way to stimulate balance is walking. Walking is an ideal exercise for the human frame. The incidence of injury is minimal and the benefits are significant. Unfortunately, many people spend much of their lives sitting. We drive to work, sit at the computer, go to lunch, drive home and in most cases, sit on the couch and watch TV or read. All this involves sitting. Sitting uses some muscles too much and others too little. The overused muscles become too tight, the underused become too weak, and the joints become stiff from inactivity. Years of inactivity result in weakening of the body and your balance getting worse.

There is a rule of motion: 'Use it or lose it'. The best way to keep the body working well is to use it in the way you want to use it. Just as we exercise a muscle to strengthen it, we can strengthen our sense of balance.

Try this test: Stand on one foot with some support in front of you and count to 10. Then stand on the other foot. You should be able to balance on the first try for at least 10 seconds. Now try it again with your eyes closed. If you cannot keep your balance, or if one side is much better than the other, your sense of balance needs work.

A beginning exercise is standing on one foot. Other exercises include using a

The solution is to start a regular exercise or activity routine and make it a life habit. Making a lifestyle change is difficult but worth it. And there's no time like the present! Make a change for the better!

All care physiotherapists can diagnose if your body is in balance and help you tailor an exercise program to keep you active.

ALL CARE TEAM

- Patrick Cruice**
Principal 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.





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Services Provided

Spinal care
Joint care
Muscle care
Sports care
Work care
Orthopaedic care
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We're on the Web!
allcarephysiotherapy.com.au

NEED ARTHRITIS RELIEF?

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- Oral powder form aids rapid and efficient absorption by the body.

We also have **GCM Plus** which is a capsule version of the powder. It contains 60 capsules per bottle.

These products are exclusive to practitioners and are 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 have any ideas for articles, please email us at all_care@tpg.com.au

STAFF PROFILE

CARMEL PHILLIPS

Carmel studies for her physiotherapy degree in Melbourne and has worked in her own private practice there since 1986.

Carmel also has a post-graduate diploma in sports physiotherapy and has a special interest in sporting injuries and their rehabilitation.

In January this year, Carmel moved to Brisbane with her husband and their 4 children. They are all settling in well to their lifestyle change in

the Sunshine State and taking the opportunity to explore the Brisbane environs on free weekends.

Carmel works at All Care Physiotherapist on Monday and Thursday.

WELCOME CARMEL