

Move. *well*

Newsletter November 2011

Thank you for reading our e-newsletter, we hope you enjoy these snippets of news, updates and physiotherapy tips!

Did you know - you can now...



Click the Facebook link on our website and 'Like' our Facebook page to keep in touch with all Move happenings, view our photo albums and share your experiences with your friends.



Move would like to extend a warm welcome to our new staff member
Physiotherapist - Louise O'Neill

Louise graduated from the Masters Physiotherapy degree in 2007 having previously completed a Bachelor of Medical Science.

Louise has a broad range of experience in private practice and the acute hospital setting, and she has also done extensive Pilates training with both Polestar and Dance Medicine Australia courses.

Watch out for Louise zipping around on the tri-athlete circuit this season!

World-class Pilates @ Move

Move Physiotherapy are the official hosts for the 2011/2012 Australian Physiotherapy and Pilates Institute (APPI) Pilates mat courses for teacher training.

The APPI are internationally recognised in the field of clinical Pilates training and the Move Physiotherapists are looking forward to further refining their Pilates teaching skills at these workshops!

Contact our reception staff on 8373 5655 if you would like any further information on the services above

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Newsletter Spring 2011

Beginner's Mat Pilates: Diary Dates

Summer 2011/2012

The last beginner's mat course for the year commenced on the 7th of November on Monday evenings from 7.15 – 8pm at Malvern.

This six-week course will conclude on the 12th of December,.

If you would like to book into the first course for 2012 contact us 8373 5655

Cost: \$198—book early and pre-pay to secure your place as class size is limited. Health rebates apply (code PT 560)



Meditation = Bigger Brain

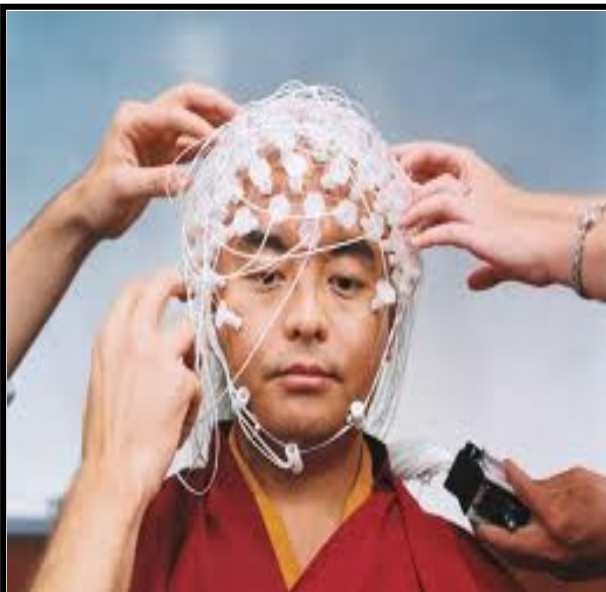
The evidence for meditation just keeps pouring in...

To read the full article on how meditation can give you bigger brain power copy the link below into your

browser

<http://www.bodyandsoul.com.au/soul+happiness/wellbeing/a+bigger+brain+with+meditation,12981>

Give the gift of brain power with Move's Christmas gift voucher which can be redeemed for any 2012



e-newsletter

If you do not wish to receive our Move newsletter and birthday gifts please email us at info@movephysio.com.au.

Cancellation policy

We ask that all clients please ensure they give at least 6 hours notice for a physiotherapy appointment and 24 hours for a Pilates class they wish to cancel. We do have a busy waiting list and your early call will us to offer the appointment to someone else.



Marelle Wilson has increased her consulting hours and is now available on Monday Wednesday and Thursday mornings at Malvern for;

- Pilates assessments
- One on one Pilates or meditation sessions
- More class times available.

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Dry Needling

*A Physiotherapy
Treatment Option*



What is dry needling?

Dry needling is a form of treatment which involves inserting acupuncture needles into a trigger point; the aim is to release pain and tension in the muscle associated with active trigger points.

What is the difference between acupuncture and dry needling?

Acupuncture is based on the Traditional Chinese Medicine Theory, where needles are inserted along "energy channels" to affect "Chi" flow, (energy flow) to treat a wide range of conditions. Dry Needling is based on western medicine and is supported by scientific research. It utilises our knowledge of anatomy, physiology and neurochemistry. The main focus is to needle muscles which contain trigger points and taut bands of muscle adhesions.

How does it work?

There are several ways that dry needling can be effective in reducing pain and muscle spasm. When a needle is inserted into a trigger point it causes a local twitch response, studies have shown that once the twitch has been elicited the electrical and chemical environment within the muscle returns to normal and the muscle 'lets go'. There is also a release of chemicals which help repair and rebuild damaged tissue in the area. Additionally, dry needling has an effective pain suppression mechanism as the insertion of an acupuncture needle activates several pathways in the brain which dampen down the overall pain experience.

Could it help me?

As part of your treatment plan Dry Needling can complement the other treatments provided by your physiotherapist to help with conditions such as;

- Longstanding neck, back or hip pain
- Tennis elbow
- Recurrent muscle strain or tightness

The effectiveness of dry needling varies for each individual but this can generally be gauged within 1 – 3 treatment sessions. Sometimes the effects can be felt immediately but most commonly, the maximum benefit will be noticed 24 – 72 hours after treatment.

Talk to your physiotherapist at Move to see if dry needling is appropriate as part of your treatment plan.