



# SEPTEMBER NEWSLETTER

In this month's newsletter, we welcome two new team members to the admin team, share 'Part #2' of our strength training tips for women, deep dive into posture and injury prevention and we introduce two new services in Pilates and Paediatrics. Don't forget to enter the newsletter challenge on the last page!

Happy reading,  
David Selems,  
Director (and Human)

**PHONE**

(02) 6217 5814

**EMAIL**

ADMIN@ORIGIN.PHYSIO

**WEBSITE**

WWW.ORIGIN.PHYSIO

A woman wearing a blue baseball cap with '2015' and 'WOMEN'S' text, and a blue t-shirt, is performing a kettlebell swing with a purple kettlebell. She is in a gym setting, with another person's legs visible in the background. The background is slightly blurred.

# INJURY PREVENTION

## Head, Neck and Back Posture in the Office

**Do you suffer from any of these in the office...?**

- Headaches
- Sharp neck pain and muscle spasm
- ‘Locked Neck’
- Aching between the shoulder blades
- Lower back pain and stiffness
- Disc injuries
- Muscle tightness and knots in the ‘Traps’

***If you do, it could be coming from the posture you are in right now!***

Head, neck and back posture at work is extremely important in the reduction and prevention of work-related pain and injury.

Admittedly, most of us all sit with poor prolonged posture at some point. However, it is when we adopt poor postures for long periods of time or just do not move, day in and day out, that it becomes a problem.

A lot of people admit they know they have poor posture, but lack the knowledge of what to do about it and what posture they should be in.





Some of the time the main cause is the set-up of the computer, the mouse, the keyboard or the type of chair, which forces the person to sit in a poor posture to see the computer screen or use the keyboard and mouse.

Other times it is a lack of strength in the back muscles. But mostly it is a lack of good discipline and staying in the one position for too long.

Remember that it is not all about good or bad posture but rather prolonged posture. So get moving!!

To help combat this, our physios recommend performing 1-2 mobility exercises at your desk every 20-30

minutes and then standing up and moving away from your desk every hour.

Ethan and Rob are experts in office posture and can advise you on the correct layout of your workstation, teach you easy postural techniques, as well as prescribing you a great program of exercises that you can do at home or in the gym to help you strengthen your postural muscles and mobilise your body.

They are also the manual therapy masters when it comes to treating any pain that you suffer that is not going away and needs instant relief.

# WEIGHT TRAINING TIPS FOR WOMEN PT 2

Following on from last month's newsletter we bring you Part 2 in Weight Training Tips For Women.

The most recent Department of Health study 'new Australian physical activity guidelines for adults (age 18-64)' recommends muscle-strengthening activities at least 2 days each week.

If you are not already doing this, it is time to include weight training into your regular health routine. Here are 4 more weight training tips.

**1**

## **TRAINING EFFICIENTLY**

Yield better results by training efficiently. The key is using the correct exercises at the right intensity with the optimal sets, reps and rests.

**2**

## **TRAINING SESSIONS**

A minimum of 2 weight training sessions each week is recommended by the Australian Department of Health's new physical activity guidelines for adults aged 18 to 64.

**3**

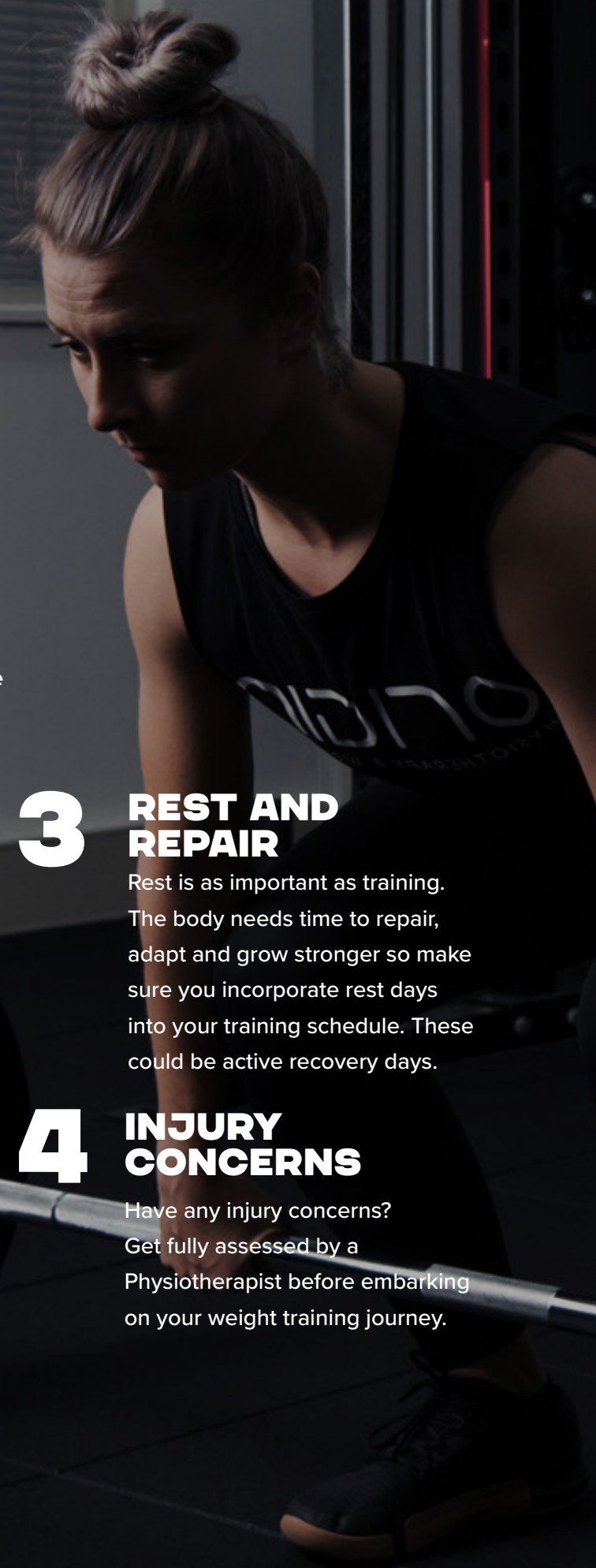
## **REST AND REPAIR**

Rest is as important as training. The body needs time to repair, adapt and grow stronger so make sure you incorporate rest days into your training schedule. These could be active recovery days.

**4**

## **INJURY CONCERNS**

Have any injury concerns? Get fully assessed by a Physiotherapist before embarking on your weight training journey.





# PILATES IS ON ITS WAY TO ORIGIN!

Natalie Wood, Physiotherapist and Pilates expert is currently finalising our brand new Pilates program ready to kick off early in the new school term. We are very excited to have Nat W's expertise at Origin and excited to be offering a comprehensive Pilates program. If you would like to be

added to the Pilates mailing list please email through your expression of interest to Kate at [pm@origin.physio](mailto:pm@origin.physio) and she will send you through the details once Nat W finalises everything.



## Bub&Me *Physio* Online Classes!

Did you know that Bub&Me has online classes? Perfect for new mums and soon to be mums. Our courses offer prenatal and postnatal weekly classes containing a great range of workouts and educational content that guide you every step of the way.

Interested? [Click here](#) to find out more.





# PAEDIATRIC SERVICES

## WITH NATALIE D'ROZARIO

Physiotherapists play a vital role in the treatment of many paediatric conditions. Natalie D'Rozario our Mums and Bubs expert offers a range of paediatric services, including treatment for conditions in babies under 12 months of age including:

- Head preferences
- Positional plagiocephaly (head flattening)
- Torticollis (neck tightness), and
- Positional talipes (foot deformities)

Often children will present with one or more of these conditions and it is important that your baby sees a physiotherapist as early as possible. Our physiotherapists will conduct a thorough assessment of your baby, providing you with a diagnosis and management plan. For further information please contact the clinic.





# NEW TEAM MEMBERS

We welcomed two new team members to our wonderful admin team this month to help Kate with the growing workload.



## **GRACE STEFANAC**

Our new casual receptionist, Grace is currently studying a Bachelor of Physiotherapy at the University of Canberra. Grace has found a welcome home at Origin and is enjoying learning and working between the Physios, admin and patients.



## **LEANNE GRIFFIN**

Our new front desk coordinator Leanne is an experienced medical receptionist and former Practice Manager. Leanne is super friendly and highly efficient (double threat!). Leanne looks forward to settling in and getting to know you all.

# PODIATRY UPDATE

As you may be aware, Pat the podiatrist has settled in with us here at Origin and is providing many podiatry services including:

- Footwear assessment and specific shoe prescription that is tailored to the individual
- Biomechanical Assessment with visual and computerised gait analysis
- Assessment, screening, diagnosis and management of all foot, ankle and lower leg injuries and conditions
- Prescription orthotics from in-house manufacturing to laboratories nationally and around the world
- Tailored strength and conditioning, and exercise programs that are delivered with one on one coaching/consultation to help manage your injuries and return you to what you love doing!
- Cycling/bike assessments, cleat adjustments, crank arm/pedal assessment and carboncycling orthotics.

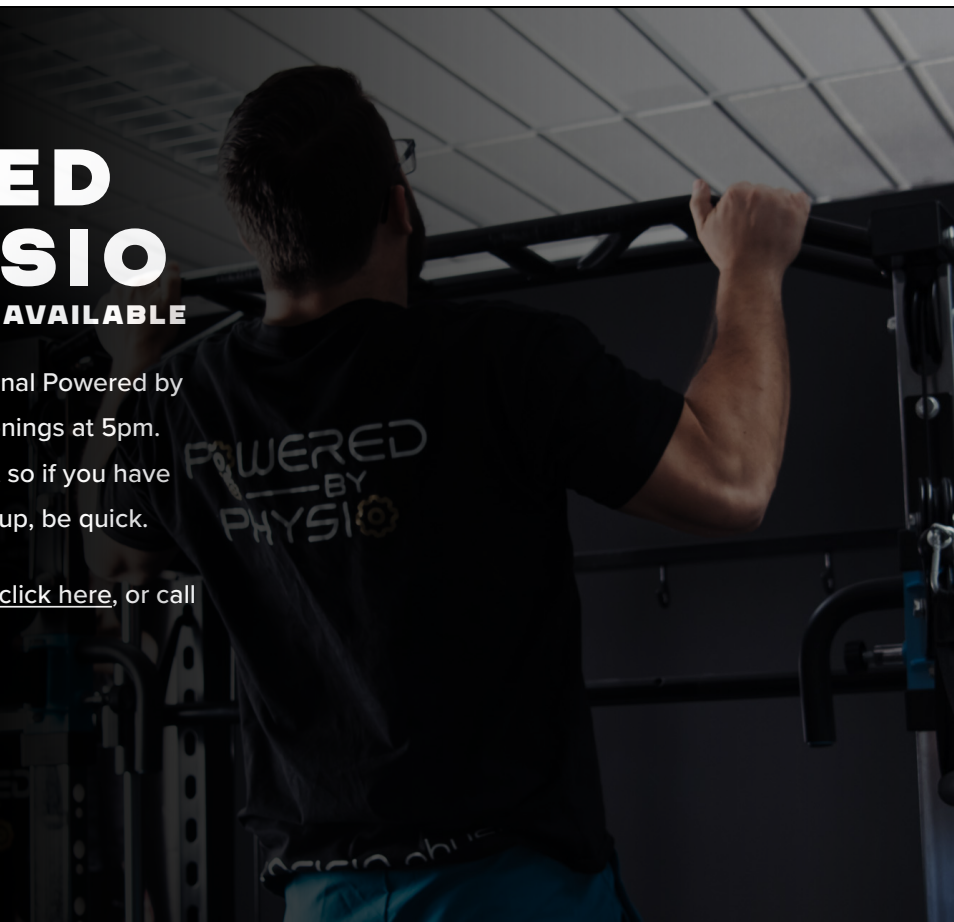
Pat is excited to reveal a shiny new website too! [Click here](#) to check it out.

## POWERED BY PHYSIO

**ADDITIONAL SESSION AVAILABLE**

We have opened up one additional Powered by Physio session on Thursday evenings at 5pm. This session still has 2 spots left so if you have been considering a spring tune-up, be quick.

For further details or to register [click here](#), or call Kate at the clinic.







# ORIGIN NEWSLETTER CHALLENGE

Congratulations to Annie Tam for winning last months Newsletter Challenge and health pack.

This month we have a new challenge to test you. To win the health pack this month be the first person to email me the correct answer to the following:

## THE QUIZ

Paediatrics is our new service, can you tell us what it is? Google it to find out the answer to our first quiz!

Look at you, you've done it, you really are a whiz. Now to get more complex, watch out, here it is!

Can you tell us what four conditions our physiotherapists treat in babies under 12 months? Hint: **Head to our website.**

Your baby's cute but have you noticed that their feet are often positioned one way? They may have positional talipes, quick see our physios today! Can you tell us what positional talipes is?

Our final question, yes we snuck in one more. Do you know a baby with a tight neck, have you heard of that before? Head to our website to find out what the technical term is for neck tightness in babies.

Details: former winners are ineligible to enter. You must be the first to email me at [david.selems@origin.physio](mailto:david.selems@origin.physio).

The health pack will consist of a wheat bag, foam roller, spikey ball, exercise bands and a few other goodies. The pack is valued at over \$200!