



FEBRUARY NEWSLETTER

ORIGIN PHYSIOTHERAPY & WELLNESS



February In Review

WRITTEN BY DAVID SELEMS, DIRECTOR

2020 here we are! Here at Origin, we've started the new year in the same fashion we ended last year, with a flurry of new and exciting activities. In this month's newsletter, we look at the top 10 reasons why a biomechanical assessment is so important and in the Women's Health corner, Natalie discusses the 6-month postnatal check-up and explains where a women's health physiotherapist fits into the picture. We share our new sponsorship arrangement with the Queanbeyan Squash Club juniors and lots more.

Happy reading!

Thanks,
David Selems
Director

This Issues
Highlight:
JESS COOPER-
ROUGHLY
SHARES HER
RECOVERY
ADVICE

PHONE
(02) 6179 5814

EMAIL
ADMIN@ORIGIN.PHYSIO

WEBSITE
WWW.ORIGIN.PHYSIO

On the Road To The Holy Grail? The Biomechanical Assessment

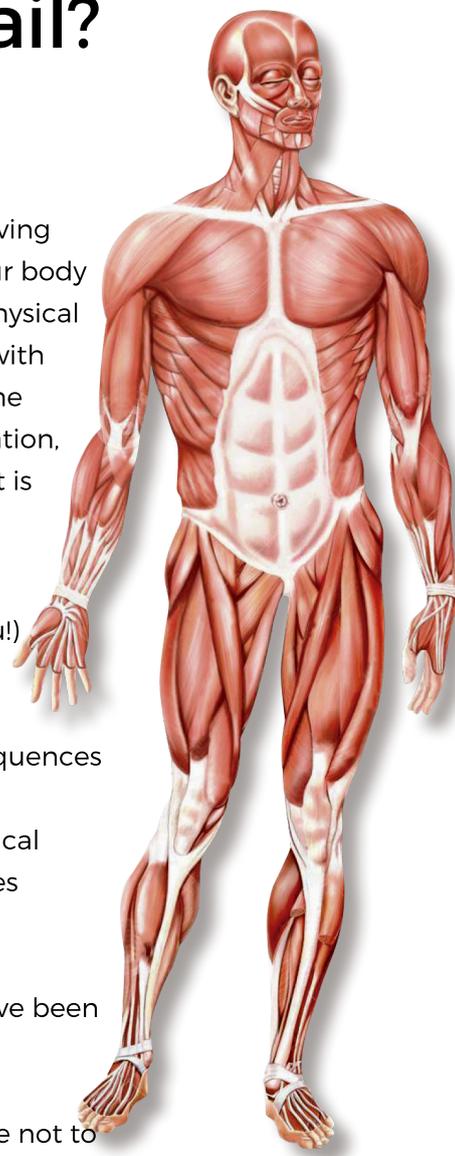
Okay, so **what** is it?

A biomechanical assessment is a critical analysis of your body and all of its moving parts. Yes, your whole musculoskeletal system from your toes to your nose. Your body as it exists and moves today is an accumulation and direct reflection of your physical history. Your history includes both the genetic building blocks you were born with and the many years of both simple and complex movement patterns. Over time movement is influenced by many factors including lifestyle, occupation, recreation, diet, sleep, injuries, pain, fear and the list goes on! A biomechanical assessment is like a snapshot of exactly where you are today.

Top 10 reasons why a biomechanical assessment is so important:

1. You only get one body and you need to take care of it (so it takes care of you!)
2. Knowledge is powerful stuff, the more you know, the better off you are!
3. Painful or uncomfortable movement does not need to be your normal.
4. Inefficient movement patterns can have painful short and long-term consequences on your biomechanics.
5. Fear avoidance can actually increase your pain and cause other biomechanical issues. I have heard many people say things like 'no, I don't bend at the knees because it is too painful', only for them to end up with hip and lower back problems too.
6. Ignorance is not bliss and finding out that your surgical procedure could have been avoided with early detection is devastating, for you and your family.
7. Prevention is always better than rehabilitation (and far cheaper).
8. You have bones, joints, muscles and connective tissue and it is unacceptable not to be able to move the way nature intended (confidently and pain-free).
9. Life expectancy keeps increasing and science hasn't yet worked out how to keep you alive without your valuable body (who wants to be a head in a jar anyway?). It is all down to the quality of a long life.
10. It's your body and your responsibility....as they say, use it or lose it!

To read more click this [link](#) or visit [our blog online](#).

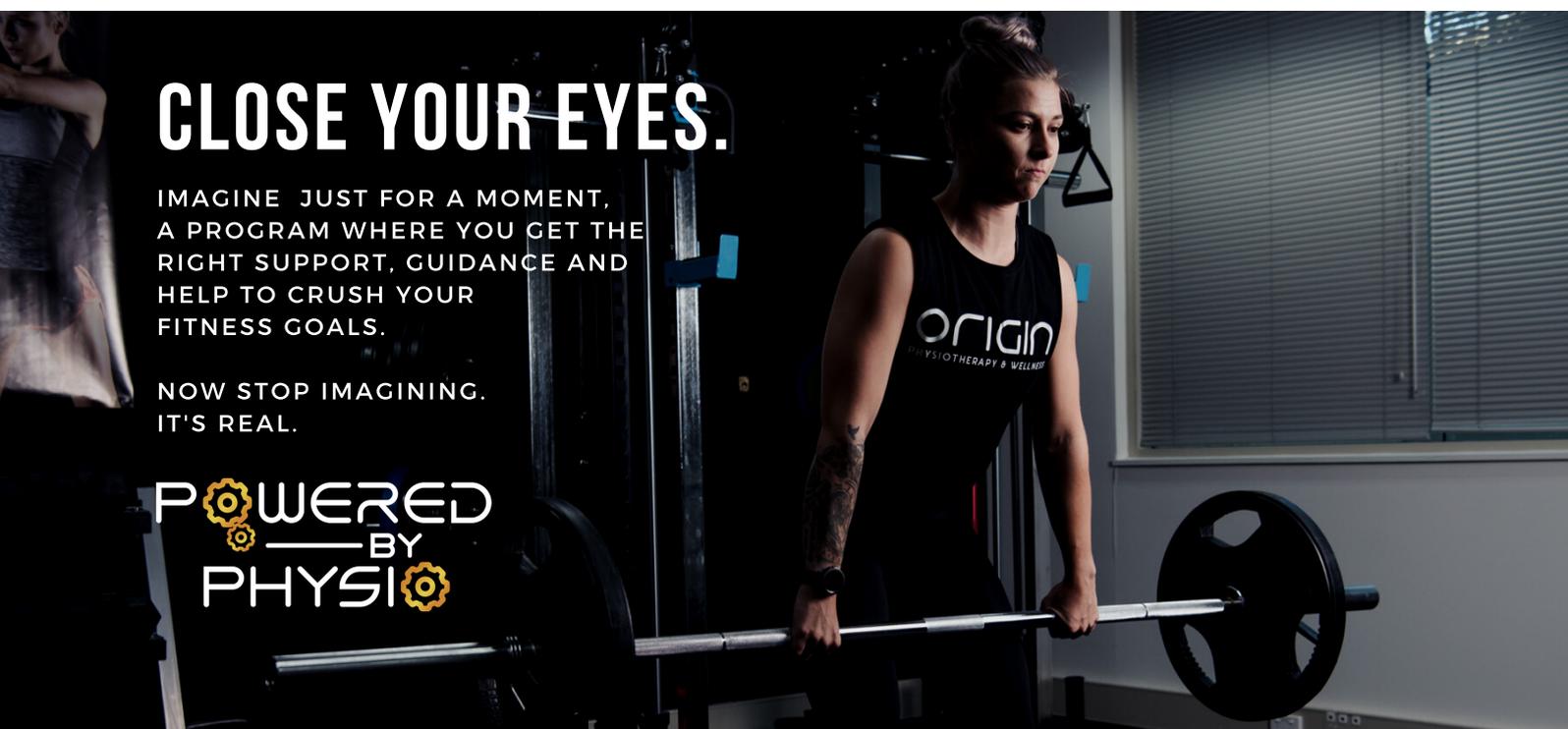


CLOSE YOUR EYES.

IMAGINE JUST FOR A MOMENT,
A PROGRAM WHERE YOU GET THE
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NOW STOP IMAGINING.
IT'S REAL.

POWERED
— BY
PHYSIO



STAR PATIENT:

JESS COOPER-ROUGHLY

Tell us about your injury?

I have a central tear in my supraspinatus with fluid in the subdeltoid bursa, an infraspinatus partial-thickness rim tear with subacromial bursitis and pectoral tightness. These injuries were sustained during outdoor roping activities.

How did it impact your life/work?

'What challenges have you found?'

It's not until you lose every bit of strength you had and the ability to move, you realise the impact an injury can have on your everyday and working life. These injuries have created enormous challenges for me with constant daily pain. Some days it was excruciating. I was unable to do small things like handwriting, brush my hair, do up my bra and carry anything of lightweight with my right arm. Everything I did including walking around and using a mouse at my computer incurred pain. I had to go on restricted duties at work and relied on my husband to help me with everything including washing my hair!



How has Physiotherapy helped?

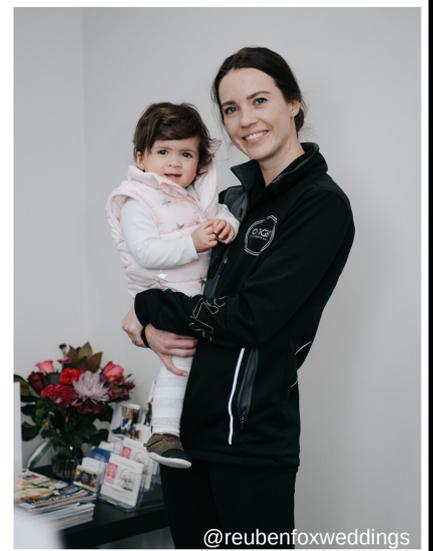
Physiotherapy has been and continues to be an enormous asset towards my recovery. Both Nat and Rob continue to work collaboratively together and have a depth of knowledge and understanding about my injury. They have provided me with a personalised program and continue to explain in detail my plan and support me in every way throughout my journey. Attending physiotherapy has helped me to gain movement in my shoulder, increased the amount of weight I can carry, minimised pain, developed strength again and helped gain my confidence back. With the combination of manipulation, dry needling and targeted strengthening exercises, it is pathing a way towards being able to get back to climbing, roping activities and vertical rescue.

What advice would you give to others who are recovering after an injury?

Stay strong physically and mentally, stay focused and do what you're told under the advice of qualified health professionals. Make sure you complete your plan and do your strengthening exercises. When you start to see your own progress, that spark comes alive again and things get easier. I cannot thank physiotherapy enough for how they continue to help me understand my injury and the steps I need to take to improve. It is very easy to feel down due to your inability to perform tasks in your usual way or let peoples lack of understanding get to you. Stay positive so you can get back to what you love and just being you again!

Women's Health Corner

WITH NATALIE D'ROZARIO



You may have heard about the postnatal check-up that happens 6-weeks after giving birth and may also identify this as the point at which you will be cleared to return to activities such as running, weights, driving and sex. When thinking about the postnatal check-up, most people think of an appointment with their general practitioner (GP) or obstetrician and the thought of a women's health physiotherapist doesn't even cross their mind.

What a lot of new mums don't realise is that women's health physiotherapists possess specialised skills to be able to thoroughly assess and treat the postpartum body including the pelvic floor (strength, tears, prolapse), bladder and bowel (incontinence and constipation) and any musculoskeletal complaints such as abdominal muscle separation and back pain. They are also able to determine a safe and individualised pathway for return to exercise. It is important to note that this 6-week check-up is different from the check-up conducted by the obstetrician, GP or midwife and should be deemed complementary. You should still be having a check-up with your obstetrician, GP or midwife separate to your 6-week postnatal women's health appointment.

During the 6-week consultation, your women's health physiotherapist will assess everything that your obstetrician, GP or midwife either don't have the time or skills to do. Even though you may not currently have symptoms, your women's health physiotherapist possesses the skills to identify issues before they turn into problems, taking more of a proactive approach. The 6-week check-up is the perfect time to do this. Prevention is much better than cure!

Read more on our blog [here](#), where we will deep dive into the 6-week postnatal check up and explain in detail how this essential postnatal check-up can benefit you.

ORIGIN NEWS

This month, the Origin team are very excited to be heading out to Birrigai for a team-building event. Birrigai is an outdoor education and group accommodation centre located right on Tidbinbilla and Namadgi National Park's doorstep. The complex is surrounded by native Australian bushland, with an abundance of wildlife freely roaming the grounds. As we are an adventurous bunch we're most looking forward to the Flying Fox and the Crate Climb. As part of Origin's community engagement program we will also be giving back to the Birrigai team by providing our Physiotherapy and injury prevention expertise. We love a good cross benefit relationship!



COMMUNITY NEWS

Origin is proud to announce we are a new sponsor for the Queanbeyan Squash Club Juniors. Good fitness is important for a good life and we love getting involved in great initiatives to keep kids fit in the local community. The Origin team can't wait to see the juniors develop their skills and have fun over the season.



Class Updates

POWERED BY PHYSIO

Monday 12:00PM-1:00PM

Thursday 5:30PM-6:30PM

Term 2 commences April 27

BUB & ME CLASSES

Prenatal:

Tuesday 5:15PM & 6:30PM

Postnatal:

Tuesday 9:45AM

Wednesday 9:45AM