



2022

# MARCH NEWSLETTER

ORIGIN PHYSIOTHERAPY & WELLNESS



Welcome to our March newsletter; I hope you enjoy reading it. Your injury prevention tip for this month is all about the hands and wrists and we have some interesting statistics for office workers. We take a deep dive into Hydrotherapy, explaining what it is and how it helps with your recovery. We also welcome three new team members this month, plus a new Origin baby!

Happy reading  
**David Selems**  
Director (and human)

This issue's highlights:  
**Hands and wrists**  
**Hydrotherapy**

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# Injury Prevention

## Wrist and hand exercises for office & WFH workers

**Did you know that the average full-time office worker actively uses their computer for close to 5 hours a day?**

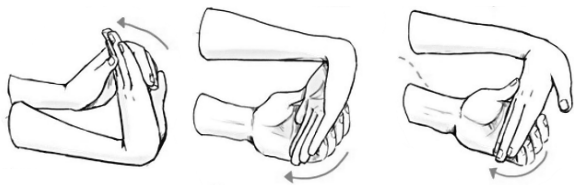
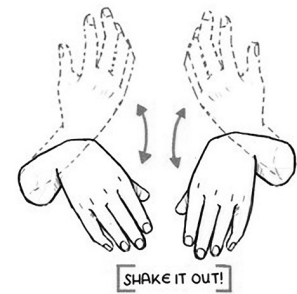
**The remaining time is spent in meetings, on the phone or other activities. Take a look at what makes up the average usage...**

Activity	Daily Average (Office Worker)
Computer use	4.9 hours
Mouse use	2.8 hours
Keystrokes	11,600
Mouse clicks	3,400



**With all these keystrokes and mouse clicks, it is important to take care of your wrists and hands. Here are four simple exercises you could be doing every day.**

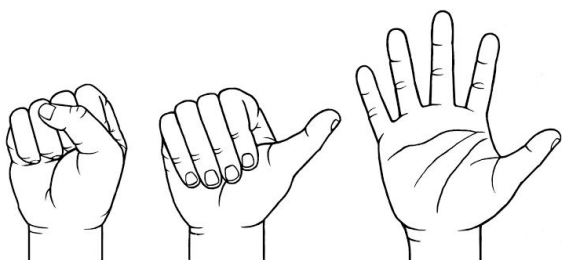
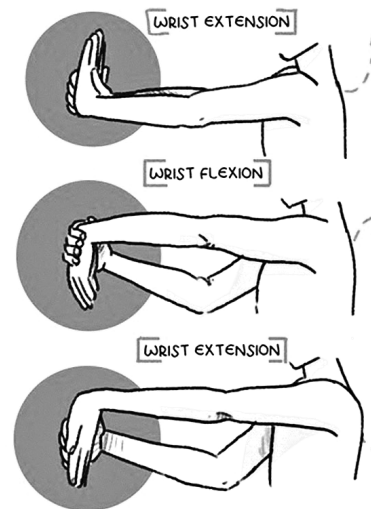
1. **Shake it out.** The shake is super straightforward, and it's great for you! Just shake your hands as if you're air-drying them after washing them off. Do this for a couple of minutes every few hours to keep your wrist muscles from getting cramped.



2. **Wrist extensions & flexion.** With your arm fully extended, add pressure with the opposite hand to pull your fingers towards your face. You'll want to be sitting or standing straight with your shoulders relaxed. For flexion, do the opposite: point your fingers towards the ground and apply pressure with the opposite hand. Hold each for at least 5-10 seconds, and repeat every few hours.

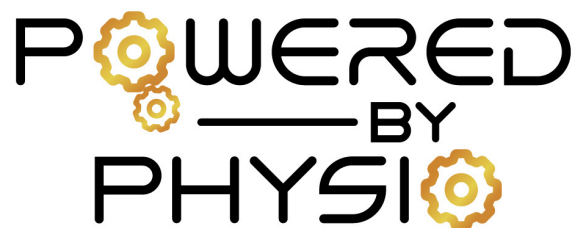
3. **Stretch Armstrong.** Hold your arms straight out in front of your body, then raise and lower your hands. Bending your hands at the wrist, stretch the muscles in your forearm. Repeat several times.

This routine adds to the wrist extensions and flexion you just did, continually loosening those tight muscles. Hold each position for 5-10 seconds and repeat every few hours



4. **Cat Claws.** If you've ever had cold fingertips, you probably know this one. Make a tight fist with both hands. Hold for a second, then spread your fingers as far apart as you can and repeat. Try doing this as fast as you can in 10-second bursts and you'll be warmed up and stretched in no time.

**These four exercises each take only 5-10 seconds every few hours and will make a great addition to your office routine.**



- **Do you want to fast track your health?**
- **Can you spare 1-2 hours per week?**

If you answered yes to the questions above, you should sign up for our Powered by Physio (PbyP) gym program!

The PbyP program is a 10-week holistic strength and conditioning program designed to kick-start your individual fitness plan.

Here's what it looks like:

- **Step 1:** An initial comprehensive **individual biomechanical assessment** with one of our super-star Physios (full written report and base measures provided).
- **Step 2:** Your Physio will write your **PbyP gym program** to get you ready for your first gym session.
- **Step 3:** Nine weeks of **supervised gym sessions** at our fully equipped and welcoming gym in Deakin. These sessions are structured around your personal PbyP program, and supervised by your Physio.
- **Step 4:** Your Physio will conduct a **progress review** to assess how far you've come, comparing your results to base measures.
- **Step 5: Congratulations!** You are now a PbyP graduate.

We run regular PbyP gym programs during ACT school terms.

For further details, please contact Kate Pinnegar at [pm@origin.physio](mailto:pm@origin.physio) or call 6179 5814.



# Hydrotherapy in Focus

## What is Hydrotherapy?

Hydrotherapy, or aquatic physiotherapy, uses water to treat a range of conditions. Individuals undertaking hydrotherapy complete specific exercises in a temperature-controlled pool. The water is much warmer than what you might be accustomed to (approximately 33–36°C, compared to 26–28°C in standard indoor pools).

*Hydrotherapy treatment is prescribed and conducted by a trained Physiotherapist.*



## How does Hydrotherapy work?

The buoyancy of water reduces weight-bearing stress on the body, enables free movement and increases the range of motion for your joints. The warmth stimulates blood flow and circulation, which relaxes your muscles and reduces your pain, helping you follow your recommended exercise program and achieve the outcomes that matter to you.

## Session Information:

**Origin Physiotherapy and Wellness runs Hydrotherapy sessions on Friday mornings.**

**For further details, please contact the clinic on 6179 5814.**





## What conditions can be treated through Hydrotherapy?

- Rehabilitation after bone fractures, joint replacement or tendon repair
- Back pain and sciatica
- Back and pelvic pain during pregnancy
- Whiplash and other neck pain
- Sports injuries
- Balance/coordination problems
- Osteoarthritis
- Rheumatoid Arthritis and fibromyalgia
- Neurological problems, such as effects of stroke or head injury
- Work- and accident-related injuries
- Tendinopathy
- Shoulder and arm pain
- Ankylosing Spondylitis
- Parkinson's Disease
- Cerebral Palsy
- And more...!

## I sustained a workplace or motor vehicle injury... can I choose my Physiotherapist?

The short answer is **YES!**

When you sustain a workplace or motor vehicle injury, you are thrust into a world of insurance companies, case managers, rehabilitation providers, doctors and allied health workers. We are all working collaboratively to support you to get better and return to work, but on top of the stress of your injury it can become overwhelming. What many people don't know is that you have a say in who is providing your healthcare. Your case manager is generally the best place to start, but keep in mind that any member of your healthcare team can help you connect with your preferred provider.



# New Team Members

We have had three new team members join us recently!

## **Jessica Quinlan**

Jess graduated from the University of Canberra with a Bachelor of Physiotherapy. Previously she had completed her Certificate IV in Fitness and has been working as an Exercise Therapist in Aged Care for almost four years. Jess is enthusiastic about helping people achieve their goals through exercise and hands-on treatment.

When Jess is not at work she enjoys running, stand-up paddle boarding, playing netball, coffee with friends and watching sport with family.



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## **Sally Blacker**

Sally is working at Origin in a six-week locum role to cover Natalie D'Rozario while Nat is on extended leave. Sally is a highly experienced and skilled Women's Health Physiotherapist and we are grateful to have engaged her services for the short term.

When Sally is not working at Origin she holds a Physiotherapist position in the Division of Women, Youth and Children Community Health Programs for the ACT Government Health Directorate.



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## **Ikmal Salim**

Ikmal has recently joined the famed Origin Admin Team, and is excited to be here. Ikmal has a Diploma of Business, and his allied health experience includes Podiatry, Pharmacy, and Aged Care. He is committed to giving our patients an exceptional experience from the moment they first contact the clinic.

Outside of work, Ikmal is a musician and an avid fan of soccer and cricket.





# Team News

## Welcome baby August!

Congratulations to Kindy and her husband Kevin on the birth of their bouncing baby boy August. Kindy will be on maternity leave for 12 months; we look forward to her returning to the Origin Admin Team in 2023.



## Natalie D'Rozario away until the end of April

We are also wishing all the best to Nat D following her double mastectomy in mid-March. After what had been a challenging journey, her procedure was successful and she will be on leave until the end of April as she rests and recuperates, hopefully to return stronger than ever!



# Class updates

## PILATES

8:30am Wednesdays  
12:00pm Fridays

## HYDROTHERAPY

8:00am Fridays