



RIVERLAND
physiotherapy
W • O • R • K • S

★ SUMMER

NEWSLETTER

2015 ★

www.riverlandphysio.com.au

8584 7996

A MESSAGE FROM CHELSEA...

At the end of spring we've had some big changes at RPW!

As most of you would know, we have just moved to a new location at 1A Pyap Street in Loxton. In conjunction with the move I have done some restructuring of the business, downsizing to one consulting room (with a separate waiting room). This means that Amanda and I will be consulting at different times during the week, increasing our opening hours, but also limiting when you can book with each person. Unfortunately this gives us a little less flexibility with our bookings, which we apologise for. However, we are excited to now offer more late appointments for those who find it hard to book a time outside of work hours.

With the changes, I have also taken over the administration duties. This means we no longer have Kerrin working with us. It's a sad goodbye – Kerrin has worked with me for about 4.5 years and she has done a wonderful job over that time. We know that she will be missed by many clients as well as us. However, I also look forward to spreading my time over both roles, as physiotherapist and administrator.

Due to not having someone in the office most times, we will be relying on our answering machine to take your call when we are with clients. If we are closed for that day (e.g. for public holiday, illness, etc.) the message will indicate this, otherwise we will endeavour to call you back within a short period of time.

I'm sure there will be some teething problems with the new location and changes, so feel free to give us any feedback (positive or constructive!) so that we can continue to provide excellent service to you. Thanks!



NEW PRICING

We're very happy to announce that our popular **Velbexx-17** cream RRP has dropped! The new prices will provide significant savings. It is still the same high quality anti-inflammatory cream made with natural ingredients.

50g tubes for \$20 / 150g tubes for \$40

~ QUOTE OF THE DAY ~

"One must not lose desires. They are mighty stimulants to creativeness, to love, and to long life"

Alexander A. Bogomoletz



Keeping your body in sync with your life!

FASCIA

We all know about muscles, tendons and ligaments as soft tissues, but what about fascia? Fascia is connective tissue throughout the body, which basically separates muscles, organs, and adipose tissue (fat). It allows the muscles to shorten and lengthen with less friction, and with its tension, also helps to add support to the structures of the body. Superficial fascia is thinner, which allows more movement, while deeper layers of fascia are tougher and provide more supportive roles.

Because fascia is continuous throughout the body, one area of the body can be affected from tension in a different part (e.g. tension in your back can cause tension in your legs, or neck; and vice versa). This tension can add to musculoskeletal imbalances – a source of pain and/or tension that may need to be treated in addition to tight underlying muscles.

We actually don't know everything there is to know about fascia. It has contractile abilities and helps to anchor some muscles to bone (like an extension flaring out from a tendon). But it also has autonomic nervous system links, helps circulation, and has a role in proprioception.

We do know that it is important. It connects all of the structures throughout the body, enabling it to regulate and function as a whole.



Image source:
<http://www.bodyworkeducationaustralia.com.au>

Flexibility Classes

Classes are finishing over the school holidays!
Keep an eye on our Facebook page for updates in 2016



- Christmas is coming up quickly -

If you're stuck for ideas, we stock a number of products that can help your loved ones feel their best!

Including memory foam pillows, spikey massage balls, wheat bags, and more!

A FRIENDLY REMINDER!!

Please remember to give us **12 hours notice** if you wish to cancel or change your appointment. Failure to receive the appropriate notice will regretfully result in you being charged the normal fee for that consultation

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