

#### Professional Care of:

- Musculoskeletal Injuries
- Back, pelvis & neck problems
- Sports Injuries
- Headaches
- Knee problems/ injuries
- Shoulder problems/ injuries
- Women's Health

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## TEWANTIN PHYSIOTHERAPY AND SPORTS INJURY CENTRE

# A New You

It's that time of year again when everyone is setting out New Year's Resolutions and, unfortunately, it won't be long until a majority of people start breaking them. There are many reasons why New Year's Resolutions don't stick - they may be unrealistic, there is a lack of self-discipline or life gets "too busy". Our New Year's Resolution is all about you and what we can do to make 2013 a healthy and pain-free year for you. Our goal is not only to maintain but also to improve the high standard of care you've experienced with us.

As part of our resolution, we are going to teach you how to live a healthy, pain-free life. Your success is ours and we are committed to your health and well-being.

In many cases there is more than one factor contributing to your pain, especially if it is recurrent or has been there for a long time. Often getting rid of your pain is the easy part. Stopping it from coming back is the real challenge. We provide you with lasting freedom from pain, so your treatment program will include specific techniques and exercises that correct the underlying cause of your problems, not just give you temporary relief.

#### 2013 Tips

- A physical fitness and injury assessment evaluation is the best thing you can do to keep yourself healthy and pain-free in 2013.
- Tailored exercise programs so that you can keep working on your recovery between your sessions. These may include stretches, strengthening and core

stability and are especially important in minimising the risk of your problems returning in the future.

- We will discuss any important lifestyle factors such as desk postures and exercise activities that may need to be adjusted to help you recover.
- When lifting objects, use the correct technique (as instructed by your physiotherapist) so that you can protect your back.
- When exercising, monitor your technique, breathing pattern, and range of motion during each repetition.
- Maintain an upright posture and practice postural awareness exercises at regular intervals throughout the day.
- Make it a habit to stretch at regular intervals while at work.

#### The New You

Your physiotherapist will teach you how to perform exercise with the correct technique, breathing pattern and range of motion. We will always answer your questions and help you exercise in a safe, progressive manner. Don't hesitate to contact us to ask for help with finding a routine that will work for you.

**Now it's your turn to make 2013 a healthy and pain-free year!**



## S-T-R-E-T-C-H Of The Month Shoulder Rolls

Movement is one of the best things you can do for your back if you've been sitting in the same position for a while. This particular movement helps relieve tension in the upper back and shoulders where the trapezius muscle is located.

1. Sitting upright, inhale as you lift your right shoulder to your ear.
2. Exhale as you slowly roll your shoulder around and back, dropping it away from your ear.
3. Continue these shoulder rolls three more times, alternating right and left.
4. Now, inhale as you lift both shoulders up to the ears. Exhale as you release them.
5. Repeat five times and then relax your shoulders.



## TOWARDS WELLNESS

### Stop Making Excuses & Learn How to Be Healthy

*Excuses always seem to keep us from getting where we really want to be. Not this year! It's time to push excuses off for good so you can drop that extra weight, quit your junk food habit, or finally get in shape.*

***I'm too tired to exercise.*** Tell your body you need to walk and you'll generate the energy you need to take a daily jaunt.

***I'm a terrible cook so I eat out a lot.*** Don't arrive at the restaurant starving! Also drink at least one full glass of water before you order. This helps fill you up so you don't overeat.

***I have pain and can't exercise.*** Workouts encourage your body to release endorphins - neurotransmitters - that act as natural painkillers.

***I travel all the time and have to eat on the road.*** Rely on more snacks instead of pigging out on big meals.



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