

# Sydney Advanced Physiotherapy Update

May – June 2016

## What's New?

If you missed our recent email check out Facebook to see the latest discounts and promotions on massage and physio appointments as we head into winter.

If you've always wanted to try Pilates we've got a few free trial classes coming up.



A FREE beginners mat class is being run Monday 20<sup>th</sup> June from 6.30 – 7.25pm. This class is open to those *not* already participating in our mat programme.

Two complimentary equipment Pilates classes will be run Saturday 25<sup>th</sup> June at 8am and 12pm. These classes are open to those *not* already participating in our equipment programme.

If you are unsure if it would be appropriate for you to participate please contact our physios. Feel free to invite a friend but please remember spots are limited and you need to secure your place by contacting reception on 9416 4410 or via email. These classes are not appropriate for pregnant women, those who have recently given birth or who have recently undergone surgery.

**Massage** is now available from 9am – 3pm on **Saturdays**. **Online bookings** are now available via our website or Facebook.

## The Benefits Of Massage

There are a number of really great benefits that come from getting a massage. Think of it as taking your body for a service!

Consider what you do with your body all day. If you're sitting at work all day you are slowly getting tighter and tighter and massage is a great way to stop yourself from becoming 'chair shaped'.

Previously we've talked about how a spinal disc works and how tight muscles compress the spine and prevent your disc from being able to go through the metabolic process required to keep the disc fat and healthy. So it's important to get your tight muscles released.



Benefits of massage:

- Aids in recovery from muscle pain and injury
- Relieves pain and headaches
- Helps with chronic pain
- Improves posture
- Improves joint mobility
- Assists in managing symptoms of anxiety and depression
- Aids relaxation
- Improves sleep
- Boosts immunity
- Can help manage high blood pressure
- Helps improve circulation and flushes out fluid such as swelling or lymphoedema
- Reduces stress hormones

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At Sydney Advanced Physiotherapy we currently offer the following types of massage:

- Remedial
- Relaxation/Swedish
- Deep Tissue
- Trigger Point Massage
- Lymphatic Drainage
- Pregnancy Massage (after 1<sup>st</sup> trimester)

Our amazing massage therapists work along side our physios to speed up your recovery.



## Keeping Healthy Over Winter

Massage is not the only thing that will help keep you well over this winter period.

Shorter days and cooler weather often sees people exercising less. Pilates is a great way to work on your strength, control and fitness this winter. It's also a great option if you're looking for something to help you recover from an injury because a class can be tailored to your needs.

Last winter we saw a number of chest infections going around the community. Keep in mind that if you get a chest infection or pneumonia or you suffer from a chronic respiratory issue like cystic fibrosis or bronchiectasis then chest physio can help. Chest physio can help you clear your lungs out so you can recover faster.

If you need help act early for the best results.

Call 9416 4410 or email

[admin@sydneyadvancedphysio.com.au](mailto:admin@sydneyadvancedphysio.com.au) if you would like to book an appointment or have any questions

## Product Review

We have a variety of amazing wheat bags in stock in our clinic in a variety of colours.

Some of these wheat bags are designed so that you can wear them around the house or at work without having to constantly rearrange them or hold on to them. Extender straps and lavender scents are available.

We also have some large rectangular ones perfect for sore backs. You can heat them up and comfortably lie on them, having the warmth covering your entire spine evenly.

