

# STURT ROAD PHYSIO



# CHANDLERS PHYSIO

Newsletter 2 // December 2018



Welcome to our December newsletter.

The staff at Sturt Road Physio & Chandlers Physio would like to wish you and your family a safe and happy festive season!

With Christmas just around the corner, and the weather so warm and beautiful, we have decided to devote this newsletter to summer and getting our bodies in good condition to enjoy the great outdoors. We will be giving you all the information on how we can help get your body strong, and as it's Christmas, we thought we would throw in a Christmas gift worth \$20 each for you and a friend. What's more, we will be unwrapping a huge Christmas gift to ourselves in the form of a fantastic new website and app!

## APPs-olutely Fantastic

Well, its finally happened, we've made it into the 21st century and are pleased to announce an exciting new website and app. This is a huge investment for us and is part of our dedication to listening to and responding to our Clients' needs. We know you all lead very busy lives and in this digital age, people want access to everything 24/7.

So check out our new site which is now live at: [www.sturtroadphysio.com.au](http://www.sturtroadphysio.com.au) and take a look for yourself.

If you are feeling sore over the Christmas period, no need to wait until the clinic is open, simply jump online and book a physio appointment from the comfort of your armchair.



You can book your next  
physio appointment  
online here

- **STURT ROAD PHYSIO**
- 9 Sturt Road Brighton SA 5048
- T: 08 8377 5222
- E: [reception@sturtroadphysio.com.au](mailto:reception@sturtroadphysio.com.au)
- [www.sturtroadphysio.com.au](http://www.sturtroadphysio.com.au)

- **CHANDLERS PHYSIO**
- Lexcen House (behind Chandlers Surgery)
- 194a Chandlers Hill Road Happy Valley SA 5159
- T: 08 8387 2297
- E: [reception@chandlersphysio.com.au](mailto:reception@chandlersphysio.com.au)
- [www.chandlersphysio.com.au](http://www.chandlersphysio.com.au)

As part of our commitment to the digital era, we are also becoming listed on the MINDBODY App (very soon in the new year!) which can be downloaded from the App Store or Google Play Store. This is an awesome app that will enable our existing clients to book any one of our classes from Pilates to PhysFit and even Tai Chi, in a few simple clicks. So, stay tuned in the new year and we'll let you know when it is live!



For those of you that prefer a more personalised service, we'll still be answering the phone, and our knowledgeable and friendly team of receptionists will be happy to make all your bookings for appointments or classes, just as they normally do. And, as always, we are readily available to discuss and answer any questions you may have.

## Feeling Great in your Body

So, summer is here and it's that time of year when we all love to get outdoors and be active. However, for those who are suffering from pain or injuries, the thought of too much movement can seem daunting. Pilates is an excellent way to get you moving with greater freedom and ease to really enjoy the summer.

If you are recovering from an injury, want to get stronger and feel more agile, or if you are a performance athlete, Pilates is the perfect choice for fitness and rehabilitation. It is an ideal way to help relieve pain, strengthen and lengthen your muscles and get your inner zing back.

## The Core of the Matter

Pilates is such a powerhouse because it focuses on the core. So, what is so important about the 'core'? The core consists of deep muscles close to the spine that stabilise and support our spine and posture. It is typically referred to as the muscles from the pelvic

floor, up through the lower abdomen and back, the diaphragm and right up to the muscles deep in the front of your neck.

Pilates strengthens and lengthens these muscles simultaneously. By retraining and strengthening the 'core' muscles, they will support the spine through movement and give better posture and allow you to be more active.

## The Feel-Good Factor

The benefits of Pilates don't just stop there, Pilates strengthens the muscles, it supports the bones and this helps improve bone density to prevent or manage osteoporosis.

Pilates is also excellent for supporting and retraining the pelvic floor muscles. After having children, the pelvic floor muscles are often weakened, and as much as we don't like to admit it, this may result in occasional incontinence. Our physio's will help you to carefully retrain your pelvic floor muscles with specific exercises using the Pilates equipment.

The other great thing about Pilates is when you start to exercise your brain releases lots of endorphins and other health promoting hormones and chemicals, which help to lift your mood and restore your vitality and inner zing. Research shows that exercising as part of a group is the most effective way to keep motivated and get the results that you want and need.

If you would like to book or try our Pilates classes to lift your mind and body this summer, why not give us a call on 08 8377 5222. All of our classes attract health fund rebates because they are run by physiotherapists and we'll even give you \$20 off when you refer a friend or relative to come and try it with you. (See the share the love promotion).

SEASONAL PROMOTION

Share the love this festive season

**\$20 off  
any class or  
Physiotherapy  
treatment\***

During the festive season, we all tend to think about family and friends, and different ways to show we care, which inspired us to create a share the love promotion.

I'm sure you all have family and friends who could do with slowing down, putting themselves first and giving themselves some TLC.

So, during the month of December & January, if you refer a new client to us, ask them to quote the 'share the love promotion' and mention your name when booking. Both you and your Friend will receive \$20 off any class or Physiotherapy treatment\*

**\*T&C's - Share the Love Promotion**

Promotion runs from 1st December 2018 and ends on 31st January 2019. Classes require a one on one physio consultation before attending. Get \$20 off per friend or family member you recommend. \$20 credit can be used towards any physio service or class at Sturt Road Physio or Chandlers Physio. \$20 discount will be credited to your account and can be used along side your health insurance rebate. \$20 credit will be added to your account once the friend or family member has completed their class or physio session. \$20 credit can not be exchanged for cash.



## Pilates

We offer three different types of Pilates classes all of which run for 45 minutes. Class numbers are always limited to six people, so we can offer personalised service and tuition.

- **Mat-based Pilates** – Exercises are mat based and use your own body weight, resistance bands and gym balls to build strength. Classes are held with a Physio with individual modifications to suit your injury.
- **Equipment Pilates** – These classes use our specialised Pilates equipment machines, and you will be given a personalised program tailored to your specific goal or rehabilitation. Equipment can be adjusted for resistance and while each person has their own personalised program, the Physio is always on hand to help and guide you through the class.
- **Mums and Bubs Pilates** – This class is individually designed for pre and post-natal mums. Each participant will have an individualised program, using the specialised Pilates machines which is designed to strengthen the pelvis and abdomen, to support your pregnancy and/or help recovery after birth.



## Physfit

Along with our Pilates classes, we also offer Physfit classes to help get your body back in good condition for summer. These fitness sessions focus on both cardiovascular fitness as well as functional strength training and last for 45 minutes. Numbers are limited to 6 people per class, and the intensity, and type of exercises will be tailored to suit your specific goals and needs. Physfit is a circuit training class, using weights and resistance equipment to create a fun and varied session which will build strength and resilience. Our physios will guide you through the class with particular emphasis on great technique to help you avoid injury. These classes are a real feel good class and you are likely to notice positive changes within your body after just a few sessions.

## Christmas Opening Hours

### Sturt Road Physio

Monday Dec 24th	8am - 2:30pm
Tuesday Dec 25th	Closed
Wednesday Dec 26th	Closed
Thursday Dec 27th	8:30 - 5pm
Friday Dec 28th	8:30 - 5pm
Saturday Dec 29th	Closed
Monday Dec 31st	8:30am - 2:30pm
Tuesday Jan 1st	Closed
Wednesday Jan 2nd	return as normal

### Chandlers Physio

Monday Dec 24th	8am - 2:30pm
Tuesday Dec 25th	Closed
Wednesday Dec 26th	Closed
Thursday Dec 27th	10am - 3pm
Friday Dec 28th	Closed
Saturday Dec 29th	Closed
Monday Dec 31st	8:30am - 2:30pm
Tuesday Jan 1st	Closed
Wednesday Jan 2nd	return as normal

Thankyou for reading our newsletter, please feel free to give us any feedback on its content, or let us know if there any topics you would like us to feature in upcoming issues. Have a safe and happy festive season, from the team at Sturt Road Physio and Chandlers Physio.