

WHAT'S NEW!

Physiotherapy Exercise Group

As of the 8th of June, our Physiotherapy Exercise Groups have been back up and running.

Hydrotherapy

Hydrotherapy is also currently running Monday and Wednesday 1:30 –3pm

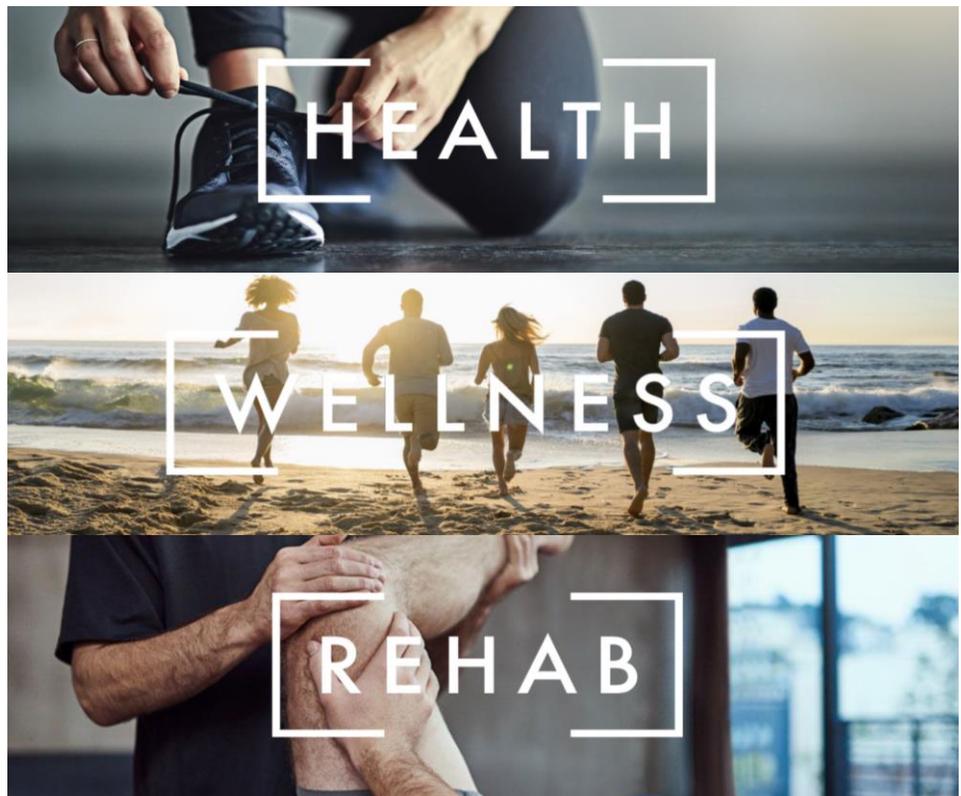
Remedial Massage

Our remedial massage therapist is back and currently taking bookings. Spots are filling fast!

THE HUB REPORT

July 2020

Welcome to The Injury Hub newsletter. A monthly report of everything happening around the clinic. Keep up to date with events and announcements and get your questions answered by one of our experienced physiotherapists.



Social media: Click on the link to view the videos



Mark Cruickshank: Working from home and reducing neck pain



Jason Collins: Chronic groin injuries

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Hub milestones

Congratulations to **Penny Chappell** who this month reaches her 8th year anniversary!

Physioactive is very grateful for the time and effort Penny puts into her work. We certainly know how all Penny's patients love to see her for all their injury needs.



Matthew Brockhouse will celebrate his 10th year working with Physioactive this month, which is an amazing milestone. Matt has really made significant impacts into his patient's lives especially within vestibular rehabilitation and work injury.



Physioactive congratulate both Penny and Matt on their work anniversaries and all their hard work over these years. It also reflects how experienced our physiotherapy team is.

Meet the team



We recently welcomed **Dr Sandy Kleinschmidt** to The Injury hub. Sandy has recently started consulting at The Injury Hub on Tuesday afternoons. Sandy is a Sports & Exercise Physician (Registrar) who has interests in all sports injury management, groin pain, concussion, and osteoarthritis management.

Exercise of the Month

Arabesque This exercise has its origins from Ballet, and is a great exercise for balance, trunk/pelvic stability, hamstring/gluteal strength and control, and calf/foot/ankle strength and stability.



Please make sure you see one of our Physio's before deciding whether this exercise would benefit you and is safe to perform!