

WHAT'S ON!

Suzannah Smart Dietitian



Suzannah is back at the Injury Hub providing face to face appointments for all your dietetic needs!

Visiting Specialists Orthopaedics

Dr Andrew Comley:
7th, 28th of August

Dr Collie Begg: 12th,
25th of August

Sports Doctor

Dr Sandy Kleinschmidt:
4th, 11th, 25th of August

Cardiologist

Dr Abdul Sheikh: 5th,
19th of August

THE HUB REPORT

AUGUST 2020

Welcome to The Injury Hub newsletter. A monthly report of everything happening around the clinic. Keep up to date with events and announcements.

Tradies National Health Month

Tradies National Health Month raises awareness of the health and injury risks affecting those who work in trade occupations.

Tradies generally work in very physically demanding jobs which can place a lot of stress on their bodies causing a variety of injuries.



Our physiotherapists are highly experienced in treating common tradie injuries like back, shoulder and knee pain.

For further information click on the below link or alternately make an appointment to see one our highly qualified physiotherapists.

<https://australian.physio/campaigns/tradies-national-health-month>

Tradies Health Survey*



Almost 1/3 (32%) don't follow safe lifting guidelines



Less than 1/4 (24%) stretch or warm up before work



Almost half (48%) haven't taken a sick day in the previous six months



1/3 said they'd stretch/warm up if their boss prioritised it



Of the tradies injured at work, 82% have joint, soft tissue or musculoskeletal injuries



88% said they take good care of their tools

compared to 61% who take good care of their bodies



69% said that being sore was just normal for the work they do

(Tradie Health Survey-Resource. APA).

Contact Us

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COVID-19 UPDATE

The Injury Hub maintains high Infection Control and Hygiene Standards to help protect our staff and patients. You may have seen our recent 'Sneeze Guard' screens in our reception area. We also have a **'Touch Free' hand sanitizer** machine for all patients to use when entering the clinic.

Just a quick reminder for protection of our staff and patients to please reschedule your appointment or change to a 'telehealth' appointment if you



-Have any cold or flu like symptoms

-Have anyone in your family being tested for coronavirus

-Have been in close contact with a confirmed case of coronavirus

-Return travelling from NSW/ACT and Victoria.

Social media: Click on the link to view the videos



David Giles-APA Pain and Musculoskeletal Physio. Video: National Pain Week.



Sam Mathews-Physio. Blog: Work-related Headaches.

Exercise of the Month

Crab Walks: This is a great exercise for glute strength and control. The Theraband provides resistance to make sure the hips, pelvis and trunk are working hard to stabilize. A great exercise for anyone who needs increased pelvic and trunk stability for functional movements. Please see one of our Physiotherapists if you think this could help!!

