

WHAT'S ON!

Northern Spine Clinic has resumed.



Northern Spine provides rapid assessment for all neck and back injuries including ability to refer for MRI and access to a neurosurgeon if required.

VISITING SPECIALISTS

Orthopaedics

Dr Andrew Comley:

4th September

Dr Collie Begg:

9th September

Sports Doctor

Dr Sandy Kleinschmidt:

1st, 8th, 15th, 22nd, 29th
September

Cardiologist

Dr Abdul Sheikh: 2nd, 16th,
30th September

Neurosurgeon

Prof. Matthew McDonald

5th September



THE HUB REPORT

SEPTEMBER 2020

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

2020 World Physiotherapy Day - Tuesday 8 September

This day marks the unity of the physiotherapy community around the world. It is an opportunity to recognise the work that physiotherapists do for their patients and community.

Physiotherapists play a significant part in helping people with their health and wellbeing. As you may be aware physiotherapists can help across many different areas including: Sports injuries, Work injuries, Motor vehicle injuries, Women's Health, Vestibular dysfunction, Chronic Pain, Back Pain, Neurological injuries, Disabilities, paediatrics and much more!

This year, the theme is rehabilitation after severe respiratory illness.

Many of our physio colleagues have helped COVID-19 patients in ICU using their respiratory assessment and treatment skills.

YOUR RECOVERY AFTER SEVERE RESPIRATORY ILLNESS



Physiotherapists are crucial in early and ongoing rehabilitation for people recovering from severe respiratory illness. They can help with:



impaired lung function



joint stiffness



severe muscle weakness



fatigue



Click [here](#) to see a video on what being a physiotherapist means to our physio's at Physioactive!

Contact Us

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The Injury Hub

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Women's Health Week: 7-11 September 2020.

Women's Health Week is a nation-wide campaign of events and online activities – all centred on improving women's health and helping women to make healthier choices.

Jess our very own Women's Health Physiotherapist speaks about the importance of putting yourself first and taking the time to check in on your health. Jess can assist in many ways including

- * Ante-natal and Post natal Care
- * Contenance Matters
- * Individual Exercise Programs

Click [here](#) to hear more from Jess.



Meet the team



Millie Christou-Exercise Physiologist from Move EP consults daily at the Injury Hub. Exercise Physiologists can advise you what exercise is right for you and guide you through a safe and effective exercise program.

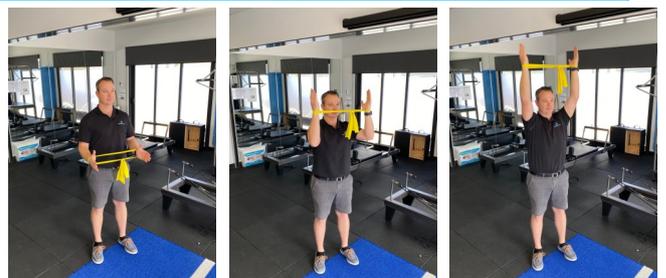
Exercise Physiologist's provide support for people with conditions such as obesity, cardiovascular disease, diabetes, osteoporosis and arthritis. Millie has a special interest in

oncology rehabilitation providing specialised exercise programs for individuals with a current or previous cancer diagnosis.

For more information on Move EP and Millie, click [here!](#)

Exercise of the Month

The Robot: A great exercise to improve strength and control around the shoulder and scapular region. Apply the theraband around



your wrists, keeping your elbows at 90 degrees. Holding this position raise your arms in an upward direction with the final position above your head. This exercise can help with shoulder pain and injuries-however like all exercise please speak with one of our physio's for further advice.