

What is the first thing that comes to mind when you hear the word Autumn?

There is always that little memory that pops into my head of playing in the orange, red and gold leaves that fall from the trees at the first of the season. The pure joy of being engulfed with nature, the smell, the sound they make beneath your feet and the rustling they create as the wind blows through the branches.

For others it can be a reminder that the weather is turning cold and those arthritic aches and pains may be returning.

Thankfully you are looking in the right place, we have just the remedy for those achy joints and muscular pains right here on Annie street.

Whether it is pain relief, mobilisation, exercise, massage or acupuncture we have the therapist for you.

We now have psychology services available every Friday on site from [KC Psych](#) and a Dietician [Gunther Pape](#) will be working out of the practice on a Tuesday. For more info phone **5495 3255**.

PILATES is a specialized method of exercise that works through a series of low impact exercises targeting the body's core postural muscles. The main focus is directed towards developing "core" strength which in turn keeps the body balanced, builds strength, improves muscle tone/posture and enables the body to support the spine.

Pilates requires you to engage your whole body, so the advantages of this method of exercise are endless. Some of the **BENEFITS** include;

- * Improved core muscle function
- * Increased flexibility and mobility
- * Alignment and postural correction which will have you holding yourself differently, sitting straighter, standing taller & moving with better balance and control.
- * Better control of your breathing. A feeling of inner strength and heightened awareness as you become more in tune with your body
- * Control & reduce back pain, improved Pelvic floor function & bone density.

Pilates at Caboolture Physical Therapy Centre – Clinical Pilates

Due to its core focus, Pilates is popular not only for fitness but also for rehabilitation. It can be used to progress individuals through movements that represent their day-to-day activities. Exercises have to be applied differently for different body types, hence why an individually tailored approach should be undertaken in order to be safe and effective. To ensure that the classes are suited to you we request that you arrange an appointment with one of our practitioners for an assessment. All of our instructors are registered Physiotherapists or Exercise Physiologist so you may be eligible to receive health fund rebates.

We offer 7 classes throughout the week.

Last month the centre was able to donate \$275.00 to Medcens Sans Frontieres thanks to the extra boost we are getting from Fun Shirt Friday. It is great to see the clients participating as well. Remember that you can also vote for your favourite shirt on the day to keep our Staff competing for the brightest and most outlandish shirts.

Medicare and Physiotherapy.

Physiotherapy isn't always covered by Medicare, although there is an option. Your General Practitioner can assess to see if you are eligible for what they call an Enhanced Primary Care Program or (epc). This plan entitles you to up-to 5 Medicare rebateable Allied Health visits per calendar year.

Physiotherapy falls under the allied health category, so if you are due to see your GP then ask them about this plan. To find out more about our fees, and what Medicare can rebate etc. Call our friendly staff today on **5495 3255**



A few minutes with ...

Bianca Tanner



Physiotherapist

Bianca has come across from New Zealand and will be with us until the end of June

1. What attracted you to work in Australia?

The golden sands and awesome weather

2. Best thing about being a Physiotherapist?

Traveling the globe with healing hands

3. What did you do before you were a Physio?

Sailed the high seas working for P&O

4. Where were you working in New Zealand?

Did you have a particular area of interest?

I was working in Waitakere and my areas of interest were Neurological rehab and hydrotherapy.

5. The thing you want to do the most while you are in Australia/QLD?

I'd love to trek around the country and head up to the Great Barrier Reef.



Fun Shirt Fridays

You've seen us in ours now you can wear yours too. Wear your brightest & most outrageous shirt on a Friday & make a small donation at reception to help support a great cause...

Medcens Sans Frontieres – Doctors without Borders are the world's leading organisation for medical Humanitarian Aid. Every day, more than 24,000 field officers are assisting people caught in crises around the world, providing relief after Natural disasters and helping people in conflict.



Join us and show your support

Amazing Facts about the Human Body

Like our skin, the human body's bones are also constantly worn down and remade, to the point where every 7 years we essentially have a new bone... (www.sciencekids.co.nz/sciencefacts/humanbody/skeletonbones)

RecipeHealthy Cacao & Coconut Balls

Makes 16

Ingredients:

- *12 Medjool Dates
- *1 C almond meal
- *1/2 C shredded coconut + 1/3 C extra for rolling
- *1/3 C coconut oil
- *1/3 C cacao powder
- *1 Tbsp. chia seeds

**Method:**

1. Place dates in a medium bowl and cover with water. Stand for 1 hr. drain and discard seeds
2. Process dates, almond meal, shredded coconut, coconut oil, cacao & chia seeds until mixture comes together. Transfer to a bowl and stand for 20mins for chia seeds to soften
3. Roll level Tbsp. of mixture into balls and roll in remaining coconut to coat



"Life should not be a journey to the grave with the intention of arriving safely in an attractive, well preserved body, but rather to skid in sideways chocolate in one hand, wine in the other, body thoroughly used up, totally worn out and screaming WOO HOO what a ride!" – If the body can't keep up, just call us for some help!

BRAIN TEASERS:

1. What are four things that have an "eye" but cannot see?
2. What 9 letter English word, is still a word each time you take a letter away?

Answers: 1. a needle, potato, the alphabet, hurricane 2. Starting: starting, starting, string, stings, sine, sin, in, I

Physiotherapists:

Kaye Kerr B.Phty. Dip.Ac.
 Steve Jones B.Sc. B.Phty. Dip RT
 Rebecca Ashby B.Phty
 John Newby B.Phty. B.Sc
 Katelin Reardon B.Phty.
 Bianca Tanner B.Phty
Acupuncture Rose Yoke Mak

Exercise Physiologist:

Rachel Mitchensen B. Cli.ExPhys

Remedial Massage:

Ruth Hodson

Dietician/Nutritionist:

Gunther Pape

Psychology:

Marion KC Psych



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