



Happy are those who dream dreams and are ready to pay the price to make them come true. - **Leon J. Suenes**

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Simon Campbell Lauren Adendorff

Front Counter:

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2008 James Cook University Soft Tissue Course

Every year in July, James Cook University in Queensland runs two specific Soft Tissue Injury Management Units. These are for Occupational Therapists who have either specialised in this particular field, or alternatively feel that the skills and knowledge covered in these units would be of particular benefit to their clients in any clinical setting.

Both units are coordinated and lead by Laurie Farrow, alternating between the Cairns and Townsville campuses. This year Jacque Cooper, who heads the Health Central team in Currumbin was there to support Laurie with both units. Lauren Adendorff attended the course which will become a component of her Masters Degree.

The first unit examines the fundamentals of Soft Tissue Injury Management for therapists who have experience as well as for therapists who do not have experience in the area. It focuses on the anatomy, body systems and biomechanic relationships between all areas of the body. This unit also covers how these inter-connections need to be dealt with on a holistic approach in order to provide clients with the best level of care available. The second unit continued to explore issues with body systems in further detail and how these can present with physical pain and symptoms. Therapists attending the second unit were also challenged to further develop the accuracy of their diagnostic skills in order to identify the true cause of any issue that may present within a clinic, be it systemic, environmental, postural or musculoskeletal.

Laurie runs an intense course and demands a lot from his students. He challenges therapists to think from multiple perspectives to allow them to more accurately assess and diagnose issues that their clients are experiencing.



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Supplements Available at HC

- BioCeuticals Ultraclean EPA/DHA+
- Chondrosamine Forte
- Flavonoid C BioComplex (Vitamin C)
- Footsies Detox Patches
- Red Ginseng
- White Ginseng
- Mag-Oro Magnesium Tablets
- Magnesium Ionic
- Multivital Tonic (375 ml)
- Oil of Emu (55 ml)
- Olive Leaf Extract (500 ml)
- Red Iron—Colloidal Iron Supplement
- Salon Pas Heat Plasters
- Swisse Women’s Ultivite Tablets
- Traumeel Cream & Tablets
- Tresos B Tablets
- Ultra Muscleeze Powder
- Schuessler Tissue Salts
- Hoteeze Pads
- Dura Band Regular & Ultra Heavy
- Zinc Ionic
- Sleeprrr Pillows

These supplements are supplied for your convenience. Health Central works to meet the demands for these supplements to the best of our ability, but please be patient if on occasion we run out of a particular product. We will endeavour to fill orders as soon as possible.

If you have any questions in relation to

The Sense of Touch

Everyday there are simple signs around us that indicate the importance of human touch. From holding hands to a tickle, touch communicates on a level of its own.

None are more sensitive and responsive to touch than infants. Recently I attended a course on how to teach simple therapeutic massage techniques to parents, enabling them to use the immense power of their own touch to nurture their children. These techniques help to stimulate the immune, circulatory, nervous, respiratory and digestive systems. Studies have shown that full term infants receiving the massage on a regular basis had decreased levels of crying, improved quality of sleep, lower stress hormone levels and gained more weight.

Research has seen these techniques employed with pre-term infants and the results speak for themselves. Seven studies consistently reported rapid weight gain, increased levels of activity and fewer days hospitalised. Other outcomes included

larger amounts of formula intake with fewer feedings, improved consolation, more alertness, touch responses to social stimulation and improved motor behaviour. Special techniques for treating colic can be taught to parents which empower them in the management of what can be a very distressing ailment. All this from simple human touch.

It is not just babies who can benefit either. Studies regarding older children with a variety of medical conditions consistently showed benefits of lower stress hormones, improved mood and lower anxiety levels. Children with juvenile arthritis had reduced pain, children with autism showed increased classroom attention and children suffering from asthma or cystic fibrosis had increased peak air flow.

Parents also report that through baby massage they learnt to better understand their baby's cues and that it

improved their confidence in their parenting skills. Parents suffering from post-natal depression or insecurely attached children have benefited from the bonding that the techniques promote. Most parents who have been taught baby massage report their favourite response to the treatment is that their baby sleeps better and thus they do!



If you know someone who would benefit from this service, please don't hesitate to contact Amy house at the Mt Hawthorn clinic.

Visit Our Website:
www.healthcentral.com.au



Health Central Assists Skier

Information Sessions

The Therapists at Health Central are always willing to organise information sessions or presentations on the benefits of Occupational Therapy and Soft Tissue Treatments at your workplace or sporting club. Please feel free to talk to your Therapist.

Our Purpose

Your health is our concern but ultimately your responsibility. If you are unable to make an appointment please inform the clinic as soon as possible so that your appointment time may be made available to someone else, as we run very busy clinics with waiting lists

A Younger Focus

Take some time to consider your children's health. Prevention is always better than cure (and usually quicker) so take the time to book them in to see one of the Occupational Therapists at Health Central.

Help Those Around You

Do you know anyone who you think would benefit from the services offered at Health Central? If so please do not hesitate to give them our contact details and encourage them to call. We welcome all referrals.

Health Connections

Do you have any other health concerns, but are unsure where to go to? Health Central Therapists have developed many reputable networks over the years with other health professionals. Please, feel free to ask your practitioner for their recommendations.

In May 2008 I snapped my Achilles tendon playing in a squash tournament. Whilst this was bad enough I was now faced with the prospect of how I was going to cope with leading a group of 35 students to the Melbourne ski fields in 13 weeks time.

As soon as the tendon was reattached by surgery and the cast removed I went straight off to see Brett Zani at Health Central with a challenge to get me ready to ski in 8 weeks time. Whilst I was hopeful he might succeed I knew this was a big ask.

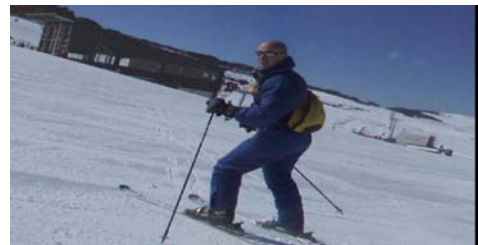
Whilst at first, progress was slow because of the amount of swelling, within 4 weeks I was walking normally and riding over 20km a day on my bike.

The great news is by the end of the 8 weeks not only was I able to lead the group to the ski fields - but I was also able to ski the best I ever had. In the end I skied from sunrise to sunset including all the advanced slopes.

Thanks Brett and all the crew at Health Central. I couldn't of had the best week of skiing in my life without your help.

David Ernst

Manager—ECU Sports



Summit Fertilizers Quarterly Conference 2008

On the 30th July 2008, Ryan Stanford and Lauren Adendorff were invited to speak at the Summit Fertilizers Quarterly Conference. They were asked to present a seminar on back care including ergonomic setup of the home office and car.

Ryan and Lauren addressed topics including ideal seating positions when driving and strategies to minimize the impact that long hours in a car can have on the body.

A group of about 30 employees were in attendance, predominantly males who were very receptive of the topics that were presented and demonstrated to them. It was positive to see their interest in preventative ideas that should be utilized to reduce the risk of work related injuries.

If your workplace is organizing a conference please consider including Health Central in your presentation. Our Occupational Therapists are focused on educating people about their health and how they may take control of their environment to ensure maximum prevention of possible issues.

Up and Coming Events

- 19-25 October— Occupational Therapy Week
- 1 September—30 November Active Family Challenge
- 14 - 20 September Stay On Your Feet Week
- 3 October—Walk to work day
- 15 October—National Ride to Work Day

www.findthirtyeveryday.com.au



Featured Supplement

PLEASE TAKE NOTE:

Clinic Opening Hours:

WA

Monday– Friday:
6.50am–6.30pm

Saturday:
8am–1.30pm

Qld

Monday
1.00pm–7:00pm

Tuesday– Friday
7:00am–7:00pm

Saturday
7:30am–12:30pm

On arrival at Clinic

Please see the receptionist upon arrival. This eliminates the possibility of you being overlooked and enables us to have your information ready.

Have Your Details Changed?

Have you recently

- Moved house
- Changed contact details
- Changed email

We like to know we can get in contact with you, but if we have old contact details you might miss out on special mail outs or emails.

Don't miss out on interesting information, offers and reminder phone calls about appointments.

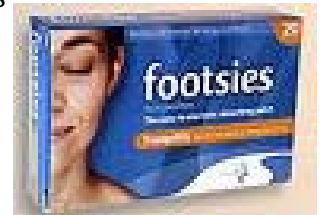
Update your details with us
TODAY

Tranquillity Footsies

Footsies are a revolutionary innovative skin cleansing foot patch exclusively formulated and produced by a Japanese Pharmaceutical Manufacturer. The Footsies Program harnesses the power of traditional Eastern therapies, mixes them together with Eastern herbs and unites with today's most advanced scientific innovations.

Footsies are the easy to use all natural foot patch. Footsies detox foot patches are certified as a therapeutic medical device (ARTG 151147) which relieves swelling and absorbs toxins released from the feet.

<http://thinklife.com.au>



Please note: If allergic to shellfish do not use this product.

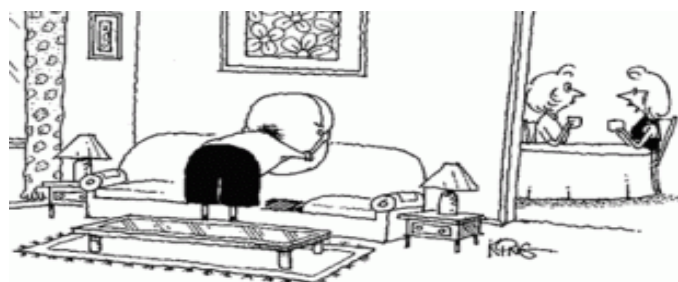
Protect Yourself from Injury This Spring Season

With spring here and warmer weather approaching, it is time to come out of hibernation. For many, spring is a time to lose those extra kilos put on over winter; whether to look good or as part of an ongoing commitment to healthy living, exercise is foremost in people's minds.

However, it is important to take a gradual approach when exercising as pushing oneself to the limit too quickly can lead to injury.

Our Occupational Therapists recommend considering the following guidelines to help keep spring workouts injury free.

- Continue your OT treatment program
- Always warm up and cool down
- Stretch for 30 seconds, ask your OT about stretching programs
- Drink plenty of water



The doctor said he needed more activity. So I hide his T.V. remote three times a week.