



# Health Central



“ Don't knock the weather; nine-tenths of the people couldn't start a conversation if didn't change once in a while” - Kin Hubbard

## Health Central OTI Mt Hawthorn

378 Oxford Street, Mt Hawthorn 6016

T: (08) 9201 0888 F: (08) 9201 0788  
E: admin@healthcentral.com.au

### Occupational Therapists:

Brett Zani Amy House  
Simon Campbell Kellie Danker

### Front Counter:

Erin Cartwright Kate Hadlow  
Taylor Wright

## Health Central OTI Ardross

27 Willcock Street, Ardross 6153

T: (08) 9316 4222 F: (08) 9316 4211  
E: admin@healthcentralardross.com.au

### Occupational Therapists:

Laurie Farrow Nicola Byrne  
Ryan Stanford

### Front Counter:

Lauren White Alex Wright

## Health Central Queensland

8A Throrer Drive, Currumbin 4223

T: (07) 5534 7733 F: (07) 5534 7766  
E: admincurrumbin@healthcentralqld.com.au

### Occupational Therapists:

Jacqueline Cooper Claire Canning

### Front Counter:

Jess Varley Holly Schmida

## OT Week WA 19th -25th October 2008

On Friday 24<sup>th</sup> October 2008 staff from both Ardross and Mt Hawthorn Health Central OTI clinics attended the OT Week breakfast at the Esplanade River Suites in Como. Felicity Beaulieu, the keynote speaker for the morning addressed the importance of actively promoting Occupational Therapy positively in the community.

The breakfast serves as an opportunity for occupational therapists to socialise and to share what work they are currently doing.

Staff from Health Central OTI were also able to promote their Win a Diamond Ring from Linton Jewellers promotion.

Every time you have a treatment at Health Central OTI at the Mt Hawthorn and Ardross clinics, you will receive an entry to go into the prize draw to win a Yellow Gold Ladies Dress Ring with approximately 0.40cts of Diamonds and 0.25cts of Pink Sapphires.

The winner will be drawn on Friday 28 November by Anita Correa from Linton Jewellers.

Yellow Gold Ladies Dress Ring



## OT Week QLD 19th–25th October 2008

OT Week in Queensland was full of functions and networking opportunities for the team at Currumbin. On Tuesday evening Jacque presented at the Association of Medical Receptionists on “Avoiding the Aches and Pains at work- at least the musculoskeletal ones!” It complemented Dr Weissenberger’s session on practice image and reinforced our core values at Health Central of friendly, efficient reception staff. The key message from Jacque’s presentation was, “We spend so much of our time at work we need to make it a place we want to be - physically and emotionally, to avoid injuries”.

We continued to build our working relationships with the Gold Coast regional OTs, hospital OTs and community OTs with a function on Thursday. There really are a lot of us out there and we were able to raise the awareness of soft tissue treatment within the OT arena.

The highlight was the OT Week Association breakfast and AGM and saw the whole Currumbin team drive to Brisbane for the event. We weren’t just there for the croissants and catch-up with colleagues- the real draw card was Jacque’s induction as the President for the OT Association QLD. A very important stepping stone in her career. Well done Jac! We look forward to working with the Association to promote the profession and continue to advocate for holistic health care.



Jacqueline Cooper

President of the OT Association QLD

# Inside

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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 Muscleze 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

On Thursday September 11, 2008 Jack and his father, Brendon Sinclair set off from Perth, Western Australia to begin a 4,500 km ride across Australia to Surfers Paradise, Queensland.

The ride took 30 days - finishing under the Surfers Paradise sign at the end of Cavill Mall, Surfers Paradise on Friday October 10, 2008

The motivation for the ride was simply to have some fun and help to raise awareness and funds for Big Brothers Big Sisters of Australia. Big Brothers Big Sisters was established in Australia in the late 1970's to provide vulnerable young people, in need of additional support and friendship, with a caring mentor and positive role model. Their programs are based on the simplicity and power of friendship.

On the lead up to the event OT Claire Canning from Health Central Currumbin provided treatment for Brendon as he was involved in an intense training regime. It was a fantastic charity to support as both the Currumbin and Perth clinics could be involved in the event. The day before the big ride, Brendon, Jack and mum Mel received a once over from OT Ryan Stanford from Health Central Ardross to fine tune any last minute musculoskeletal glitches!

"I'm an old man of 41 and I'd have as much chance of making it across Australia on a bike without Health Central's help as I would of winning Miss Australia. The team are friendly, professional and great at what they do - they've made the world of difference to me and have been very supportive of the whole ride. Thanks!"

Brendon Sinclair

The total money raised reached over \$20,000. From the entire team at Health Central we congratulate the Sinclair family for their efforts and look forward to the next adventure they will encounter.

Check out their website on [www.perthtoparadise.com.au](http://www.perthtoparadise.com.au)



On Sunday 31st August 2008 36,825 participants took part in the Activ City to Surf. The HBF Activ City to Surf is Western Australia's largest community-sporting event across the state and the second largest across the nation.

Health Central was pleased to be part of the event by providing soft tissue treatment to the participants from Curtin University. After an exhausting and strenuous race leaving them stiff and sore, participants were thrilled to have Health Central Occupational Therapists on hand to ease their aches and pains away.



Join Now. Save Now.



HBF has waved the 2 month waiting period for all Health Central Mt Hawthorn and Ardross clients until December 31 2008.

Please call Maria Marvelli HBF consultant direct on 6 3105 400 for more information.

Application forms available at front desk at both Health Central clinics.

Visit Our Website:  
[www.healthcentral.com.au](http://www.healthcentral.com.au)



## Ryan's Radio Health Spot



During the month of December Occupational Therapist Ryan Stanford will be speaking each morning on Capital Community Radio 90.5FM about the importance of health as we age. Over the month numerous health topics will be covered including exercise, nutrition, stretching, safety, mental health and ways to promote a positive outlook for people as they age and little things that they can do at home to promote a healthy lifestyle.

Listen in and learn something new each day.

### 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.

## Swimming for Summer?

*Occupational Therapy can help swimmers recover from injury sooner and uninjured swimmers achieve their personal best.*

Swimming is one of Australia's favourite summer pastimes and people who swim competitively will appreciate the physical nature of the sport and the importance of their body and thus performance being at an optimal level - in swimming, thousands of a second can be the difference between winning and losing.

Besides helping swimmers with common swimming problems such as shoulder pain, general muscular ache and cramping, Occupational Therapy can enhance a swimmers lap time by removing adhesions and tension in a swimmer's most problematic areas - the pectorals, glenohumeral ligaments, rhomboids and other associated shoulder musculature and structures.

Competitive swimmers swim many kilometres a week and perform tens of thousands of arm revolutions during their training week. Such consistent effort and demand on the shoulder and arm muscles can cause tension and adhesions to develop. Occupational Therapy can help remove these limitations that most swimmers don't know are present - leading to enhanced range of movement, muscle strength and performance and faster times.



## Christmas Specials

During the year life becomes so incredibly busy between work, school and other commitments that we often find ourselves with a long list of things to do, which never end up getting done. The holidays are a great opportunity to start shortening the list and getting yourself, and those you care about, in shape for the next year as work slows down a little and the schools are out on their Christmas break.

Health Central OTI will be offering Complimentary Initial Screens for the younger (school aged) members of your family during the school holidays. These will be conducted with Kellie and Simon at Mt Hawthorn and Ryan at Ardross over the months of December and January. This will provide you with an opportunity to ensure the wellbeing of your children with a health check and get on top of any small issues that may have developed over the school term.



Please call our friendly front counter staff to book a Complimentary Initial Screen for those special people in your life.

## Occupational Therapy Word Sleuth

Arm	Life	Sport
Body	Magnesium	Stress
Chronic	Neck	Stretch
Cuff	Occupational	Therapy
Head	Pain	Treatment
Health	Prevention	Use
Heat	Ribs	Water
Hip	Rotator	WBV
Injury	Sit	
Jaw	Soft Tissue	
Knee	Spasm	

O	C	C	U	P	A	T	I	O	N	A	L
A	U	I	S	S	T	R	E	T	C	H	M
B	F	N	E	T	A	E	H	Y	H	I	A
O	F	J	R	O	T	A	T	O	R	P	G
D	E	U	S	S	I	T	T	F	O	S	N
Y	A	R	M	H	C	M	W	E	N	T	E
H	P	Y	I	T	E	E	S	B	I	R	S
E	W	A	J	L	K	N	E	E	C	E	I
A	R	E	R	A	W	T	R	O	P	S	U
D	W	A	T	E	R	B	S	P	A	S	M
N	E	C	K	H	H	E	V	L	I	F	E
P	R	E	V	E	N	T	I	O	N	L	N



## Whole Body Vibration

### PLEASE TAKE NOTE:

#### Clinic Opening Hours:

##### WA

Monday– Friday:  
6.50am–6.30pm

Saturday:  
8.00am–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 being overlooked and enables staff to have your file 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 calls about appointments.

Update your details with us TODAY

Whole body vibration (WBV) is no new phenomenon, it was first used and developed by the Soviet Space Program to allow humans to remain in space longer. Russian cosmonauts established a new record when in 1994/5 they were able to remain in space for a total of 430 days, compared to US space expeditions which were only able to remain in space for 196 days. This was due to the significant benefits of the WBV in building muscle and bone for maintained physical and psychological functioning while in an antigravity space environment. Recently, scientific research from around the world on the effects of Whole Body Vibration is beginning to appear in prominent medical publications and leading fitness research journals, leading to WBV being more commonly used for medical treatment purposes and in peoples own homes.

WBV works by oscillating vibration frequencies to the bodies muscular, skeletal, organ, glandular and nervous systems. The differing vibration frequencies have differing effects on body function with low frequencies being effective in improving balance, warming up and cooling down, middle frequencies being effective for improved circulation, organ function, hormonal regulation, muscle and bone strengthening and the higher levels being effective for massaging the muscles and removal of lactic acid.

#### Why WBV in conjunction with your Occupational Therapy treatment?

Regular use of the WBV helps to restore strength, flexibility and range of movement, before and after musculoskeletal injuries and/or traumas. This assists in both recovery of musculoskeletal injury as well as assisting in future injury prevention.

Whole Body Vibration technology is being used by people of all ages and for diverse purposes from elite athletes to the elderly. It also offers new opportunity for sufferers of arthritis, multiple sclerosis, osteoporosis, Parkinson's disease and stroke etc. It allows people to gain the benefit of exercise while staying within their personal physical capacities.

#### Additional general benefits for you overall health with WBV

Whole Body Vibration improves circulation and oxygen delivery to peripheral tissue such as the feet, hands, skin and hair, in addition to organs, glands, muscle and fat. The increase in oxygen and blood circulation also increases the ability of cells to eliminate waste, respond to hormones and absorb nutrients, sugars and minerals. Aging is intensified by lack of proper oxygenation and circulation to any part of the body.



WBV also assists in improving skin quality, stress management, revitalization and the balancing/harmonizing between the mind and the body.

As a result, improving these critical body functions is necessary to stall or even reverse the aging process and for overall health. Whole Body Vibration training should be an integral part of any longevity wellness program.

In line with this information it is clear as to why WBV is used at Health Central OTI. Practitioners from both the Ardross and Mt Hawthorn clinics have received multiple reports of the positive treatment effects resulting from WBV.

Use of the WBV while at HCOTI will be individually assessed by your Occupational therapist to ensure your safety and to maximize your treatment outcomes.

WBV can be purchased for your own personal use in the privacy of your own home. WBV is available for sale at all Health Central clinics.

### Christmas School Holidays



Christmas School Holidays are approaching quickly. Please book an appointment in advance to avoid disappointment.