

Health Central



Beat the Winter Blues with these helpful stretches
to relieve Headaches and Neck Pain

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 Scott Pickering
Simone Lee

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

Front Counter:

Holly Schmida

Headaches and neck pain are often caused by stiff muscles in the neck and shoulders. Stiff muscles in the neck and shoulders can be caused by a variety of things. Poor posture, stress, sitting for long periods of time, sleeping in a bad position and bulging discs.

The pain from headaches and neck pain can range from bothersome to excruciating.

See your **Occupational Therapist** if you are experiencing headaches or neck pain.

Doing these four stretches as per purple box, only takes a few minutes and is great way to start out your day. Stretching can help to relieve and prevent headaches and neck pain, a warm towel can be held around the back of the neck for extra pain relief.

All of these stretches can be done from either a sitting or standing position. Make sure to have straight posture when performing these stretches. Use slow and deliberate movements when doing the following stretches.

Dura-Band otherwise known as 'your Portable Exercise Companion' can be purchased from Health Central .



Stretches

Repeat each of the following stretches three to five times.

1) Start with your head pointed forward. Slowly turn your head to the left and hold for a few seconds. Slowly turn your head back to the starting position and hold for a few seconds. Slowly turn your head to the right and hold for a few seconds. Bring your head back to the starting position.

2) Start with your head pointed forward. Slowly tilt your head back so that you are looking up and hold for a few seconds. Slowly bring your head back to the starting position.. Tilt your head down so that your are looking down and hold for a few seconds. Bring your head back to the starting position.

3) Start with your head pointed forward. Slowly bend your head to the left side so that your left ear is pointing towards your left shoulder and hold for a few seconds. Bring your head back to the starting position. Slowly bend your head to the right side so that your right ear is pointing towards your right shoulder and hold for a few seconds. Bring your head back to the starting position.

4) Looking straight ahead and making sure to have straight posture, slowly bring your shoulders up towards your ears and hold for a few seconds. Slowly bring your shoulders back down.

Ask your Occupational Therapist today about stretches that may be beneficial to you.



Health Central's Seminar on Back Pain & Headaches hosted by our OT's Simone Lee and Scott Pickering

Supplements Available at HC

- BioCeuticals Ultraclean EPA/DHA+
- Chondrosamine Forte
- Buffered Vitamin C Tablets)
- 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
- Women's Essentials
- Traumeel Cream & Tablets
- Tresos B Tablets
- Ultra Muscleze Powder
- Schuessler Tissue Salts
- Hoteeze Pads
- Dura Band Regular & Ultra Heavy
- Zinc Ionic
- Sleeprrr Pillows
- Multi Essentials

These supplements are supplied for your convenience. Health Central works to meet the availability of 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 supplements, please do not hesitate to

Health Central's first seminar for the year was held at the Mt Hawthorn clinic on Thursday 14 May. Health Central Occupational Therapists Simone Lee and Scott Pickering spoke about the effects of pain and pain management, with a focus on headaches and back pain.

With refreshments a plenty, the relaxed atmosphere gave attendees the opportunity to ask questions throughout the presentation as well as being able to speak with the therapists on a more personal note at the conclusion of the seminar.

If you are interested in a practitioner conducting a seminar at your workplace, sporting team or organisation, please speak to your Occupational

Therapist or the admin staff at Health Central.

Seminars can be tailored to suit your needs on a range of topics including pain management, ergonomics, workplace assessments and injury prevention.



Attention all Beatty Park Members

Occupational Therapist Scott Pickering is currently visiting Beatty Park Swimming and Recreation Centre on a fortnightly basis to provide members with an exclusive complimentary screen.

Screening includes postural assessment, potential weaknesses, musculoskeletal injury and overall health advice which is available on a first come first serve basis for members and their immediate family.

If you are not a member of Beatty Park and are interested in screening for your organisation then please contact the reception staff here at Health Central on 9201 0888 to organise a time.



Special Winter Deals:

Health Central Occupational Therapists Simone Lee & Scott Pickering from Mt Hawthorn & Ryan Stanford from Ardress are currently running a "Winter Special" deal for those close to your heart.

Ask your therapist for an envelope containing a complimentary voucher and general information to help people get started on their very own wellness program.

Visit Our Website:

www.healthcentral.com.au

What's the difference between a cold and the flu?



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.

The terms flu and cold are reasonably self-explanatory, however it's not uncommon for the two to become a little confused with each other.

Over 200 viruses can cause respiratory tract infection with various signs and symptoms. Interestingly, the flu vaccination only gives protection against certain strains of influenza, and not against the common cold. While not as severe as flu, common colds can still lead to secondary complications in individuals who have compromised immunity.

The chart below explains the different between colds and flu more clearly:

Symptoms	cold	flu
Fever	rare	high, lasts 3-4 days
Headache	rare	prominent
Aches & pain	slight	usual, often severe
Weak, fatigue	mild	up to 2-3 weeks
Exhaustion	never	early & prominent
Stuffy nose	common	sometimes
Sneezing	usual	sometimes
Sore throat	common	sometimes
Cough	hacking	can be severe



The Autumn equinox has come and gone and Winter is upon us - in a BIG way! This is the time to stock-up on those immune boosting foods!

Look at the fruit and vegetables that are in season now - this is nature's way of reminding us what to eat during this chilly season...

July - mid Winter - fruit

- Apples Cumquat Mandarin
- Grapefruit Lemons Tangelo
- Oranges Papaya
- Pineapple Rhubarb

July- mid Winter - vegetables

- Avocados Beetroot Pumpkin
- Broccoli Carrot Potato
- Cauliflower Spinach Garlic Ginger

School Holidays

6 July—17 July 2009

School holidays are fast approaching and what better time to ensure the wellbeing of your children. Book an appointment now with one of our OT'S and get on top of any small issues that may have developed over the school term.

Attention Ardross Clients

Laurie Farrow will be away from the 6—17 July. Ryan Stanford and Scott Pickering will be covering his shifts, please pre book your app's to ensure you have your preferred app time.



PLEASE TAKE NOTE:

Clinic Opening Hours:

WA

Monday— Friday:
6.50am—6.30pm

Saturday:
8.00am—1.30pm

Qld

Monday— closed
Tuesday— 10:30am—7:00pm
Wednesday -7:30am- 4:00pm
Thursday— 10:30am—7:00pm
Friday— 8:00am—4:00pm
Saturday— 7:30am—1:00pm

On arrival at Clinic

Please see the Client Co-ordinator 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

Olive Leaf Extract

Product Description

- * 100% Natural;
- * Suitable for Vegans;
- * Dietary Supplement;
- * Australian Made and Owned.

The olive leaves have been widely used in the traditional remedies of many nations. (Continental Europe). Recent scientific advances have allowed for the concentrated extraction of the active oleuropein compound responsible for the leaves' healing powers.

Indications

May assist with:

- * reducing joint inflammation associated with arthritis;
- * reducing joint swelling associated with arthritis;
- * blood circulation;
- * maintaining normal blood sugar levels in healthy subjects;
- * ridding the body of worms;
- * strengthening the immune system and increasing energy levels;
- * in the destruction of free radicals via antioxidant action;

For the symptomatic relief of:

- * chronic fatigue syndrome;
- * sore gums;
- * mouth ulcers;
- * the symptoms of colds;
- * influenza/flu;
- * mild upper respiratory infections;
- * athletes foot.

Directions

Adults:
Take 5mL three times per day.

Try mixing the recommended dose in fruit juice or adding it to your food. For mouth conditions swill liquid in mouth for five seconds prior to swallowing.

Children (over two years):
Take 2.5mL three times per day with food or as prescribed by your healthcare practitioner.

Ingredients

Each 5mL (6g) contains approx. 1200mg Olea europaea extract equiv. Dry Leaf (Standardised equiv. Oleuropein 21 mg)

Warnings

If symptoms persist consult your healthcare practitioner. Not to be used in children under two years of age without medical advice

Buffered Vitamin C Tablets

Product Description

Orthoplex Buffered Vitamin C Tablets provide a potent dosage of the anti oxidant Vitamin C, which may be beneficial for conditions associated with oxidative stress, poor immune function and collagen synthesis. Vitamin C, in combination with other immune modulating nutrients can be applied beneficially to situations such as poor immune function, smoking, oxidative stress, collagen production and adrenal dysfunction.

Buffered Vitamin C tablets can be used daily to maintain optimal health and to supplement the body with Vitamin C.

Active ingredients (per tablet)

- Ascorbic acid (vitamin C) - 400 mg
- Betacarotene - 500 µg
- Calcium ascorbate - 543 mg (equiv. ascorbic acid 451 mg)
- Citrus bioflavonoids extract - 100 mg
- Rutin - 100 mg
- Total Vitamin C - 851 mg

Excipients: Calcium hydrogen phosphate, povidone, crospovidone, microcrystalline cellulose, magnesium stearate, hypromellose, macrogol 400, croscarmellose sodium, ascorbyl palmitate, colloidal silica hydrous, corn starch, colloidal silica anhydrous, mixed tocopherols.

Orthoplex Buffered Vitamin C Tablets are gluten, lactose and sugar free and are suitable for vegetarians.

Suggested dosage

Adults: Take tablet twice daily after meals, or as prescribed.

Precautions

Caution should be taken by people with haemochromatosis; Vitamin C may increase the body's absorption of iron. Excessively large doses of vitamin

