

Health Central



The art of being wise is the art of knowing what to overlook.

- William James

Health Central OTI Mt Hawthorn

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Occupational Therapists:

Brett Zani Amy House
Simon Campbell Lauren Adendorff
Jing-Yun Wong

Front Counter:

Erin Cartwright Kate Hadlow
Stephanie O'Lone

Health Central OTI Ardross

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Occupational Therapists:

Laurie Farrow Nicola Byrne
Lauren Adendorff Kellie Danker
Ryan Stanford

Front Counter:

Lauren White Alex Wright

Health Central OTI Queensland

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Occupational Therapists:

Jacqueline Cooper Claire Canning

Front Counter:

Jess Varley Holly Schmida

New People of 2008

Health Central OTI has the greatest pleasure in welcoming five new Therapists as well as two new Front Counter staff members. 2008 promises to be a great year for Health Central OTI, as we experience significant growth in not only staff members, but also in the number of Health Central Clinics.

The Mount Hawthorn Clinic welcomes Stephanie O'Lone back to the clinic, after her short stint down at the Ardross Clinic. In regards to new Therapists, Amy House joined the team back at the end of 2007. Amy has a great passion for helping as many people as possible and is currently working between both Health Central as well as another paediatric Occupational Therapy Clinic. Amy also has previous experience in Corporate Health programs and comes with a wealth of knowledge.

Simon Campbell was one of the final year Master of Occupational Therapy Students who did his final practicum with Health Central in 2007. He officially joined us as a Therapist at the beginning of this year. Simon is also largely involved with the basketball association in Perth and coaches multiple Basketball teams. Jing-Yun Wong also graduated with a Master of Occupational Therapy at Curtin University last year and completed her

final year practicum at another prominent Soft Tissue Clinic.

Kellie Danker was another one of the final year Occupational Therapy students who completed their final year practicum with Health Central OTI last year at the Ardross Clinic. She officially joined the Health Central Team at the beginning of this year and is a welcomed member of the growing Ardross team. Ryan Stanford is the second new therapist to come onboard at the Ardross Clinic. Both Ryan and Kellie have been fantastically motivated in building the reputation of Soft Tissue Therapy as well as Health Central through multiple marketing endeavours. Their increasing client numbers are definitely evidence of their success in these efforts.

Lauren White joined the Ardross Administration team through 2007 and has been a huge asset to the clinic. Alex Wright joined the Ardross Administration Team at the beginning of 2008 and has also become an integral part of the day to day running of the Ardross clinic.

With all these new faces around the place Health Central can only look forward to great things in 2008 as we utilise this endless collection of new skills.

Queensland Opening

The beginning of 2008 saw the opening of the third Health Central OTI Clinic in Currumbin, Queensland. After much hard work and dedication to get everything up and running, the Currumbin clinic had a great Open Day in February 2008 to introduce themselves to the community and they have continued to experience great success over the following couple of months.

The dedicated team, headed by Jacqueline Cooper, have demonstrated that great love and passion for providing the best quality of care for clients can only set you up for such positive results.





Supplements Available @ HC OTI

- 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

Tai Chi and Health

Tai Chi is an ancient Chinese discipline that integrates mind and body. The fundamental principle of tai chi is the focus on internal discipline. This emphasizes on the execution of movements made from the internal core of the body (i.e. "dan tien"* which is located approximately 1.5 inches down from the navel and one third of the distance towards the spine, also known as the "core") rather than just from external parts of the body (e.g. limbs). It acts to gently stimulate, exercise and strengthen all the major systems within the human body to provide overall harmony and wellbeing.

Tai Chi involves a series of movements that help achieve balance, coordination and correct posture, as well as vitality and relaxation of one's mind. It also greatly improves the circulation of blood in the body which acts to "exercise" and "massage" the internal organs, thus enhancing one's circulatory system and immune systems. Tai chi helps to open joints; use and relax muscles, tendons and ligaments; ease tension; and strengthens and

exercise organs which results in a healthier body and a state of relaxation. By being relaxed, people have reported that it helps with insomnia and that they can sleep better.

Tai Chi has been well documented and is proven to be effective in improving the overall health and wellbeing of individuals. It is especially beneficial to those suffering from injuries and other health problems including arthritis, stress, muscle and joint pain, circulatory problems, high blood pressure and migraines, through to multiple sclerosis, diabetes, Parkinson's disease and cancer.

Underlying myths include:

- Tai Chi is only practiced by the elderly or those with limited physical function

Tai Chi is "slow and therefore unchallenging"

The fact, however, is that tai chi can be practiced by anyone, anywhere, and at anytime. Hence it is more challenging than one may think. The art form looks effortless to perform, however when

practiced correctly and regularly it can greatly increase stamina, strength and balance.

From an occupational therapy perspective, tai chi is a meaningful activity that provides challenges and therapeutic benefits to an individual and society as a whole. It helps individuals, not only to regain and achieve functional independence in their daily lives, but it also provides opportunities to enhance one's social network and support in a positive and peaceful manner.

**Dan Tien is the psychic centre of the person. It corresponds closely to the physical centre of gravity to the person. Hence the movements of the limbs and body all stem from the central core of the person. Tai Chi is based on the ancient Chinese philosophy of Taoism, which emphasizes the importance of unity. Therefore practicing tai chi helps bring about a great unity between one's mind and body, and it also gradually attunes one's whole being to the natural rhythms of nature.*

Visit Our New Website:
www.healthcentral.com.au



Low Back Pain and Pregnancy

Information Sessions

The Therapists at Health Central OTI 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 OTI.

Help Those Around You

Do you know anyone who you think would benefit from the services offered at Health Central, OTI? 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.

Managing low back pain during pregnancy is vital to a happy mum and bub. Recent studies indicate more than two thirds of pregnant women experience back pain¹, so it is vital for pregnant women to seek good advice.

One of our most recent success stories is Jacque's sister, Renae, who has a long standing back condition called spondylolisthesis. Renae had the lower part of her lumbar spine surgically fused 12 years ago. Understandably, Renae was a little apprehensive when she first fell pregnant.

SUCCESS!! Not only did Renae make it through the whole 9 months of pregnancy without a major episode of low back pain, she successfully gave birth to Isla Rose during a completely natural water birth.

How did she do it?

Preparation! Prior to pregnancy Renae followed her OT treatment program of regular treatment, use of the e-cell and frequent stretching and strengthening exercises. Her treatment program also included nutritional supplementation under the

guidance of her doctor. This preparation allowed her body and therefore her back to be as strong as possible.

1st and 2nd Trimester - Renae continued OT treatment and frequent stretches and exercise. She also regularly used the 'Expectancy' bath salts for extra muscular relaxation.

3rd Trimester - Treatment focused on preparing the body for labour and advising Renae on adapting her usual postures to accommodate for the ever expanding tummy! Jacque also



coached her husband on acupressure points and massage techniques to assist with pain relief during labour.

Two weeks on, Renae reports her back is feeling great, despite a significant lack of sleep!! She has started exercising again and plans to continue her OT treatment program.

¹ Pennick VE, Young G. Interventions for preventing and treating pelvic and back pain in pregnancy. *Cochrane Database of Systematic Reviews* 1998, Issue 3. Art. No.: CD001139. DOI: 10.1002/14651858.CD001139.pu b2



HC at Bussleton Half Iron Man

On the 4th May 2008, Kellie Danker and Ryan Stanford two of our new practitioners, traveled down to Bussleton to treat at the annual Half Iron Man Competition. The town of Bussleton had a buzz about it as athletes from around Australia and the world came down for the event. The Half Iron Man is a grueling race comprising a 1.9km swim, 90km cycle and a 21.1km run. Kellie and Ryan were there to offer complimentary treatment to participants post race. They were positioned in the Skins marquee in the recovery area near the finish line. The participants were sore and tired and extremely pleased to see they could receive Soft Tissue Treatment. Participants lined up and were prepared to wait to get their aches and pains soothed. This years Half Iron Man was the biggest year yet with over one thousand participants. It was a very busy afternoon for them both and participants were grateful and less sore after the services that they provided.





PMT & Soft Tissue Treatment

PLEASE TAKE NOTE:

Clinic Opening Hours:

Monday— Friday:

6.50am—6.30pm

Saturday:

8am—1.30pm

Special Deals:

Health Central OTI is 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.

Have Your Details Changed?

Have you recently

- ◆ Moved house
- ◆ Changed contact details
- ◆ Changed email

We like to know we can get hold of you, but if we have old contact details you might find you miss out on special mail outs or emails that we send out.

Don't make yourself miss out on interesting pieces of information, special notices or offers and reminder phone calls about upcoming or missed appointments.

Update your details with us TODAY

Most women simply believe that pre-menstrual tension (PMT) is “part of being a woman” and therefore they “just have to put up with it”. 80% of women have PMT related symptoms, of those; 40% experience difficulties due to these symptoms and 10% experience symptoms so severe they significantly impact on their quality of life. PMT is a term used to describe the physical and emotional changes within the body leading up to menstruation. Changes can occur for up to 14 days before menstruation. Some of these symptoms include:

- Mood Swings/irritability
- Depression/anxiety
- Breast swelling/tenderness
- Fluid retention/bloating
- Headaches/migraines
- Constipation/diarrhoea
- Joint or muscle pain
- Sleeping difficulties
- Food cravings

Symptoms can also be a flare up of previous underlying or minor health conditions (an individual's ‘weak spots’) e.g. Back pain, irritable bowel syndrome, anything.... The exact cause of PMT is not known, but hormone related symptoms are associated with excess oestrogen and or lack of progesterone.

How Can Occupational Therapy Soft Tissue Treatment Help?

Occupational therapy focuses on achieving normal function of the body systems to minimise pre-menstrual symptoms such as

cramping, bloating, headaches etc. This is achieved by looking at the connections between the nervous system, the immune system, the musculoskeletal system and the organ systems and modulating the feedback signals to the brain. By normalising the feedback system, hormone regulation is easier to achieve. Treatment can also address those ‘weak spots’ that are prone to ‘flare ups’ when your body is under extra stress.

Other things to consider:

Diet: Many women experience food cravings leading up to menstruation. Sugary foods contribute to irritability and mood swings and salty foods are linked to water retention. Women with PMT should resist cravings and should include more fresh fruit, vegetables and whole grain foods in their diet.

Exercise: Exercise releases endorphins, the hormones responsible for a sense of well being and pain relief. Regular exercise can be beneficial in reducing stress and gaining a sense of self esteem. Aerobic exercise includes; walking, cycling, swimming, dancing etc.

Supplements: Your practitioner may recommend supplements to support your organ systems and promote healing.

If you have any questions or concerns about PMT please speak to your Occupational Therapist.

1. Hudson, T. Premenstrual Syndrome, Part 1. The Female Patient 2002;27: 37-39

2. Lin, J & Thompson, DS. Treating Premenstrual dysphoric disorder using serotonin agents Journal of Women's Health and Gender-Based Medicine. 2001; 10:8:745-750