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# FULL MOVEMENT

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**Physio Performance - Newsletter - Christmas - 2018**

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## Contact

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Ph (03) 477 2853

[info@physioperformance.co.nz](mailto:info@physioperformance.co.nz)

[www.physioperformance.co.nz](http://www.physioperformance.co.nz)

## Physiotherapists

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Helen Littleworth

Nick Bennett

Vicky Clarke-Joyce

Charleen Silcock

Margie Campbell

## Online enquiries

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Online booking enquiries are available through the website

[www.physioperformance.co.nz](http://www.physioperformance.co.nz)



## Performance Areas

### Physio Performance Sport

Physiotherapist, Margie Campbell joined the clinic in April. Margie comes to Physio Performance with vast experience in the area of real time ultrasound, musculoskeletal rehabilitation programmes and hands on manual therapy.

An experienced distance runner and multisport athlete herself, Margie will help identify any potential risk areas and create a plan to get you back out running, cycling, swimming, or paddling as soon as possible.



**Merry Christmas and a Happy New Year. May it be merry and joyful. Physio Performance looks forward to sharing 2019 with you all.**

## **Physio Performance work place**

**Back to work and ACC pain contracts** are Nick Bennett's special interest. Nick has vast experience in fulfilling these programmes. Physio Performance has a sub contract agreement with Southern Rehab Limited which enables the clinic to be responsible for the functional rehabilitation aspect of these contracts.

**Vestibular dysfunction (Benign paroxysmal positional vertigo)** is common within our community. Nick has completed the BPPV dysfunction course which allows him to successfully assess and treat patients experiencing vestibular/BPPV symptoms. Some points to note:

- BPPV is very common, as much as 25% of all cases of vertigo
- Debilitating and can increase falls risk
- Average sporadic onset is 49-54 years old
- twice more likely in females than males
- BPPV only symptoms can often be completely resolved in 2-3 sessions.

### **Rehabilitative Ultra sound**

Physio Performance offers Rehabilitative Ultrasound services at the clinic. Helen, Margie and Vicky have vast experience in the analyzing of activation patterns within the lower abdominal, lateral hip muscles and shoulder/scapular muscles. Take the guess work out of muscle activation exercises!!

## **Physio Performance Staff and Opening hours @ Christmas**

Physio Performance will be closed on the statutory days and open in between Christmas and New Year with physio's Helen Littleworth and Nick Bennett working reduced hours.

For appointments phone **(03) 477 2853** or online at **[www.physioperformance.co.nz](http://www.physioperformance.co.nz)**