
FULL MOVEMENT

Physio Performance - Newsletter - Christmas - 2019

Contact

Ph (03) 477 2853

info@physioperformance.co.nz

Online booking enquiries are available through the website

www.physioperformance.co.nz

Physiotherapists

Helen Littleworth

Charleen Silcock

Margie Campbell

Ashleigh Taylor

Vicky Clarke Joyce

Jerome Wigger (Osteopath)

Ben Henderson



Performance Areas

Physio Performance Updates

Charleen has recently gained her Masters in Sports Physiotherapy qualification. Her thesis was titled “Pasifika Rugby & Physiotherapy: an exploration of Physiotherapy involvement across Moananui”.

Physio Performance has vast physiotherapy experience, with Helen, Margie and Charleen all with Masters level physiotherapy qualifications. Ashleigh is completing her Certificate of Orthopaedic Manual Therapy with three courses throughout the year, Vicky with a degree in Physical Education and Physiotherapy, Ben undertaking 2nd year medical studies in 2020, and Jerome with a doctoral degree in Osteopathy completes the practitioner list at Physio Performance.

Margie and Helen attended the latest Sports Medicine conference hosted in Dunedin. Workshops on hip assessment and treatment were attended and various presentations on the female athlete, in particular – managing injuries in adolescent athletes, energy intake and sports performance.

VALUES

Hands on care

Personalised

Promote quality

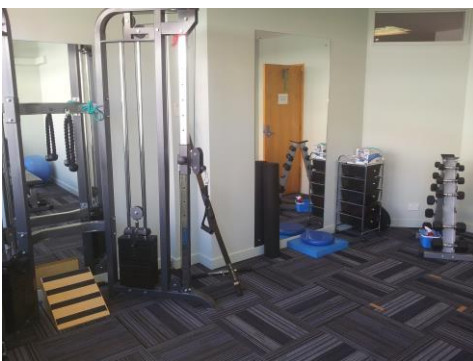
Think movement

Respect everyone

Effective communication

Experienced staff

Trustworthy



Physio Performance and Patient care

Physio Performance continues to develop and support the clinics values.

Real time ultrasound assessment and rehabilitation protocols are well established for imaging of lateral hip stabilisers, lower abdominals and multifidus for chronic lumbar spine presentations, lower trapezius and scapular stabiliser imaging for shoulder injuries.

Functional exercise programmes and individual movement programmes are proving to be popular at the clinic as part of individual patients plans and goals identified between patient and therapist.

Utilising the “Movement Room” has been continuing throughout the year, with the aim of individualising patient rehabilitation plans and wellness programmes.

Physio Performance @ Christmas

Physio Performance will be open in between Christmas and New Year. We will only be closed on the stat days.

Acute injury and rehabilitation bookings can be made via:

phone **(03) 477 2853**

email **info@physioperformance.co.nz**

online **www.physioperformance.co.nz**

Merry Christmas and a Happy New Year everyone. Physio Performance looks forward to sharing 2020 with you all.

