



August Newsletter

welcome

Mosman Physiotherapy & Sports Injury Centre would like to update you monthly with staff news, information and interesting, current research.

As the winter sets in and the weather gets cooler you may notice those aches and pains settling in too. The team at MPSIC can help you get ready for the ski slopes or business end of the football season or even help alleviate that niggling pain that you have been ignoring all year.

website

We are really excited to tell you that we have officially launched our website:

www.mosmanphysio.com.au

You can access staff profiles and see the services and classes our practice offers. You can also make enquiries regarding appointment availability directly through the website. Be sure to check it out and tell your friends about it!

staff news

It is important for health professionals to be aware of the practises of other health professionals and Steve organises regular inservices with physio's, podiatrists, massage therapists and trainers from around the Mosman area. These meetings have turned out to be very successful in keeping everyone informed and able to refer clients appropriately between other health professionals to achieve optimum outcomes for our clients.

All our staff attend these inservices and other professional development courses to keep up to date with the latest research and best practise.

please note

We have recently had to introduce a **cancellation policy** in order to keep our waiting lists to a minimum and provide as many clients as possible with their preferred appointment time.. Appointments cancelled within 24hours of the allocated time will be charged at 50% of the full consultation fee. Failure to attend your appointment will be charged the full consultation fee.

Physio In Focus

Victoria Watson is a NZ trained physiotherapist with a Post Graduate Masters in Sports Physiotherapy. She is particularly interested in the management of spinal pain, **specialising in cervical spine dysfunction, including whiplash and sporting neck injuries.**

She has recently attended a course entitled **"The Complete Cervical Spine"**.

She says "It was a really interesting 2 day course which covered the latest research, assessment and treatment techniques for the neck. For me, the most interesting part involved establishing an accurate classification and diagnosis for headaches and dizziness. These two issues share a lot of symptoms and there are many causes, including neck pain and dysfunction. It can sometimes be difficult to unravel the history and establish the exact cause. However, once you have managed to accurately establish the driving factor, it makes it easier to target treatment to the correct area, and as a result, treatments are a lot more effective."

Victoria is available for consultation

Tuesdays: 7.30am - 4pm

Fridays: 7.30am - 2pm

