



## September Newsletter

# welcome

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

Spring is now officially here! It's time to brush off the cobwebs and bring energy back into your lives after the cooler winter months... and possibly shed some unwanted winter baggage with a return to more physical outdoor activity. However, a sudden return to vigorous exercise can often end in injury if not undertaken with expert guidance. You don't need to be injured to take advantage of our expert training and injury prevention advice to ensure a smooth return to the physical fitness you desire.

## website

We have had some great feedback across the board about our new website,

**[www.mosmanphysio.com.au](http://www.mosmanphysio.com.au)**

You can check out the services we offer including our Pilates class timetable, enquire about available appointments directly, look at our individual staff profiles and look up past newsletters and information sheets. Here you will find everything you need to know about Mosman Physiotherapy.

## injury report: tendinopathy

One of the most common, and often most difficult and frustrating repetitive overload injuries to treat is that of the tendinopathy. A tendinopathy occurs when a tendon e.g the Achilles, begins to react, forms microtears and then breakdown in response to repetitive load. Perhaps most frustrating of all is that they can be easily avoided with appropriate advice and specific strength training prior to commencing a new exercise program. An informative summary of one of the latest research papers on tendinopathy, its stages and treatment options is here: **PDF: "The Tendinopathy Continuum"**

## september specials

- Buy one of our 2nd hand fitballs, already inflated and ready to go, for only \$20! That's 75% off, but be quick as there are only a few left!
- We now stock and recommend **Dunlop Therapillo's**. These are high quality Australian made memory foam pillows available now through us at approx 40% off RRP.

## Physio In Focus

**David Pettit** is a New Zealand trained physiotherapist with a wealth of experience in Exercise Rehabilitation and Strength and Conditioning. As well as holding post graduate qualifications in Sports Physiotherapy, Dave runs a flourishing personal training business out of Fitness First at Mosman.

Dave will often take over the end stage rehabilitation of many of our clients at Mosman Physiotherapy, seamlessly facilitating the move from the clinic, to the gym and back onto the sporting arena, ensuring a sustainable return to pain free activity following injury or surgery.

Dave is the ideal physiotherapist to consult when you are about to embark on a spring health kick. A thorough assessment in the clinic and evaluation of current level of activity followed by a program set up in the gym will have you on your way to an injury free return to great fitness and better health.

As an added spring bonus, Dave is offering current clients of Mosman Physiotherapy a complimentary gym assessment which can be organised directly with him.

**Contact us now to book an appointment or for more information.**

**Dave is available for consultation in the practice**

**Mondays:** 3pm - 7pm  
**Wednesdays:** 3pm - 7pm  
**Fridays:** 3pm - 7pm

## congratulations

to Mosman Football Club, finishing the season with 8 premierships and 7 runners up across the senior grades, **proudly supported by Mosman Physiotherapy**

