



DO YOU HAVE JOINT PAIN?

GUIDE TO MANAGING JOINT PAIN

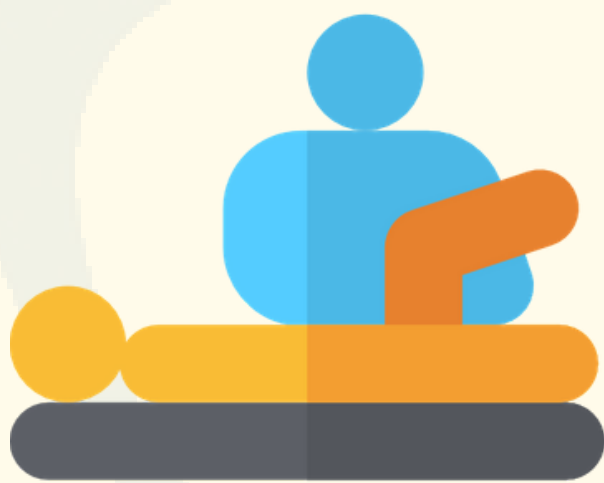


SHOULDER PAIN

COMMON CAUSES:

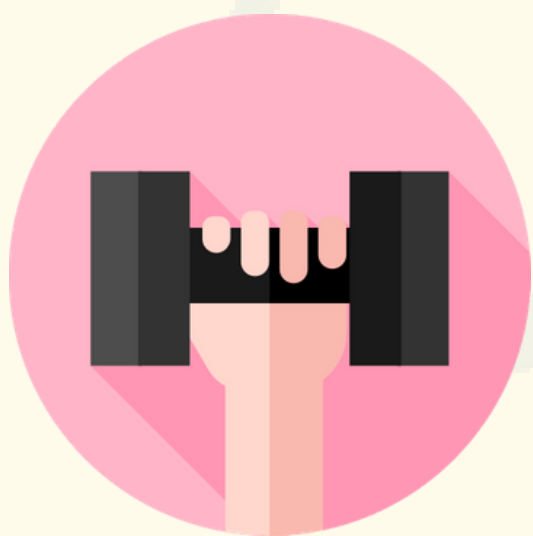
Muscle weakness, tightness and tears
Joint stiffness
Inflammation and irritation of tendons
Instability of the shoulder joint
Overuse and overloading of shoulder
Osteoarthritis

How can our team help?



PHYSIOTHERAPY

- Soft tissue massage & joint mobilisation
- Strengthening and stretching exercises for the shoulder
- Hydrotherapy to improve movement and strength in the shoulder
- Rehabilitation post shoulder surgery



EXERCISE PHYSIOLOGY

- Exercise therapy: programs targeting upper body to increase and maintain good strength, function and movement of muscles surrounding the shoulder joint



HEALTH COACHING

- Maintain good upper body strength and movement
- Returning to sport/gym



LOW BACK PAIN

COMMON CAUSES:

- Weakness and tightness of back and hip muscles
- Joint stiffness
- Disc injuries, sciatica
- Pregnancy & overweightness
- Poor posture
- Flat feet and incorrect footwear

How can our team help?

PHYSIOTHERAPY



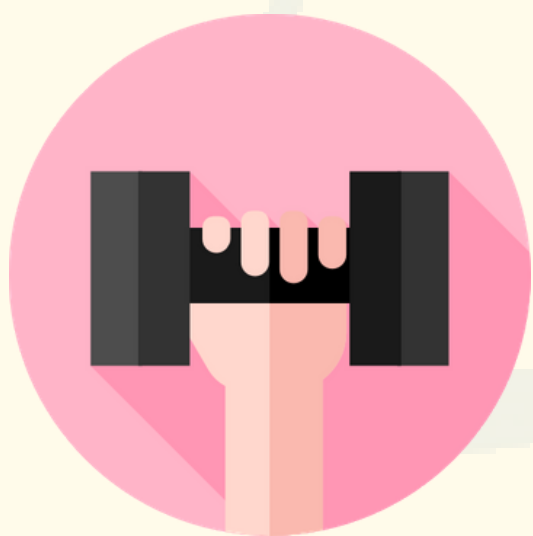
- Exercise therapy including a range of strengthening and stretching exercises for the back and hip muscles
- Soft tissue massage & joint mobilisation/manipulation
- Hydrotherapy & Clinical Pilates

NUTRITION



- Diet and weight loss advice to assist with decreasing load placed on back

EXERCISE PHYSIOLOGY



- Exercise-based therapy to assist weight loss and management
- Tailored programs including a range of strengthening and stretching exercises for the maintenance of strength and function of back and hip muscles

PODIATRY



- Assessment of lower limb mechanics during walking
- Footwear assessment and orthotics to correct abnormal or inefficient foot alignment and function which may be affecting the back

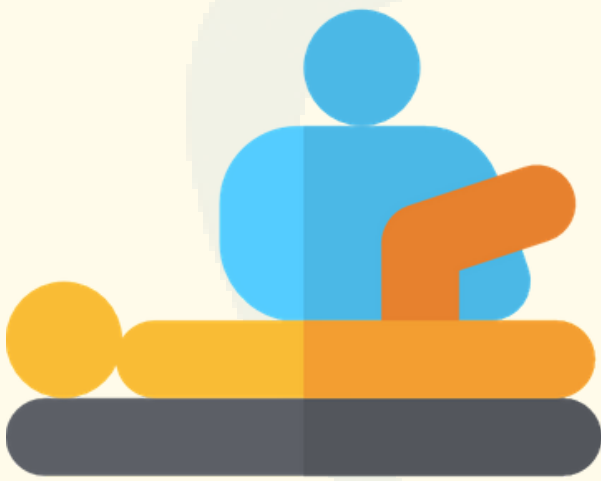
HIP & KNEE PAIN

COMMON CAUSES:

- Muscle weakness, stiffness or tightness
- Overuse and overloading of hip/knee joint
- Acute injuries e.g. muscle sprains, inflamed or torn ligaments
- Osteoarthritis
- Incorrect or poor foot mechanics & footwear

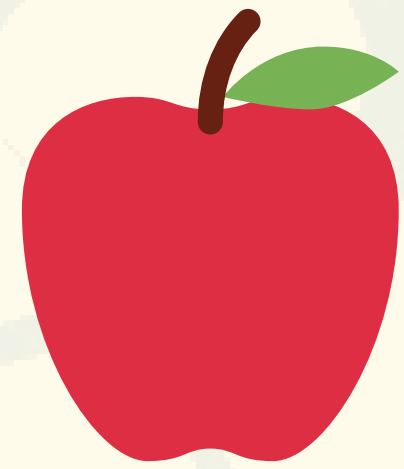
How can our team help?

PHYSIOTHERAPY



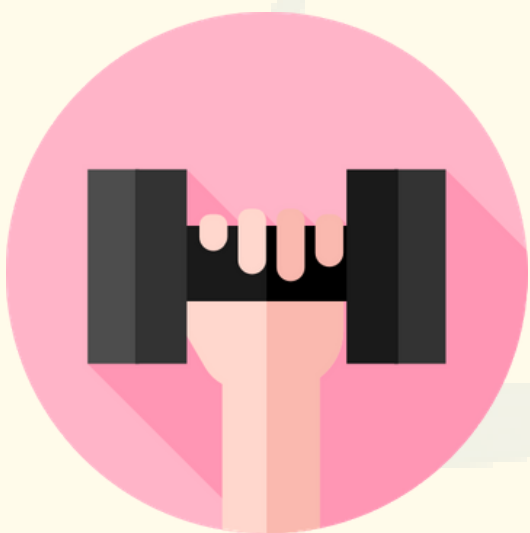
- Soft tissue massage
- Strengthening, stretching & balance exercises
- Clinical pilates & Hydrotherapy
- Rehabilitation pre and post hip or knee surgery
- GLA:D program - osteoarthritis management

NUTRITION



- Assisting with weight loss to help decrease load and stress on hip and knee joints

EXERCISE PHYSIOLOGY



- Exercise therapy for weight loss and management
- Exercise programs including a range of strengthening, stretching and balance exercises

PODIATRY



- Assessment of walking mechanics
- Foot & footwear assessment
- Orthotic therapy to correct alignment of lower limb
- Knee compression braces



ANKLE PAIN

COMMON CAUSES:

- Muscle imbalances (e.g. weak or tight calf muscles)
- Acute injuries such as ligament sprains and tears
- Inflamed/irritated Achilles tendon, bone spurs
- Osteoarthritis
- Stress fractures
- Flat feet, poor foot mechanics & inappropriate footwear

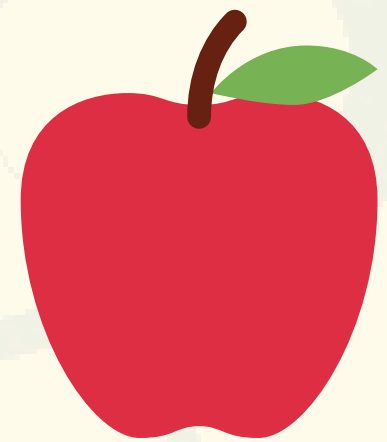
How can our team help?



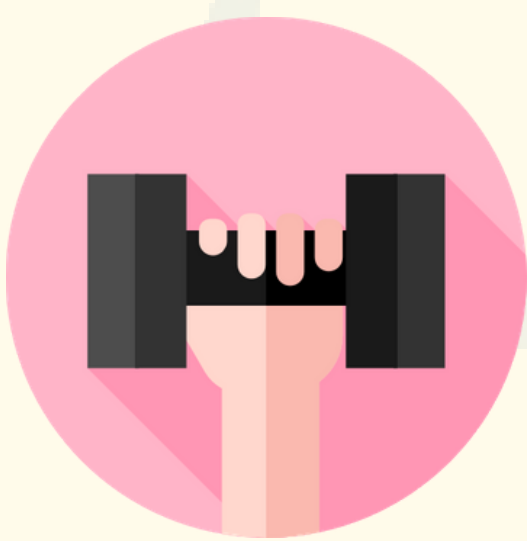
PHYSIOTHERAPY

- Soft tissue massage and joint mobilisation
- Strengthening and stretching exercise for leg muscles (including Clinical Pilates and Hydrotherapy)
- Balance and proprioceptive exercises
- Rehabilitation pre and post ankle surgeries

NUTRITION



- Diet advice and planning for weight loss to decrease stress placed on the ankle joint



EXERCISE PHYSIOLOGY

- Exercise therapy for weight loss management to assist with decreasing load on ankle joint
- Strengthening, stretching and balance exercise programs to improve muscle function and movement of leg muscles

PODIATRY



- Assessment of walking mechanics
- Foot & footwear assessments
- Foot scans + orthotics to correct foot alignment and improve function