

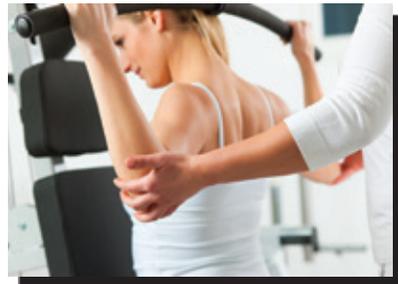
EXERCISE PHYSIOLOGY

How can an ESSA Accredited Exercise Physiologist help?

ESSA Accredited Exercise Physiologists (AEPs) specialise in the delivery of exercise for the prevention and management of chronic diseases and injuries. ESSA AEPs provide support for clients with conditions such as cardiovascular disease, diabetes, osteoporosis, mental health problems, cancer, arthritis, pulmonary disease and more. Our ESSA AEP is registered with Medicare Australia, the Department of Veterans' Affairs and WorkCover and is recognised by most private health insurers.

You might see an ESSA AEP to help you:

- Overcome persisting pain caused by injury or overuse
- Improve your heart health
- Rehabilitate following a cardiac event
- Control your diabetes
- Prevent pre-diabetes from progressing to full diabetes
- Improve your recovery following cancer treatment
- Improve your general health and wellbeing



ESSA AEPs also provide:

- Training in safe manual handling for those with physically demanding occupations or those looking to re-enter the workforce
- Carry out sub-maximal and maximal fitness tests to determine heart rate responses to varying exercise intensities, ideal for those wanting to begin a fitness program safely and effectively
- Perform body composition tests, musculoskeletal and functional assessments
- Provide lifestyle education to help people manage their health conditions including diabetes, cancer, osteoarthritis, osteoporosis, osteoarthritis, mental health problems and cardiovascular disease

Group exercise classes are available to join:

- Exercise Physiologist/Physiotherapist supervised classes of between 3-6 people
- Type II diabetics or those who are hoping to achieve weight loss and improve well being
- Programs are designed specific to the individual and safety is a priority
- Classes consist of a cardiovascular (walking, jogging, cycling etc) component and also a resistance component (light machine or free weights)
- Private Health Fund or Medicare rebates may apply



**MADDINGTON
PHYSIOTHERAPY
CENTRE**

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Maddington Physiotherapy
Celebrating 30 years

Open 7am-7pm Mon-Fri & 8am-12noon Saturday

- **Treatment of Back, Neck and Spinal Problems**
- **Work and Motor Vehicle Injuries**
- **Chronic and Arthritic Pain**
- **Neck Related Headaches**
- **Sports Injuries**
- **Dry Needling**
- **Provision and Fitting of Braces**
- **Clinical Pilates**
- **Hydrotherapy (Aqua Physiotherapy)**
- **Remedial Massage Therapy**
- **Exercise Physiology (ESSA Accredited)**
- **Supervised Gym Rehabilitation**
- **Patient Only Gym Memberships**
- **Veterans Affairs Treatment**
- **Enhanced Primary Care Programmes**
- **Chronic Disease Management Programmes**



**WHAT'S
NEW AT MPC?**
We have just added
supervised Physiotherapist
supervised Type II
Diabetes Exercise
Classes

Maddington Physiotherapy Centre was established in 1983. For over 30 years we have been committed to providing quality physiotherapy services to our patients and we continue to demonstrate this by being one of only eleven WA physiotherapy practices to have current Australian Physiotherapy Association - Quality In Practice Accreditation, which ensures high standards of clinical care across all areas of our practice.

We have a team of five physiotherapists, one Remedial Massage therapist as well as experienced, friendly and helpful administration staff. We can offer an appointment most often on the day that you call, in one of our 6 private treatment rooms. We have the capabilities to claim any possible health fund rebates through our on-site HICAPS facilities.

Your ongoing health is very important to us and we hope that this information brochure lets you know a little bit more about what we do at Maddington Physiotherapy Centre. Besides the many standard physiotherapy treatment modalities that most physiotherapists are able to offer, Maddington Physiotherapy Centre is also able to offer the following:

- **Clinical Pilates** – whether it be one-on-one sessions or a class
- **Hydrotherapy** (Aqua Physiotherapy)
- **Remedial Massage Therapy** by our qualified Remedial Massage Therapist
- **Supervised Gym Rehabilitation** in our on-site exercise rehabilitation gymnasium
- **Gym Memberships**
- **Falls Prevention Programs**
- **Wax Baths** for Hand Therapy
- Treatment for **Bell's Palsy, Temporomandibular Joint Disorders, Vestibular Disorders** (Vertigo)
- **Veterans Affairs Patient Treatment** (inclusive of transport arrangements)
- Treatment under the **Enhanced Primary Care** or **Chronic Disease Management Programmes**
- **Home Visits** – available on a case by case basis
- A wide range of **Exercise Equipment, Pilates Products, Mobility Aids, Hot / Cold Packs** and much more.



REMEDIAL MASSAGE THERAPY

Massage Effects?

Massage can keep muscles in good tone. It relieves fatigue in muscular tissue, by removing the accumulation of lactic acid in the tissues. Regular massage will prevent the formation of fibrosis in muscular tissue, or reduce its development. Massage acts to help the muscle function at its maximum efficiency. Our

qualified Remedial Massage Therapist has over 1200 hours of study in modalities including: relaxation massage, deep tissue, trigger point therapy, myofascial release, manual lymphatic drainage and sports massage.



CLINICAL PILATES

How does it work?

The exercises incorporate all of the “core” muscles of the abdominal, spinal, pelvic and shoulder girdle groups. By improving your activation and strength of these muscles, Clinical Pilates will improve your overall posture and allow you to function at your best.

Our Point of Difference?

Our physiotherapists have undergone additional training in professional Pilates instruction so that you can be assured of optimal results and you can also claim a higher physiotherapist rebate from your health fund.



How Will I Benefit?

- Improves lower back and abdominal strength
- Assists in injury recovery
- Increases general fitness and flexibility
- Assists with injury prevention
- Develops and improves posture awareness
- Helps reduce chronic and longstanding pain

What can it Help?

- Back injuries
- Neck and shoulder problems
- Poor posture
- Injury rehabilitation and prevention
- Coordination and balance

HYDROTHERAPY

What is Hydrotherapy?

Hydrotherapy, also referred to as Aquatic Physiotherapy, is a specific form of physiotherapy treatment conducted in a safe aquatic environment. Hydrotherapy involves gentle therapeutic exercises (distinct from swimming or aqua-aerobics) carried out in a heated pool (34°C) allowing greater comfort and range of movement as the water supports body weight. Therapeutic exercises can be progressed safely using the resistance of the water to strengthen the muscles and improve overall muscle function. Hydrotherapy can help relieve pain, promote relaxation, mobilise joints, strengthen muscles, develop balance and coordination, and improve general fitness.

Hydrotherapy treatment (individually or in groups) incorporates individual assessment, diagnosis and the use of clinical reasoning skills to formulate a treatment program appropriate to each patient's needs.

Our physiotherapists combine hands-on pool based physiotherapy treatment techniques and specifically designed exercises to help you regain or enhance your physical wellbeing in a warm relaxing environment. The warmth of the water increases circulation, reduces muscle-spasm, and helps to relieve pain.

When: Tuesdays & Thursdays

- 1st class – 2.00pm to 2.45pm
- Treatment Session – 2.45pm to 3.30pm
- 2nd class – 3.30pm to 4.00pm

Patients do not need to be able to swim in order to benefit from hydrotherapy. The pool we use is only 1.2m in depth.

