



PHYSIOFIT NEWSLETTER

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**OUR SERVICES:
Physiotherapy**

Hydrotherapy

Home Visits

Remedial Massage

As the year is slowly coming to a close we will shortly be releasing a promotional Christmas special for massage therapy. Anthony Violantzis has undergone a successful surgery for his shoulder and is currently recovering at home. He will be back around early January.

In this newsletter we will be looking at what Amino-Neuro Frequency Therapy is, the concerns related to plantar-faciitis, and our promotional sales coming up just in time for Christmas. If you would like any further information on these topics or any aspect of our services, please contact the clinic or visit any of our social media platforms.

With best wishes,
Ruth Nitto
Practice Manager

FAQ

Q: What is Amino-Neuro Frequency Therapy?

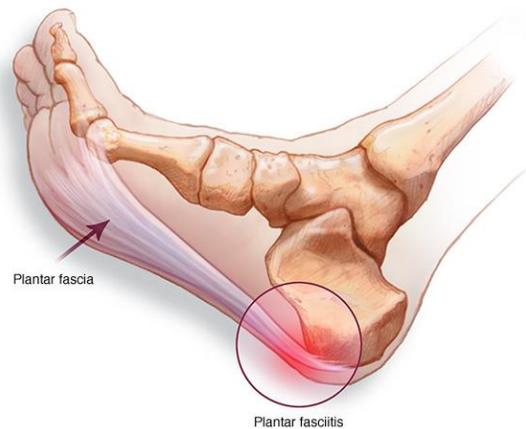
A: ANF disc therapy is a relatively new technological advancement in the field of health and science which allows small discs, placed strategically over the body to, emit neurological electric transmissions into the body's nervous system. This transmission stimulates the muscles and soft tissues at a faster rate to the body's normal healing process, allowing pre-injury range of motion to return almost instantly, with minimal to no pain. The success rates vary on a case-to-case basis, with self-management after disc application being crucial to the success of the discs. Continuous water intake should be maintained for the three day duration of the discs, as it is an excellent conductor of the electric transmission the discs emit. If required by the physiotherapist after another consultation, for severe and chronic conditions, the discs can be reapplied to manage pain-free movements.

Important notice: After an initial consultation, the physiotherapist will decide whether the ANF discs are required, to aid with normal physiotherapy treatment.

Topic of the month: Plantar Fasciitis

The Plantar Fascia is the flat band of fibrous tissue under the foot that connects your calcaneus to your metatarsals (toes) to support the arch of your foot. Normally, the fascia should be flexible and strong. Sometimes due to incorrect foot function such as over-pronation the plantar fascia is stretched out excessively with every step we take.

Consequently the ligament starts to pull away from its weakest point: ie. where the fascia inserts into the calcaneus. This constant tension leads to micro-tearing of the tissue and inflammation at the attachment of the plantar fascia and heel bone, causing heel pain.



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During rest (e.g. when you're asleep or sitting), the plantar fascia tightens and shortens. When getting up body weight is rapidly applied to the foot and the fascia must stretch and quickly lengthen, causing micro-tearing in the fascia. Hence, the stabbing pain with your first steps in the morning or after sitting for a while. Because of the continuous pulling of the fascia at the heel bone, the body eventually responds by developing a bony growth on the heel bone.

Do you experience heel pain with your first steps in the morning? Do you have a sharp stabbing pain at the bottom or front of the heel bone? Does the pain subside after a while and turn into a dull ache? Does the pain come back after sitting for a long period?

We spend so much of our time standing or walking around that painful feet are very distressing. Pain in the heel area is especially common and may be associated with a calcaneal spur, sometimes called a heel spur.

What causes a heel spur?

Heel spurs are a very common foot problem in Australia, with thousands of people suffering each year. Fortunately, for most people there's an effective and affordable treatment solution to this painful foot condition. What causes a heel spur? A heel spur is a bony growth on the calcaneus (heel bone). The heel spur itself is actually not causing any pain. It is the inflamed tissue around the spur that causes pain and discomfort. The most common cause of heel pain and heel spurs is Plantar Fasciitis (inflammation of Plantar Fascia).



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What's coming up???

STAY TUNED for amazing bulk specials just in time for Christmas!

Are you looking for the perfect gift? Then we have the answer for you! Coming soon are a large number and range of massage vouchers that can be bought and gifted to that very special someone. These vouchers run out after a year! You read that right! A full year to use up the vouchers of either 2, 4 or 6 massage appointments for either 30 min or 1 hour.

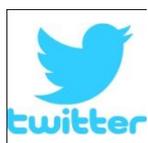
HAPPY SHOPPING!

Pec Stretch

An often lacking muscle group is our pectorals. To help stretch the chest, allowing a straight posture and preventing the curling in of the shoulders, the pec stretch should be held for 30 seconds against a wall or door frame.

To properly complete the stretch, place your elbow to hand onto the door frame slightly above shoulder height as shown in the first photo. Slowly turn your trunk away from the forearm on the wall stretching your pecs.

You should only feel a comfortable stretch, if at any point you start to feel pain stop immediately and rest, before continuing at a lower stretch angle. You should not feel any pain performing this stretch.



:PhysioFit SWS



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