



# PHYSIOFIT NEWSLETTER

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**OUR SERVICES:  
Physiotherapy  
Hydrotherapy  
Home Visits**

**Remedial Massage**

In some unfortunate news, Anthony Violantzis, one of our physiotherapists will be taking time off to undergo a shoulder reconstruction. From the team at PhysioFit we wish him the best of luck and a speedy recovery.

PhysioFit is proud to congratulate Brendon Ng (physiotherapist) who did an amazing job running in the City 2 Surf.

In this newsletter we will be looking at the importance of stretching, as well as the benefits of dry needling and the value of Pilates classes. 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: When I exercise should I stretch before or afterwards?**

A: Many studies have looked at this question and while the evidence is not conclusive, the consensus of opinion is that you should warm-up prior to exercise by doing whatever you are going to be doing but at a lower intensity e.g. fast walk/slow jog for 5- 10 minutes prior to a run and do stretches at the end of your session. We also advise people doing a gym session to do their stomach exercises (abdominals) at the end of their session as the stomach muscles are the core stabilisers and you don't want to fatigue them earlier in your program.



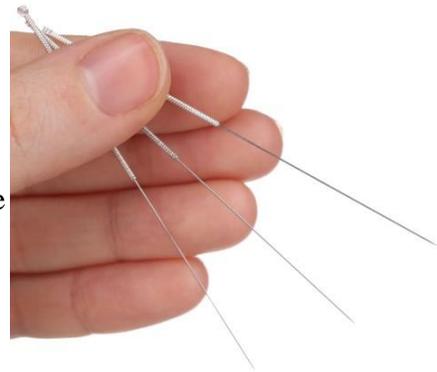


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## Topic of the month: The Benefits of Dry Needling

Dry needling is a popular and valuable technique for treating neuromuscular disorders, chronic muscle pain and sports injuries. Its unique approach aims to heal and restore muscle and tissue function by stimulating the electrical and chemical signals in your nervous system.

The stimulation created by dry needling has been shown to accelerate healing and release the body's natural pain-relieving chemicals, providing a painless and natural treatment for muscle injuries. Dry needling has also gained strong support in western medicine, with public hospitals funding its use.



### What Is Dry Needling?

Dry needling involves inserting thin filament needles into the body's tissue. It is sometimes called clinical or western acupuncture due to its similarity to the traditional Chinese practice. These needles stimulate the healing process of soft tissues, including trigger points, tendons, fascia and ligaments, restoring healthy physiological function of the muscle.

### How Does It Work?

The physiological effects of dry needling include:

- Increased blood flow to injury sites
- Increased oxygenation to injury sites
- Release of pain relieving endorphins

The increased blood flow, blood vessel movement, and oxygenation of the tissue means that toxins, waste products, and other particles and chemicals are flushed from the tissue, improving its function. The electrical signals generated by the insertion of the needle stimulate the neural system and the fascia (tissue linking all muscles and tissue in the body), releasing endorphins and other pain-relieving chemicals.

### What Is The Difference Between Acupuncture And Dry Needling?

Acupuncture is based on the ancient theories of traditional Chinese medicine. Needles are inserted into pre-defined points in the body with the purpose of unblocking energy meridians and creating balance in the bodily system.



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## Topic of the month: Soft Tissue Management

Dry needling is based on western neuro-anatomy and the modern scientific study of the musculoskeletal and nervous systems. The treatment aims to address a specific site or sites of pain or tissue dysfunction. The areas where the needles are inserted depend on the injury or condition being treated.

### What Can Dry Needling Help With?

Most conditions or injuries involving swelling or pain can be helped by dry needling. The following conditions have yielded beneficial results for patients who have had dry needling treatment:

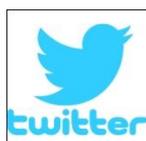
- Sports injuries (back, hamstring, calf, groin, tennis elbow)
- Chronic back or neck pain
- Headaches and migraines
- Repetitive strain injuries
- Work related injuries
- Knee pain
- Sciatica
- Pelvic and back pain during pregnancy
- Tendinopathy
- Muscle spasms

### Is Dry Needling Safe?

Dry needling is painless and side effects such as bleeding or bruising are rare. Some patients report a mild soreness, which subsides in a couple of hours. To ensure your dry needling is completely safe and effective, you should see a trained professional. If you'd like dry needling treatment for a sports injury or would like any other Physiotherapy treatment, visit one of our clinics.

## Pilates Classes!

Recovering from an injury? Lacking the strength to do your daily activities pain free? Getting aches when you are stuck behind the computer? Leaking when you cough? Clinical Pilates may be for you.. Our Moorebank clinic have lunch and evening classes that are run by qualified Physiotherapists.



:PhysioFit SWS



:PhysioFit South  
West Sydney



:PhysioFit South  
West Sydney