



During 28 years of practice we have developed effective approaches to a wide range of musculoskeletal conditions including:

- Arthritis
- Headaches, neck and back pain
- Sports injuries
- Problems of children and older adults
- Pregnancy and post-partum care
- Rehabilitation after surgery
- Workplace and motor vehicle accidents
- Maintenance of fitness and wellbeing

We offer on the spot private health fund and Medicare rebates via HICAPS and EFTPOS facilities.

Our services attract rebates from:

- Private health funds
- Medicare*
- Worker and Motor Vehicle Accident Compensation*
- Veterans Affairs*

* Referral from your doctor is required for some rebates. Please enquire at reception.

OPENING HOURS

Reception:

9-1pm and 2-6pm Monday to Friday
8.30am-12.30pm Saturdays

Appointments:

For your convenience, early and late appointments are available. All services are by appointment only.

Ph: 02 4232 2222

17/106 Terralong Street Kiama

www.solutions4wellbeing.com.au

info@solutions4wellbeing.com.au

Communication and privacy

Our privacy policy ensures a patient's confidentiality is respected. To ensure continuity of care, we will seek your consent to communicate with your doctor or other health care providers.



solutions4wellbeing
.com.au

WINTER SPECIAL
Mention this brochure and receive \$20 off your initial consultation*
*Offer valid if consulting the practitioner for the first time. One discount per person. Offer valid June/July 2009.

Solutions for Wellbeing is dedicated to promoting recovery and enhancing wellbeing in a caring and supportive environment.



Osteopathy

Physiotherapy

Exercise Physiology

Exercise Therapy (Pilates Method)

Osteopathy

Osteopaths use gentle "hands on" techniques including massage, mobilisation and manipulation, exercise and advice to assist in the relief of back and neck problems, headache, arthritis, sports related injury and to promote general wellbeing. Osteopaths assist with pregnancy and post-partum care and check-ups for people of all ages from infants to seniors. An understanding of what is causing your problem and advice on exercise, ergonomics, posture, and stress management is provided to assist in avoiding re-occurrences.

Louise Adam

D.O. M. Ost Sc. Post Grad Cert (Pilates Method)

Simon Ross

B.Sc.(Ex.Sc.),B.App.Sc.(Osteo), M.Ost

Tim Pickup

B.App.Sc.(Osteo), M.Ost



Physiotherapy

Physiotherapy addresses musculoskeletal problems using various treatment techniques including manual therapy, mobilisation, specific massage and electrotherapy treatments. Posture, biomechanics and core stability are assessed and treated with specific strengthening and stretching exercises. Problems treated include back and neck pain, sporting and occupational injuries and rehabilitation for patients after surgery and pregnancy.

Sonia Henry

B.Physiotherapy

Sonia is the physiotherapist to the Northern Suburbs Rugby team. She specialises in sports and work related injuries, pregnancy and post surgical care.

Exercise Physiology

Using the latest methods, we assist with a range of health conditions including diabetes, heart disease, sub-acute to chronic injury, arthritis, osteoporosis, depression, and obesity. We develop programs that fit your lifestyle and budget to help achieve your goals.

Susan Downes

(B. Ex. Sc.)

Susan is an Accredited Exercise Physiologist with the Australian Association for Exercise and Sports Science who has extensive experience in delivering progressive exercise programs for a variety of individuals and conditions. Experience includes: injury rehabilitation for workers compensation claims and motor vehicle accidents; delivering programs to assist health conditions including diabetes, heart disease, osteoporosis, and arthritis; and delivering programs to assist weight management and general well-being.

Exercise Therapy

(including the Pilates Method)

Our centre combines the best of current physical therapy, exercise physiology and the Pilates Method to provide you with the best possible recovery and improved wellbeing.

Pilates is an innovative method that educates, re-patterns, realigns, and balances the body. It promotes maximum muscle strength while increasing flexibility. Many people find the Pilates Method helpful to **reduce pain from arthritis or injury and to improve well-being.**

Pilates may also **improve body shape** by changing the way muscle groups are used so that a better balance of muscle use is achieved in day to day activities. Our goal is an increased use of underused muscles and relaxation of overused and tensed areas.

Individual exercise therapy plans

Your exercise therapy plan will be individually designed by an exercise physiologist, physiotherapist, or osteopath and closely supervised to assist recovery and promote well-being. The innovative exercise equipment used by Pilates and rehabilitation exercise will assist in providing just the right amount of support or challenge. Regular reviews are undertaken in consultation with your treating practitioners.

Exercise services for work related and motor vehicle injuries

Individually tailored programs are designed in consultation with your treating practitioners to assist recovery and return to normal activities of work and daily life.

Small group exercise classes

Group mat exercise classes based upon the Pilates Method in Kiama and Jamberoo provide a fun way to improve strength, comfort and flexibility and promote wellbeing. Great if you are pregnant and to get back in shape after delivery.

Healthy Moves: exercise for health management

We provide specially tailored individual or group classes to help manage **diabetes, arthritis, heart conditions, osteoporosis and healthy body weight.**

To discuss which service is best for you, class times and locations, costs and what to bring, please contact reception.

