



### Note from Shayne

I hope you have all had a good month since our last newsletter. The past month we have been busy covering taping and injuries for the Netball Carnival which were held over the 11-12<sup>th</sup> June weekend. We also did the physio work for the Touch Footy Grand Finals held at Briffney Creek on 18<sup>th</sup> June.

Our physiotherapist, Dan, did a great job in Biloela on the Taping seminar he conducted on Wednesday 29<sup>th</sup> June. There was a great turn out, and thank you to the PCYC who hosted the event.

### **Upcoming Seminars**

#### **'Common Sporting Injuries & Prevention'**

Host Physiotherapist – Jack Sheppard

Venue - Yaralla Fitness Centre in Gladstone

Date - Wednesday 14<sup>th</sup> July

Time - 6-7pm

#### **'Enhancing Adolescent Performance'**

Host Physiotherapist – Ben Mooney

Venue – Active Physio Health Gladstone

Date - Saturday 23rd July

Time – 10am

Want to know more...You can find further information about upcoming Seminars on our website, under the tab **'News and Events'**.

*Note from Shayne*

*What is Shockwave Therapy?*

*Youtube - Shockwave for Plantar Fasciitis*

*Members Only Section of Website*

*Youtube - Members Only Section of Website*

*Product of the Month*

*Massage Special*

ACTIVE PHYSIO HEALTH

33 Off Street, Gladstone  
07 4972 5155

41 Bell Street, Biloela  
07 4992 5037

3 Captain Cook Drive, Agnes Water  
07 4972 5155

[www.activephysiohealth.com.au](http://www.activephysiohealth.com.au)

## ACUPUNCTURIST JOANNE HAS RETURNED TO APH



Joanne Baldwin has now returned to Active Physio Health from a 6 month break in India. She is refreshed and excited to be treating again. She commences on Monday 11<sup>th</sup> July. Keep an eye out on facebook for some specials.

### HEALTHY BONES PROGRAM

We are offering a great program for clients with Osteoporosis. The program runs over 4 weeks, which focusses on strength, balance, co-ordination, and cardiovascular exercises. It also benefits people at risk of falls.

Did you know.....Osteoporosis will effect 2 out of 3 women, and 1 out of 3 men as they get older. You can help prevent osteoporosis by keeping your bones strong. This means, among other things, exercise is vitally important.

If you would like more information on the Healthy Bones Program, please contact

Gladstone clinic 07 4972 5155

Biloela clinic 07 4992 5037

Yours in Good Health,

Shayne Podbury

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### **What is Shockwave Therapy?**

Shockwave treatment has had fantastic results. Current research has shown a **success rate of between 75% to 91%**, depending on the injury type. The machine can be used for people suffering acute or chronic pain.

Shockwave Therapy is new technology which uses shock waves to treat conditions such as:

- Shoulder tendonitis / calcification
- Plantar fasciitis / foot pain
- Tennis elbow / Golfers Elbow
- Achilles tendonitis
- Heel spurs
- Hip Bursitis
- Trigger Points, and much more.

***To learn more about how our Shockwave can work for you, click here***

**SHOCKWAVE THERAPY**

## Shockwave for Plantar Fasciitis



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## Members Only Section of Website

*Have you joined our Members Only section yet?*

To find out free information on:

- Taping techniques
- Sports and Injury Specific exercises
- Injury prevention tips
- + lots more

*To learn more about how our Members Only section watch our short clip*



[Click here to Sign Up:](#)

Members Only

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Product of the Month



**TENS MACHINE (40% OFF THIS MONTH ONLY)**

In simple terms, a TENS machine stimulates your nerves via an electrical current through your skin. It produces pain relieving electrical pulses.

**Benefit:** TENS machines are beneficial for the following conditions: acute and chronic pain, fibromyalgia, headaches, arthritis, muscle strengthening, and labour pain.

Normally \$198

Now \$120

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Refer 2 friends to **Active Physio Health** and you will receive a

**FREE MASSAGE on us!!!**

We have great remedial massage therapist available, and they also do after hour appointments