



Newsletter

10 Week APH Golf Program

At Active Physio Health we have a Golf Program, which is designed to improve your golf game. Benefits include:

- Increase your distance
- Improve core strength
- Increase flexibility
- Decrease occurrence of injury

What is involved

- Initial golf assessment and screening
- Exercise program for home and/ or gym
- Review of nutrition
- Review golf technique – stance, back swing, follow through phase.
- Review previous injuries.

Want to learn more?

click on our youtube video



March Edition

10 Week APH Golf Program

Youtube Golf Program

Tennis Physiotherapy

Youtube Tennis Exercise

Product of the Month Posture Analysis

Massage Special

ACTIVE PHYSIO HEALTH

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Tennis Physiotherapy

Physiotherapy for Tennis Injuries by an Experienced Expert

Shayne Podbury, the director of Active Physio Health, previously played among the worlds rehabilitation for tennis injuries. Shayne specialises in assessment, treatment and rehabilitation for all tennis injuries, and also conducts musculo-skeletal screenings for tennis players.

top ranked tennis players and leads Active Physio Health's tennis rehabilitation program. His dual qualifications in tennis and physiotherapy, makes him the ideal person for you to seek help and guidance regarding

Want to learn more?

[CLICK HERE](#)

For more Tennis Exercises click on youtube



Product of the Month

Expert Opinion

“Every inch of forward head posture can increase the weight of the head on the spine by an additional 10 pounds.” Kapandji, *Physiology of Joints, Vol 3.*

“90% of the stimulation and nutrition to the brain is generated by the movement of the spine” Dr. Roger Sperry, (Nobel Prize recipient for brain research)

With experts in the field of physiotherapy placing so much importance on posture correction you would be doing yourselves a great favour by heeding their words.



Problems caused by Poor Posture

A poor posture, while causing considerable overall damage to your health, can manifest itself through things such as:

- Back pain
- Spinal dysfunction
- Joint degeneration
- Rounded shoulders
- Potbelly



For a free posture assessment

[CLICK HERE](#)

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