

## WHAT'S ON!

Mum's and Bub's  
Classes restarted!



Jess our Women's Health Physiotherapist has re-started Mum's & Bub's exercise classes.

**When: Friday's 11:30am**

Mum's and Bub's classes are a great way to get the benefits of exercise while engaging with your baby! Various exercises to help build up abdominal strength and overall conditioning!

## VISITING SPECIALISTS

### Orthopaedics

Dr Andrew Comley:

2nd, 23rd & 30th Oct.

### Sports Doctor

Dr Sandy Kleinschmidt:

13th, 20th & 27th Oct.

### Cardiologist

Dr Abdul Sheikh:

14th & 28th October

### Neurosurgeon

Prof. Matthew McDonald

17th Oct.



HEALTH · WELLNESS · REHAB



# THE HUB REPORT

## OCTOBER 2020

Welcome to The Injury Hub newsletter. A monthly report of everything happening around the clinic. Keep up to date with events and announcements.

### October is Breast Cancer Awareness Month

October is Breast Cancer Awareness month and an important time for National Breast Cancer Foundation to highlight why research in this area is so crucial. Breast cancer is the most commonly diagnosed cancer in Australia, with 8 people losing their lives to the disease every day.



Click [here](#) for further information as to how you can help.

### Do you suffer from headaches? Do you know it may be coming from your neck?

One form of headache is called a 'cervicogenic headache' meaning the cause is from the neck. Factors which may be contributing to your headache include awkward neck positions, prolonged positions, poor posture and stiffness within your neck.

Our physio's at Physioactive can help to determine whether your headache is related to your neck and can provide you with some treatment and advice. Click [here](#) for further info!



# Contact Us

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## October the month of birthdays....

October is the month which hosts five physio's birthdays!!

Happy Birthday to

- \* Sam Matthews
- \* Mark Cruickshank
- \* Penny Chappell
- \* Jess Hesketh
- \* Jason Collins



## Meet the team



**Professor Matthew McDonald-Neurosurgeon** from Neurosurgery + Spine is a visiting specialist at the Injury Hub. Prof Matthew McDonald provides a comprehensive Neurosurgical & Spinal service based at Calvary Adelaide Hospital.



Prof Matthew McDonald can help with various injuries and conditions including

- ◆ Disc Protrusions
- ◆ Back Injuries requiring Spinal surgery
- ◆ Brain and Pituitary Tumours
- ◆ Nerve conditions and much more...
- ◆ For more information on Professor McDonald, click [here!](#)

## Exercise of the Month

**Dead Bugs:** Dead bugs are an exercise to help with abdominal strength and lumbopelvic stability. It can be a very useful exercise to help with back pain, core stability and groin pain. To perform this exercise safely-start with your legs lifted so your knees are over your hips. Perform the exercise by slowly lowering your left arm and right leg until they are just above the floor-as seen in the second picture. Return to starting position and repeat on opposite side.

