

WHAT'S ON!

Congratulations
Matthew Brockhouse!!



Congratulations Matt on your recent arrival of your first newborn son 'Henry' born 29th September. Mum, Dad and Henry are all doing extremely well!

VISITING

SPECIALISTS

Orthopaedics

Dr Andrew Comley:

27th & 30th Nov.

Dr Collie Begg:

4th Nov.

Sports Doctor

Dr Sandy Kleinschmidt:

3rd, 10th & 24th Nov.

Cardiologist

Dr Abdul Sheikh:

11th Nov.

Neurosurgeon

Prof. Matthew McDonald

28th Nov.



HEALTH · WELLNESS · REHAB



THE HUB REPORT

NOVEMBER 2020

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

COVID-19 UPDATE

With the recent outbreak of COVID-19 in SA, there has been some further restrictions to the community.

Current restrictions for Allied Health Services (Physio, Exercise physiology, dietitian) is for the therapist to wear a Mask.

There have been some questions about gyms, the Injury Hub gym facility is classed as a rehabilitation facility and as such can remain open for patients to use for rehabilitation purposes.

We take our staff and patients health and wellbeing very serious, so we have continued to practice increased hygiene and infection controls at the Injury Hub. These include

- Appropriate spacing of chairs in waiting room, including outside waiting space.
- Hands-free hand sanitiser unit on entry/exit
- Regular disinfecting of commonly used areas
- Disinfecting treatment beds and gym equipment following single use
- Use of gloves in gym and treatments as necessary
- Offer telehealth consults if face to face is not desired or possible
- Screening all patients prior to appointments.

We do ask if you are feeling unwell or have any cold, flu like symptoms or if you have been to the 'hot spots' as described on *SA Health* to please not come into the clinic and to call and speak to one of our friendly admin staff to reschedule or arrange a telehealth appointment.

We thank you for your understanding, stay safe!

Contact Us

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 @theinjuryhub

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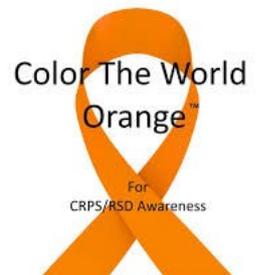
November: Chronic Regional Pain Syndrome (CRPS) Awareness Month

November is CRPS Awareness month, which helps spread global awareness of this poorly understood condition. CRPS is a debilitating condition that is characterised by continuous pain and accompanied with sensory issues, movement dysfunction, changes in skin colour and temperature of the affected region. Diagnosis is normally made by a Pain Physician using the Budapest criteria.

CRPS can start following trauma, a fracture or surgery. The mechanism of CRPS is unknown, however, current research suggests CRPS is a result of damage to the nervous system and the immune system.

Physiotherapy can play a vital role in treatment and management of CRPS. Physiotherapy can help assist with graded exercise programs, pain education, pacing, graded motor imagery- including mirror therapy.

For further information click [here](#) to watch titled Pain Physiotherapist David Giles talk about CRPS.



Exercise of the Month-By Move Exercise Physiology



Bench Push Ups: A great exercise to strengthen and tone the upper body. To perform this exercise safely and correctly, place your hands on a bench just outside shoulder width apart with shoulders directly over your hands. Step back with feet hip

width apart and come onto the balls of your feet. Keeping your body in a straight line from shoulders to ankles, slowly bend your elbows and bring your chest towards the bench. Straighten your arms to return to starting position. To modify the difficulty of this exercise, use a higher bench to make easier or a lower bench to make harder!

