



North East Physiotherapy Services (NEPS) was established in 1996. It has since developed into a network of four physiotherapy clinics in Wangaratta, Benalla, Yarrawonga and Euroa.

To learn about any of our physiotherapists, and their areas of particular expertise and interest, go to 'Staff Profiles' on the [www.nephysio.com.au](http://www.nephysio.com.au) website for further information.

Also on our website is a link 'Doctors Resources'. This link has information about:

- Benign Paroxysmal Positional Vertigo (BPPV)
- Falls Prevention & Balance Re-Education
- Exercise – How can it help my patients?
- Effective treatment of Plantar Fasciitis

**NORTH EAST PHYSIOTHERAPY SERVICES**

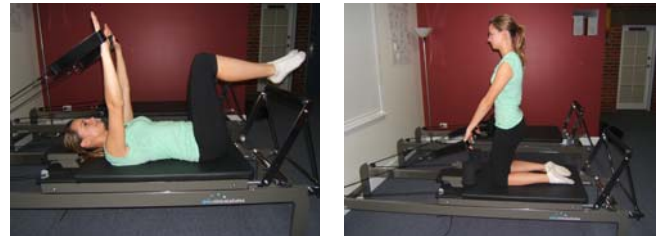
Many of your patients' lives (and livelihoods) are disrupted because of movement disorders arising from musculoskeletal conditions including but not limited to spinal pain, arthritis, sports injuries and work injuries.

NEPS offers expertise in assessment and evidence-based treatment approaches that will supplement your management, facilitating a safe and effective return to function. As well as the conventional in-rooms 1:1 consultations, NEPS offers a range of other professional services and programs, including:

**CLINICAL PILATES**

- Correction of the poor biomechanics that underlie many injuries
- Improved Posture & Flexibility
- Improved trunk/core stabilization and muscle efficiency
- Facilitate freedom of movement in patients suffering from chronic pain
- Decrease back, neck and spinal pain
- Sports injury management
- Overall body toning
- Pelvic floor rehabilitation
- Balance retraining

**Research-based approach.** The techniques used by our physiotherapists trained in Clinical Pilates are based on sound research and an increasing body of scientific evidence. This is significantly different from 'pilates', which lacks clinical



justification and physiotherapy reasoning.

Rebates are available under Private Health Insurance Ancillary Cover for physiotherapy supervised Clinical Pilates.

More information about Clinical Pilates is at:

[http://www.clinicalpilates.com/about/about\\_pilates.aspx](http://www.clinicalpilates.com/about/about_pilates.aspx) and [http://www.clinicalpilates.com/about/about\\_physiotherapy.aspx](http://www.clinicalpilates.com/about/about_physiotherapy.aspx)

**TYPE 2 DIABETES / CARDIOVASCULAR DISEASE RISK-REDUCTION (METABOLIC SYNDROME) EXERCISE PROGRAM**

- A 12-week program aimed at achieving lifestyle (exercise & dietary) changes.
- Supervised, group-based circuit of resistance and aerobic exercise.
- Overall educational bias, including feedback tools, that addresses the participants' activity habits over the longer term.
- Advantage of having the exercise groups devised and supervised by physiotherapists' is that an individual's exercise regime can be modified to take account of pre-existing (and potential) health and biomechanical factors, making it safe and more effective (because the patient will be able to complete the program).

The North East Physiotherapy "MetSyn" program is based on the "Greater Green Triangle Diabetes Prevention Project", which reported in 2006. For viewing of the report, go to <http://www.greaterhealth.org/resources/37/>.

**FALLS PREVENTION PROGRAM – STAYING ON YOUR FEET**

- Strength and balance exercise programs to reduce the risk of falls.
- Patients assessed using the AARN "Quick Screen" (a validated falls risk assessment tool) to determine their falls-risk profile.
- Low and medium risk individuals will then be offered the opportunity to join a small group program, while high risk clients will

- have one-on-one supervision.
- Strength, balance and mobility measures are recorded pre and post program to assess the effectiveness of the interventions.

**BACK EDUCATION CLASSES - MANAGING THE DREADED BACK ACHE**

- Successful back & spinal pain management requires a high component of education leading to self-management.
- NEPS back education sessions teach practical strategies and exercises, which show the individual how to care for his or her back. The content highlights the postural, mechanical and dynamic stresses on the spine and ways of managing these.
- The education classes emphasise the vital role that patients play in their own recovery and prevention of future exacerbations.

**AQUATIC PHYSIOTHERAPY – KEEPING YOU AFLOAT**

- Many musculoskeletal conditions such as spinal pain, arthritis, soft tissue injuries and post-surgical rehabilitation of joint surgery, are best managed in the NEPS Aquatic Physiotherapy program, particu-

larly in the early non & partial weight-bearing phases.

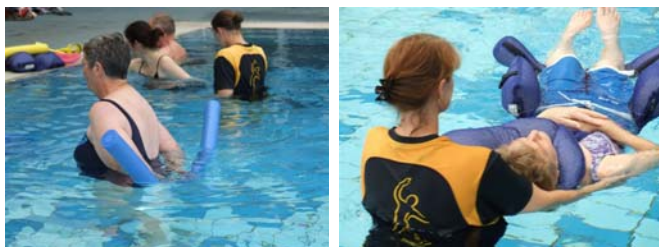
- The properties of the warmer water are used to achieve specific therapy goals such as improving muscle strength and joint mobility. It is an excellent way to reduce pain and joint stiffness, and progress general mobility.

For further information of the role of physiotherapy exercises in a hydrotherapy pool, see:

[https://apa.advsol.com.au/independent/documents/position\\_statements/public/physiotherapyinthemanagementofarthritis.pdf](https://apa.advsol.com.au/independent/documents/position_statements/public/physiotherapyinthemanagementofarthritis.pdf) (page 5).

**CHRONIC PAIN MANAGEMENT - RELIEF HAS ARRIVED**

- Chronic pain requires a multi-faceted approach to management, and appropriate physical activity is a major component of any pain-management program.
- 2 of our physiotherapists, Brendan Liddell and Martin Hogan, have undertaken post-graduate education in this field, which draws heavily on the most recent neuroscience research to develop strategies for chronic pain sufferers to manage their condition.
- The program uses cognitive strategies to deal with central and peripheral sensitization, together with carefully graduated exercise to minimise overactive pain signals.



For a very quick and interesting read about these developments, go to <http://explainpain.blogspot.com/>

These concepts are at the forefront of chronic pain management at NEPS.

**WHEN TO USE PHYSIOTHERAPY**

Physiotherapy practice has evolved considerably in the recent years, particularly with respect to using evidence-based techniques; and importantly, not using techniques that have insufficient research. Changes have occurred with respect to which conditions can benefit from physiotherapy intervention and the optimum time of intervention. (eg. Day-1 intervention for non-traumatic back considerably reduces short term disability and accelerates return to function). We're confident that physiotherapy can benefit many of your patients by accelerating their return to optimum function and helping them to stay there in the long term. If you'd like an update about which conditions can benefit, and when the optimum intervention time is, please contact us.

We will contact your practice in the near future to arrange a suitable time to conduct an inservice on Low Back Pain Management. We look forward to this opportunity and would welcome any questions or topics of discussion.

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