



Somehow another year has passed, and we want to thank each and every one of you for your continued loyalty and support throughout 2017. Our Physio Mechanics team, database and services have vastly grown this year. We are not just your average physiotherapy clinic - we really do deliver excellence in total body rehabilitation. We understand physiotherapy is just one piece to your entire wellbeing puzzle, and that is why at Physio Mechanics you can enjoy pilates, chiropractic care, massage therapy, custom orthotic therapy, and much more..... Our team love being a part of your rehabilitation journey and guiding you back to doing the things you love.

New in 2017!

Andrew Billingham

Chiropractor

We are placing more value on health and wellness than on material objects these days, and the definition of health and wellness has evolved. The phrase no longer refers simply

to a lack of illness and disease, but to a more holistic state of being, where one's mental, physical and emotional health are in sync. Many of us now are recognizing the benefits that **chiropractic care** has on their lives. It's not just a case of back and neck pain, the "side-benefits" of having a fully functioning nervous system is paramount. Chiropractic care is a 100% natural approach to maximising your health. Chiropractic aims to ensure that the brain and the body are communicating with each other without interference. The nervous system consists of the brain, spinal cord and nerves and is the master control system of the entire body.

The brain sends and receives messages to and from the body allowing it to perform all its daily functions. The spine and skull are a protective mechanism designed to shield the body's most vital organs - the brain and the spinal cord. If the spinal vertebrae, are out of alignment it can create negative communication between the brain and the body and can lead to many forms of dysfunction. These spinal misalignments may or may not cause pain but can affect the way in which the body functions, and are usually caused by physical, chemical or emotional stresses on the body.

- Physical - a fall
- Chemical – toxins or pollution
- Emotional – personal or work stress

Chiropractic adjustments align the spine to optimise the flow of nerve messages between the brain and the body allowing for maximum health and wellbeing.



Andrew's Hours

Karaka

Tuesday: 7am - 10am
Wednesday: 1pm - 5pm
Thursday: 8am - 11am

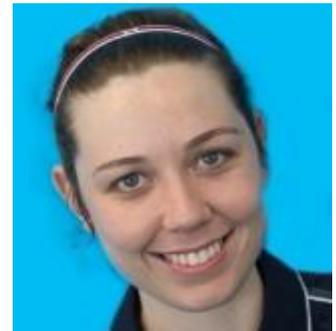
New in 2018!

We are very excited to have two new physiotherapists join our Physio Mechanics family.

Stacey Dangen takes on a senior physiotherapist role as she has over 10 years clinical experience in both NZ and the UK. She is also a qualified pilates instructor and is very excited about bringing these rehabilitation principals into the clinic for her patients. Stacey is one of very few qualified PINC and STEEL pilates instructors in NZ who specialize in cancer rehabilitation (read below for more information).



Halie Stanish graduated from AUT in 2017 after completing her clinical placement with Physio Mechanics. She was finally able to put her 4 years of studies into clinical practice and has now seen how her knowledge can transform a patients injury, outcome and overall wellbeing and is excited about guiding her patients on the path to recovery into her new graduate year next year.



Pilates

You can choose from private one on one sessions, or even with a friend, or you can join one of our current classes



So, what is Pilates? Pilates is a no impact form of exercise designed to improve core strength and flexibility. I've been teaching clinical Pilates for over 10 years as an additional exercise technique in my physiotherapy toolbox to help reduce pain and improve function. I've personally found that using this form of exercise not only can help rehab from any type of injury, but can also prevent further injury to the body by developing strong supportive muscles. More and more research is also available confirming these outcomes.

Pilates was developed in the 1920's by Joseph Pilates. He used his style of whole body muscle training in several different ways: initially to help strengthen policemen in self-defence, as a rehab tool for post-World War 1 soldiers and later to help ballet dancers improve their technique. Now Pilates has evolved greatly and has become a mainstream form of exercise used by young and old, the weak or strong as an effective way to improve strength, build tone and prevent injuries.

Pilates Special

Buy 3 Private sessions and SAVE!!

3 x 30 min Private Pilates for just **\$120**

3 x 45 min Private Pilates for just **\$160**

3 x 60 min Private Pilates for just **\$200**

Pilates Timetable

\$17 per class OR purchase a 10 class concession and get a FREE class

TAKANINI

Tuesday 9am - 10am

Thursday 9am - 10am

Wednesday 6pm -

7pm **NEW**

Saturday 9:30am - 10:30am

KARAKA

Tuesday 10:30am -

11:30am

Thursday 6pm - 7pm **BODY**

BALANCE CLASS

Friday 9am - 10am **NEW**

Saturday 7:15am -

8:15am, **AND** 8:15am -

9:15am

NEW

Archline Orthotic Summer Jandals

Give your feet, knees, hips and back the support they need this summer. Ditch those floppy, flat jandals and replace them with our cushioned arch supporting jandals!



Unlike standard jandals they have a signature EVA arch support structure, contoured heel cup for stability and soft, flexible straps.

The anti-bacterial, anti-odour and super lightweight design are perfect for Summer! This new range of orthotic Summer jandals will help if you have shin splints, achilles tendonitis, overpronation and will also ease arch and heel pain.

BUY YOURS TODAY!
1 pair for \$60 or 2 pair for \$100

Christmas Hours

Karaka

Sat 23rd - Tues 26th Dec -**CLOSED**

Wednesday 27th: 7am - 3pm

Thursday 28th: 11am - 7pm

Friday 29th: 7am - 3pm

Sat 30th Dec - Tues 2nd
Jan**CLOSED**

Wed 3rd - **OPEN NORMAL HOURS**

Takanini

Sat 23rd - Tues 26th Dec -**CLOSED**

Wednesday 27th: 11am-7pm

Thursday 28th: 7am - 3pm

Friday 29th: 10am - 6pm

Sat 30th Dec - Tues 2nd
Jan**CLOSED**

Wed 3rd - **OPEN NORMAL HOURS**

Don't forget to pick up your **Physio Mechanics voucher** today, the perfect gift when you don't know what to get!



TAKANINI • KARAKA

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