

## KARAKA OPENS on 16th MAY!

Physio Mechanics is expanding due to popular demand, from our established Takanini physiotherapy, pilates and gym studio to your doorstep in Karaka on May 16th!

This is part of the new medical and service center at [71 Hingaia Road, Karaka](#). Our team of experienced, professional, friendly and approachable physiotherapists will listen, and together with you, design an effective treatment plan that gets you back doing what you love as fast as possible. On a daily basis we facilitate huge improvements with so many different presentations using the following services which are available to all new Physio Mechanics clients for **HALF PRICE** for a limited time\*:

- thorough assessment of new or old injuries allowing sound diagnosis and establishment of a treatment plan
- in depth education around management, rehabilitation and prevention of injuries
- physiotherapy treatment techniques including joint mobilisations, strapping, acupuncture etc.
- injury specific exercise prescription
- massage - sports, remedial or relaxation
- biomechanical and postural assessment utilising specialised computerised software for custom orthotic prescription
- pilates for core strengthening and flexibility
- and so much more.....

Make a [BOOKING](#) today!

### Opening Special

**50% off ALL SERVICES**

\*from 16th - 31st May

Terms and Conditions apply



*Our new Karaka Clinic - 71 Hingaia Rd, Karaka*



*Abby with Charlie & Oscar*

Owner Abby Greenwood welcomed her second baby into the world on February 14th!

Baby Oscar is doing amazing and Abby is able to return part time to join the team at her new KARAKA Physio Mechanics in mid June. She is looking forward to once again making successful improvements in her patients conditions, getting them back doing what they love fast!

Make your [bookings now](#) with Abby as limited spaces available.

Colleen joins our Physio Mechanics team as our new Karaka clinic administrator. She brings with her strong communication and organisational skills along with a friendly smile and passion for helping others.

Colleen enjoys coaching and managing hockey teams and spends many weekends encouraging and watching her children play various sports. Other past times include long beach walks, knitting, house renovations and anything creative. Colleen has a very approachable personality and looks forward to meeting you.



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## **PILATES with Jas @ our KARAKA CLINIC**

### **Commencing: Saturday 28th May @ 8.15am**

**Just \$6 for your first session**

**valid until 31st May**

**Grab a friend and come join us!**

**Beginners welcome**

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## **PATIENT PROFILE: JOSH ASPLIN**

I have been swimming competitively for 9 years. My weeks are dominated by pool and gym training 12 times a week to train for my main events of freestyle and butterfly. I just recently placed 5th in the country for 200m freestyle in the NZ Open Championships. This training and competing is obviously very physically demanding and my body does feel the effects.

In the past couple of years I have suffered from shoulder impingement due to muscle imbalance from overuse in both of my shoulders. This has hindered my training and made me stand down from competitions. With the help of the team at Physio Mechanics I could understand why this was happening and what I needed to do to fix it fast. I was back training and competing in no time. They also helped prevention of injury through regular sports massage which I believe helped to optimise my performance. It is great having Physio Mechanics just around the corner.



*Josh Asplin, Aged 19*

# SHOULDER IMPINGEMENT

Shoulder pain is one of the most common complaints we see in our clinic. The shoulder is a ball and socket joint, which is surrounded by a complex series of ligaments and muscles. It also has the greatest degree of movement compared to any other joint in the body. Because we use our arms in such a wide range of daily activities, the shoulder is at risk of acute injury or of being overworked especially with repetitive activity.

In our shoulder we have a bony tunnel created from the AC joint on top (end of our collarbone) and the shoulder joint below. Through here runs a rotator cuff tendon and a bursa (fluid sac that prevents frictional rubbing between bone and tendon). With acute injury, such as a fall or a sudden jar at an awkward angle, this tunnel can be pinched. With repetitive overuse in awkward angles, such as bench press or overhead painting, the contents of the tunnel can get inflamed and therefore thicken. Both presentations will cause narrowing of the tunnel and compression of the tendon and bursa, causing pain and restriction and what is known as shoulder impingement.



Shoulder impingement typically is associated with specific movements and postural habits. As Physiotherapists we are trained to evaluate your symptoms and can conduct a thorough examination including specialised tests to accurately diagnose your injury. We can then develop an individualised treatment plan and rehabilitation programme. We can also liaise with your GP or other health professionals to maximise your recovery.

It is important that you seek treatment for shoulder pain as early as possible as these symptoms can often become very irritable and worsen without proper education and guidance. Secondary conditions can also develop as a result.

Are you suffering from **shoulder pain**? Make an appointment at **PHYSIO MECHANICS** today for a thorough assessment and diagnosis of your injury. Early intervention leads to quicker recovery and better outcomes for you!

**NO REFERRAL IS NECESSARY** when making an appointment to see one of our team of Physiotherapists. Should you require further investigations or management of your injury we can liaise with your GP or other specialised health professionals directly.

Book [here](#) now!

## TAKANINI • KARAKA

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