

# physiomechanics

PATIENT NEWSLETTER



We have reached the end of another busy and exciting year at **Takanini Physio**. We would like to take this opportunity to thank you for your continued support. Please have a safe and happy Christmas and New Year, and a wonderful time with your family and friends. Merry Christmas to you all from the staff at Takanini Physio

## 2015 brings exciting news at Takanini Physio



From February 1<sup>st</sup> 2015 Takanini Physio will be rebranding to **PHYSIO MECHANICS**. Physio Mechanics will also be opening **PHYSIO MECHANICS KARAKA**, our brand new clinic at 71 Hingaia Road, Karaka from July 2015. This will be situated in the new medical and service centre and will be working closely alongside Dr Ben Speedy, our local and very experienced sports physician. We will still have the same great team of physiotherapists working with you at both clinics to achieve your goals.

### Our current Team of Physiotherapists includes:

**Abby Greenwood:** Director and Senior Physiotherapist, BHSc (Physiotherapy)  
**Amelia Bull:** Senior Physiotherapist, BHSc (Physiotherapy), PGD, MHPprac (Distinction)  
**Allie Le Lievre:** BHSc (Physiotherapy)  
**Helen Dart:** BHSc (Physiotherapy)  
**Fabian Law:** BPhy, Cert F.I.T

From January next year we will have a new member to our team: **Liz Cooper**

Liz completed her Bachelor of Health Science (Physiotherapy) degree at AUT in 2014 and has recently joined the team at Takanini Physio. Liz brings with her a strong passion towards musculoskeletal rehabilitation striving on empowering patients improve daily functioning and quality of life. Liz grew up locally in Papakura playing sports in the community including softball and hockey. Liz represented at national levels for Counties Manukau and Auckland. She loves being active and enjoys socialising with family and friends.  
WELCOME TO THE TEAM LIZ!



### Christmas Opening Hours

We will be available for appointments over the holiday period to assist in your recovery. Our hours are as follows:

Monday 22<sup>nd</sup> December 9am – 7pm  
Tues 23<sup>rd</sup> December 7am – 3pm  
Wed 24<sup>th</sup> December 8am – 12pm  
Thurs 25<sup>th</sup> – Sunday 28<sup>th</sup> December CLOSED

Monday 29<sup>th</sup> December 7am – 1pm  
Tues 30<sup>th</sup> December 8am – 1pm  
Wed 31<sup>st</sup> December 8am – 12pm

Normal hours resume on Monday 5<sup>th</sup> January

### New Patient Feedback

Every new patient is given the opportunity to complete a short online survey to rate our overall performance. This feedback is essential in helping us maintain the highest quality service to all our patients. Your feedback is warmly welcomed. If you would like to submit your feedback and have not done so then simply visit the Takanini Physio website at <http://takaniniphysio.co.nz/feedback/> to register your comment and score. Your opinion is most valuable to us! Submit your feedback and be in the draw to win a **FREE** 30 minute massage worth \$40

TAKANINI • KARAKA

88 Great South Road, Takanini      71 Hingaia Road, Karaka  
Ph: 09 299 7677 Fax: 09 299 7688      New clinic opening July 2015

**admin@physiomechanics.co.nz**      **www.physiomechanics.co.nz**

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## GAIT SCANNING

**Do you have recurrent low back pain or lower limb injuries that won't go away?  
Do you stand all day at work and have aching/tired feet by the end of the day?**

WE CAN HELP!! Did you know that we offer customised orthotic scanning and footwear? Our TOG Gaitscan system - an innovative diagnostic tool and digital casting device, allows us to analyse patient biomechanics and order custom orthotic products. With 4096 sensors and a scan rate of 300 frames per second, GaitScan™ is the industry leader in dynamic scanning capabilities.



### So what does this mean for you?

A new, in-depth method of assessing your gait cycle with a dynamic scan gives us access to a wealth of information that cannot be obtained with the naked eye. Over a million points of data are recorded, tracking minor flaws in your biomechanics and shedding light on issues that if left untreated, could develop into painful conditions over time.

### Foot Facts:

It's important to understand.....

- A small abnormality in foot function can have a large impact on joints higher up in the body, causing pain and discomfort to your knees, hips, lower back and even your neck
- When you are running, the pressure on your feet can be three or four times your body weight. Even walking can produce more pressure than the sum of your body weight.
- The average person takes 8,000 to 10,000 steps a day? That adds up to about 185,000 kms in a lifetime or more than four times around the world. That is a lot of walking with ill-fitting shoes or painful feet!!

Many of the problems associated with foot biomechanics can be easily fixed with orthotics. However it is important that the orthotics you buy are suitable for YOUR FEET.

- This is because your feet are as individual as you.
- They deserve the level of individual care that PHYSIO MECHANICS orthotics can offer.

Call us today to book your Gait Scan. **Your feet are important to your health.**



Compliment your orthotics with a pair of **orthotic FLIP FLOPS**.  
Great for the summer months. On sale until 31<sup>st</sup> January 2015  
\$55 per pair



This is the first edition of our patient newsletter for Physio Mechanics. Each quarter we will send the new edition updating you with new information, tips for your injuries, special deals and much more!

**Wishing you all a very Merry Christmas, from the team at Takani Physio. We look forward to seeing you all in the New Year!**



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