

S P R I N G 2 0 1 1

# Therapies Summer Hill Newsletter

97983366



## Our Practitioners

### Counsellors/Psychologists

Helen Reese  
Tash Dakos  
Peter Tryon  
Sally Hopwood  
Scott King

### Fitness Specialist

Robyn Suttor  
Speech Pathologist

Anne North  
Audiologist  
Dean Foley

### Physiotherapist

Iris Loudon

### Massage Therapists

JoAnn Hill  
Iris Loudon  
Cathy Galibu  
Clare Goodfellow

### Auyervidic / Acupuncture

Tracey McMullen & Paul Charsley  
Sunny Chen

### Rolfing

Nick Barbousis  
Pilates & Yoga  
Robyn Suttor

Mary Durkin & Maryanne Holme

## Welcome to our first newsletter

Therapies Summer Hill opened in September 2007. The centre brings together highly experienced, independent health practitioners whose aim is to offer the best possible care and follow up service. This Allied Health practice is located in the heart of the Summer Hill shopping village. Trendy cafes, antique shops and supermarket are all within metres of Therapies Summer Hill. With all your health services under one roof and a huge free car park opposite what else could you ask for? Each month we will be offering you valuable information to enhance your physical and mental health, specials that we have available and highlights about our practitioners and their work.

Have a great Spring! Helen Practice Manager

## Family Fit News. Spring into Life & Get Fit!

Robyn specializes in fitness at Therapies implementing individual and group sessions for training & fitness. She works in a boutique, private setting using state of the art technology including the Power Plate. Robyn, is a current World Champion in the Women's 4 x 400m Relay with a number of State and National titles. Robyn also teaches **Tai Chi** and **Pilates** so has a belief in the beauty and precision of working the body. Wanting to improve your fitness, loose weight or enjoy group training come along and give it a go!

**Spring special 10 % discount OFF ALL sessions**

### POWER PLATE ADVANCED VIBRATION TECHNOLOGY TRAINING

Vibrations cause involuntary muscle movement against the bone. Perfect for building bone density, fat loss & cellulite reduction, low impact, muscular & core strengthening, osteoporosis, post lap band  
**\$180 for 10x 30 min sessions**



## Massage highlights. Pain Relief

Most people head for their massage therapist when they are already in pain and have been for a long time. The body is wonderful and amazing and doesn't want you to feel pain so it compensates for problems, without you knowing it, and so the result is that your shoulder hurts but it started with your hip. The easy solution is to have a regular massage every 4-6 weeks.

Regular massages can help prevent those crazy days of intense pain by maintaining the muscular integrity of the body, and discovering the hidden cause of some of the more problematic muscles spasms therapist to suits your needs!

Therapies Summer Hill has four therapists working over 7 days to help meet your health care needs.

Take advantage of our special with a 6<sup>th</sup> free massage

## What is Counselling? How can it help me?

Professional Counselling provides confidential assistance to help people explore issues which are impacting on their life and important relationships. It is important to recognize that all people have emotional difficulties, feel troubled, have problems or feel overwhelmed at certain times during the course of their lives.

Counselling provides the opportunity to talk with a professional trained in counselling skills, mental health issues, human behaviour and developmental problems to explore issues and reflect on and empower the person to find effective solutions that work for them.

Medicare and Health Fund rebates may be available for you. Ask us about this when you call.

Therapies has 5 highly trained professionals who can meet your counselling needs. Just give us a call or send us an email for bookings or enquiries on [97983366](tel:97983366) /[info@therapiessummerhill.com.au](mailto:info@therapiessummerhill.com.au)



## Children's Corner by our Speech Pathologist Anne North

### School Readiness.

#### Is your child ready to start school?

There are some known indicators that let you know your child is ready to start school. Perhaps the most important is :

#### Emotional maturity

Does your child experience a range of emotions?

Is your child aware of others emotions?

Can your child regulate and sooth himself or herself?

#### Social skills

These go hand in hand with emotional skills. Can your child relate to adults, 1:1, and in a peer group. Language and motor skills also affect your child's interactions.

Language skills. An indicator of school readiness is the ability to adequately relate a story or event with a sense of the whole, correct sequencing and details.

To participate in a classroom a child needs to be able to follow group directions and understand at least three elements of information in a direction. Directions include many concept words like: except, before/after, only if etc. Also consider if your child can listen to and process a whole story and predict and infer. Your child's oral language skills predict what their literacy skills will be.

Phonological awareness (the ability to process, separate and sequence and manipulate sounds) at school entry should include the ability to rhyme, chant syllables and recognize first sounds. Chanting the alphabet, recognizing some letters and writing one's name as well as counting are also indicators of easy literacy learning.

This list is not complete without also noting the importance of fine and gross motor skills , and also attention and organisational skills.



## Physio speaks out about posture

Posture is the way a person holds their body and is the foundation on which our movements in daily life depend. Many things have an impact on posture.

The type of build that nature and inheritance have given a person can influence the way they hold their bodies. Tall people may stoop and short people may stand very erect. Body size will also influence posture. Our bodies are usually not symmetrical so individual differences may affect posture. This is not something to be considered abnormal unless it is marked and causing pain. If a person is told they have scoliosis or some other deviation in their spine, they may go through life thinking they have an abnormality which is going to cause trouble. A person's muscle strength and length will affect posture as will previous illnesses and injuries they have experienced. Personality and emotional state will also affect the way a person holds the body. A person who is self assured will stand and move confidently and a depressed person or one lacking confidence will reflect this in their posture. It is a well known fact that a person who walks tall and strides out with self assurance is much less likely to be mugged or challenged.

## Turn the TV down grandma!

Watching TV is a popular pastime, even more so for the elderly who don't socialize as often as the more youthful. Hearing loss is more common as we age and TV volume is likely to increase as our hearing declines. To help understand speech more clearly an increase in the signal to noise ratio (SNR) is the goal. Hearing aid manufacturers now provide a range of wireless connection devices that transmit the TV (or radio, iPod, mobile phone etc.) sound directly to hearing aids to obtain the best possible SNR and speech understanding. If you are having difficulty hearing the TV or your friends or family are complaining that the TV is too loud, come and visit **Dean Foley**, our audiologist for a hearing check.

