



Physiotherapy

Occupational Therapy

Massage

Employer Services

Established in 1995, Coastal Physiotherapy is centrally located in Maroochydore (opposite Sunshine Plaza). Our experienced clinicians work with specialised techniques to 'get you better faster' ensuring the cost-effectiveness of your treatment program.

#### Clinic Hours

Monday to Friday  
8.30am to 5.30pm

*Other times available  
by prior appointment*

#### Coastal Physiotherapy

Unit 5 Plaza Central  
31-33 Plaza Parade  
Opposite Sunshine Plaza  
Maroochydore, Qld 4558

T 07 5443 6634  
F 07 5443 5429  
E [admin@coastalphysio.com.au](mailto:admin@coastalphysio.com.au)



Find us on Facebook

## welcome to coastal physiotherapy

We hope you enjoy our Spring 2011 newsletter. Should you have a topic of interest you would like to see incorporated into our newsletter, please do not hesitate to share your ideas with us.

### Staff News

Tiffany Xavier joined our team as a Remedial Massage Therapist in September. She is a very experienced massage therapist, having worked with the likes of the Wiggles and the NSW State of Origin Team in her previous work ventures! Tiffany is available all day Wednesday, Thursday and Friday. Veronica and Kerry continue to provide quality massage services on Monday and Tuesday

### Facebook

Our "Name the skeleton competition" in July resulted in our skeleton being christened "Indiana Bones". He is currently on his great adventure around the Sunshine Coast and so far has been boating off Mooloolaba, to local netball games, and swimming on a lilo! Keep up to date on face book to see what he is up to and where he will go next.

Regular specials are posted on facebook which are only available to facebook members - so 'Like' us today!

To find out more email us at [admin@coastalphysio.com.au](mailto:admin@coastalphysio.com.au)

or visit [www.coastalphysio.com.au](http://www.coastalphysio.com.au)

## Hydrotherapy

Coastal Physiotherapy recently launched a **group hydrotherapy program**, held at the Cotton Tree Aquatic Centre every Wednesday. Due to the success of this program, we are extending our special offer of \$14 per session, or \$50 for 4 sessions (almost \$10 cheaper than advertised elsewhere!!). Now that summer is approaching, getting in the water to exercise is a lot more appealing - so get in early to reserve your spot!

## Noosa Triathlon

Coastal Physiotherapy is entering a team in the Noosa Triathlon in October with Tim on the bike leg and Nicole running the 10km. Paul is entering it alone to see if he can beat the combined efforts of the team....let the duel commence!!! We will keep you posted on how we go.

## Pilates

Clinical Pilates can be beneficial for people suffering from back or neck pain, hip or groin injuries, poor posture, pre and post natal women or just for general wellness. A qualified Physiotherapist can guide you through the beginning concepts and exercises of the Pilates method, before referring you on to the Centre for Studio Pilates - where group classes and additional facilities (such as reformers) are available. Private Health Rebates Apply.

## Gift certificates

Can you believe that Christmas is only a few months away!! Massage gift certificates are available from reception. A great gift, especially for those that are hard to buy for!

## Injury info from our Physios: Hamstring Strains

**Hamstring strains** are common in sports that involve high-speed running such as athletics, football, soccer and rugby. They account for a high percentage of contact sporting injuries, and have a recurrence rate of 34%. They usually occur during sprinting as the hamstring muscles are required to both contract forcefully and then stretch greatly. Potential risk factors for a hamstring strain include age, previous injuries, lack of flexibility, inadequate warm-up, fatigue and low fitness levels.

Treatment initially involves **RICE** (rest, ice, compression, elevation) in the first 24 - 48 hours followed by a gentle stretching program to restore full flexibility. If pain persists, a Physiotherapist is able to provide treatment using hands-on soft tissue techniques. Ultrasound or Dry Needling may facilitate further healing, and a rehabilitation program of exercises and comprehensive stretching will aid a safe return to normal daily activities and sport.