



CQPhysio Newsletter

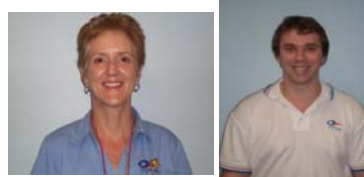
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Welcome Kay and Greg!



We are very happy to now have Greg Muller and Kay Malpress-Salmond as our newest members of the CQPhysio team!



Greg has made the move down from Townsville after completing his physio degree.

Kay and her family have moved in to Rocky from Clermont, exchanging life on a property for living it up in the big smoke!

Greg and Kay starting working in the Rocky practice in January and February respectively, but hopefully you were lucky enough to meet them both at the Christmas party, or on the Clinical Pilates course in December 2009.

It's also great to see

Miche's smiling face around the practice more than we used to.

Miche joined CQPhysio from the Rocky base hospital. Great to have you on board Miche!

You will also soon notice another new face around the Rocky practice (or on the phone, depending where you are!), Andrea is our newest member to our super admin team. When you see her around, please introduce yourself, or if she's looking lost, or in need of a coffee, please

point her in the right direction!

On a sad note now, Lauren one of our lovely Blackwater receptionists has decided to venture on and will be working full-time at BMA.

Also, our newest kiwi friend will soon be leaving us. Sarah Kelland is almost due to venture across the Pacific Ocean to South America and then on to Canada.

Lauren and Sarah, thanks so much for all your hard work while you've been here. Lauren, good luck with the new job and Sarah, we hope you have the most amazing trip!

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Did you know?

- * Banging your head against a wall will use roughly 150 calories an hour.
- * One out of every 3 people can't snap their fingers.
- * No piece of paper can be folded in half more than 7 times.

Be Wary of the Water in Yeppoon!

All staff are now being warned of the water in Yeppoon. First it was the McGuire's and now it's the O'Connor's. Yes, DAMIAN AND MARIA ARE EXPECTING TWINS!!! It looks like the number of kids in the O'Connor family is going to double later this year when Maria

gives birth to 2 gorgeous, well-behaved angels. Sounds like they will be taking after their Mum! (Sorry Damian!) Maria and Damian, we hope everything goes swimmingly over the next year. And don't forget, between the McGuire's and the Cun-nold's there's plenty of

advice on twins to be offered, and plenty of clucky staff to happily baby-sit when you need a break!



Staff dominate the Yeppoon Triathlon

While most of us were having a nice relaxing sleep-in on Sunday the 7th of February, an energetic group from CQPhysio gathered at Rydges at Yeppoon for what could almost be described as one of the greatest showings of athleticism by an allied health group in the whole of the state!

Sarah Kelland and Jim Griggs both competed in the long course triathlon (750m swim, 24km cycle, 5km run) with Sarah taking out first place in the female competition, and Jim competing in the highly contested and competitive male competition, finishing less than 28 minutes be-

hind Ben Wriede and Fin Turley—some of Queensland's most competitive triathletes.

Chris Pollock and Anna McMurtrie both competed in the long course duathlon (2km run, 24km cycle, 5km run) and dominated both the male and female divisions, both taking out first place and blitzing the rest of their fields by ~ 2 minutes each. Excellent work by all of you!

Stay tuned for the next edition to see how Chris goes in his first ever triathlon, and to see if these amazing results can be topped!

In other sports news, Sarah, Chris

and Julie all competed in the Rocky Road Runners 10km race on the 31st of January, with Sarah and Julie taking out 1st and 3rd places respectively in the female comp and Chris coming 7th in the highly contested male comp. Congrats again team!



Craig Allingham coming to Rockhampton

Don't forget that Craig Allingham will be presenting 2 courses for us in March. Craig is a "Sports, Olympic and Circus physiotherapist" and has been a clinician and teacher for over 30 years. His courses are always very interesting and entertaining. He is going to present a course to all staff on Friday the 5th of March on sales techniques and selling products. The course will run from 1:30-4pm, followed by some cool refresh-

ing beverages at the Criterion Hotel. All staff are encouraged to attend. Craig is also running his 'Everyday Foot and Ankle' course for physios on Saturday the 6th of March. To register for this course, please log-on to his website www.redsok.com and follow the links. Jim and Ruth have both attended this course in previous years and both found it to be a very useful course.



THANK YOU!!!!!!!

A very big thank you goes out to all staff who helped out at the Sports Expo. Thanks to you the day was a big success.

Also, thanks to all staff for all your help with the CQPhysio Open Day. A great day was had by all!

Thanks to all staff for helping out with creating various resources—new exercise sheets, brochures, forms etc. It's all very much appreciated.

And thanks to Meg for driving out to Blackwater to cover holidays for Jo. We hope you enjoyed the shopping that Blackwater and Bluff had to offer!



New Classes

Caroline's hard work has all come to fruition with the commencement of the Seniors Exercise Classes that



started on Thursday 25th February. The classes are for anyone over 60 to help maintain and improve their current mobility, strength, and function.

No referral is required, so if you know of any patients, friends or family members that you think will benefit from the class, please let them know.

The classes will be held weekly at 10:30 on Thursday, for the bargain price of \$10.

Also on classes, Sherree will be starting up a Monday evening Pilates class in March from 5-6pm. The same process applies for those who want to join the classes (initial 1 hour assessment with physio, then 2-3 one-on-one sessions as appropriate).



International Women's Day

International Women's Day is on Monday the 8th of March. Sherree and Jim will be joining Sandy out at Blackwater that day for the Women's Expo to showcase some of our services and products.

Also, look out for Sherree in the Bully in an article on Women's Health.

How many physios does it take to change a lightbulb?
None. They just give the dead bulb some exercises to do and hope it will be working better the next time they see it.



Happy Birthday to **Bernie** who celebrated her 50th at the end of January! Congrats on the milestone!

Happy Birthday to our longest standing employed physio **Sherree** for the 24th of Feb- we hope you got very spoilt! (and enjoyed the bus trip to Dysart).

And finally, Happy Birthday to the lovely **Brigit** who celebrated her birthday on the 25th of February. We hope you had a super day Brigit!



TM2

In following our Vision of providing 'state of the art healthier lifestyle services', we will be beginning training with the TM2 program on the 17th, 18th and 19th of March, ready to roll out the system on the 1st of March- yes, April Fools Day! Training will be conducted in groups of 4-5 and will be very practical, with everyone getting a chance to use the new tablets.

TIMETABLE FOR TM2 TRAINING:

Wednesday 17th March

8am-12: Bernie, Jim, Meg R

1pm-3pm: Caroline, Kay, Ruth, Corinne, Meg G

Thursday 18th March

9am-12: Carmel, Andrea, Judy

1pm-4pm: Glenn, Leisa, Brigit

4pm-5pm: Q&A

Friday 19th March

9am-11:30: Ben, Jim, Julie, Sherree, Chris

12-2pm: Sandy, Damian, Miche, Greg, Sarah K

* Please note that the Friday afternoon session starts at midday, so lunch will be blocked off from 11-12.

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Mission:
Helping people to reach their optimal physical potential throughout life.

Vision:
Nationally recognised for providing state of the art healthier lifestyle services in CQ. Our happy and competent staff are empowered to achieve the best health and wellbeing outcomes for our clients.

Applause

The admin girls have done a wonderful job of organizing the 'Presenting Problem' lists. It's much more organised now and makes it so much easier to find out totals of different injuries etc.

Thanks Ladies!



Date Saver

Julie Hides will be running her Real Time Ultrasound Course for our physios on **Saturday the 29th of May**. Please save the date! This PD is being provided by CQPhysio.

Footy tipping to commence soon

Well it's that time of year again! The footy season is upon us and we will be running the footy tipping competition again. This year it will be organised on a tipping website so that all you have to do is log on to the

CQPhysio comp and put in your tips. You will be able to see the ladder at any stage of the comp and, if last year is anything to go by, find out how many more points you need to catch up to Carmel, the tipping extraordinaire! Make sure you keep an eye on your emails for further information!



ps. Go Cowboys!

Research on WiiFit

Researchers from the University of Melbourne's Department of Physiotherapy conducted a study to determine the WiiFit's usefulness in balance analysis. They found the Wii Balance Board may be used to prevent falls in older people and individuals with neurological conditions. The also found the data comparable in quality with the use of a specialized, laboratory-grade force plate machine, typically worth around \$20000, 40 times more than a Nintendo Wii console and Balance Board! The researchers believe Wii-



Fit can make a significant impact in the prevention or postponement of falls. So, it is more than just another toy we can use at our BBQs!