



# CQ Physio Newsletter

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## 2011 Off to a Flying Start

### Inside this issue:

Footy Tipping	2
JobFit	2
Social News	2
Professional Development	3
Birthdays	3
Relay For Life	3
Half Ironman Triathlon	3

With Easter just around the corner, doesn't it seem like 2011 is going by at super fast pace?

There has been lots happening so far this year. Dan (our new grad physio) and Renitha (our new dietitian) have settled in well and are both keeping busy. American physio Jenny is still waiting on her registration to be finalised and will hopefully be starting with us in the next couple of months.

Alex, who is in her final year of Physio at the University of Queensland has

been with us now for 5 weeks, and will be finishing up this Friday the 8th of April. Alex, thanks for all your hard work while you've been here. We hope you've had a great experience and we wish you all the best for the rest of your year.

It seems like if your name is 'Meg', it's a good year for travel! Meg Richter has arrived home safely from her cruise to Vanuatu and is back into the swing of things out the front with the admin girls, and Meg Geddes will soon

be venturing to the other side of the world to do some travelling around Europe for a few weeks. Jealous much?

Anyway, we hope you all have a wonderful Easter, whatever you decide to do. For those who are travelling, make sure you stay safe. We hope you all get a visit from the Easter Bunny! And remember, try not to eat all your chocolate in one day!



### Easter Egg Trivia

- \* According to a survey, 76% of people prefer to eat the ears of the chocolate Easter bunny before any other part.
- \* Each year witnesses the making of nearly 90 million chocolate bunnies.
- \* If you eat the Easter eggs wrapped in red foil before the eggs wrapped in blue foil, you actually lose weight instead of gaining it. (ok yes, I made that one up!) :-)

### It's a Girl!!!!

Well, she was a little late but Emily Grace O'Connor finally arrived on Sunday the 20th of March, and Mum (Corinne), Dad (Mike), and proud big brother Joel couldn't be happier. Born at 10:12am and weighing a healthy 3.35kg (7 lb, 6 oz) she already has the whole family wrapped around her cute, little finger. Congratulations Corinne and Mike! We hope you enjoy this wonderful time, and wish you lots of happiness

with your gorgeous new bundle (and lots of sleep too!)



## Footy Tipping

It's that time of the year again! Footy season has begun and the annual CQPhysio Footy Tipping Comp is now well underway. After 4 rounds of the NRL season, Jimbo is at the top of the ladder on 18 points, ahead of the fierce competition for second place with Miche, Ben and Jo all on 16 points. 2011 will see a new winner this year as Carmel, who has taken out top spot for the last 2 years, has decided to relinquish her reign and will not be challenging for the winnings.

For anyone who is still keen to participate, please do so ASAP by registering on [www.footytips.com.au](http://www.footytips.com.au) and

search the 'CQPhysio' competition. For those of you in the comp last year, just login with the same email and password that you used previously. Although you are starting late, you will still start with points (calculated as the away game wins, up to 5 per round) which will likely put you in the middle of the field. The competition is open to all staff members, sub-leasees and family members. If you have any questions, just ask Jules.

Just a reminder that the \$50 entry fee should be paid to Jules ASAP, and once we determine the number of participants we will be able to con-

firm the number of prizes and the amounts for each prize.

Happy Tipping! Let the sledging begin!! :-)

Oh, and if you get 8 from 8 tips correct, you will win a voucher for a free whopper from Hungry Jacks!



## JobFit- PEFA on Demand Pilot

Due to our reputation for delivery of high quality service and strong customer relationships, CQPhysio have been chosen to participate in the 'PEFA On Demand' pilot for JobFit Systems International.

PEFA On Demand is the online application that automatically generates JobFit Systems PEFA forms *on demand* from the job requirements. Then it automatically performs a 'job

fit', calculates scores and recommendations, and generates a worker report based on the results.

We have already had a few of these on the go, and it seems that it's going to be a very useful and innovative tool.

And while we're on the subject of PEFAs, the amazing Sandy had completed over 130 PEFAs this year! WOW! That's a very impressive rec-

ord. Thanks for doing such a great job out there Sandy! Keep up the excellent work!

**Over 130 PEFAs in 3 months!**



## Social News

The Yeppoon Races are coming around again, so we thought we'd take advantage of the day and get together for a social gathering.

The races are being held on Saturday the 30th April at the Yeppoon Turf Club. It's a great excuse to 'frock up', have a beverage or 2, and put some money towards the bookies holiday funds, (or better still, your own holiday funds if you're lucky enough!)

There is usually some fun activities on offer for the kids, but if the jumping castle does happen to deflate again, maybe we can talk Jim into performing a magic show!?

So dust off your fancy shoes (or thongs, whatever you like—those Yeppoon folk can be pretty laid back) and bring your partners and kids along for a fun and relaxing day at the races.

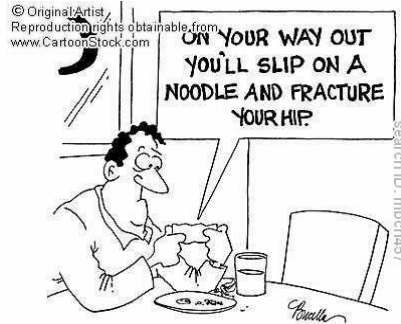


## Professional Development

It seems the physios have been very busy so far this year with their professional development. In February, Nicki Hamilton arrived in Rocky from the Sunshine Coast to conduct her "Irritable Hip" course. The physios spent their Saturday reviewing the hip, discussing hip pain, and getting some new tips for treatment and rehabilitation post surgery.

We have also had 2 afternoon in-house PD sessions, which have been run by the physios and have all been very interesting and informative.

Sherree did an excellent talk on cli-



Misfortune Cookie

ent satisfaction. And Greg gave us an update on the latest info regarding ACL surgery and rehab.

Last Friday, Meg covered diabetes

informing us of some very interesting facts and stats, and Dan gave us a great review of the cervical spine, including some of Gwen Jull's exercise techniques. Great work guys!

Reassure your clients that they are important to you at every chance you get.

(from Sherree's talk on 'What Clients Love')

**Breaking News:** Sonia Offord will be conducting the 'Dynamic Taping' course from the Rocky Practice on Saturday the 16th of July. More info to come! Stay tuned!

## Birthdays

★HAPPY★  
BIRTHDAY!

There have been lots of birthday celebrations so far this year, with Bernie kicking off the start of them on the 29th of January. February saw Anna and Sherree both get another year older (and wiser!) on the 16th and 26th respectively. Meg reached a milestone on the 19th of March, celebrating 21 years with a cruise to

Vanuatu and Noumea (among other places) and Chris, who is also a March baby, celebrated another year on the 27th.



Most recently, Dan celebrated his special day on the 4th of April, which leaves Glenn Hansen and Kay to celebrate later this month, Glenn on the 15th and Kay on the 17th. Wow, that's a lot of birthdays, and consequently a lot of cake!!! Mmm, cake-definitely not complaining about that! We hope you all had/have a wonderful day!



## Relay For Life



The Relay For Life is being held on Saturday the 21st of May at CQU. As always, Bill will be down there doing leg massages for the cancer survivors and other participants. If anyone is able to donate their time to help him out, he always appreciates any help you may be able to offer,

whether it's a couple of hours or a full night. It's always a good night down there with the local community getting right behind the cause, and the ladies there are very good at looking after the workers and supplying you with tea, coffee, and hot chocolate! If you are able to help out or have any questions, please see Bill.

## Calling All 'Athletes'

The Capricorn Resort at Rydges will again be hosting the annual Half Ironman Triathlon in August. For anyone who might be keen to compete, CQPhysio will again be looking to enter a team or 2. The race consists of a 1.5km swim, 90km bike ride and 21km run. It's now about 4 months away, so if you're interested, but haven't started training, now might be a good time! Have a chat to Jim or Chris if you are interested.

## CQ Physio Group

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We're on the web!  
[www.cqphysio.com.au](http://www.cqphysio.com.au)

**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.



## Coming Soon

Access to the Rocky practice will soon be via a swipe card, which will be distributed to all staff members. The system is designed so that the door will lock automatically outside of normal opening hours. This new system should be up and going in the very near future.

## Happy Easter!!!



## 10 Rules of Business Manners

1. Always wait a split second after a person finishes talking before you speak
2. Listen with your entire body
3. Be Positive
4. Speak well of others
5. Memorise names
6. Never try to impress. The effort always shows and it diminishes you
7. Never make your conversations public
8. Praise but never flatter. Praise makes people feel good; flattery makes them feel manipulated.
9. A simple rule if in doubt: Be kind
10. Just do these

Thanks Sherree!