

November 2009



New Podiatrist - Anna McMurtrie

Anna McMurtrie will be joining the clinic towards the end of November. She will be working for herself and sub-leasing the room next to Bill and Sherree. We will be run-

ning her diary and booking in her patients and our plan is to make use of the seating area outside the gym as a second reception area.

She is planning to bring some of the latest state-of-the-art techniques to Rocky which will allow for the production of orthotics using computer generated software. Anna has been working for the last few months in Mackay for Balance Podiatry and was in Brisbane prior to this.



She was brought up in Rocky and her parents live here. She is also a runner.



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Occupational Therapist

Anneke Andrews will be starting work for Cqphysio the week after next. She will be doing some contract work for us - mostly FCE's and worksite assessments. If you have anybody asking about an OT or worksite/ Ergonomic assessments please let us know. Anneke is living in Cairns and will be flying down every second week ini-

tially to work so we will need to co-ordinate any visits. She has worked in a number of mine sites across the region as well as in the hospital setting as Head OT at Innisfail hospital. She is a kiwi and trained in Otago.



CQPhysio Group

Special points of interest:

- > Admin Staff
- > Podiatrist
- > Occupational Therapist
- > Wesley Weight Management
- > Personal Trainer
- > Christmas Party

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Glenn Hansen from Roving Fitness



Glenn Hansen is using the gym for personal training sessions – morning and evenings some days a week. If you have anyone to refer to him then please feel free. He will also be doing some advertising on the radio and we will put in some joint adds for weight loss and diabetes to promote Sarah Kenyon, our dietitian. Glenn is married to Miche, our newest Physio, who works Tuesday and Thursday eve-

nings at present. When he is not personal training Glenn spends time working as Manager of the Rockhampton Workcover branch.

Glenn prefers to take clients through a finite programme—be it weight loss, increasing muscle bulk or training for a specific event like a marathon or the Kokoda track; rather than maintaining clients indefinitely.



Cara is leaving to live and work in Cairns.

Sarah to take over the Wesley Weight Management

Farewell to Cara

Cara and her partner Cliff, who is a Physio working for Darryl Hughes down in Gladstone, are leaving Central Queensland in a couple of weeks and heading back to Cairns.

Cliff will be working in Private practice there while Cara has applied for a job with Queensland Health.

Sarah has undertaken some training down in Brisbane with the Wesley weight management team and will be working with Cara for the next 2 weeks to pick up her case load.

Sarah will do Wesley work on Tuesday, Wednesday (in Gladstone) and Thursdays with her other private work on Monday

and Fridays. She is still employed by CQHealth Group but seconded to Wesley Weight Management.

We will arrange for Sarah to do a short presentation of the WWM system so that you will have some knowledge to refer some of your patients if you feel they may benefit.

Bethany Nursing Home



Our Dedicated Bethany Staff

The hours at Bethany will reduce from 6 to 4 hours from the beginning of next year coinciding with Meg Geddes reducing her hours with us and doing 8 extra hours for Mercy Therapy. Meg will be working for CQPhysio Monday afternoon, Tuesday, Wednesday after

noon and Thursday from the beginning of the year. Bethany have had reductions in client numbers and some readjustments in their funding budget so we will provide our normal service to them but just on a Tuesday morning.

Christmas Party

The Christmas Party will be held this year at the Crazy Joker on Robinson Street in North Rocky.

All members of staff, their wives partners and children are invited. There will be a barbecue and games for both kids and adults.

Adult games will include Sumo wrestling and Gladiator.

The BBQ will be provided by the Crazy Joker and we will provide alcoholic and non-alcoholic refreshments.

We have blocked the last appts off in the diary to give you time to put on the pash frock and finish off notes etc.

Fun starts around 6.30pm.



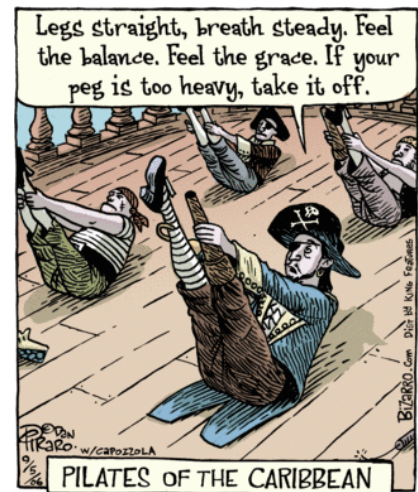
Friday December 4th

Admin staff and New Physios

We will be looking for another full time admin person so if anybody knows someone who is a likely candidate please let us know. We would like to have someone who can work either early or late so we do not have just one member of staff at the desk at these times.

The front desk has been really busy for a while now and we would especially like to thank Meg, Brigit, Glenn and Leisa for the effort that they have put in to keep things running smoothly first thing in the morning or last thing at night.

We will also be welcoming 2 new physios at the beginning of next year. Greg Muller will start in January and Kay Malpress-Salmond starts school hours only in February. You will meet both of them at the Pilates course.



Grant awarded

The federal government, rather cleverly, decided that CQPhysio was worthy of an award and granted us \$40,000 to fit out the Yepoon rooms with:

A pilot version of paperless notes: software and tablet notebooks.

A Podiatrist's chair and autoclave

A real time ultrasound machine

A new treadmill

We are hopeful of getting most of this equipment by

the beginning of next year.

Please thank Kirsten Livermore if you happen to be treating her!!

Our Vision Statement:

**To be 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.**

Mission Statement

Helping people to reach their optimal physical potential throughout life.

Reaching your optimal physical potential



1 Kent Street
Rockhampton
4700
Blackwater, Yeppoon and Emu Park
Phone: 4922 2722
Fax: 4921 2539
E-mail: admin@cqphysio.com.au

www.cqhealthgroup.com.au

Various announcements

Sandy will be coming in to Rocky to work in the rooms from 9 to 5 on Fridays up until Christmas. Please help her out if she is looking for equipment or paperwork.

Moura to cover for Damian. She will work Weds 9th and Thursday 10th December from 9am to 2pm. Rebecca lives out in Moura.

Caroline will be working at Sunset Ridge in Zilzie one Tuesday morning a month and will then work at Emu Park Medical Centre for that afternoon.

Matty Greenaway will be returning to do a locum stint for us over Christmas. For those of you who do not know Matt he worked for us all of last year having graduated from Griffiths Uni but decided to pursue medicine and has been studying in Perth. He will start work on November 30th.

While the Pilates Course is running Rebecca McConnachie will work for 2 days out at

Q: How many physiotherapists does it take to change a light bulb?

A: None. They just give the dead light bulb some exercises to do and hope it will be working a bit better the next time they see it.

