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A Message from our Program Coordinator

First of all Vario would like to welcome the Edith Cowan University students who have been assisting in the clinic. Each student has 100 hours of work experience to complete with Vario. The 4th year students will each be carrying out a clinic presentation. Please see below for topics and presentation dates, and let reception know if you would like to attend.



We have a new Physiotherapist coming on board, so if you would like to make a booking please talk to reception. A team profile has been included on the back page.

The free introductory yoga course is coming to an end on Tuesday 12th May, so please take advantage of this offer while you can and give yoga a go. You might be surprised by how much you enjoy it! Yoga is very good for improving muscle tone, posture and flexibility as well as reducing muscle tension and joint pain.

Hopefully by now you should all have been told about the clinic feedback form being distributed at the beginning of your classes. The information you provide on this form will be very useful in helping Vario improve its programs and services. It will also be useful in finding out what other services you would like made available within the Vario Clinic. Thank you for your time in completing this form, if you haven't done so already you can find this form in the Vario Clinic office where you all congregate before starting your exercise class.

Regards,
Rebecca

IMPORTANT DATES TO REMEMBER

May
03 –09 Heart Week
08 World Red Cross Day
18– 23 Schizophrenia Awareness Week
18–24 Chiropractic Care Week

June
10 Red Apple Day

4TH YEAR PRESENTATIONS - 20 minutes with question time At 11.30am in Vario Clinic near reception, see dates below

06 May	Cardiovascular Health	03 June	Men's Health
13 May	Posture/Back care	10 June	Diabetes Prevention & Management
20 May	Weight Management	24 June	Pulmonary Health
27 May	Women's Health		

Back On Track

It is known that regular physical activity helps those who are suffering back pain(1). The spine is dynamic relying on surrounding structures to stabilise, strengthen and function. Therefore a holistic approach to back care should be taken.

Posture

Everyone's spine is different, however as a general guide a spine should be an 'S' type shape when viewed from the side.

Here are some guidelines to encourage correct posture:

Sitting: When sitting for an extended period of time ensure the back is adequately supported and a roll may be used to support the lower back. A good quality chair should be used to provide support to maintain the 'S' shape curve.

Move: a change in posture through regular movement is beneficial as even the best posture will start to become uncomfortable after some time (1)



Lifting Technique

Correct technique should be employed at all times. Six easy steps will ensure the lift will place your back in the optimal position for weight bearing.

Plan your lift: Assess the weight of the object being lifted make sure any trip hazards are removed, doors are open, the destination area is free of obstructions and if lifting with a partner make sure you both agree with the plan

Lift close to your body: Position yourself close to the object. Keeping the weight close to your body will increase your stability and optimise your strength compared to if the weight was lifted at the end of your reach.

Feet shoulder width apart: Creating a good sized support base will assist balance, if your feet are too close together your base may cause an unstable lift.

Bend at the knees and keep the back straight: While positioned close to the object, lower by bending the knees and concentrate on keeping correct posture on the way down. Get a firm, secure and comfortable grip on the object and rise by straightening the knees, ensure your back is straight. Remember: Lift with the legs.

Tighten the abdominals: Flexing the abdominal region will elevate some of the stress off the spine by increase intra-abdominal pressure

If in doubt get help: If the object is too heavy, big or awkward source assistance before attempting to lift. (2)

Exercise

While bed rest may be an instinctive remedy for back pain however, prolonged inactivity is not synonymous with a quickened recovery.

When exercise is prescribed and conducted correctly it stimulates the delivery of essential nutrients into the spine and surrounding structures keeping the spine healthy. Therefore regular exercise and stretching regimes will assist in reducing muscle stiffness and weakness and act to minimise the extent and severity of potential future back episodes. (3)

By Zach Hayward - 4th Year Practicum Student

- 1: <http://www.backcare.org.uk>
- 2: D'Orazio, B. (1993). Back Pain Rehabilitation. *Orthopaedic and Sports Physical Therapy*, 2, 41.
- 3: <http://www.spine-health.com>

Fighting Fit Veterans



'Fighting Fit Veterans'

We are starting a new DVA class from 2.30—3.30pm on Tuesday and Thursday afternoons from the 12th May, if you are interested in attending please contact reception .

"If you would like to know more about any of the programs we have at the Vario Wellness Clinic, please call reception on 6304 3444 or pop in and see us"

Happy, Healthy Hearts



According to the Heart Foundation (1) Cardiovascular disease is the leading cause of death in Australia and affects 2 out of 3 families. So how do you keep your heart happy? Peace Health have suggested 6 simple steps to keep your heart healthy (3).

Know your numbers: Keep an eye on your blood pressure (below 130/85) and cholesterol levels (below 200).

Be Active: Take part in some kind of physical activity each day. This will help step 1

Eat Healthy: We all know of the eat 2 fruit and 5 veg campaign. So add a banana to your breakfast or have carrot sticks for a TV snack. Also a nice serve of fish each week and trimming the fat from your meat makes a difference.

Keep in shape: Being overweight can greatly increase your risk of cardiovascular disease even if you have no other risk factors. Steps 2 and 3 are your best bet at staying in shape.

Cut the tobacco: Smoking cigarettes can make you 2 to 6 times more likely to suffer a heart attack and the more you smoke the higher the risk.

Stress less: Exercise, lavender oil, yoga and candle lit baths are just a few ways you can relax and let go of those day to day stresses.

The Australian Government Department of Health and Ageing seem to be in agreement, they list the major risk factors to be tobacco smoking, excessive alcohol consumption, high blood pressure and cholesterol, lack of exercise, overweight and diabetes (2) So don't worry, be happy and live a long and healthy life with a happy, healthy heart.

By Sarah Harper - 2nd Year Practicum Student

- 1: www.heartfoundation.org.au
- 2: www.health.gov.au
- 3: www.peacehealth.org

“Is there a health topic you would like us to talk about?”.

Clinic Update Bone Health Seminar



Vario held its first community health seminar on Wednesday 1st April at 6pm.

We have had a lot of positive feedback from the evening and I would like to thank Amanda Devine and Stephanie McFaull for the very informative presentation and workshop, a number of people have told me that they have already tried some of the recipes prepared during the workshop given, I particularly enjoyed the crepes and have made them twice already!

Congratulations to Yoram Yurisich for winning the DEXA scan to measure Bone Mineral Density and find out his risk for Osteoporosis.

On conclusion of the evening, remember to carry out regular weight bearing exercise, with a healthy diet including calcium these will help maintain and improve bone

Darryl Turner - Adjunct Professor



Vario Director Rob Newton and Darryl

When Darryl stepped down as Clinic Director of the Vario Wellness Clinic he was acknowledged by the university with the title - Adjunct Professor as he continues to work with Vario and Edith Cowan University in the area of health and exercise. Congratulations Darryl!

Vario Team Profile



**Lesley Smith—
Physiotherapist**

Place of birth: Bedford, South Africa

Career: I graduated from University of Cape Town (UCT) in 1991 with a B.Sc in Physiotherapy.

I worked in Cape Town for 8 years before moving to Christchurch, New Zealand in June 2000. In Cape Town, I worked in a Public and Military hospital before moving into the Private sector.

I worked with all kinds of people with all kinds of pain and enjoy every aspect of Physiotherapy. In New Zealand I worked in Private Practice and had my own little practice before the kids came along. We moved to Perth in March 2008.

Career Ambition: To keep learning and growing in my profession, and to have a healthy work/life/family balance.

Favourite Exercise and Sport: In this season of my life I am enjoying body pump at ECU gym and working out at the gym because there is a lovely crèche facility. However, I am a keen tennis player; I have done lots of long distance running and I enjoy tramping.

Favourite Food: Basil Pesto with Cashew nuts and parmesan cheese. Otherwise a good Curry is hard to beat with all the Naans and so forth!!

Passions in life: My family - husband and 3 little kids. Sport - playing and watching. Outdoor camping and tramping.

Favourite saying: "Forgiveness doesn't make what they did right.....but it sets one free to live and love again."

Arrival Of Baby Fievez!



Congratulations to Paula and her family on the arrival of her baby boy called William (Wil) Andre'.

Born Friday 17th April.
Weight: 3.86kg
Height: 51cm
An all natural and marathon birth!

Brain Teaser Trees a plenty

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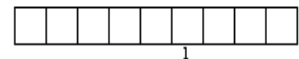
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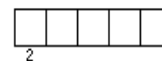
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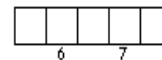
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