



MEDIA RELEASE

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GLCH celebrates World Physiotherapy Day

Thursday 8 September is World Physiotherapy Day and the Physiotherapy team at Gippsland Lakes Community Health (GLCH) are celebrating the profession in an effort to raise awareness about the contribution they make to keeping people well, mobile and independent. .

“Physiotherapists assist people with disorders which may have been present from birth, acquired through accident or injury, or the result of life-changing major events such as stroke or the development of a disease of the nervous system,” explained Nicole Kee, one of the Physiotherapists at GLCH.

“Physiotherapists can help solve and avoid many of the painful problems that you may encounter throughout life. Whether you’re young or old, active or taking it easy, there’s a good chance you could benefit from physiotherapy at some point.”

Physiotherapy uses a variety of techniques to help your muscles and joints work to their full potential. It can help repair damage by speeding up the healing process and reducing pain and stiffness. Physiotherapists also have an important role in rehabilitation, for example, helping people who have had strokes, knee or hip replacements, a sprained ankle or low back injury.

However, physiotherapists don’t just offer treatment; their advice can help you prevent problems from returning or even from happening in the first place.

“The team at GLCH are working hard to provide a quality Physiotherapy service to the local community. Commencing 1 September an afterhours service will provide Physiotherapy to clients who would prefer to access an after hour service or have difficulty accessing the service during normal school or working hours,” added Nicole.

“We also have new programs beginning including ‘Bobs and Bibs’ - a group for expecting mothers and those with newborns, paediatric physiotherapy, and a Veterans exercise group. These new programs will complement our existing groups such as Rehabilitation, Aquatic Physiotherapy, Core Concepts, Pulmonary Rehabilitation, Living Well with Diabetes, and Falls Prevention.”

For further information about physiotherapy or any of the fore mentioned programs please contact community health services at GLCH.



Pictured L to R: Nicole Kee (Physiotherapist), Angela Ellis (Physiotherapist and Executive Manager of Community Health Services), Parivesh Kumar (Rehabilitation Therapist), Judith Aitken (Allied Health Assistant), Alpa Vyas (Physiotherapist)