

QUALITY OF LIFE PHYSIOTHERAPY UPDATE



(08) 9345 0842

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We welcome in the New Year with new staff!

QOL Physiotherapy begins 2016 with new members of the QOL team.



Helen Tran is our new Operations Manager. Helen has a background in spinal rehabilitation and private practice experience. Helen has keen interests in head and neck pain, sporting injuries and rehabilitation. Helen is passionate about rugby union, rock climbing and jogging.



Bernard Wong is a new graduate of Curtin University, WA, and is starting his physiotherapy career with us at QOL Physiotherapy. Bernie will be splitting his time between private practice work and aged care rehabilitation. He has keen passion for sports in particular indoor soccer and WAAFL.



Kate Lee is also a new graduate of Curtin University, WA and joining us as part of our aged care branch of QOL Healthcare. Kate is keen to help maximize improve functional well-being at all stages throughout life. Kate is passionate about netball, tennis and AFL.

Running off to join the Circus

Our QOL Senior Physiotherapists Cobie Starceвич and Brett Whyborn are off to Japan and providing their awesome physiotherapy services for the **Cirque Du Soleil TOTEM** performers for the rest of this year and the beginning of next. We wish them good luck and safe travels!



Quality Of Life Physiotherapy
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QUALITY OF LIFE PHYSIOTHERAPY UPDATE



Services Offered:

- Physiotherapy
- Back and neck care
- Sports injury management
- Orthopaedic rehabilitation
- Exercise rehabilitation
- Acupuncture
- Ergonomic assessments
- Manual handling training
- Pilates mat classes
- Living Longer Living Stronger
- Massage

Living Longer Living Stronger: Over 50's Exercise Group

QOL Physiotherapy are continuing to provide the LLLS Exercise group in 2016

What is Living Longer Living Stronger (LLLS)?

Living Longer Living Stronger is Western Australia's largest and most successful Seniors' Health and Fitness programme. LLLS goals are falls prevention, reducing osteoarthritis and bone density erosion, managing cardiovascular health, and preventing cognitive decline and depression. It also plays a vital role with restoring social activity to isolated Seniors, and reconnecting them with their communities.

What are the costs to the patient?

Each participant will require a GP Referral and need a QOL Physiotherapy Initial Assessment in order to identify any impairments, and to ensure LLLS is appropriate for each participant.

LLLS costs **\$12 per 1 hour class**, which are run by a physiotherapist.

We recommend at least two classes per week. Classes are Monday, Wednesday and Friday mornings, and Tuesday and Thursday afternoons.

What are the benefits?

- Pain management
- Maintains independence with daily tasks and leisure activities
- Improves posture, balance, coordination and flexibility
- Improves confidence, self-esteem and quality of life
- Prevention and management of chronic conditions
- Weight management

Who would benefit?

LLLS is eligible for anyone in the over 50's age group. LLLS is key in the promotion of independent and healthy lifestyle. More specifically, patients with the following conditions would benefit:

- Osteoporosis
- Arthritic conditions
- Obesity
- Diabetes
- Falls
- Cardiovascular Disease
- Depression
- General deconditioning

If you would like to refer a patient to the LLLS program, email enquiries@qolhealthcare.com.au

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