



PONTIFEX
Physiotherapy
& Performance

SUMMER NEWSLETTER

Welcome!

Welcome to our first newsletter! For several years now, we have been asked to provide some help on common topics that interest patients. We have been reluctant in the past to add extra emails for everyone. We now feel that quarterly newsletters would be the right balance between helpful information and not too many emails that annoy people. We appreciate not everyone is as passionate about physiotherapy and healthcare as us, but could use some helpful tips from time to time.



NEW MEMBER PROGRAM

We have also been looking for the right balance to reward our awesome patients who spread the word of our clinic and recommend our clinic to friends and family. We will look to expand the program as the years go on, but for now two great benefits for every member will begin.

MEMBER BENEFITS:

FIRST REWARD:

\$20 added to your account for every new patient that you refer to us that attends our clinic. This will be added to your account and can be used at your next consultation.

- ✓ E.g. 1 new patient equals \$20
- ✓ The new patient needs to mention your name at their initial consult
- ✓ The new patient can allocate the bonus to only one person
- ✓ E.g. 5 new patients that you recommend equals \$100 added to your account.

SECOND REWARD:

- ✓ The second benefit is a 10% discount off all products in our clinic as standard.
- ✓ Just mention the newsletter to our team when purchasing your products

WHAT IS NEEDED TO BE A MEMBER?

- ✓ Simply read our newsletters (only 4 per year) and that is it! **Nothing else is needed**

WHAT IS NEEDED TO OPT OUT?

- ✓ Simply email us or unsubscribe from the email and we will remove you from our program and the benefits that are included

CHRISTMAS TRADING

We are closed from Saturday the 24th of December and will reopen January the 2nd. We will be monitoring our emails and voicemails only periodically during this time.

HOLIDAY TRAVEL TIPS:

Long Drives or Long Flights Coming Up?

A common complaint with long flights is having a sore low back or sore neck. It would be nice to move around often, but sometimes you might be stuck next to someone sleeping and can not move easily.



FLYING TIPS:

#1 TIP: GET AN EXTRA BLANKET

Roll this up and place it vertically along your spine. This will help both your low back and neck be in a better position taking the stress of both areas. It might feel slightly uncomfortable at times, but it will dramatically reduce the risk of getting off the flight with a sore neck or low back.

#2 TIP: SQUEEZE YOUR MUSCLES

Tighten your buttock and thigh muscles for 10 seconds then relax them for 10 seconds. Repeat this 3 times every 1-2 hours to reduce soreness in the muscles as well as help your circulation during the flight. You can also use the same technique with squeezing your shoulder blades and pushing your elbows back into your seat to relieve your upper back muscles.

#2 TIP: PUMP YOUR FEET

Pump your feet back and forth 10 times every 1-2 hours. This will keep the blood moving in your legs.

CAR RIDE TIPS:

#1 TIP: TAKE AN EXTRA SMALL TOWEL

Similar to the plane setup, grab a small towel (or a D roll which we sell pictured below) and roll this up and place it vertically along your spine. This will help both your low back and neck be in a better position taking the stress of both areas. It might feel slightly uncomfortable at times, but it will dramatically reduce the risk of getting out of the car with a sore neck or low back. Modern cars are designed for keeping your body in place while going around corners, not for maximum comfort on long drives.



#2 TIP: HIPS HIGHER THAN KNEES

Try your best to have your hips level or higher than the height of your knees. If your knees are higher than your hips it will cause your low back to bend/flex. Over time, have your knees too high often can lead to low back soreness.



#3 TIP: FLATTEN OUT YOUR CHAIR

Having a bucket style seat where the sides of the seat near your thighs are raised is great for turning corners. Unfortunately, this blocks your thighs from slightly rolling out while sitting which allows your low back and hip muscles to relax. To help offset this for longer drives, try adding a flat cushion or beach towel folded up in a square on top of your seat. This helps flatten out the seat and allows your legs to slightly roll out taking the pressure off the hips and low back while driving.



CALM BREATHING TECHNIQUE?

The holiday season can be great for many, but also stressful for some. To help navigate some tricky situations, try our simple breathing techniques below.

2 MINUTE CALM DOWN BLISS OUT

**TEN-MINUTE WALKING MEDITATION
HANDOUT**

Breathing instructions attached below



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COMING UP IN OUR NEXT NEWSLETTER?

Our Autumn Edition Newsletter will include:

- ▶ Sleeping Posture With Pillow And Mattress Suggestions
- ▶ Sleep Strategies
- ▶ Everything Protein: Focus On Seniors And Young Athletes
- ▶ Seniors Week Specials

QUICK REMINDER:

Don't forget that the medicare physiotherapy sessions as well as most private health insurance policies reset January first. If you have credit with either of these left and need some help, we do have a couple of treatment sessions available before our Christmas break.



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Ten-Minute Walking Meditation Handout

Walking Meditation Method

Preparation

- 1) Take a break and put on a comfortable pair of walking shoes.
- 2) Before starting out, loosen your body with a general stretch.
- 3) Place your arms behind your back and stretch, opening the front of the chest.
- 4) Breathe in.
- 5) Breathe out, releasing your arms.
- 6) Stretch your calf and thigh muscles.

Walking

Plan to walk briskly - five minutes out and five minutes back:

- 1) Start with your hands clasped loosely behind your back to relax your shoulders.
- 2) Use the BradCliff pace setter gearing system to establish energy efficient breathing while exercising. The normal 'gearing ratio' is to nose breathe in for two steps, then nose breathe out for three steps to establish a rhythm. This gives us a 'gearing ratio' of 2:3. Depending on leg length and stride size, a ratio of 3:4 or 4:5 may be better suited.
- 3) For steep hills or steps, 'change down' to a ratio of 1:2.
- 4) Once a relaxed rhythm is established, unclasp your hands to allow natural relaxed arm swings. Stop counting steps.
- 5) Relax and enjoy the open air.
- 6) When you return, perform another full body stretch.
- 7) Restore nose breathing.

Note: Changing to mouth breathing is normal with sustained effort.



Two-Minute Calm Down, Bliss Out Handout

Calm Down, Bliss Out Method

Preparation

This quick series of exercises takes about two minutes:

- 1) Perform a full body stretch.
- 2) Locate a quiet place and sit comfortably on a chair.
- 3) Plant your feet firmly on the floor.
- 4) Either cup your hands in your lap, or place them palms down on your lap.
- 5) Make sure that your bottom is right against the back of the chair. Relax your stomach and loosen your shoulders.

Exercises

The following exercises will help relax tensed muscles, to help you focus on your breathing:

- One chin tuck - hold for five seconds and release.
- Drop the jaw for three seconds then release and close your mouth softly.
- Stretch the fingers of one hand and then the other. Separate your fingers and stretch hard, especially the thumb.

Breathing

Focus on the quiet breath, in and out through the nose. Feel your waist expand gently, breathing in and flowing into the out breath phase. Do not hold at the peak of inhalation. Notice the small relaxed pause at the end of the exhale. Do not hold; just let go.

Quiet Mind

To still your busy brain, concentrate on silently counting numbers during the relaxed pause phase. This can be done with the eyes closed or with the eyes open while focusing on a particular object, then softening the eyes (stop hard focusing). Do not try to stop thoughts; simply concentrate on the rhythmic flow of numbers. Start the numbering at 1 and move up to 10, then back down to 1.

When you come back to 1...

S t r e t c h, Smile & enjoy the calm....