



the
physio
clinic

'for all things physio'

Welcome to the Summer Edition of The Physio Clinic Newsletter

Our clinic newsletter is designed to keep you up-to-date on the latest news, services and even some specials on offer.

Prospect Clinic Opening December 5th!

We are excited to announce that our new clinic will be opening on Monday December 5th 2011.



We are looking forward to offering a wider range of services and facilities including:

- Convenient Prospect Road location
- Onsite car parking
- Modern onsite gym facilities
- Pilates studio for equipment & floor classes
- Child minding

We will still continue to consult at our Grange clinic (Grange Golf Club).

Where to find us:

177 Prospect Road
Prospect SA 5082

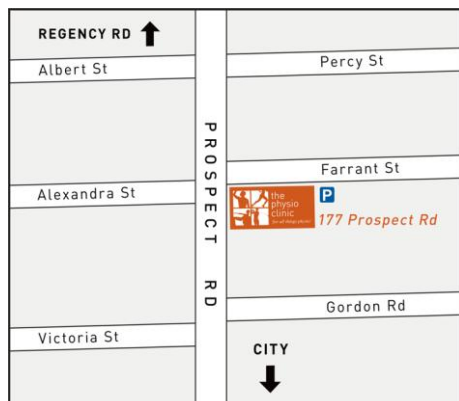
Bus Stop: Number 14

Contact us:

Ph: 8342 1233

Fax: 8342 5725

Email: admin@thephysioclinic.com.au



TPC Newsletter November 2011

What's in this edition?

Prospect Clinic Opening December 5th

New physiotherapist and Practice Manager now part of The Physio Clinic team

Pregnancy and Post-natal Pilates

Child Minding Facilities

How to receive clinic specials

What does The Physio Clinic offer?

Hands-on Physio Treatment

Return to work, sport & life faster

Pilates

Tone & strengthen your core

Hydrotherapy

Recover quicker from surgery & injury

Gym Rehabilitation

Get fitter & stronger safely

Western Acupuncture

Relieve muscle tension

Massage

Relax & unwind

Women's Health

Pre & post natal, incontinence

Golfers- 3D Swing Analysis

Improve your game & prevent injury



Pilates and Gym now at Prospect

Our Prospect Clinic will feature its own fully equipped Gym and Pilates Studio. We are pleased to now be able to offer even greater flexibility with class times.

Below is a proposed class timetable, commencing December 5th 2011 (note this is subject to change).

Day	Pilates	Gym
Monday	9:30am 4:00pm	3:00pm
Tuesday	5:15pm	8:00am
Wednesday	11:30am 5:30pm	4:30pm
Thursday	5:30pm 6:30pm	4:30pm
Friday	9:30am	4:30pm
Saturday	10:00am (in the New Year)	

Talk to your Physio or our reception staff if you are interested in any of these classes. Bookings essential as classes are limited to 3-4 participants.

Mum's and Bub's Pilates Classes

These classes are designed for ante-natal and post-natal women. They consist of gentle Pilates exercises designed to help with strengthening your tummy muscles, and maintaining good spinal mobility and posture. We anticipate these will be up and running in the New Year.

More information to follow!

Welcome New Staff

Jacqui Haskett



Suzan Bolzon



We are pleased to welcome Jacqui to The Physio Clinic team. Jacqui completed her undergraduate physiotherapy degree in America whilst competing full-time on the college tennis circuit. She then completed her Masters degree at the University of South Australia. We also welcome Suzan as our new practice manager.

Parent's Days at Prospect Clinic

At The Physio Clinic, we understand that it can be hard for busy parents to get the treatment they need. That is why we will be offering a Child Minding Service while you receive treatment.

When?

Tuesday and Thursday mornings 9:00-12:00pm

How much?

Complimentary to all clients of The Physio Clinic, but we just ask that you make a gold coin donation.

If you would like to receive our clinic specials, please provide our reception staff with your email address or email us:

admin@thephysioclinic.com.au

CONTACTS & LOCATIONS

Ph: 8342 1233 Fax: 8342 5725

E: admin@thephysioclinic.com.au

www.thephysioclinic.com.au

Prospect

177 Prospect Road
Prospect SA 5082



Grange

Grange Golf Club, White Sands Drive
Grange SA 5022