

Introduction

Perth Integrated Health Clinic (PIHC) is a private clinic dedicated to the promotion of spinal muscular excellence and the resolution of ongoing problems.

During October 2004 – March 2005 Occupational Therapists from Perth Integrated Health Clinic conducted a research project screening 530 school students in the Perth metropolitan area.

Results indicated 70% of the students screened were identified with postural imbalances, 19% as possibly having scoliosis, 14% with lordosis, and 10% with kyphosis.



Common Spinal Muscular Conditions

Just like your car, maintaining a healthy body through life requires regular maintenance care from a young age and attention to the warning signals.

Spinal muscular issues which often present in adult life such as joint degeneration are the cumulative combination of imbalances, injuries as a child and time.

Common symptoms of child health spinal muscular issues include:

- Postural issues (scoliosis, kyphosis, lordosis)
- Balance and co-ordination issues.
- Decreased concentration.
- Sleeping issues.
- Bedwetting.
- Headaches.
- Torticollis (difficulty turning neck)
- One shoulder or hip higher than the other.
- Uneven wearing of shoe soles.



Child Health at PIHC

At PIHC, our aim in promoting health for children includes:

- Improving mobility and posture.
- Increasing flexibility.
- Strengthening muscles.
- Increasing balance and coordination.
- Maintaining health, function and wellness for your child.



Spinal muscular conditions, in the long term can significantly impact on the health of the child, and can be expensive to treat. It is therefore preferable that spinal muscular conditions and postural imbalances be detected early and improve your child's potential and health for the future.



It is easier train a young sapling to grow in the right direction than it is to move the branches of an old oak tree.

Treatment, Recovery and Wellness

Occupational Therapists are providers of spinal and muscular health care.

Specific and effective assessment with the state of the art EMG thermal technology and soft tissue treatment will be incorporated.

The Huber Rehabilitation System



Seek EARLY Intervention for your child's postural concerns through the state of the art system, the Huber. Imagine a system that not only permits core strengthening of deep muscles, ligaments and joint systems but also improve coordination, strength, dexterity and balance for your child.

Available at Perth Integrated Health Clinic - West Perth.

Practitioners

Lucy Liongue

Senior Occupational Therapist
Female & Child Health
lucy@pihc.com.au

Alternate:

Lauren Savill

Occupational Therapist
lauren@pihc.com.au

Appointments

For an appointment please contact the clinic on **9226 1239** and bring any diagnostic imaging.



Further enquiries:
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Perth Integrated Health Clinic

Child Health



Promoting ways to improve your child's spinal muscular system and potential for the future

***The Perth Integrated Health Clinic,
providing quality care in West Perth-
Cunderdin-Melville and St Ives
Murdoch***

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