

# Perth Integrated Health Clinic



Perth  
Integrated  
Health Clinic

Care for Mothers  
and Mothers-to-Be



Perth Integrated Health Clinic (PIHC) provides a multidisciplinary nature of health care services with a client centred approach to achieve health and wellness.

**SERVICES INCLUDE:**

**OCCUPATIONAL THERAPY**

- Soft tissue therapy
- Stretch and exercise programs
- Ergonomics – home, office and vehicle
- Research and treatment of Breast Related conditions
- Seniors Health
- Bedding equipment consultancy

**PODIATRY**

- Soft tissue and joint treatment
- Orthotics and splinting
- Consultancy for feet problems, shoe apparel and diagnoses of feet related pathologies.

**NATUROPATHY**

- Homeopathy
- Herbal medicine
- Nutrition and weight loss
- Lifesetyle programs and change

**COUNSELLING**

Personal assistance for groups, individuals, couples and families for:

- Anxiety
- Unhappiness
- Stress management
- Loss
- Relationships
- Life crises
- Addictions
- Family difficulties
- Depression



## WHAT IS IT?

Spinal muscular care involves looking after your body in regards to the spine in conjunction with all the muscles, ligaments and tendons of your body.

## WHY DO WE NEED IT?

Our everyday postures and activities place a strain on our body, causing the muscles to work hard to maintain balance and an upright position.

However, lifestyle factors such as sports injuries, trauma, repetitive strain, weakness and poor posture can cause the spine and muscles to move out of its original position and alignment. This often results in parts of the body working harder than others to compensate for these structural changes in order to maintain an adequate balance and upright position.

With this imbalance of how your spine and muscles are working, your muscle and nerve activity can become restricted, leading to several symptoms such as the following, to arise:

- Headaches/migraines
- Low back pain
- Neck pain
- Joint pain and stiffness
- Limited flexibility and movement
- Scoliosis (spine curvatures)
- Numbness and tingling



## SOFT TISSUE TREATMENT @ PIHC

To treat the symptoms, specific and effective soft tissue manipulation is applied with the aim of:

- relieving symptoms
- releasing tension in the muscles and,
- re-aligning the body's spine and muscles to its optimal position.



**Occupational Therapists** at PIHC are providers of spinal and muscular health care with a holistic approach to treatment. With a strong focus on increasing function through treatment, we are advocates of promoting independence, health and wellness.



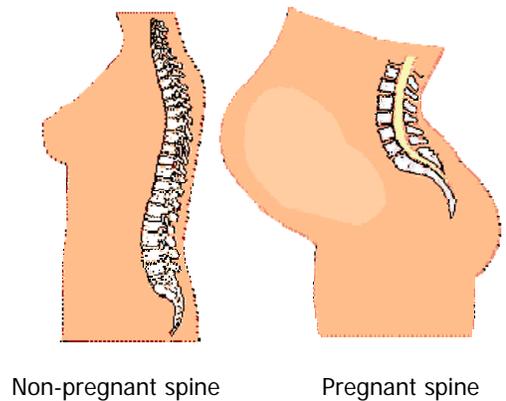
### STRUCTURAL CHANGES TO YOUR BODY DURING PREGNANCY

The hormonal changes that occur in pregnancy cause ligament laxity (a loosening of the ligaments), especially where the pelvis and spine connect. As a result, the spine, abdominal and back muscles, and posture of the low back change and become more relaxed.

Ligament laxity can also lead to excessive mobility, resulting in joint instability in the back, pelvis and legs. With this excessive movement the lumbar (lower back) curve of your back can also increase and cause poor posture.

As the pregnancy progresses:

- The abdomen protrudes.
- Both gravity and hormonal changes continue to relax the muscles of the low back and abdomen.
- There is a change in weight distribution, increasing stress on spinal and pelvic muscles.
- The increased lumbar curve, as well as the increasing weight of the baby places stress on the lower back muscles and spine.



### COMMON SPINAL MUSCULAR ISSUES DURING PREGNANCY INCLUDE:

- **Low Back Pain**
  - The pain is usually felt in the lower back, lumbosacral, area and radiates into the buttocks and then down the back of the thighs to about the level of the knees.
- **Sciatica**
  - Described as a pain radiating from the lower back down the back of the thigh, through the leg and possibly the foot. It usually affects only one side of the body.

# Spinal Muscular Care for Mothers @ PIHC

Before and After Birth



Although back pain is a very common complaint during pregnancy, one need not suffer in silence. Help begins with prevention.

Treatment can be adapted to accommodate for the needs and goals of the mother both before and after birth.

Spinal muscular treatment involves:

- A postural and muscular assessment
  - Identifying any misalignments of the spine and muscles.
- An electromyography (EMG) thermal scan
  - To identify areas of the body with increased nerve and muscular activity, illustrating strained and overused areas of the body.
- Soft tissue treatment
  - Manipulation and mobilisation of strained areas of the body to relieve tension, increase range of motion and encourage correct muscle and spinal alignment.

- Huber system

Poor posture and poor muscle tone prior to pregnancy can affect how the back adjusts to the body's changes. The Huber offers mothers a method of low-impact exercises to target specific muscles, especially the core stability muscles of the body. It can be utilised:

Before birth

- To strengthen the core stability and postural muscles of the body – preventing and decreasing the intensity of low back pain during pregnancy.
- Increasing flexibility and mobility to promote the body's ability to accommodate to changes during pregnancy.



HUBER System

After birth

- to promote the resculpturing of the body post-birth.
- to maintain strength and mobility in the muscles and spine.
- Strengthening pelvic floor muscles.

Whether it is your first or fourth child, ensuring your muscle strength and flexibility before, during, and after pregnancy is vital in preventing the development of further spinal muscular issues.

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# HUBER @ PIHC FOR PREGNANT WOMEN

## REBUILDING & STRENGTHENING MUSCLE DENSITY



If you are pregnant or have given birth and your aim is to attain:

- To tone up muscles and ligaments
- Mobilise the spine and joint systems during pregnancy
- Improve your posture and stature
- Augment breast shape and structure
- A firmer and aesthetic body shape post pregnancy

**Then the Huber @ Perth Integrated Health is the System for you.**

**Available to women of all ages, sizes and spinal muscular health conditions before birth and post delivery. The Huber is used in conjunction with spinal muscular occupational therapy provided by our resident expert on women's health.**

**Consultant Occupational Therapists @ PIHC are now available for appointments on how the Huber together with active hands on intervention can make a difference in your life pre/post pregnancy and with your appearance.**

**PIHC was recently featured on Channel 7's Today Tonight program (Oct 2005) for the ground breaking research by PIHC into the effects of incorrectly fitted bras on spinal muscular health of women.**

**If you are pregnant or have given birth make that first step towards better health & well being by making your appointment with our Spinal Muscular Occupational Therapists on 9240 5266.**



Just as how prevention of postural issues is important in pregnancy, it is also vital that we look after our children's spinal muscular health at an early age.

With the nature of young children being highly active, their bodies must be able to accommodate for the stress they place on their muscles and joints as well as for the rapid rate in which their body is changing and growing.

From newborns to teens, early intervention for your child can benefit them throughout their life by preventing the development of chronic spinal and muscular problems in their adult years.

Common areas of concern for children include the:

- Back

- Scoliosis affects individuals of all ages, however diagnosis and treatment at an early age prevents the development of more severe spinal issues such as low back and neck pain.



- Feet

- An individual's spinal muscular health can depend entirely on the support provided by the feet where inadequate support can result in further spinal muscular imbalances throughout the body in order to compensate.
- With a strong wellness approach to treatment, PIHC spinal muscular occupational therapists work closely in conjunction with the clinic's Podiatrist to provide you with optimum foot care and health provision.



Ensuring your child's spinal muscular health will not only benefit their physical performance but it can also reflect positively in their academic performance through:

- Increased concentration
- Decreased stress and
- A greater sense of self-esteem and confidence

# HUBER @ PIHC ENHANCING YOUR CHILD'S POTENTIAL



**Looking to Enhance the Potential of Your Child's Spinal Muscular System?**

**The Huber @ Perth Integrated Health is the System for your child.**

**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.**

**Improve...**

**Posture  
Balance  
Co-ordination for Sports  
Concentration  
Sleeping Patterns  
Bedwetting  
Headaches**

**Available to children of all ages, sizes and spinal muscular health conditions.**

**Female spinal muscular occupational therapists @ PIHC is now available for appointments on how the Huber together with active hands on intervention can make a difference in your child's potential. Call 9240 5266 for an appointment.**

Caring for your spinal muscular system can help you achieve and maintain a healthy lifestyle.

Take the first step today and benefit from an assessment & treatment with our Perth Integrated Health spinal muscular occupational therapists specialising in Female Health.

Contact us on 9240 5266 to make an appointment  
Clinic hours:

Monday	0600 to 1900 hrs
Tuesday	0600 to 1900 hrs
Wednesday	0630 to 1830 hrs
Thursday	0600 to 1900 hrs
Friday	0600 to 1800 hrs
Saturday	0600 to 1100 hrs



**Northern Districts Centre**  
**Unit 12, 8 Booth Place Balcatta**  
**(Entry via Erindale Road)**  
**Tel: 9240 5266 Fax: 9240 1522**

**Performance Enhancement Clinic**  
**Melville Aquatic Fitness Centre**  
**Marmion St, Booragoon**  
**Tel: 9364 8626**

