

# PIHC NEWS

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- PATIENT EDUCATION WORKSHOP 5/5/09

FOR MORE INFORMATION ON THE ARTICLES PUBLISHED PLEASE CONTACT [news@pihc.com.au](mailto:news@pihc.com.au)

## EASTER MESSAGE-FROM THE DIRECTOR

Easter heralds in for many the mid of the year where Christmas and New Year promises made are long forgotten or discarded. Many of us would have tried a number of dietary fads and continue to lament about our state of health and our energy levels.

Despite all this lamenting, when that someone is asked in simple terms what they have done for their health and well being, the answer is simply nothing. We complain, we react, we make empty promises – yet we continue to fail to plan for the future of our health.

Easter is for us in the

Christian world -a new beginning – a rebirth. Perhaps with this new beginning this Easter should include a plan for your health and that of your loved ones. It is also said that the greatest defence against these economic times is good health – because with proper rest we know we improve our immune system. With proper dietary considerations – our systemic self thanks us for it in our metabolic rate and our ability to regulate and remove toxins and with proper neuro muscular care – we maintain our skeletal and soft tissue structures that support our entire life system – the Nervous System.



Ian Wee in Siam Riep, Cambodia 2008

All the money in the world cannot help us when our health is in jeopardy, yet so few of us invest our health as we would rather succumb to the instant gratification of white goods, new gadgets and toys and unproven drugs. Being healthy is not a fad but a life long journey – one that has to begin now this Easter.

## PIHC HOSTS WBV NATIONAL TRAINING WORKSHOP

On the 28<sup>th</sup> March 2009, PIHC hosted for the second time in three years, the Whole Body Vibration national training program at the SJOG Conference Centre in Subiaco. Attended by WBV Australia Pty Ltd agents and distributors throughout the country,

numbering some 30 in total, the day was filled with practical training on the use of the WBV 3000 systems as well as the associated theory and application to clinical and neurological conditions. WBV agents are probably the best trained in the country in the Science of

Vibration, with the clinical research, planning and course programmed jointly planned and run by PIHC's Julian Mancini, Exercise Physiologist & OT, Lucy Liongue, Clinical Manager and Ian Wee, Director.

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## PIHC HOSTS WBV NATIONAL TRAINING WORKSHOP

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Those in the community interested about the applications of WBV 3000 for their home or their office – for the betterment of their families and friends are invited to contact either Lucy ([lucy@pihc.com.au](mailto:lucy@pihc.com.au)) or Julian ([julian@pihc.com.au](mailto:julian@pihc.com.au)) for more information about how this practical device can assist with your neuromuscular self as well as for exercise and weight management.

We wish to also take this opportunity to thank our corporate client WBV Australia Pty Ltd,

namely Directors Pauline & Graeme Drummond for their continued support and trust in our



WBV National Training Course Attendees

consultancy and business development program. Others interested in ways to develop strategies for their business which include innovative corporate training are invited to contact Ian Wee, Director at: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au) or on 9240 5266 / 9364 8626.



## BACK INTO THE CLASSROOM FOR AUTISM STRATEGIES TRAINING

PIHC Occupational Therapist, Lucy Liongue returned to the classroom recently to gain expert knowledge on strategies to help children with Autism. PIHC in partnership with Friends of Autism (FOA), with the assistance of final year Occupational Therapy students (under the supervision of Lucy Liongue) provide a range of successful Occupational Therapy treatment services. Treatment aims to manage Autism Spectrum

Disorder (ASD) symptoms. Common childhood conditions which can be treated at PIHC are:

- concentration,
- sensory processing capabilities,
- balance,
- fine/gross motor coordination,
- sleep patterns
- bladder control to name a

For those interested to know more please contact Lucy Liongue, Clinical Manager on 9240 5266 or [lucy@pihc.com.au](mailto:lucy@pihc.com.au).



*A young male child being treated for balance and co-ordination at PIHC Melville.*

## HOP INTO BETTER FEET CARE OVER EASTER

When things slow down and we actually have a chance to relax and catch up with family and friends, our health care routine can often be forgotten in a haze of hot cross buns and Easter eggs. Its at these times we, at Perth Integrated Health Clinic, tend to find that people tend to have a recurrence of aches and pains.

Make sure that if you are on your feet for longer periods of time, organising and cooking that seafood platter for Good Friday, that you are in supportive shoes and orthotics, rather than barefoot. Before going out into the backyard to re-enact the amazing win of the Dockers over the Crows on Sunday, make sure you spend a couple of minutes stretching and putting on

your sports shoes. Please keep listening to your body and, if something starts to ache or hurt, make sure you listen and alter the activity or give your body more support through a change in footwear/orthotics. Have a happy and safe Easter. Please call 9240 5266 to make an appointment with Podiatrist, Jill Hunter.

## RESEARCH BRIEFS FROM PIHC

Many of our new patients and friends will probably not realise the multi tasking that we at PIHC get up to. Apart from priding ourselves as a centre for clinical excellence, we are also a provider of graduate and post graduate training including occupational therapists, physiotherapists, exercise physiologists and podiatrists. In addition, PIHC is also regarded by many as a centre of excellence for research and we as a private practise have strived to maintain our professional and clinical standard over the years with the undertaking a range of clinical research programs. Some of them might be familiar with you as they have actual applications in the market place, namely:

### Study On The Effects Of Computers On The Musculoskeletal System.

This research started it all in early 1996 and undertaken by Ian Wee our Director in conjunction at the time with the Australian Computing Society. The benchmarks of this

research has seen the reuse of practical ergonomic applications in the workplace which we use in our ergonomic reviews for our corporate client.

### Safety Boot Research.

Conducted in 2005, this research explored the proper usage of safety boots for the agricultural, petrochemical and resources industries. Up to 80 participants were provided with complimentary safety boots and asked to record their weekly perception on the use of these boots with respect to safety, comfort, biomechanics and durability. The results which were published have been used to assist our client in the development of better higher quality safety boots for the Australian workforce.

### Efficacy of the Formostar Infra Red Systems on Neuromuscular Conditions.

Conducted in 2007, this research focused on the use of the latest in German medical technology and involved a pilot program of participants within

the community who reported medium to long term neuromuscular conditions. The results of this research are helping with the treatment of long term chronic neuromuscular conditions within this clinic and elsewhere in the country and it was featured last week on Channel 10.

### Cycling As A Way of Health & Wellness.

This ongoing research which commenced some three and a half years ago with the inaugural PIHC cycling team (Team Alpha) has now seen the evolution of the program to the 12<sup>th</sup> Group. The research findings which explained how the use of cycling as a sport and recreation has helped with the wellness conditioning of recreational and novice cyclists and was recently presented at the 2009 Wellness and Health Conference @ the Perth Convention Centre by Roger Knight (our inaugural cycling coach) and Ian Wee (Director).

## MEMBERS OF THE PIHC FAMILY

In this newsletter we feature three of our staff members who are coincidentally spotting the new look PIHC Corporate T-shirt which has been sponsored by our alliance partner Scody.

(See related article on Scody Australia - [www.scody.com.au](http://www.scody.com.au) )

Featuring from left to right in the photo:

### Julian Mancini - Exercise Physiologist & Occupational Therapist.

Julian has consulted with us for a few years in his professional capacity as an EP and in recent times with the acquisition of his Masters degree, also as an OT.

Julian has been Ian Wee's clinical understudy for the past year and a half and steps in as his locum in Ian's absence for leave or directorship duties. Julian brings with him the unique blend of

rehabilitation from the clinical as well as the fitness side of things and works closely with the other health professionals for the rehabilitation of our clients.



Julian is Ian's representative on the Master Builders Association and also assists with the coordination of PIHC's involvement in the Rec Swim program.

### Jill Hunter - Senior Podiatrist.

Jill is the most senior consultant within PIHC apart from our Director. Jill has worked together with Ian now for more than ten years and she brings into PIHC her special charm and clinical skills as

Biomechanical Podiatrist.

Affectionately known as Jillo and called "The Foot Doctor" Jill can be regularly seen in the corridors of PIHC examining the gait (walking) pattern of patients as she plans with them their biomechanical stability.

### Danae Beard - Senior Occupational Therapist.

Danae has always wanted to be an Occupational Therapist ever since she made a pack with Ian in Year 11 that she would pursue this as a life long career and a good job she has done since then.

Danae hails from country WA and is well known also for her passion with the use of the Huber Dynamic Systems, her important role as Cycling Coordinator for the ever growing PIHC cycling club and program as well as role in assisting elite swimmers with their functional development within the sport.

## RecSwim Workshop By PIHC

On the 18th of March at Belmont Oasis, Perth Integrated Health Clinic conducted it's first clinical educational workshop for members of RecSwim, a development of Swimming WA for individuals wishing to have a structured swimming program that they can perform by themselves in their own time. The workshop was provided

as an added benefit to members so that they may learn how to better maintain health and wellness through this fitness medium.

These workshops will be provided to the RecSwim members by PIHC once every two months in conjunction with a training session by one of Swimming WA's

professional development coaches designed to help members with stroke technique.

The clinical professionals of PIHC will be presenting a range of workshops ranging from Performance enhancement by the resident Exercise Physiologist to Podiatry for swimming.

# WHAT'S ON?

## CLINIC LOCATIONS

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

PIHC Cunderdin  
57 Main Street (behind  
Telecentre)  
Cunderdin  
Tel: 043995 1010

## PIHC CYCLING COURSE

**TEAM KILO— Commencing 14/4/09.** Our 11th cycling course, endorsed by Cycling WA. \$350 at twice a week for 10 weeks. Full comprehensive course for new starters, those wishing to improve on their existing skills and those wanting to get into fitness and health. Conducted by qualified cycling coaches and all sessions supervised by members of our clinical team. Further information: Danae Beard - [danae@pihc.com.au](mailto:danae@pihc.com.au) or Ian Wee - [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au). Call 9240 5266 to make payment and book.



PIHC Cycling Course Team

## PIHC CYCLING CLUB

## SPONSOR: CENTRAL

## INSURANCE

## BROKERS



INSURANCE BROKERS  
*"Your Asset Protector"*

Central Insurance Brokers" is recognised by the Perth Integrated Health Clinic as an alliance partner by way of providing sponsorship to the PIHC Cycling Club and for the provision of services to our patients and corporate clients.

They have consistently demonstrated an excellence for service and their motto is to be an "Asset Protector". Insurance is like a parachute. The only opportunity to test it is when you have to use it.

At which time, one is more concerned with the QUANTITY rather than the price. Please visit [www](http://www.centralins.com.au/).

<http://www.centralins.com.au/> for more information or call 9368 8999.

## KNEE INJURY PREVENTION WORKSHOP FOR CYCLISTS See attached flyer

Date: Tuesday 21/4/09

Time: 7PM-0815PM

Location: Department of Sports & Recreation (Seminar Room).

246 Vincent St, Leederville (parking along the road).

RSVP: Jody @ Cycling WA Ph: 9328 3422. Further Information email Ian Wee — [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)

## NEW PATIENT EDUCATION WORKSHOP

Date: 5/5/09

Time: Tuesday 645-745PM

Location: PIHC Northern Districts. Address: Unit 12, 8 Booth Place, Balcatta (Entry best via Erindale Road).

RSVP: PIHC Front Counter 9240 54266 or [appointments@pihc.com.au](mailto:appointments@pihc.com.au)

Presenter: Ian Wee, Director PIHC.

## PIHC COMPETITION

Central Insurance Brokers has generously donated two bottles of Wise Semillon Sauvignon Blanc Wine to PIHC. We are looking for two lucky winners. Please visit [www](http://www.centralins.com.au/).

<http://www.centralins.com.au/> for more information

Question 1: When was Central Insurance established?

Question 2: Where is the office located?

Email the answers to [news@pihc.com.au](mailto:news@pihc.com.au).

Entries close 1st May 2009. Please place answer in the subject line.



Perth  
Integrated  
Health Clinic

**Knee Injury  
Prevention  
Workshop for the  
Cycling Community  
21 April 2008 Tuesday  
7 pm to 815 pm**



Come and attend an information evening with Cycling WA and PIHC as we share with cyclists the information about knee conditions and prevention of injuries. This workshop is suited for the recreational / novice as well as the elite / race cyclists and those suffering from knee conditions.

Presented by Chris Thompson, Physiotherapist & Exercise Physiologist and Ian Wee, Occupational Therapist & Cycling Coach. Chris is CEO for Cycling WA as well as an elite cyclist and Ian Wee is Director for PIHC as well as an avid recreational cyclist with his own PIHC Cycling Club. Both clinicians will present on ways in which cyclists can avoid knee injuries, as well as understand ways to strength and develop the knee strength through cycling.



This is the first of a series of clinical workshops to be held for the cycling community

To reserve a seat please contact Cycling WA on 9328 3422 (ask for Jody)  
Workshop Location: Dept of Sports & Recreation Building—Seminar Room  
246 Vincent Street, Leederville (parking along the road)  
Attendees will be given further details prior to workshop  
Further information: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)

# WHOLE BODY VIBRATION WBV 3000 Special offer

EXCELLENT FOR FLEXIBILITY, EXERCISE &  
WEIGHT MANAGEMENT



WBV is a neuromuscular treatment method that uses low to moderate vibration stimulus to improve muscular strength.

The vibrations stimulate the body's natural stretch reflexes and causes small muscle contractions, which in turn activate nerves in the spinal cord. The continual activation and stimulation of the nervous system via the spinal cord and brain create a learned response which permits the WBV to assist with lasting changes and clinical results.

**\$2280**

Normal RRP \$2380—

Includes:

- WBV
- 18 month warranty
- Delivery (metro area)
- Roll up Yoga Mat
- Neck Snuggler NS 100.
- WBV Water Bottle
- Complimentary Foot Spa Voucher
- Individualised WBV plan by Occupational Therapist

**Assists in:**  
**Reducing Muscle Pain**  
**Flexibility**  
**Circulation**  
**Muscle Strength**  
**Weight Management**  
**Body Balance**  
**Exercise**

For more information/sales  
please speak to your practitioner  
or contact Lucy Liongue  
9240 5266 or email  
[lucy@pihc.com.au](mailto:lucy@pihc.com.au)



**Perth  
Integrated  
Health Clinic**

## **CYCLING KNICKS FOR SALE**



**Our first batch of PIHC Cycling Knicks are now available for sale.**

**We have had quite a purchase of the cycling knicks and the following remains for sale to member:**

**Ladies Medium – x 4 quantity  
Ladies Large – x 3 quantity  
Men's Medium – x3 quantity  
Men's Small – x 2 quantity**

**Cost: \$94 each with the normal retail price around \$139.00**

**For specific size please check the Scody website on [www.scody.com.au](http://www.scody.com.au) No exchanges permitted for selection of a wrong size.**

### **Cycling Jersey**

**Our skeletal framework cycling jersey for 2009 has been a great hit and we have received a lot of positive feedback and compliments for it. Now available on order in time for our upcoming new Cycling Team – Team Kilo.**

**Priced at \$90 each.** Views of both attire is attached with Ian Wee our Director.

**Please when placing your order for the jersey or purchasing the knicks please contact Ian Wee via email at: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au) with your contact details so we can expedite payment before orders are finalised. All attire must be collected by purchasers at PIHC Northern Districts in Balcatta.**

**Closing date for jersey orders is the 14 April 2009. Knicks – based on what is currently available.**