

# PIHC NEWS



## BREAKING NEWS! – PIHC FORMS SYNERGIES WITH COOL CLEAR WATER COMPANY

### WHAT'S NEW?

Health Stimulus Package	2
Neuro Aqua Therapy	3
Swimming @ PIHC	4
Arrival of PIHC Clinical Equipment	5
Feet Care for City to Surf	6
Therapeutic Benefits of Water	8-9
What's On?	12

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

The Perth Integrated Health Clinic is privileged to be in collaborative partnership with one of the leading water filtration companies in Australia – the Cool Clear Water Company.

As a result of discussions between PIHC Director Ian Wee and CCW Director Graeme Drummond, PIHC Cycling Club and Program is being sponsored by Cool Clear Water for the upcoming financial year.

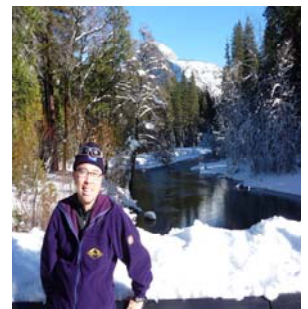
This will provide further growth to our already rapidly developing program of promoting Cycling for four primary

purposes namely: Fitness & Health, Recreation and Sport, Transportation and promoting a Green Environment with less usage of motor vehicles and more of pedal / people power.

The Cool Clear Water Company is synonymous with these same principles as they promote healthy living through clean fresh filtered water and quality Hydration needs required for human transport, sports and recreation. Equally important – good clean water also has amazing Hydration benefits which lead to clinical benefits often unknown by us.

Apart from the already known fact that more than ¾ of the human body is made up of Water – there seems to be little understanding, emphasis and focus placed in the purity and the quality of the water that we consume and indeed the required amount for daily living, sports, recreation and human transport.

This special edition which also counts down to the end of the financial year with 'economic stimulus' suggestions of a health and wellness nature specifically features the question of Perth quality water and how the Cool Clear Water Company can assist, the therapeutic benefits of water, our very strong focus also in another sport – Swimming which is of course in the water medium, focus on our great synergistic partner Swim Strong as well as feature some of our star swimming



Ian Wee @ Yosemite National Park amidst frozen water!

patients. Last but not least we also feature our ground breaking and innovative treatment technique – Neuro Aqua Therapy which is of course, once again conducted in the water.

Read on and learn for yourself how really important water is for our well being and our daily life. Please do also check out the Cool Clear Water website at [www.coolclearwater.com.au](http://www.coolclearwater.com.au) and ask for Michael Smith for your specific hydration needs at home and in the workplace.

## HEALTH STIMULUS: ALTERNATIVE STRATEGIES TO HELP THE ECONOMY, YOUR WORKPLACE & YOUR FAMILY

Dear PIHC Patients and Friends

As we round off to the close of the current financial year there is a lot of 'economic stimulus' promotions and encouragement by the Federal Government to keep the economy going and rightfully so.

The bulk of the focus has been on the retail sector and sadly there seems to be a resurgence of purchase of unwanted goods such as more televisions, fridges, microwaves etc but very little emphasis on the investment in one's health.

What if you decided to invest in promoting the wellness of your health at home for the collective benefit of your families and what if you promoted health in the workplace since you are in a position of power to do so?

If these things motivate you and you can see the bigger picture of how true health helps the economy by minimising the impact and reliance on the hospital system and the Medicare system and how ill health results in more days off work hence poor productivity – then you may wish to consider the following within the next few weeks:

1. Exercise Physiology – perhaps it is time to get that proper fitness and wellness

routine developed for the new financial year. Book in to see our resident Exercise Physiologist for your family and not just yourself. Julian is available at both clinics for patient needs.

2. Massage – why not consult our resident massage therapist – Anne Marie in PIHC Northern Districts or Andru Chan our new Chinese massage therapist at PIHC Performance Enhancement Clinic to help with detoxification and better rest and relaxation?

3. Counselling – contact Jenny Jones our resident counsellor to work on those psychosocial issues that will breed harmony and wellness and result in better communication and relationships.

4. Join a good gym. If you wish to join a gym that helps your specific needs and that of your family – speak to one of our PIHC practitioners as we can specifically recommend a good one for your specific needs;

5. WBV 3000 – purchase one for the home – PIHC patients get theirs at a discounted rate from retail. Normally \$2380 but for PIHC patients it is \$2280 plus a half hour additional usage tutorial from the referring practitioner. PIHC will be happy to also create a rehab letter for the WBV 3000 and other devices

that you purchase through us so that you can pass this on to your accountant for as a tax related claim for your health care needs;

6. Nubax – purchase this amazing portable device for the office or home. The Nubax has been featured extensively in the media of late and PIHC once again leads the way in the clinical usage of this stretch device which is easy to use and handle. Normal retail is \$495 but it is \$470 for PIHC patients through our front counter.

7. Corporate Health Programs. If you are in a position to make a difference in your company – consider the investment in their health and wellness. Our corporate programs start at a very affordable \$550+GST per workshop and we have testimonials that attest to their success and benefit from many companies and associations over the past twenty years.

So you can see there are many other ways in which you can invest in the economy while at the same time bring harmony and happiness in your work environment and in your family life.

For further information email Ian Wee Director PIHC at: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)

## NEURO AQUA THERAPY @ PIHC PEC MELVILLE



To know more about how Neuro Aqua Therapy (NAT) treatment at PIHC can assist you please speak to one of our practitioners. NAT is available only at PIHC Performance Enhancement Centre in Melville as per our shared facilities within the Melville Aquatic Fitness Centre.



We reported some 7 months ago about the clinical treatment of patients in water, aptly termed Neuro Muscular Therapy (NAT). Coined and created by Director of PIHC - Ian Wee, this treatment has steady proven successful over hundreds of patient visits over this same period and has been employed by our practitioners for the treatment of chronic / stubborn neuromuscular conditions including that of the neck, lumbar, knee, paraspinals and shoulders.

observed and realised.

A review of existing research literature shows that Neuro Aqua Therapy @ PIHC is at present and to extent of our knowledge the first ever documented clinical procedure where hands on dynamic treatment is afforded in the water.

To book an initial appointment please call 9364 8626 or 9240 5266.

Immersed in the gravity neutral environment of water, the practitioner is able to achieve far greater coverage of the affected and associated areas with the patient reporting less pain and quicker returns in treatment. This technique has been also used with patients suffering from multiple sclerosis, Parkinsons and CVA (stroke) and with the latter, astounding results with increased ambulation and gait has been



Pictures (clockwise from left): Neuro Aqua Treatment in the water; Treatment of the neck and shoulders; Neuro Aqua Treatment by Ian Wee

## FEATURING SWIMSTRONG SWIMMER—PAUL BAILEY

Paul Bailey has been at Applecross swimming club for 12 years, and as captain for the seasons 07/08 and 08/09. Paul was first known to PIHC in 2007 when he was returning from serious injury.



Hands-on soft tissue Occupational Therapy treatment

focused on the lower back and shoulder was successfully used in combination with an existing rehabilitation program, which included a strengthening program by MAFC trainer Brett Smith.

Following the acute injury, Paul then utilised the HUBER for strengthening, coordination, mobility and enhanced performance. He now undergoes maintenance treatment, which is a combination of the hands-on soft tissue for postural correction and the HUBER.

This has assisted Paul in attending 3 Age National Championships, 3 Open National Championships and at the most recent Long Course State Age Championships coming 2<sup>nd</sup> in



the 50m freestyle, 3<sup>rd</sup> in the 100m freestyle, 2<sup>nd</sup> in the 200m backstroke and 3<sup>rd</sup> in the medley relay.

Picture above: Paul at Challenge Stadium before coming 2<sup>nd</sup> in the 50m freestyle at Long Course State Age Championships. Left: Patient on Huber.

## SWIMSTRONG

Kareena Preston is the Senior Coach and owner of Swimstrong - the swim squad training program at Melville Aquatic Fitness Centre. A swimming coach for over 15 years, Kareena has competed at State and National level in swimming and surf life saving. Swimstrong caters to over 200 swimmers aged 7-22 years of age. Many of her swimmers compete in Local and State competition with a select few swimmers achieving great success at National Level. Kareena hopes to continue coaching swimming for many years to come, taking her

swimmers to the highest level they wish to achieve!

### Editors Note:

PIHC is proud to be closely associated with Swim Strong and Kareena Preston for the past three years. Our involvement has spawned from a joint desire to provide a difference for swimmers and the combined expertise of swim coaching with our biomechanical and clinical input has seen tremendous improvement and success for many swimmers within the Swim Strong

program.

PIHC is also proud to be associated with other forward thinking swim clubs in the metropolitan region and will in time also produce an article on them. We encourage like minded people in the field of swimming to join us - be it coaches, parents or swimmers themselves in our unique proven functional performance program. For further information please contact Ian Wee Director PIHC at: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)



## BREAKING NEWS - PIHC CLINICAL EQUIPMENT HAS ARRIVED

As part of our long term strategy to provide equity care at both our main clinics north and south of the river, the Perth Integrated Health Clinic is pleased to announce the addition of the following technologies at our respective clinics:

### Huber @ PIHC Northern Districts, Balcatta.

The Huber is well positioned now for the past 6 months at PIHC Performance Enhancement Clinic (PEC) to the benefit of our patients, children with balance and co-ordination conditions and many of our elite sports people.



The Huber in action...

It is now time to provide the same exposure and technology to the Northern Districts Centre and we are pleased to include the Huber in Balcatta.

PIHC Occupational Therapists and Exercise Physiologists will

be conducted complimentary assessments and trials of the new Huber machine @ PIHC Balcatta for patients living north of the river for a month from the installation of this equipment.

To book in for your complimentary Huber assessment please contact the PIHC Northern Districts office on 9240 5266 to book a practitioner. For more testimonials please visit [www.pihc.com.au/Testimonials.htm](http://www.pihc.com.au/Testimonials.htm). Please note this service will be available from the 15 June 2009 to the 15 July 2009.

## KEY MODULE DRAINAGE FOR LYMPHOEDEMA / FLUID RETENTION

The body's lymphatic system is a one directional pathway that transports fluid to the circulatory system for drainage and elimination from the body. Lymph consists of water, protein, cellular debris, toxins and other macromolecules. When lymphatic drainage is interrupted or obstructed, fluid collects in that area causing swelling and an enlargement of the area. This reduction in lymphatic transport and consequent fluid build up is referred to as Lymphoedema. Secondary lymphoedema is caused by acquired damage to the lymphatic system resulting in a reduction in lymphatic drainage and the accumulation of fluid in the affected area of the body, usually the arms or

legs. Symptoms associated with lymphoedema include swelling or fluid build up in an affected limb or area, limited movement in the affected limb or area, tightness, heaviness, pain and aching and sharp shooting pain into referred areas.

PIHC Occupational Therapists treat lymphoedema through the use of the Key Module system now situated in Northern Districts Clinic, Balcatta and coming soon to the Performance Enhancement Clinic in Melville. The Key Module helps to stimulate venous and lymphatic circulation through suction creating negative pressure on the skin. The Key Module assists in establishing new drainage pathways, open barriers caused

by scar tissue and facilitates the drainage system through recreating the body's natural lymphatic elimination system.

Please visit [www.pihc.com.au/Testimonials.htm](http://www.pihc.com.au/Testimonials.htm) for more information. To book an initial appointment with an Occupational Therapist please call 9240 5266 or contact Lucy Liongue—Key Module Co-ordinator on [lucy@pihc.com.au](mailto:lucy@pihc.com.au)



Key Module Treatment Results.

## FEET CARE FOR THE CITY TO SURF

As you may or may not be aware, the 2009 City to Surf is only 12 weeks away. Whether you are planning on doing the 4 km walk or the 42 km marathon, it's really important to get yourself fit safely, reducing the risk of pain and injury.

For those of us who are not fanatical about running, the thought of shuffling along in the crowd of people over the required distance is quite terrifying. We don't want to gasp for breath, collapse to the ground and be whisked away in an ambulance. So we aim to train as hard as we can for as long as we can so that we are ready!

Unfortunately, our bodies do not deal well with change. If you go from a gentle walk with friends a couple of times a week to running every day, it can be too much for your muscles. We see a lot of people at the clinic that suffer from the "too much, too soon" syndrome, particularly around this time of the year.

Achilles tendonitis is a very common condition for this syndrome. This occurs when the tendon is put under too much pressure and it gets inflamed and sore. The more you run on it, the worse it gets. And it is not something that is improved with continued aggravation. This continues to get worse and worse and can lead to secondary conditions, such as

bursitis or calf muscle damage.



Another condition that is usually noted with prolonged running is shin splints. This is a generalised description of pain in the shins, either in the front or behind the main shin bone. It's associated with the muscles doing too much work to control the movement of the foot and getting fatigued and tired. This causes damage to the muscle and the body has to work to try and repair this damage. This causes muscle inflammation and pain. This condition can also lead to compartment syndrome which involves the muscles swelling to the point where they start to cause compression of the arteries and nerves. The only treatment at this stage is surgery.

With most conditions, rest is needed to allow the body to recover and heal. This obviously makes preparing for the race a lot more difficult. The quicker you get onto treatment, the easier it is on the body.

If you are noticing a pain that

tends to get worse with increased activity, that involves any redness or swelling or that is not improved with stretching, make sure you see a health professional to get it assessed. Make sure you have the right footwear for your foot type and that you have a good pre-exercise warm up and post exercise cool down and stretch, particularly in the cold mornings.

Jill Hunter, PIHC Senior Podiatrist (pictured below) is an active competitor in the City to Surf in recent years and is available for consultations at the PIHC Northern Districts in Balcatta (Tuesdays and Fridays) and PIHC Performance Enhancement Centre in Melville (Wednesdays).

If you are experiencing any of the above mentioned symptoms please call 9240 5266 to make an appointment to see Podiatrist, Jill Hunter to get your feet ready for the City to Surf.



Jill Hunter, PIHC Podiatrist

## HOW TO MAKE A RELATIONSHIP WORK?

Relationships take time, energy and space to evolve and heaps of LOVE, TOLERANCE, FORGIVENESS and limitless PATIENCE to encourage growth.

Control by using anger and worry are destructive to a healthy and happy relationship.

It is essential to look at the positives and train yourself to only focus on them, let the negatives dissipate. EMBRACING LIFE with high frequency

thoughts gives you more energy and happiness. Doctor Chapman in his book, "The Five Love Languages" in his opinion we need to discover our primary



love language although all five are important in a relationship whether it be your partner or your children. They are :- AFFIRMATIONS, PHYSICAL TOUCH, QUALITY TIME, ACTS OF SERVICE or GIFTS. He uses the question "is your love tank full?"

Would you like to work on your relationships? Contact The PIHC resident counsellor Jenny Jones 0404 468 895.

## WHY DO PEOPLE GET MASSAGE THERAPY?

People get massage therapy for relaxation or for a variety of health conditions:

- Back, neck/shoulder pain
- Arthritis and tendinitis
- Stress relief
- Headaches and migraines
- Spasms/strains/sprains
- Carpal tunnel syndrome
- Circulatory and respiratory problems
- Post-injury and post surgical rehabilitation

Massage therapy relieves stress. It is thought to help the body's

stress response by lowering levels of hormones such as cortisol.

Massage therapy also assists immune function.

### What is Massage Therapy?

Massage therapy uses hands on techniques, incorporating long strokes, kneading and vibration to warm and release muscles.

Massage improves circulation by bringing oxygen and other nutrients to body tissues.

Massage relieves muscle tension

and pain, increases flexibility and mobility, and helps clear lactic acid and other waste, which reduces pain and stiffness in muscles and joints.

Anne Marie Budd, PIHC resident Massage Therapist is available alternate Saturdays and Mondays at PIHC Northern Districts.

Please call 9240 5266 to book an appointment.



BALCATTa: 9240 5266



MELVILLE: 9384 8626



EMAIL: [appointments@pihc.com.au](mailto:appointments@pihc.com.au)

# FACTS ABOUT WATER FOR THE HEALTH OF YOUR BODY

## Physiological Aspects

Water is the primary fluid in our body and plays a key role in digestion, absorption, transportation, the use of nutrients and the elimination of toxins and waste products from our body.

There is no system in the body that does not depend on water.

Water accounts for 1/2 to 4/5 of the body weight depending on body mass.

Body water is higher in men than women and falls with age.

Water is an essential nutrient because it is required in amounts that exceed the body's ability to produce it.

## Dehydration

Dehydration – a loss of body weight of 1% or greater, as a result of fluid loss.

Dehydration results in a reduced physiological response and impaired performance.

Dehydration as a result of over 3-5% of body weight loss, reduced endurance and strength and may result in heat exhaustion.



## Dehydration Symptoms

- Headaches
- Fatigue
- Loss of appetite
- Flushed skin
- Heat intolerance
- Light-headedness
- Dry mouth and eyes
- Burning sensation in the stomach
- Dark urine—strong odour
- Muscle cramps

Primary controller of hydration is thirst.

Rehydration requires fluid replacement and restoration of electrolytes.

Taste influences hydration and beverage choice in adults and flavour of the beverage influences rehydration in children.

Urinary excretion rates and volume are influenced by the intake of caffeine and alcohol affecting hydration rates.

Environmental factors also influence fluid loss with increased temperature and altitude results in an increase water loss through respiration and sweating.

Additional symptoms of dehydration include chronic pain in joints and muscles, lower back pain, headaches and constipation (Burke, 2001).

This will impair performance during exercise through loss of strength and power, reduce cognitive functioning and effect thermoregulation (Burke, 2001).

Fluid intake before, during and after exercise can overcome or reduce the effects of sweat-induced hypohydration and assist in maintaining an adequate fluid levels (Burke, 2001).





## THERAPEUTIC BENEFITS OF WATER

### Benefits of Exercising in Water

A water-based program can be undertaken in the community as a group program and is a cost effective and convenient way to promote fitness (Chu, et al. 2004). Walking in water is beneficial for use in rehabilitation exercise through minimizing joint loading (Miyoshi, T. et al. 2005). This reduction in the vertical loading on the joints is a result of the buoyancy of water supporting the body and lowering the body weight (Kaneda, K et al. 2008). As a result it is easier to support the body whilst in water compared to when on land (Barela, Stolf & Duarte, 2006). Water has 700 times the density of air (Chu, et al. 2004). Walking in water therefore requires greater propulsion force and exertion force than walking on land due to the viscosity of water (Miyoshi, T. et al. 2005). In water movements are performed slower with more time to control each movement and the impact on the musculoskeletal system is reduced (Barela, Stolf & Duarte, 2006).

When comparing walking in shallow water compared to walking on land, generally a more neutral posture is adopted and joint ROM is the same (Barela, Stolf & Duarte, 2006). Water immersion allows performance of movements that are normally difficult or impossible on land due to the



effects of buoyancy and reduced loading on the spine (Waller, Lambeck & Daly, 2009). Water based exercise can improve lower-extremity muscle function and functional mobility resulting in improvements in strength and gait speed (Chu, et al. 2004).

### Benefits for Elderly

General exercise has a positive influence on physical and mental health and physical capacity, although for the elderly also increases the chance of falling (Sato, Kaneda, Wakabayashi & Nomura, 2009). Water provides a low-risk environment in which exercise may be undertaken, reducing acute injury and fear of falling (Sato, Kaneda, Wakabayashi & Nomura, 2009). Water exercise is therefore beneficial for the elderly who suffer from pain, are severely kyphotic or have poor balance.

### Benefits for Various Health Conditions

Water is a safe medium for women who are pregnant to exercise and therapeutic aquatic exercise appears to be an effective intervention for chronic and pregnancy-related low back

pain (Waller, Lambeck & Daly, 2009). Chu, et al. (2004) found that an 8-12 week water-based exercise program improved cardiovascular fitness, functional mobility and strength in healthy older adults and people with rheumatoid arthritis. For individuals who have suffered from a stroke, the water environment provides support and reduces impact on joints allowing them to tolerate moderate to high intensity exercise programs (Chu, et al. 2004).

### Nutrition

Water is an essential nutrient because it is required in amounts that exceed the body's ability to produce it (Kleiner, 1999). The maintenance of fluid balance is a key issue in the health and performance of athletes as well as the general population (Burke, 2001). Even without perspiration and exercise the normal daily loss of water is about 4% of total body weight in adults (Kleiner, 1999). This water is generally lost through urination, respiration and sweating (Burke, 2001).



***NOW AVAILABLE AT PIHC NORTHERN DISTRICTS***



**BALANCE  
STRENGTH  
COORDINATION  
SYMMETRY  
CORE STABILITY**



# HUBER

**The HUBER can contribute significantly to improved stability, mobility, strength, flexibility and reduced pain in all of the muscles and joints in the body**

**For a dynamic HUBER assessment, please speak to your Occupational Therapist. For more information, please contact Danae Beard on 9240 5266 or email [danae@pihc.com.au](mailto:danae@pihc.com.au)**

Perth  
Integrated  
Health Clinic

## FEET AND BODY BIOMECHANICS RELATED TO CYCLING



Come and attend an information evening with **Cycling WA** and **Perth Integrated Health Clinic (PIHC)** as we share with cyclists an understanding of the **importance of biomechanical stability for cycling**. This workshop is suited for the recreational/novice cyclist as well as the elite/racing cyclist. Open to all cyclists in the community. This is the third in a series of six workshops hosted by PIHC.

Facilitated by Ian Wee—PIHC Director & Cycling Coach & presented by **Jill Hunter**, Podiatrist and **Danae Beard**, Occupational Therapist. Both practitioners will present on simple and **practical ways** in which cyclists can **improve their overall body biomechanics** to ensure **better posture, efficiency of muscle use**, with better cycling results.

To reserve a seat please contact Jody at Cycling WA on 9328 3422

**Location:** Dept of Sport & Recreation, 246 Vincent Street,  
Leederville (parking along the road)

**Date:** Tuesday 7th July 2009 **Time:** 7.30pm  
Further information: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)



# WHAT'S ON?

## CLINIC LOCATIONS

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

Performance Enhancement  
Clinic. Located within:  
Melville Aquatic Fitness  
Centre.  
Marmion St, Booragoon  
Tel: 9364 8626

## PIHC CYCLING COURSE

**TEAM LIMA— 21/7/09 to 24/9/09.** Our 12th 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

**BALCATT A: 9240 5266**

## Feet Care Injury Prevention For Cyclists

Following hot on the heels of the success of the shoulder injury prevention workshop, Cycling WA PIHC now present the third of the series of clinical workshops for the novice, recreational and elite cyclists. Details are enclosed and if you can network this flyer to your cycling contacts - this would be appreciated.

Date: Tuesday 7/7/09

Time: 730pm-9pm

Location: Department of Sports & Recreation (Seminar Room).  
246 Vincent St, Leederville.

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

## Northern Suburbs Business Networking Session

Opportunity to network with like minded individuals about your business! Bring your flyers and business cards.

Date: Tuesday 7/7/09

Time: 730pm-9pm

Location: Perth Integrated Health Clinic (PIHC)  
Unit 12, 8 Booth Place, Balcatta.

RSVP: Lucy @ PIHC Ph: 9240 5266. Further Information email  
[lucy@pihc.com.au](mailto:lucy@pihc.com.au)

## Quasimodo's Murder Mystery night at The Bell Tower!

\$68 per person & includes:  
Hot supper (3 course fork buffet)  
Beer, wine and soft drinks.  
Murder Mystery entertainment  
Prizes for best costume.

7pm – 10pm

Friday 7th August 2009.

Expressions of interest and RSVP to [lucy@pihc.com.au](mailto:lucy@pihc.com.au)

**MELVILLE: 9384 8626**

**EMAIL: [appointments@pihc.com.au](mailto:appointments@pihc.com.au)**