

DECEMBER 2010

[www.pihc.com.au](http://www.pihc.com.au)

# PIHC NEWS

## LOCATIONS

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

Performance Enhancement  
Clinic. Located within:  
Melville Aquatic Fitness  
Centre.

Marmion St, Booragoon  
Tel: 9364 8626

Perth  
Integrated  
Health Clinic



### INNOCENCE OF CHRISTMAS

Through the eyes of a child  
Christmas is nothing so mild  
Stockings full of presents and sweets a wonder  
Makes for festivities for young and old to gather

Yet Christmas through our tired eyes  
Gives away no more surprises  
Of cumulated bills and empty promises broken  
Of words a million left unspoken

The challenge therefore is to simplify our lives  
To avoid complications and tell no lies  
To gather together without vice or drink  
Thus saving mankind from the brink

How simple it is to be a child

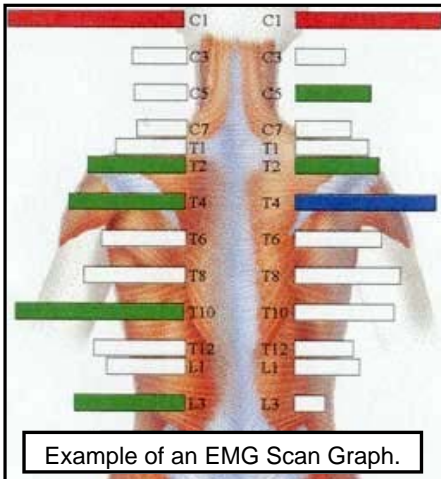


Of thoughts out loud and words a mile  
Expressing one's thoughts and sharing them too  
Being forthright to avoid the blues

So this very Christmas be once again child like  
Sharing thoughts and love with all your might  
Chasing away the blues that torment us so  
Making this Christmas so very glow.

*Ian Wee—Christmas 2010*

# PIHC NEWS



## CHRISTMAS & NEW YEAR CLINIC HOURS

### NORTHERN DISTRICTS CLINIC BALCATT

24 DEC	6.00AM - 12.00PM
25 DEC	CLOSED
26 DEC	CLOSED
27 DEC	CLOSED
28 DEC	CLOSED
29 DEC	6.00AM - 12.00PM
30 DEC	6.00AM - 12.00PM
31 DEC	6.00AM - 12.00PM
1 JAN	CLOSED
2 JAN	CLOSED
3 JAN	CLOSED
4 JAN	NORMAL HOURS

### PERFORMANCE ENHANCEMENT CLINIC, MELVILLE

23 DEC	7.00AM - 10.00PM
24-29 DEC	CLOSED
30 DEC	6.00AM - 12.00PM
4 JAN	NORMAL HOURS

FOR EMERGENCIES PLEASE  
CALL 9240 5266.

### PROGRESSION EMG SCANS

Your Occupational Therapy practitioner will be referring you shortly for your progression EMG scan for 2011. PIHC is acutely aware that with the start of the New Year, it is imperative that we keep our clinical standards at the highest levels and it is a specific clinical requirement therefore that ALL patients whether you consult with us North or South of the River – should have a progression scan for 2011. All scans will be conducted at: Perth Integrated Health Clinic – Northern Districts Centre. Appointments are available Saturdays, early morning/ late evening. Please visit [www.pihc.com.au/emg](http://www.pihc.com.au/emg) for more information.

### VERITY

My name is Verity Chapman. I am 22 years old and I have Cerebral Palsy. I have always enjoyed working on Computers and after leaving school did a Certificate 2 in IT (Applications) at TAFE. Getting a job in IT is difficult when you have cerebral palsy and about 2 years ago someone suggested that I start my own business. My home business is called Verity's Computer Art. Like the name suggests I can do work on the computer like Cards, Thank you cards, Scrapbook, Powerpoint, invitations and much more. If you would like something created for you personally or for your business please contact me on [vezza12345@yahoo.com](mailto:vezza12345@yahoo.com)

*Editor's Note: Verity is a patient of Perth Integrated Health and designed the Christmas Tree motif displayed on the front page.*

# PIHC NEWS

Courtesy of Lucy Liongue



## PIH COMPLETES ANOTHER RESEARCH PROJECT

Another feather in the cap for our practitioners! We have recently completed a two month long patient related research study on the efficacy of the WBV 3000 machine on people with neuromuscular conditions. We wish to thank all of you who participated in this project which is now available for public viewing and download via : [www.pihc.com.au/wbv](http://www.pihc.com.au/wbv)

The research was undertaken by all of the Occupational Therapists at PIH with the principal leg work and data gathering by Inez Ngiau our Associate OT, this being for first official in house research within Perth Integrated Health.

Do read the exciting findings of this research and tell your family and friends about how the WBV 3000 machine can be used in a rehabilitation setting and for your benefit in the clinic and at home.

## PIH TEAM CHALLENGE

The Perth Integrated Health is once again finding new ways to create health and fitness pathways for its patients and corporate clients in 2011.

Dubbed the PIH Team Challenge -a team effort with our synergy partners Tri Events, this level of triathlons are designed to help promote team cohesion within groups and companies over the next few months with up to five events ending in April 2011.

Teams and corporate groups can nominate as many teams as possible with a make up of between 2 to 3 people for the three disciplines. PIH also provides for specific training for groups in each discipline of running, swimming or cycling should they need further assistance.

The information on this program is available at our news page on [www.pihc.com.au](http://www.pihc.com.au)

PIH will also be hosting their own teams of practitioners, coaches and administration staff over the Tri Events PIH Team Challenge starting with the City of Rockingham.

Further information please contact

Julian Mancini - [julian@pihc.com.au](mailto:julian@pihc.com.au) for Running

Ian Wee - [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au) for Cycling

Lucy Liongue - [lucy@pihc.com.au](mailto:lucy@pihc.com.au) for Swimming



Katey Gibb

## KATEY GIBB—TRIATHLETE & BUSINESS WOMAN

Katey Gibb is ranked #1 as a Triathlete in her age category and #13 in the world. A remarkable achievement for a young business professional who balances her work life with her pursuit of self improvement through Triathlon and her business marketing work at BDO.

Katey represents the new generation of women, confident, capable and understanding that her pathway in life also includes her health and wellness. To that extent, the Perth Integrated Health (PIH) clinic is proud to be a sponsor and supporter of Katey Gibbs as we too believe in the health and wellness for our patients as we promote a balance in their lives.

Katey's sponsorship with PIH is endorsed for the calendar year of 2011 and we will certainly be seeing and hearing more about her and her achievements in the coming months through our e-newsletters.

DECEMBER 2010

Perth  
Integrated  
Health Clinic

[www.pihc.com.au](http://www.pihc.com.au)

## PIHC NEWS



Perth  
Integrated  
Health Clinic  
Teams Triathlon Series



**Get your work mates  
together and start swimming, cycling  
and running for fun and fitness.**

PIHC Teams Triathlon Series promotes teamwork, healthy workplace, corporate health and focus on maintaining a work/life balance.

Teams are comprised of three people – a swimmer, cyclist and runner; or of two people where one participant can do two legs of the triathlon. Teams can be mixed or either all male/female.

[www.triserieswa.com.au](http://www.triserieswa.com.au)

(08) 9244 5200 [info@trievents.com.au](mailto:info@trievents.com.au)

trievents