



WELCOME TO TOTAL PHYSIOTHERAPY MANLY VALE!

About Us

After 15 years at Sydney Road Physiotherapy, Donna White and her experienced team moved to new premises in March 2016 and became 'Total Physiotherapy – Manly Vale.'

Our name 'Total Physiotherapy' reflects our belief that everybody should have the health and mobility to do everything they love.

Our Services

PHYSIOTHERAPY

+ General physiotherapy

We can assess and treat musculoskeletal pain and injuries in all areas of the body. At your initial appointment we take a thorough history and physical assessment to formulate a diagnosis and individual treatment plan. Treatment may include education about your condition and self-management, soft tissue techniques and manual therapy, acupuncture or dry needling and exercises. We monitor progress at each appointment, will refer for investigations if indicated and liaise with your doctor if needed.

+ Sports Physiotherapy

As with general physiotherapy, accurate diagnosis based on detailed assessment is essential to devise and implement a treatment plan and time frame for recovery. Late-stage sports specific exercises are particularly important for your return to sport. We can also identify factors in your body's function that may be leading to the injury to prevent injury recurrence. We offer musculoskeletal sports specific screenings to assess muscle and joint function relevant to your sport and identify factors that may predispose you to injury. Advice and exercises are provided to minimise these risk factors.

Total Physiotherapy is a New South Wales Institute of Sport (NSWIS) satellite clinic and as such, is a preferred clinic for all NSWIS team athletes.

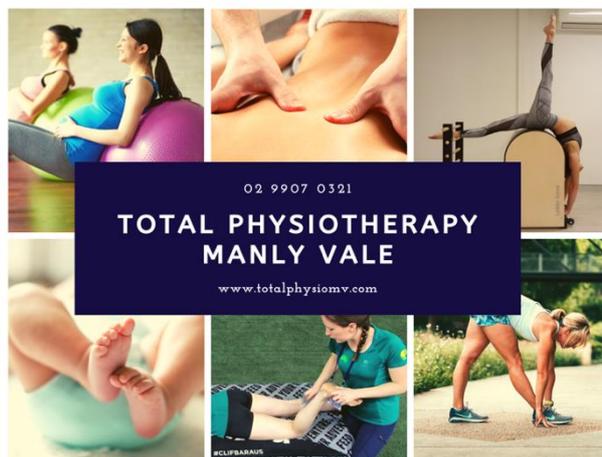
+ Post-operative Rehabilitation

We can assist you with post-operative rehabilitation – e.g. following surgery for injury such as fractures, ligament repair (e.g. ACL), tendon repair or surgery for arthritis such as a hip or knee replacement. Our treatment will assist you with pain relief, reduced recovery time, help you to regain movement and strengthen muscles working to achieve your goals whether that is your ability to walk upstairs or to play your sport. We work closely with your surgeon to ensure your progression through rehab is appropriate for your particular surgery.

+ Hand Physiotherapy

Hand physiotherapists require additional training to thoroughly understand the complicated function of the hand and wrist. Our goal is to restore hand function: acute injuries, fractures, post-operative rehabilitation, arthritic conditions, muscle or tendon conditions. Treatment includes education about your condition and how to optimise healing. Treatment techniques such as therapeutic massage, joint and tendon mobilization and specific exercise programs can be complemented by custom-made and pre-fabricated splints.

Hand Physiotherapist: Jane Leathwood



02 9907 0321

**TOTAL PHYSIOTHERAPY
MANLY VALE**

www.totalphysiomv.com



+ Paediatric Physiotherapy

Our expert paediatric physiotherapist offers treatment for children from infants to school age for issues with movement and their musculoskeletal systems. The many conditions that can be managed range from infants with torticollis or delayed movement milestones, toddlers with altered walking patterns (e.g. toe walking), children with difficulty in gross motor skills such as hopping or skipping to postural issues (e.g. scoliosis, sway back) or hypermobility (double-jointed).

Paediatric Physiotherapist: Fiona Elliott

+ Continence and Women's Health

Continence and Women's Health is a specific area of physiotherapy that requires additional training to provide management of problems that can occur in women throughout life. These include problems with bladder control (urgency or leakage), bowel control, pelvic-organ prolapse, pelvic pain, postnatal abdominal separation and mastitis. We offer a postnatal assessment of abdominal muscle function, pelvic floor muscle function and pelvic girdle control particularly in relation to return to exercise. We see men for instruction in pelvic floor exercises before and after prostatectomy. We can also help children with bed-wetting, daytime bladder issues or bowel accidents.

Women's Health Physiotherapists: Louise Henderson, Rebecca Rutherford, Laura Wickens.

EXERCISE CLASSES

At Total Physiotherapy we offer exercise classes to address many needs:

Equipment or Mat Clinical Exercise Class:

Designed to improve core muscle control and flexibility, with the goal of improving pain free function. Mat classes have a maximum of 5 participants, utilise small props and exercises are modified to your capability. Our equipment studio consists of a reformer, trapeze table, split chair box and Pilates arc and classes have a maximum of 3 participants who are prescribed a specific, individualised program.



Post-natal Mat Class: Designed to assist your body's recovery after giving birth by targeting abdominal muscles, core stability, pelvic floor muscles, flexibility and functional movement. This will help you cope with the physical demands of caring for a baby and prepare for return to higher impact exercise.

Pregnancy Exercise Class: Mat based exercise class utilizing small props modified for pregnancy. Suitable throughout pregnancy to help maintain a strong body and prepare for delivery.

Pelvic Floor Specific Mat Class: Exercise class with a focus on integrating pelvic floor muscles into functional exercise.

Functional Fitness and "Beat It": Conducted by our exercise physiologist, these circuit style classes include elements from the 5 facets of fitness most relevant to you –aerobic, strength, core stability, flexibility and balance. Although anyone can participate, Beat It follows exercise guidelines for people with diabetes.

Over 60s Classes: Conducted at the Dance Excel studio in Balgowlah, these group classes are designed to maintain and restore your strength, balance, flexibility, circulation and mobility for the future. Using light weights and graded resistance bands to facilitate muscle work, the classes target osteoporosis, arthritis, knee & shoulder problems, post & pre-operative joint replacements and back & neck pain.



Oncology Classes: These individual or group sessions follow the PINC & Steel Oncology program which is personalised with a blend of pilates, yoga, strengthening and cardiovascular exercises. Each individual will have their own set of exercises to do under the supervision of an oncology trained physiotherapist.

GLA:D Exercise Classes

A highly successful exercise program for the relief of knee and hip pain. Increase movement and overall function for those with osteoarthritis or rehab post joint replacement.



MASSAGE

Our experienced massage therapists offer appointments each day into the evening and every Saturday. We are able to offer a variety of massage techniques to suit all needs: relaxation, remedial, sports, oncology and lymphatic drainage for lymphoedema. Health fund rebates available, enquire at reception for details of each therapist.

ONCOLOGY

There is growing evidence that a holistic approach to cancer treatment enhances recovery. At Total Physiotherapy we are able to offer these specific therapies: **Oncology massage** (provided by massage therapist **Clara Thompson**). While previously thought unsuitable during cancer treatment, it is now known that the correct form of massage can assist with pain, stress and fatigue associated with a recent diagnosis or history of cancer.

Lymphoedema: A particular type of swelling related to dysfunction of the lymphatic system. Insidious in onset or the result of cancer treatment. Physiotherapist **Gunda Lehmann** is trained in Manual Lymphatic Drainage and bandaging techniques to reduce the symptoms of lymphoedema.

Exercise: **Eloise Cook** is trained in exercise prescription for those undergoing treatment or recovering from cancer. This can be via instruction in a home program or in an individual or group setting in the clinic.

EXERCISE PHYSIOLOGY

Exercise Physiologists work with people who suffer from chronic and complex health conditions such as pain, diabetes, heart disease, cancer, osteoporosis, Parkinson's disease, obesity and many other health conditions. You can see our Exercise Physiologist 1-1, in a group class or have a program designed for you to do in your local gym or at home.

Exercise physiology is ideal for you if:

- + You have been given the all-clear from your physiotherapist but don't feel confident going straight back into your past exercise habits.
- + You are unsure what are the best exercises specifically for you.
- + Your doctor has told you that exercise would reduce your risk of chronic conditions such as diabetes, heart disease, osteoporosis.

Exercise Physiologist: Jo Lindsay and Anna-Louise Moule

PSYCHOLOGY

Psychology services are offered in two main areas:

+ Mental Health & Wellbeing

For adolescents and adults experiencing challenges ranging from mental health issues (i.e. anxiety, mood disorders, grief/loss), to navigating change, improving relationships or enhancing wellbeing.



+ Performance Psychology

Support in the area of performance excellence. Whether you are a competing athlete or a weekend sports player, you will work together to develop and enhance the key psychological skills required for superior performance.

Psychologist: Dr. Edel Langan

Our Team

PHYSIOTHERAPISTS

All our physiotherapists are senior physiotherapists, experienced in treating a wide variety of musculoskeletal and sporting injuries. They all attend ongoing continuing education in specific areas which leads to a special interest in treating certain conditions or particular sports.

Physiotherapists

Rebecca Rutherford: Special interest and Post graduate qualifications in Continence and Women's Health Physiotherapy.

Laura Wickens: Special interest in Continence and women's Health physiotherapy, group based clinical exercise.

Jane Leathwood: Hand Physiotherapist and special interest in group based clinical exercise.

Mike Harvey: Special interest in sports and general physiotherapy, dry needling.

Lucy Cathcart: Special interest in acute pain, neck injuries and lower limb rehabilitation.

Kay Robinson: Special interest in sports injuries and concussion management.

Gunda Lehmann: Special interest in the treatment of lymphoedema and group based clinical exercise.

Justine Walker: Special interest in sports injuries, chronic pain, inflammatory arthritis and rock climbing.

Titled Physiotherapists

We have five APA Titled physiotherapists within the team. Titling is a form of recognition by our professional body, the Australian Physiotherapy Association, of expertise in a particular area of physiotherapy. It can be awarded for different areas in physiotherapy and requires many years of experience as well as

postgraduate Masters level or equivalent of study and exams. There is a higher fee for an appointment with our Titled Physiotherapists in their area of expertise.

Sports Titled

Donna White: Director, Total Physiotherapy. Masters in Sports Physiotherapy.

Danealle Gilflan: Masters in Sports Physiotherapy.

Musculoskeletal Titled

Eloise Cook: Masters of Musculoskeletal Physiotherapy.

Paediatric Titled

Fiona Elliott: Masters of Paediatric physiotherapy.

Continence and Women's Health Titled

Louise Henderson: Masters in Continence and Women's Health Physiotherapist.

PSYCHOLOGIST

Dr. Edel Langan: Sports psychologist (MAPS).

EXERCISE PHYSIOLOGIST

Jo Lindsay: Exercise physiologist and remedial massage therapist.

Anna-Louise Moule: Exercise physiologist with a special interest in Chronic health conditions.

REMEDIAL MASSAGE THERAPISTS

Jo Lindsay: Remedial Massage Therapist and Exercise Physiologist.

Clara Thompson: Remedial Massage Therapist.

Mairi Thompson: Remedial Massage Therapist.

Donna Nolan: Remedial Massage Therapist.

ADMINISTRATION TEAM

Janene Cullen, Cindy Menzies, Angela Barolsky, Martelle Laws, Stella Callintzis, Annette Wiley, Tully White.

Bookkeeper: Mel Keown.