

Referral  
Guide

**HEALTHFOCUS**  
PHYSIOTHERAPY



# Contents

About Us	05
Our Clinics	08 - 09
Our Services:	
Adolescents	12
AxIT™ Technology	13
Casting/Splinting	14
Chronic Pain	15
Classes	17
Concussion Management	19
Female Athletes	21
GLA:D	22
Headache	23
Low Back Pain (LBP)	24
Lymphoedema/Swelling Management	25
Men's Health	27
Neurological Rehabilitation	28
Occupational Physiotherapy	29
Paediatrics	31
Real Time Ultrasound (RTUS)	32
RUNHUB	33
Shockwave	34
Sports Physiotherapy	37
Strength and Conditioning	38
Tendinopathy Treatment	39
Temporomandibular Joint /Jaw Dysfunction (TMJ)	40
Upper Limb and Hand	41
Vestibular Rehabilitation	42
Voice	43
Women's Health	45
Our Staff	49 - 55

## **Vision**

A thriving and vibrant  
Border community,  
enjoying an active lifestyle,  
experiencing the highest  
quality of life.

## **Mission**

At Healthfocus  
Physiotherapy we strive to  
deliver excellent healthcare  
services in our community,  
to empower people to live  
the highest quality of life.

## **Purpose**

To lead our community to  
achieve their active lifestyle  
goals.

**HEALTHFOCUS**  
PHYSIOTHERAPY





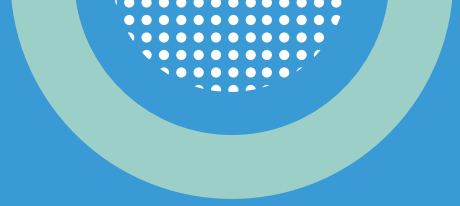
## About Us

At Healthfocus we are a client and family centered multi-disciplinary clinic, embracing the changing needs of our community.

We're personalised in our approach and deliver healthcare solutions across all life stages including early development, sports, family and senior years.

We share our knowledge, expertise and techniques with you.





# **MOVING WITH YOU THROUGH LIFE**

We help you move through life. How you move is important to you, your family and your lifestyle.



## Our Clinics

As one of the largest regional physiotherapists in the country, we have over 50 years experience.

We believe in delivering quality service to our community. We help many local businesses and sporting organisations move better across our three clinic locations.



## **Wodonga Clinic**

**Level 1, 2 Wodonga Place,  
107-119 High Street, Wodonga 3690**

State-of-the-art clinic with modern facilities and equipment, a rehabilitation gym, AxIT technology and RUNHUB.

## **Albury Clinic**

**3/647 Dean Street, Albury 2640**

Central clinic with consult rooms, rehabilitation gym and group classes.

## **Lavington Clinic**

**340 Griffith Road, Lavington 2641**


Refurbished clinic with modern consult rooms, a well-equipped rehabilitation gym and group classes.

## **Contact:**

**02 6041 5744**

**[healthfocus.com.au](http://healthfocus.com.au)**





**Our physios are skilled  
in diagnosing many  
conditions and work  
with you to develop  
patient specific plans.**

**We work closely with  
doctors and  
specialists to care for  
our local community.**



## Adolescents

Our physios are trained in the treatment of adolescents and the specific conditions associated to this age group.

- We understand the developmental issues concerned with teenagers and how this impacts assessment and treatment.
- We believe it is imperative that adolescents, in their treatment, are engaging for optimal results.
- Our team recognise the value of engagement and use specific methods that produce the best outcomes.

### Suitability

For the 12 to 17 year old age group with conditions impacting on their physical development such as gait dysfunction, orthopaedic conditions, physical development associated with puberty.

Our team understand the challenges associated with peer pressure, their participation in activity, study habits, the physical impact and their tendency and desire at times to train inappropriately.

### Benefits

- Adolescents are not mini adults, they have different physiological, anatomical and developmental needs that require special care and understanding.
- The impact of puberty and peer pressure on this group cannot be underestimated.
- The demands of a growing musculoskeletal system and developing brain are significant factors to consider.
- Our physios understand they require a different approach to suit both their physical and cognitive needs to obtain optimal results.

### Referral

Albury, Lavington and Wodonga Clinics.



# AxIT™ Technology

AxIT™ Technology is a sophisticated system designed to measure, record and track muscle and functional strength in real numbers. It uses force plates and electronic devices for measuring compressive and tensile force.

- Information is recorded on a tablet via Bluetooth™ and can be compared against normative values instantly.
- Many aspects of force can be measured, including peak force, rate of force production and time of force application.
- The technology generates easy to read reports that can easily be emailed to the client, other medical professionals and sporting clubs and coaches.

## Suitability

AxIT™ Technology can be used for sports people to highlight deficient areas and monitor progress in injury recovery. It provides objective information to help people get back to activity safely.

It can be used to:

- Maximise athletic performance.
- Assess muscle strength and recovery progression for post operative patients.

- Detect strength deficiencies in older people that may decrease the risk of falling and developing injuries and minimise the effects of osteoarthritis.
- Measure the physical capacity of those people returning to work, to identify suitable tasks to match physical capacity.

## Benefits

- Uses state of the art technology to measure muscle strength in objective numbers.
- Able to perform literally hundreds of tests from static strength to functional activities such as jumping and landing on force plates.
- Can measure strength and compare against previous measures to accurately track progression.
- Creates excellent reports that can be sent to the client and stakeholders involved in the client's care.
- Compares strength results against normative values to highlight deficiencies and set realistic and meaningful goals for the client to achieve.

## Referral

AxIT™ Technology and equipment is used at our Wodonga Clinic, by any of our physios.



## Casting/ Splinting

Acute fractures, particularly those that are nondisplaced, may often be managed in the clinic with the application of plaster of paris or synthetic (fibreglass type) casts. Splinting for various upper and lower limb injuries is also completed. Casts and splints may be waterproof when appropriate.

We have physiotherapists skilled in the fabrication and application of splints and casts. We use a range of different materials such as plaster of paris, synthetic/fibreglass and thermoplastics, depending on the injury and requirements for stabilisation.

### Suitability

- Patients with nondisplaced, stable fractures of the upper limb or lower limb.
- Children with green stick fractures.
- Wrist sprains, scaphoid fractures, mallet fingers and other finger and wrist ligament injuries.
- Casting and splinting may be completed for patients of all ages.
- Types of splints and casts include thumb spicas, below elbow or above elbow casts, below knee and above knee casts.

### Benefits

- Immediate acute injury management, without the need to attend the emergency department.
- Casts and splints may also be adjusted and removed, and post injury rehabilitation completed.
- In cases where waterproofing is possible, concern around getting the cast wet is removed, and more daily activities may be possible.
- When appropriate, removable splints or casts optimise skin hygiene and wound care.

### Referral

Albury, Wodonga and Lavington Clinics.





# Chronic Pain

Chronic pain is debilitating and often exists long after physiological healing of injured tissue.

- Management of chronic pain requires a multifaceted approach with a physio who has a sound understanding of contemporary pain science.
- We apply education and a graded approach to introduce activity of low threat and a progression to build on.

## Suitability

For people who have a long history of pain. Often people who have acquired long standing low back pain but not entirely limited to this group.

## Benefits

In many cases people with chronic pain have developed behaviours and beliefs that are negatively impacting their condition.

- Education and graded exercise, based on an understanding of contemporary pain science, these people can be taught to live with pain and improve their function.
- They can learn to regulate their pain improving their quality of life.

## Referral

Albury, Wodonga and Lavington Clinics.



# Classes

At Healthfocus we have a range of classes for all ages and life stages.

- Spinal rehabilitation classes assist those who have had back pain and are wanting to take control of their issue or minimise their chances of having ongoing complications.
- Adolescent classes assist developing bodies, for those who are engaged in sport and are looking at improving performance, or those who are relatively inactive and benefit from exercise and resistance training.
- Classes for older people aimed at improving strength and balance are also available.

## Suitability

- People who have had low back pain, recovering from pain or trying to live with pain.
- Young athletes looking to improve their athletic performance.
- Older people looking to maintain activity, maximise strength and balance and slow down the effects of aging.

## Benefits

- To assist people to take control of a condition such as low back pain and minimise their reliance on medication.
- Classes can be a fun and affordable way for people to engage in a long-term exercise plan in improving their function and maintaining an optimal quality of life.
- Classes can be individually tailored to the needs and goals of the client.

## Location

Timetable and classes on offer can vary between our Clinics.

Visit **[www.healthfocus.com.au](http://www.healthfocus.com.au)** or contact us for class information.

An individual appointment and assessment is necessary to set goals prior to class commencement.





# Concussion Management

A concussion management program that uses the current concussion protocols combined with the best evidence and recommended return to sport guidelines. We are able to assess many of the affected systems involved in concussion, including:

- General symptom presentation.
- Cervical spine dysfunction.
- Vestibular system.
- Oculomotor motor system.
- Headache.
- Balance.
- Exercise tolerance.

We can progress activity towards the specific level required for the client, whether this be returning to contact sport, work school or other activities. We communicate with other health professionals involved in the episode of care, most importantly the GP, to ensure sound clinical decisions are made in their best interests.

## Suitability

Most commonly concussion occurs in athletes involved in contact sports such as football and rugby. However, anyone can suffer concussion and it can impact their lives.

- Concussion management is very important in returning students back to their studies.

- Sports people back to sports and anyone back to work or their functional activities.
- Adolescents where concussion rates are high and the impact of poor recovery on the developing brain can be very serious and long term.

## Benefits

- Concussion symptom recovery is not an indication of metabolic and physiological recovery.
- Ensure a safe return to activity, understanding the symptomatic recovery is not the same as physiological recovery.
- A second impact on a brain that has not fully recovered can be catastrophic.
- Minimise the risk of second impact syndrome. This has the risk of being a catastrophic injury.
- To avoid possible long-term issues associated with brain function and mental health disorders and poorly managed concussion.
- An approach that understands that there are many uncertainties regarding the long-term effects of concussion.
- Managing concussion, particularly in sports people is becoming an increasingly important issue.
- Awareness is growing and commentary of the issues is becoming more confusing for the average person.

## Referral

Wodonga Clinic, Michael Bowler.





# Female Athletes

There are different challenges treating female athletes compared to males.

- With more women playing sport and more opportunity for females to participate in sports such as AFL and rugby codes, there is greater injury risk.
- Data shows women are more likely to suffer concussion and knee injuries for the same amount of hours played compared men.
- Female sport is increasing like never before, women of all ages are participating in a wider variety of sports at all levels.
- The female body has unique differences that impact biomechanics, training, injury and recovery.
- Hormonal differences, the menstrual cycle and physical development are some of the obvious differences.
- Many of the principles that apply to males don't apply to females the same way.
- We have physios specifically trained in understanding the female body and how it interacts to the sporting environment.

## Suitability

For females of all ages and all levels of sport.

- All teenagers playing sport, particularly those aspiring to play elite sport or in talent identification pathways.
- Teenagers playing multiple sports.
- Those suffering concussion and knee injuries.

- Women of all ages playing sports that have been traditionally male sports such as AFL and rugby codes.
- Women returning to sport after childbirth.
- Young girls participating in sport and negotiating puberty.
- Senior women playing sport and negotiating menopause and effects of aging.

## Benefits

Women are more at risk of some injuries.

There are also morphological, hormonal and physiological differences that mean that females are more at risk of injury than their male counterparts and that there are factors that need to be considered when treating women.

## Referral

We have physios with experience treating female athletes in Wodonga, Lavington and Albury Clinics.

- Simone Bowler has extensive training and experience in treating Women's Health issues and is the head physio for the Murray Bushrangers Girls Program.
- Michelle Van Kesteren is an APA Sport and Exercise Physiotherapist.
- Julia Hargreave is completing her Masters in Sport and Exercise Physiotherapy and has extensive experience as a runner, triathlete and high level netballer.
- Shae Martello has extensive experience in nutrition, exercise training and adolescent development.



## GLA:D

GLA:D (Good Life with Arthritis, Denmark) is an evidence-based program to increase the function and decrease the pain of those suffering from hip and knee osteoarthritis.

It combines education and exercise to assist people to cope with their condition, maximise their function without surgery, especially joint replacement.

### Suitability

- People suffering from osteoarthritis of the hip and knee.

### Benefits

- Evidence overwhelmingly suggests that the first line of treatment for hip and knee osteoarthritis should be education and exercise.
- There are many people who can learn to manage their condition and significantly increase their function without joint replacement, yet many are not even given the option.

### Referral

Wodonga and Lavington Clinics.





# Headache

Many headaches arise from musculoskeletal structures, especially the cervical spine. There are many assessment techniques and therapies to assist and resolve headaches. Manual therapy and exercise has very good evidence in resolving headaches without the use of medication.

## Suitability

- People suffering from headaches.
- Many headaches may be associated with posture or after trauma.
- It is possible that increased stress on musculoskeletal structures around the cervical spine could lead to somatic referred pain to the head.

## Benefits

Treatment of headaches related to the cervical spine (neck) can be effectively treated with manual therapy, education, and exercise, often reducing or eliminating the need for medication.

## Referral

Albury and Wodonga Clinic, Simone Bowler.





## Low Back Pain (LBP)

LBP is one of the most common musculoskeletal conditions experienced by the general population. It can present itself in a variety of forms with varying symptoms and levels of dysfunction.

- Treatment for LBP is most effective in the early stages so that the best advice and exercise can be given to avoid unnecessary complications and long-term pain.
- Treatment consists of education and advice, reassurance, manual therapy where appropriate and exercise prescription.

### Suitability

Anyone with LBP can benefit from physiotherapy.

- The earlier appropriate advice, education, therapy and exercise are given, they can avoid complications of fear and anxiety associated with their condition.
- To avoid the possible and subsequent development of unnecessary long-term pain.
- Particularly beneficial in people who have had a history of LBP and are at risk of developing fear associated with their condition that may complicate and prolong recovery.

- Physio plays an important role is assisting people with LBP to find appropriate activity, especially in work-related cases.

### Benefits

- Physiotherapy is important in advising people on appropriate activity, including work duties.
- Educates people to ensure that they refrain from activities that unnecessarily complicate the reintroduction of the issue, often leading to long-term worklessness and decreased quality of life.
- Assists in decreasing the dependence on pharmaceutical intervention. In an age where dependence on such things as opioids is a concern, physiotherapy provides a very real alternative.

### Referral

Albury, Wodonga and Lavington Clinics.



# Lymphoedema/ Swelling Management

Lymphoedema and unwanted swelling may be very effectively treated using a combination of techniques including manual therapy and lymphatic drainage, exercise, education, compression bandaging and garment prescription.

## Suitability

- People suffering from lymphoedema or chronic swelling conditions or poor circulation.
- This may include people who have undergone surgery that has compromised their lymphatic system or increased their lymphatic load.

For example, breast surgery with sentinel node biopsies or axillary dissections, surgery around the groin area, and also surgery for head and neck cancer.

- People with obesity, venous or arterial disease and post infection/cellulitis may also benefit from appropriate swelling management.

## Benefits

To assist people to manage their swelling, improve their functional capacity, optimise circulation, and prevent skin concerns developing.

## Referral

Wodonga and Albury Clinics, Bronte Young.





# Men's Health

Men's Health physiotherapy specifically treats the needs of conditions specific to men. Men have different challenges involved with their anatomy. There are also conditions such as prostate health that are specific to men.

## Suitability

- Men who are recovering from prostate surgery.
- Men experiencing post-surgical sexual dysfunction or urinary incontinence.

## Benefits

We provide high quality, education and evidence based pelvic floor physio services.

- Helping men to be active and function to the best of their ability despite the physical challenges that they may be experiencing.
- Supporting men to avoid the indignity of incontinence and the reduction in functional capacity associated with this.
- Assisting men in the event of male specific surgery, and in some cases avoid it altogether.

## Referral

Albury and Wodonga Clinics, Simone Bowler.





# Neurological Rehabilitation

Rehabilitation following a traumatic brain injury, stroke, spinal cord injury, or in conditions such as Parkinson's disease, multiple sclerosis, or cerebral palsy can effectively be completed in an outpatient setting. Our rehabilitation gym areas and equipment allow us to work with clients to optimise their posture, mobility and functional independence.

## Suitability

Patients with neurological conditions including post CVA/stroke, traumatic brain injury, spinal cord injury, multiple sclerosis, Parkinson's disease, and cerebral palsy.

## Benefits

We provide a patient and family centred approach to improve functional capacity, mobility and independence. We extend rehabilitation beyond an inpatient setting, to achieve further improvements and patient goals, and maintain quality of life.

## Referral

Albury, Wodonga and Lavington Clinics





# Occupational Physiotherapy

Occupational physiotherapy recognises the need to assist the workplace.

- To assess and rehabilitate injured workers back to their full capacity or alternate duties.
- To assist in the reduction of workplace injuries and to evaluate work practices and make recommendations to assist in injury management.
- A hierarchy of measures that can be implemented and the more likely things to enact to achieve a desirable outcome should be targeted but are not always practical.
- We understand that there are many factors that influence a worker's ability to return to work and all these things need to be considered and addressed.

## Suitability

- Injured workers aiming to return to work.
- Workplaces wanting assistance to reduce their injury risk with recommendations and education.

## Benefits

- Reduce the cost, both physically and financially, of workplace injuries.
- The longer a worker is away from their workplace increases the risk that they may never return.
- Early return in some capacity is imperative, it is important that when a worker returns to work that they do not encounter many setbacks.

## Referral

Albury, Wodonga and Lavington Clinics.



# Paediatrics

Our paediatric physios are trained in the treatment of children and the specific conditions associated to this age group including balance, posture, coordination and gross motor skills.

- We understand the development issues concerned with this group and how this impacts assessment and treatment.
- We believe it is imperative that children, in their treatment, are engaging for optimal results.
- Our team recognise the value of child engagement and use specific methods, including fun play in a family-centred approach, that produce the best outcomes.

## Suitability

For children with varying conditions impacting their physical development such as:

- Cerebral palsy and Down Syndrome.
- Developmental delay and premature infants.
- Poor tummy time tolerance and gait dysfunction.
- Orthopaedic conditions and Hypotonia.
- Common newborn musculoskeletal conditions, such as plagiocephaly and torticollis.
- Children who have bladder and bowel incontinence or bedwetting concerns (Simone Bowler).

## Benefits

- Children are not mini adults, they have different physiological, anatomical and developmental needs that requires special care and understanding.
- They require a different approach to suit both their physical and cognitive needs to obtain optimal results.
- We have physios specifically trained in the treatment of paediatric conditions that understand the unique conditions associated with children and how they impact development.
- Our physios understand how to approach a treatment program to maximise engagement and optimise results.

## Referral

Albury and Wodonga Clinics, Bronte Young and Simone Bowler.



## Real Time Ultrasound (RTUS)

RTUS can be used by our physios in the rehabilitation of core strength. We can use the ultrasound to assess the size of muscles and to assess how muscles contract in the lumbopelvic region. This can be shown to the client so that they can identify cues to help them engage these muscles in an optimal manner and then progress them toward function.

### Suitability

- Useful in rehabilitation people from acute and chronic low back pain.
- Helpful in assisting retraining hip muscles.
- Great tool for assisting people suffering from urinary incontinence and recovering from pelvic dysfunction after childbirth.

### Benefits

- To assist clients to appropriately and efficiently contract their “core” muscles and muscles in the lumbopelvic region and progress them toward function.
- Great for training people to avoid over recruiting of muscles and suboptimal muscle activation patterns.

### Referral

Albury, Lavington and Wodonga Clinics.



# RUNHUB

RUNHUB is our approach to assessing and developing programs for people who run.

- We assess components of the musculoskeletal system important to running and the mechanics of running.
- We develop programs and strategies to make running more comfortable and enjoyable.
- AxIT™ Technology is utilised to assess muscle strength and function.
- We use video analysis to assess technique and many other more traditional aspects of physiotherapy assessment to develop the best approach for each individual.

## Suitability

RUNHUB is suitable for all runners and people who want to run or improve their running.

- Assisting high level runners competing at national and international level.
- Local runners who want to improve their weekly Parkrun™ time or aiming to increase their current level of running.
- People wanting to run their first half or full marathon.

## Benefits

- Running technique can be improved in most people. As people increase their running they increase the load on their body.
- Analysing their running and making it more efficient and effective makes sense in trying to improve someone's capacity, reduce their injury risk, optimise performance and generally increase their enjoyment.

## Referral

Wodonga Clinic, Julia Hargreave, Patrick Stow, Michael Bowler.



# Shockwave

Shockwave is the use of a hand held shockwave unit that emits a physical impact (shock) to soft tissue to assist in developing a healing response to injured tissue. The shock can be administered in a variable manner depending on the tissue via adjustments to the magnitude of the impact (in Bar) and the rate per second (Hz).

Clients generally require 3 to 6 treatments over a period where time between treatments is between 5 and 10 days.

## Suitability

Shockwave can be very helpful in chronic tendinopathy such as Achilles tendinopathy, plantar fasciitis, tennis elbow and shoulder issues.


## Benefits

- In chronic conditions where many therapies have been utilised, shockwave can be useful in assisting these clients to resolve the issue.

## Referral

Wodonga Clinic.





**Our team has a  
diverse range of  
expertise and  
pride ourselves  
on remaining up  
to date with the  
latest research  
and practices in  
physiotherapy.**

MOVING  
WITH YOU  
THROUGH  
LIFE

HEALTHFOCUS  
PHYSIOTHERAPY



1  
2

# Sports Physiotherapy

Physiotherapy recognises the need to progress athletes back to the demands of their chosen activity in a timely manner optimising performance and minimising recurrence.

- Each sport is different and has different physical demands. Likewise, each athlete presents a different set of challenges.
- Sports physiotherapy also requires a good understanding of injury reduction strategies specific to each sport and athlete.
- The principles of physical loading in developing and progressing training and treatment to maximise tissue capacity to perform is also important.

## Suitability

Our region has a wide range of sporting opportunities for our community. We are also a region with a great reputation for developing athletes who go on to achieve great things. Everyone can benefit from the advice and expertise of physios with a specific interest and training in the nature of sports related injuries.

- Local sports people.
- Developing junior athletes.
- Average weekend warrior.

## Benefits

- Sports people want to get back to the sport that they love with minimal complications so they can perform.
- Our sport and exercise physiotherapists have the knowledge and skills to progress athletes to their activity.
- We have sound understanding of physical loading to maximise performance and minimise injury recurrence.

## Referral

Albury, Lavington and Wodonga Clinics.

Our APA Sport & Exercise Physiotherapists are Michael Bowler, Michelle Van Kesteren and Shane Robertson. Julia Hargreave and Jack Harland are both currently undertaking further study in this area.



# Strength and Conditioning

Our strength and conditioning programs are carefully developed, and are client and function specific.

They are graded appropriately with sound knowledge of any pathology and medical conditions and can be developed with a specific performance goal in mind.

Rehabilitating a client from an accident or injury or conditioning a person toward a goal, such as returning to work, after a prolonged period out of employment.

## Suitability

- Sports people with a specific goal in mind.
- People aiming to achieve a physical challenge such as completing the Kokoda track or training for a mountain hike.
- People regularly going to the gym and failing to achieve their goals or continuing to get injured.
- Workers returning to work after a long period off due to illness of family circumstances.
- Gym goers aiming to lift heavy and correctly and build mass safely.

## Benefits

Strength and conditioning differs depending on the end goal. It is also very important to be aware of previous disease and injury and develop a program with this in mind.

A carefully developed and monitored program by a well-trained physiotherapist in this area will maximise the chance of achieving the end goal, and minimise injury risk.

## Referral

Wodonga, Albury and Lavington Clinics,  
River-Jade Scott, Shae Martello.



# Tendinopathy Treatment

Tendon pain is common and debilitating, it is also very hard to overcome in many cases.

Our physios understand that tendopathy rehabilitation requires a multifaceted approach consisting of education, some modification of activity and lifestyle, with a graded loaded program.

## Suitability

- Athletes suffering from Achilles, knee and hip tendinopathy.
- People suffering from heel and knee pain.
- People experiencing lateral hip pain.

## Benefits

Many people have tried different treatments to rid themselves of tendon pain. Often they want a quick fix and this is not the answer. Other times they are willing to do whatever it takes but require the knowledge and guidance to assist them to find a resolution.



## Referral

Albury, Wodonga and Lavington Clinics.



## Temporomandibular Joint (TMJ) / Jaw Dysfunction

TMJ disorders present as jaw pain, clicking in the jaw, locking of the jaw, difficulty chewing or a decrease in jaw movement.

- Contributes to headache and other facial pain, vertigo, tinnitus and teeth clenching.
- The TMJ is part of a complex anatomical arrangement on each side of the face.
- Like all joints they have soft tissues that can become injured.
- Can be treated with manual therapy, exercise and other interventions to resolve the injury and the associated difficulties.

### Suitability

- For people who describe any jaw related symptoms.
- People who present with persistent headaches that have not resolved with other treatments.
- People who have a history of teeth grinding or jaw clenching.

### Benefits

- Avoidance of a large number of issues that can be caused if TMJ dysfunction is not treated.

These may include:

- Speech difficulties
  - Dental issues
  - Chronic pain
  - Declining mental health
  - Inadequate nutritional intake
- With physio, TMJ dysfunction can be treated simply, effectively and non-invasively.

### Referral

Wodonga, Lavington and Albury Clinics, Shae Martello, Dr. Mandy Hobbs (PhD).



# Upper Limb and Hand

Hands and the upper limb are very specific and anatomically challenging areas. To get the best results from rehabilitation from hand and upper limb injuries requires someone with extensive knowledge of the anatomy, the conditions and how to treat them.

Our physios are:

- Extremely knowledgeable in hand and upper limb and shoulder conditions.
- Well-read in the evidence in treatment and highly skilled in techniques and splinting fabrication.

## Suitability

- People with hand and wrist fractures, upper limb tendon injuries, upper limb neuropathies and other hand specific conditions.
- People whose employment and quality of life is inherently linked to their hand function.
- Complex shoulder conditions and rehabilitation of upper limb musculoskeletal conditions.

## Benefits

Hand and upper limb function is very important to many people, often their livelihood depends on it. The best possible outcome from any rehabilitation plan after injury is best prescribed for these people.

Hand anatomy is also very complex and physios with a solid understanding of this are best equipped to deal with its complexities.

## Referral

Lavington Clinic, Michelle Van Kesteren, Jack Harland.





# Vestibular Rehabilitation

Vestibular imbalances can be quite debilitating. Many are associated with vestibular organ dysfunction that can be treated with manual therapy and exercise, often avoiding the need for medication.

## Suitability

For people experiencing dizziness, vertigo and unsteadiness. Generally, if these symptoms are the result of head movement or dependent on posture, physiotherapy is likely to be successful.

- Symptoms may be insidious or acute.
- They may appear to be idiopathic.
- Experienced through trauma, or be associated with a virus or illness that affects the vestibular organs.
- A result from a surgical procedure such as the removal of an acoustic neuroma.

## Benefits

- The results can often be very fast and effective, providing rapid recovery from a condition that has significant effects on a sufferers functional, physical and mental well-being.
- Careful assessment and treatment with physiotherapy can also avoid the need for medication.

## Referral

Lavington Clinic, Jack Harland and Dr. Mandy Hobbs (PhD).



## Voice

Many people and professions require their voice for their vocation.

- We have physios specifically trained in the rehabilitation of vocal conditions to assist people to speak and project their voice as required.
- There are exercises and techniques that can have a very good effect in managing vocal disorders.

### Suitability

Musicians, vocalists, auctioneers, school teachers and other educators are professions who are significantly impaired if they are unable to use their voice optimally.

### Benefits

To reduce the load on the muscles responsible for speaking, singing and voice projection.

### Referral

Lavington and Wodonga Clinic, Dr. Mandy Hobbs (PhD), Simone Bowler.





# Women's Health

Women's Health Physiotherapy specifically treats conditions related to women through their lifespan. Women have different challenges that are associated with pregnancy, child-bearing, menopause and their pelvic anatomy and specific knowledge and expertise can effectively assist these women.

## Suitability

Women who are pregnant or recovering from childbirth undergo many changes in both their musculoskeletal and pelvic health, that can be assisted with physiotherapy. These changes can result in pain, urinary and bowel incontinence, and pelvic organ prolapse. All of these conditions may be assisted by specifically trained physiotherapists.

Other conditions include:

- Women encountering physical challenges involved in breast feeding and raising children.
- Women suffering painful periods, and endometriosis.
- Women encountering the challenges of menopause.
- Women with bone health concerns.

## Benefits

- We provide high quality, education and evidence-based treatments to help women to be active and function to the best of their ability despite the physical challenges that they may be experiencing.
- Pelvic floor rehabilitation to support women to overcome the indignity of incontinence.
- Exercise prescription tailored to the individual and their goals.
- Assisting women in the event of female specific surgery, and in some cases avoid it altogether.
- Pelvic organ prolapse management, including pessary fitting and care.

## Referral

Albury and Wodonga Clinics, Simone Bowler.



**At Healthfocus  
Physiotherapy we  
strive to deliver  
excellent healthcare  
services in our  
community.**



## Our Staff

**Simone Bowler**  
**Michael Bowler**  
**Keely Bond**  
**Julia Hargreave**  
**Dr. Mandy Hobbs (PhD)**  
**Jack Harland**  
**Shae Martello**  
**Shane Robertson**  
**River-Jade Scott**  
**Patrick Stow**  
**Logan Testoni**  
**Michelle Van Kesteren**  
**Bronte Young**





## Simone Bowler

An APA Musculoskeletal Physiotherapist with post graduate qualifications in Women's Health and Pelvic Floor Rehabilitation.

She completed her Bachelor of Physiotherapy in 2001 at Charles Sturt University before completing a Post Graduate Certificate Women's Health and Pelvic floor rehabilitation at Melbourne University in 2006 and Master of Musculoskeletal Physiotherapy in 2012 at LaTrobe University.

### Areas of interest:

- Women's and men's pelvic health
- Continence
- Musculoskeletal injury rehabilitation
- Orthopaedics
- Headache treatment
- Paediatrics
- Vocal conditions

Simone has lived in the Albury/Wodonga since 1998. Health and fitness have always been key areas of interest to Simone growing up in Victoria's Mallee region competing in athletics and many other sports. She values the importance of community and has worked at Healthfocus since 2003, becoming a principal in 2018.

Simone has been associated with the Murray Bushrangers for several years and is the head physiotherapist to girls U18 team in the NAB league.



## Michael Bowler

Michael graduated from Charles Sturt University and joined Healthfocus in 2004, before becoming a Director in 2008.

Michael completed his Masters in Sports Physiotherapy in 2014, becoming a titled Australian Physiotherapy Association Sport's Physiotherapist.

Michael is a certified GLA:D® Physiotherapist and provides high quality, comprehensive and evidence-based programs, consisting of education and exercise, to patients with hip and knee osteoarthritis.

Michael has gained extensive expertise in the management of sports injuries, and continues to be involved with the Murray Bushrangers, Victorian AFL Academy and the O&M. He is the joint head physiotherapist for the AFL U18 team in the NAB league.

Managing both recreational and elite athletes to optimise their biomechanics and return to sport, he has a particular interest in adolescent athletes and running assessment. He is instrumental in advocating and implementing best practice concussion management, performing various occupational health roles throughout the region.

### Areas of interest:

- Manual therapy
- Sports injuries
- Dry needling
- Occupational health



### Areas of interest:

- Post surgical rehabilitation
- Musculoskeletal and Sports injuries
- Paediatrics

## Keely Bond

Keely graduated from Charles Sturt University in 2022. In her undergraduate training Keely gained experience in orthopaedics, paediatrics, post-surgical and neurological rehabilitation and cardiorespiratory physiotherapy.

She has developed a keen interest in post-surgical rehabilitation, paediatric conditions and musculoskeletal injuries.

Keely is a keen sportsperson with a great sense of community and has participated in swimming, cricket and netball, playing for the Wodonga Raiders. She has also assisted with junior coaching.

She is passionate about helping other people achieve their goals and getting to their best physical level so they can continue participating in their everyday lives and are able to participate in the activities that they love.

Outside of work, Keely enjoys playing netball, going to the gym and for long walks and spending time with her family and friends.



### Areas of interest:

- Sports injuries
- Post operative rehabilitation
- Clinical pilates
- Pelvic control
- Orthopaedic rehabilitation
- Geriatrics

## Julia Hargreave

A physiotherapist with a passion for human movement and endurance sport. Her particular love is running, the mechanics of running and assisting runners of all ages and abilities to improve, set goals and achieve what they didn't previously think was possible.

She has worked with some of our regions best runners to assist them to achieve excellent results in international competitions.

Julia graduated from the University of Sydney in 2015 with a Master of Physiotherapy degree after previously completing a Bachelor of Sport Science at Charles Sturt University.

Julia grew up on a farm in the Holbrook district and commenced her physiotherapy career at Healthfocus in 2016. As a keen runner and triathlete, she has completed number of half marathons including the Melbourne half ironman.

She has a passion for team sport and has played many seasons of Ovens and Murray netball for Lavington. Julia warms to people of all ages and activity levels, helping them become more active and healthier one-to-one or in our exercise classes.



## Dr. Mandy Hobbs (PhD)

A well qualified and respected physiotherapist in the Border region and is a former director of Healthfocus having been instrumental in its progress from 2005 to 2018.

Mandy completed a Master's degree in Orthopaedic Manipulative Physiotherapy at Charles Sturt University in 2004 and a PhD from Sydney University in 2011 researching rehabilitation after lumbar disc surgery. She has published several journal papers on this topic and presented at conferences internationally and in Australia.

Mandy has a strong interest in spinal physiotherapy, in particular chronic conditions and those requiring spinal surgery. She also treats people with vestibular physiotherapy for balance and dizziness disorders.

Highly skilled in treating TMJ & facial pain as well as musculoskeletal conditions that affect speech. Mandy is passionate about helping people achieve their goals by helping them overcome their barriers to good health. Mandy is a keen runner having run several marathons and ultramarathons.

### Areas of interest:

- Musculoskeletal injuries
- Manipulative physiotherapy and manual therapy
- Complex spinal injuries
- Muscle tension dysphonia (vocal conditions)
- Balance and dizziness



## Jack Harland

A physiotherapist with many interests including the management and prevention of sports injuries, occupational physiotherapy and vestibular rehabilitation. Jack graduated from Charles Sturt University in 2017 and joined Healthfocus in 2018. He has recently commenced his Masters in Sport and Exercise Physiotherapy.

He plays football for Lavington and has assisted the Ovens and Murray interleague teams for several seasons. Jack grew up along the Murray River in the Echuca/Moama region and has a passion for regional communities.

Jack is a registered GLA:D® practitioner, allowing him to provide high quality, evidence-based care from people suffering from osteoarthritis with exercise and education. He is skilled in assessment and rehabilitation of vestibular disorders and works in a number of workplace assisting local business and their workers to manage and reduce work related injuries.

### Areas of interest:

- Sport and musculoskeletal injuries
- Work related injuries
- Vestibular rehabilitation and dizziness
- Dry needling





### Areas of interest:

- Dry needling
- Sports rehabilitation
- Pilates
- Strength and conditioning
- Orthopaedic and neurological rehabilitation
- Casting



### Areas of interest:

- Sports injuries
- Dry needling
- Lower limb biomechanics

## Shae Martello

A physiotherapist with a passion for strength and nutrition, Shae graduated at the beginning of 2013 and commenced work as a new graduate in March 2013. Shae is an ACSA Level 1 Strength and Conditioning Coach, a qualified APPI Pilates instructor, completed a Diploma of Food Science and Nutrition in 2020 and has a Graduate Certificate in Clinical Rehabilitation.

Shae has lived on the Border since 2009 and is a regular gym-goer. Shae is a member of Border Bellydancing and is the assistant director, sharing her passion for exercise and healthy living with her clients. She has a passion for assisting adolescents in their pursuit of living an active life and enjoys guiding people of all ages toward a healthy lifestyle through exercise, optimal nutrition and healthy lifestyle choices.

Shae is an active promoter of the benefits of a healthy lifestyle and has written several blogs on health promotion that can be found at [www.physiosforpa.com/blog](http://www.physiosforpa.com/blog), and has made various contributions to Australian Physiotherapy Association publications.

## Shane Robertson

Shane graduated from Lincoln Institute of Health Sciences in 1987 and also holds a post graduate diploma and Master's Degree in Sports Physiotherapy. He is a titled APA sports physiotherapist and his special interests are biomechanical assessment and treatment of sporting injuries.

After playing and working as a physiotherapist in the AFL, he commenced work at Healthfocus in 1989 and was a director for nearly 20 years. He continues to work clinically on a part time basis. Shane is always up for a chat about the plight of farming, picking a winner on the weekend or who will win the flag.



## River-Jade Scott

River graduated in 2021 from Charles Sturt University in his hometown of Port Macquarie before moving to Albury and beginning his journey with Healthfocus in June 2021.

River is interested in sporting injuries and all aspects of musculoskeletal physiotherapy. A decorated powerlifter, he competed in ProRaw 12, an internationally recognised competition. He ranked 15th strongest in Australia for his weight category.

He has a great understanding of the principles of strength and conditioning training and the benefits. This includes gym related injuries, how to progress training and rehabilitation to achieve individual goals.

As a great advocate for developing strong and healthy bodies in all ages for many different activities, River provides physiotherapy services to many of our corporate clients in managing and preventing occupational related injuries.

### Areas of interest:

- Sport and musculoskeletal injuries
- Work related injuries
- Strength and conditioning
- Gym related injuries
- Dry needling



## Patrick Stow

An Albury/Wodonga local who graduated from Charles Sturt University in 2021 and joined Healthfocus in January 2022.

Patrick's interests include sporting injuries and all aspects of musculoskeletal physiotherapy. A warm and friendly personality that engages with people of all ages to motivate them no matter how big or small their physical goals may be.

Patrick is a local who grew up in the Dederang area playing local football with Dederang/Mt Beauty and Wodonga. Injuries led Patrick to cease playing football and he has since turned to distance running where he has won the annual Nail Can Hill run in 2021 and 2022.

He completed the New York Marathon in 2019 as a fundraiser for Movember. He recently finished in the top 10 at the Gold Coast Marathon in just over 2 hours 20 minutes and is now eyeing off his next challenge.

Patrick has a great understanding of running and has developed a passion of treating runners of all ages and abilities. He has been active in supporting and assisting local sports teams in managing and preventing injuries.

### Areas of interest:

- Sport and musculoskeletal injuries
- Work related injuries
- Running injuries and performance



## Logan Testoni

A physiotherapist who graduated from Charles Sturt University in 2021, and joined Healthfocus in 2022.

Having extensive involvement in sport, he has a keen interest in sports injuries and musculoskeletal conditions. Logan has been a keen basketballer, who has coached junior basketball and plays football.

Logan provides services to our corporate clients, managing their work-related injuries and making recommendations to reduce injury risk in the workplace.

He is also a registered GLA:D® therapist, working with those who have lower limb osteoarthritis to achieve great function and pain management without the need for surgery.

With an emphasis on improving peoples functional capacity and quality of life, Logan works with his clients to identify their barriers and goals to achieve optimal results.

### Areas of interest:

- Sport and musculoskeletal injuries
- Post orthopaedic surgery rehabilitation
- Work related injuries
- Hand and upper limb injuries
- Hip and knee osteoarthritis



## Michelle Van Kesteren

An experienced physiotherapist who joined Healthfocus in 2008 after graduating with a Bachelor of Physiotherapy from Charles Sturt University. Michelle grew up in the local region and has worked with several different local sporting teams in the region.

Michelle completed her Masters in Sports Physiotherapy through La Trobe University and became a titled Australian Physiotherapy Association Sports and Exercise Physiotherapist, in 2019.

As part of her postgraduate training Michelle worked alongside one of Australia's most experienced and skilled shoulder physiotherapists. This post-graduate work has advanced Michelle's clinical skills to manage more complex sports and musculoskeletal injuries using current evidence-based management principles and therapy, particularly in the area of shoulder and upper limb injuries. Michelle has vast experience in pre and postoperative orthopaedic rehabilitation and sports injury prevention, management and rehabilitation.

Michelle is also a certified GLA:D® Physiotherapist allowing her to provide high quality, comprehensive and evidence-based programs, consisting of education and exercise, to patients with hip and knee osteoarthritis.

### Areas of interest:

- Musculoskeletal injuries
- Sports injuries and performance
- Complex shoulder and upper limb injuries
- Management of knee and hip osteoarthritis
- Static splint fabrication and casting
- Dry needling



## Bronte Young

A physiotherapist developing a large range of special interests and expertise during her time at Healthfocus. Bronte has grown up in the Albury/Wodonga region and completed her Bachelor of Physiotherapy at Charles Sturt University.

Bronte shares a passion for musculoskeletal and sports injuries with many of our staff. She has is also a qualified APPI Clinical Pilates Instructor, has completed Lymphodema Management Training and has also completed Enhancing Skills in Paediatric Physiotherapy.

A great promoter of health and exercise, her enthusiasm empowers her clients to improve their lives through positive healthy life choices. Bronte enjoys a healthy lifestyle, regularly attends the gym and completed the Gold Coast Half Marathon.

### Areas of interest:

- Sport and musculoskeletal injuries
- Paediatrics
- Lymphodema and swelling management

