

ISSUE 10



JULY NEWSLETTER

ORIGIN PHYSIOTHERAPY & WELLNESS



July In Review

WRITTEN BY DAVID SELEMS, DIRECTOR

Hey Origin fans! It's been a very busy and slightly odd July. Some of the 'odd' feelings are due to closed borders, school holidays with restrictions and Covid-19 having a devastating resurgence in Victoria. Our heartfelt thoughts are with our Victorian friends and we cross our fingers that things don't flare up in the ACT or elsewhere in Aus. In this month's newsletter, we will explain the Medicare bulk billed Physio plans (free Physio!), welcome Patrick Doan (Podiatrist) to our team, reminisce about Christmas exercises and get out into the community with the U8 Strikers! There is also another health pack up for grabs so make sure to scroll to the bottom of the newsletter.

Happy reading
David Selems
Director (and human)

This Issues
Highlight:
Podiatry now at
Origin
Physiotherapy &
Wellness

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Up to 5 'FREE' visits with our physiotherapists!

TIME TO STOP WAITING FOR YOUR NECK, KNEE OR BACK TO FIX ITSELF,
TAKE ADVANTAGE OF 'FREE' PHYSIO!



How does it work?

Many people are unaware that there is an amazing Medicare program called a Chronic Disease Management Plan (CDM) or an Enhanced Primary Care Plan (EPC). A CDM or EPC is a plan on the Medicare Benefits Schedule where GPs are able to plan treatment for patients who suffer from a chronic medical condition.

Do I qualify?

Firstly, you must meet the criteria, and that is generally centred around 'chronic' conditions, meaning something you have had for more than 3 months. Acute injuries do not meet the criteria but most other longer-term musculoskeletal conditions qualify. Some of the common conditions we see are back, neck, shoulder, knee and hip conditions.

Secondly, you need to have the appropriate referral from your GP, who needs to send you to us for Physiotherapy. When you see your GP please ask them about the program.

Are they really free?

Yes, at Origin Physiotherapy and Wellness they are completely free. Most other clinics will charge a 'gap' payment between the Medicare rebate of \$53.80 and their standard full fee. The gap fee can be upwards for \$100. At Origin we have a community give back program where we fully bulk bill patients for CDM or EPC consultations, meaning there is no out of pocket costs whatsoever. For further information please read our [blog](#) or contact the clinic.

[Department of health CDM/EPC information](#)

ORIGIN NEWS



Podiatry at Origin Physiotherapy & Wellness

We are excited to announce that we have welcomed Podiatrist Patrick Doan into our Origin family. Pat is the practice Principal for Proactive Performance and Canberra Foot & Ankle Clinic. Pat will be working out of our Deakin clinic on Tuesdays and Wednesdays each week.

About Pat

Not only is Pat an experienced podiatrist in the areas of sports injuries, rehabilitation and biomechanics, he is also a qualified and registered ESSA exercise scientist (AES), a level 2 sports scientist (ASpS2) and professional strength and conditioning coach (PCAS & level 2). He works consistently with global footwear brands in product testing, R&D and feedback ensuring he is up to date with the latest footwear and technology. Pat has over 6 years of experience as a podiatrist and 9 years experience in sport and injury rehabilitation. This makes him uniquely skilled and one of the most qualified podiatrists in Canberra.

Pat was the first podiatrist in Australia to be a registered ESSA exercise and sports scientist and the only podiatrist in Australia with ASCA PCAS level strength and conditioning accreditation. Currently, Pat is working his way through a career framework to be credentialed as a Sports Podiatrist.

He also presents at conferences/workshops nationally and strives to help the podiatry profession in continuing development. With his vast experience and dynamic backgrounds, Pat can provide many services including:

- Footwear assessment and specific shoe prescription that is tailored to the individual
- Biomechanical Assessment with visual and computerised gait analysis
- Assessment, screening, diagnosis and management of all foot, ankle and lower leg injuries and conditions
- Prescription orthotics from in-house manufacturing to laboratories nationally and around the world
- Tailored strength and conditioning, and exercise programs that are delivered with one on one coaching/consultation to help manage your injuries and return you to what you love doing!
- Cycling/bike assessments, cleat adjustments, crank arm/pedal assessment and carbon cycling orthotics.

Outside his professional work, you will most likely catch him around Canberra on the golf course; or rock climbing at the local gym, trying to beat the KOM time on Mt Ainslie or attempting to be a self-funded professional cyclist!



STRETCHES FOR NECK AND BACK PAIN AND STIFFNESS AFTER CHRISTMAS

Wait, what? Christmas?

After the Christmas period, I hear you ask? Well, I have been looking back over some of our instructional videos and stumbled across this one by Natalie ([click here](#)).

This is one of the best stretching and mobility routines we have created, and it is still true and relevant today, even more so due to Covid-19.

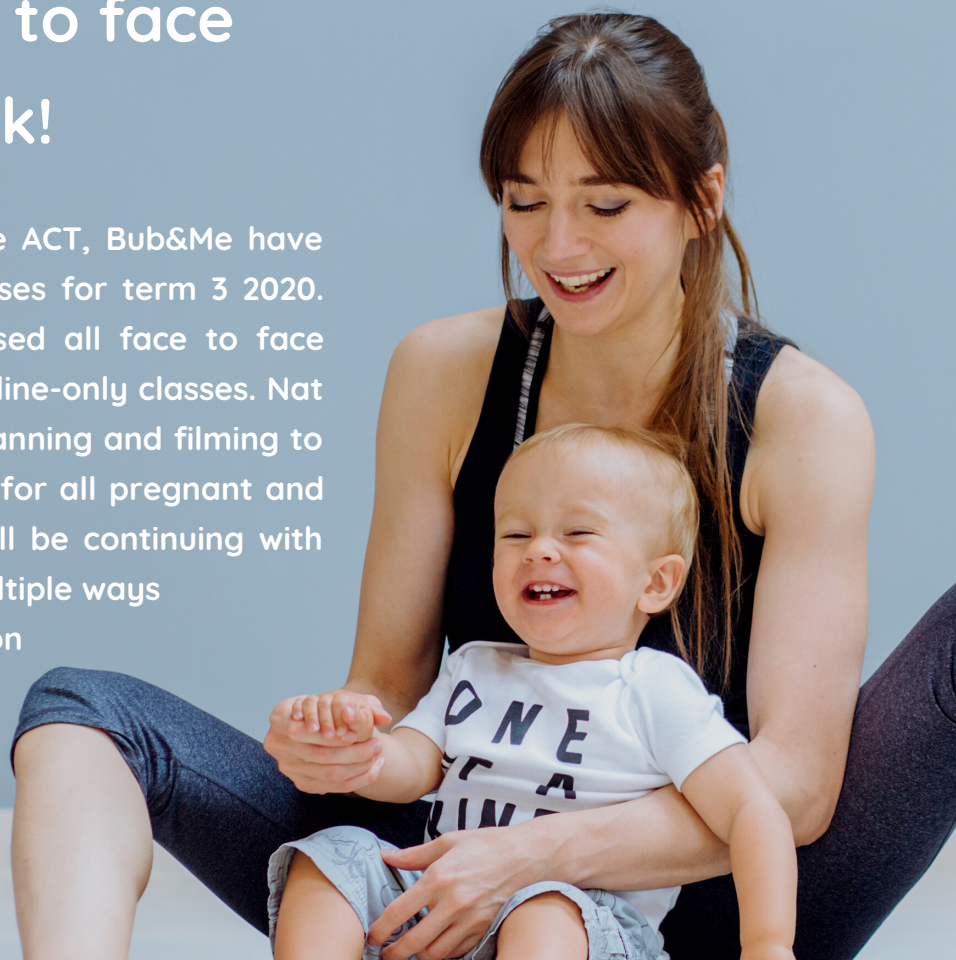
During and after a normal break like the Christmas period we are all guilty of things like long periods of sitting, access to the fridge, poor posture and a lack of varied movement. Covid-19 and the social and work restrictions we are all facing has been like a Christmas break on steroids. If your neck and back are suffering [click this link](#) and follow Natalie as she guides you through a series of targeted stretches and mobility exercises.



Bub&Me – Face to face classes are back!

With easing restrictions in the ACT, Bub&Me have returned to face to face classes for term 3 2020. During Covid-19 Bub&Me ceased all face to face classes and transitioned to online-only classes. Nat and Millie worked tirelessly planning and filming to provide an amazing resource for all pregnant and postnatal women. Bub&Me will be continuing with online classes so now have multiple ways to deliver classes and education to our mums and bubs.

For details of all online and face to face classes [click here](#).



Community News

With junior sports heading back to the fields in July we have again found another group of eager sports stars to support.

We were lucky enough to gift the team special Origin packs to help them return to the sport.

The U8 Weston Molonglo Strikers have been training hard and are excited to finally be able to get out in the Canberra sun and play a few official games.

Go Strikers!



Origin Newsletter Challenge

A big congratulations to Andrew Adams for winning our Newsletter Challenge and health pack last month. Andrew was the first correct answer! Yes, we have 15 services listed on our website.

For this month's prize pack, we're sending you on a virtual treasure hunt through our website. Follow the clues to find answers to the questions and then email David to let him know what you have found.

1. The first clue is hard to find, you'll need to use all the strength of your mind. Men's health is one of our specialties, we truly do care. You'll find the answer on our men's health page. Quick, see what's there! Name three conditions that our physiotherapists treat in the men's health space.

2. One of our values is community, we love to give back. This is why we have developed the 'EPC No Gap'. Check out David's latest blog, there the answer you'll find. What does EPC stand for? How great are my rhymes!?



Be the first to email me at david.selems@origin.physio to win. The health pack will consist of a wheat bag, foam roller, spikey ball, exercise bands and a few other goodies. The pack is valued at over \$200!