



During 30 years of practice we have developed effective approaches to a wide range of musculoskeletal conditions including:



Solutions for Wellbeing combines the best of current physical therapy including “hands on” techniques, exercise physiology and the Pilates Method to provide the best possible recovery and improved wellbeing.

- Arthritis
- Headaches, neck and back pain
- Sports injuries
- Problems of children and older adults
- Pregnancy and post-partum care
- Rehabilitation after surgery
- Workplace and motor vehicle accidents
- Maintenance of fitness and wellbeing

### OPENING HOURS

Reception:

9-1pm and 2-5pm Monday to Friday

Appointments:

For your convenience, early and late appointments are available. All services are by appointment only.

**Ph: 02 4232 2222**

17/106 Terralongs Street Kiama

[www.solutions4wellbeing.com.au](http://www.solutions4wellbeing.com.au)

[info@solutions4wellbeing.com.au](mailto:info@solutions4wellbeing.com.au)

#### Communication and privacy

Our privacy policy ensures a patient's confidentiality is respected. To ensure continuity of care, we will seek your consent to communicate with your doctor or other health care providers.

We offer on the spot private health fund and Medicare rebates via HICAPS and EFTPOS facilities.

#### Our services attract rebates from:

- Private health funds
- Medicare\*
- Worker and Motor Vehicle Accident Compensation\*
- Veterans Affairs\*

\* Referral from your doctor is required for some rebates. Please enquire at reception.



Osteopathy

Physiotherapy

Exercise Physiology

Exercise Therapy  
(Pilates Method)

## Osteopathy

Osteopaths use gentle "hands on" techniques including massage, mobilisation and manipulation, exercise and advice to assist in the relief of pain, sports related injury and to promote wellbeing. Osteopaths assist with pregnancy and post-partum care and check-ups for people of all ages from infants to seniors. An understanding of what is causing your problem and advice on exercise, ergonomics, posture, and stress management is provided to assist in avoiding re-occurrences.

### Louise Adam

D.O. M. Ost Sc. Post Grad Cert (Pilates Method)

Louise has been at the forefront of developments in pain and injury management for over 30 years. She has lectured at the University of Western Sydney, several Australian and International forums on effective ways to break the cycle of re-occurring pain and improve quality of life.

### Julie Harrison

B. App.Sc. (Osteo), M. Osteopathy

Julie is a keen sports woman involved in soccer and hockey. Julie has expertise in providing pain relieving treatments for older residents in a care facility. Julie offers both gentle and more direct "hands on" therapy and advice on home care to treat conditions that range from sports injuries to chronic pain.



## Physiotherapy

Physiotherapy addresses musculoskeletal problems using various treatment techniques including manual therapy, mobilisation, specific massage and electrotherapy treatments. Posture, biomechanics and core stability are assessed and treated with specific strengthening and stretching exercises. Problems treated include back and neck pain, sporting and occupational injuries and rehabilitation for patients after surgery and pregnancy.

### Peter McMullan

B.Sc. Grad. Dip. Physio., Grad. Dip. Manip. Physio.

Peter has been helping the southern Illawarra with musculoskeletal pain, injury and post-surgical rehabilitation since 1981. In addition to his physiotherapy qualification, Peter has completed post-graduate studies in Manipulative Therapy and Acupuncture. Peter has a keen interest in sports and sports injuries. He has been the physiotherapist to the Illawarra Steelers and currently competes in Triathlon and Ironman events.

## Exercise Physiology

Using the latest methods, we assist with a range of health conditions including diabetes, heart disease, sub-acute to chronic injury, arthritis, osteoporosis, depression, and obesity. We develop programs that fit your lifestyle and budget to help achieve your goals.

### Susan Downes

(B. Ex. Sc.)

Susan is an Accredited Exercise Physiologist with Exercise and Sports Science Australia who has extensive experience in delivering progressive exercise programs. Her experience includes injury rehabilitation for motor vehicle accidents and work injuries; effective management of diabetes, heart disease, osteoporosis, arthritis; and to assist with weight management and general well-being.

## Exercise Therapy

### (including the Pilates Method)

**Our centre combines the best of current physical therapy including "hands on" techniques, exercise physiology and the Pilates Method to provide the best possible recovery and improved wellbeing.**

To discuss which service is best for you, class times and locations, costs and what to bring, please contact reception.

**Pilates** is an innovative method that educates, re-patterns, realigns, and balances the body. It promotes maximum muscle strength while increasing flexibility. Many people find the Pilates Method helpful to **reduce pain from arthritis or injury and to improve well-being.**

Pilates may also **improve body shape** by changing the way muscle groups are used so that a better balance is achieved in day to day activities. Our goal is to increase the use of underused muscles and relax overused and tensed areas.

### Individual exercise therapy plans

Your exercise therapy plan will be individually designed by an exercise physiologist, physiotherapist, or osteopath and closely supervised to assist recovery and promote well-being. The innovative exercise equipment used by Pilates and rehabilitation exercise will assist in providing just the right amount of support or challenge. Regular reviews are undertaken in consultation with your treating practitioners.

### Exercise services for work related and motor vehicle injuries

Individually tailored programs are designed in consultation with your treating practitioners to assist recovery and return to normal activities of work and daily life.

### Small group exercise classes

Group mat exercise classes based upon the Pilates Method in Kiama and Jamberoo provide a fun way to improve strength, comfort and flexibility and promote wellbeing. Great if you are pregnant and to get back in shape after delivery.

### Healthy Moves: exercise for health management

We provide specially tailored individual programs to help manage **diabetes, arthritis, heart conditions, osteoporosis and healthy body weight.**

