



## **PIHC NEWS MARCH 2011**

### **MANAGING DIRECTORS' MESSAGE**

Our March 2011 edition departs from our normal format and announcement of various activities, events and programs that we are involved with. This edition focuses internally on what matters the most - the lives and well being of the people that we serve.

Care @ Perth Integrated Health clinic is a unique life experience and journey where people who entrust us with their health and recovery and that of their family and friends also discover that apart from being mere clinicians, we are also life coaches as we challenge, encourage and guide our patients through the recovery phase to wellness.

Wellness at Perth Integrated Health is not a mere term that is often used out of context - wellness is experienced, lived and encouraged through many expressions such as the sports we partake, the friendships we forge and the events that we encourage each and every one of you to do.

We are however only as good as our patients allow us to be and the crux of wellness is about a lifestyle which needs to be spread and encouraged. We therefore call upon each of you to be agents of change for the people that you love and around you. Encourage them and guide them towards our brand of health care so that they too can experience what you have been.

*Ian Wee – Managing Director*

### **SWIMSTRONG SWIMMER AWARDED WITH BOOK SCHOLARSHIP**

Perth Integrated Health (PIH) believes in investing in the future of swimming and ten year old swimmer Claire Coten is pictured below receiving her award from Swimstrong and Perth Integrated Health for being the Most Consistent Swimmer in the Swimstrong Program. Claire is a true ambassador for the Swimstrong Program and an advocate for wellness care as a patient of PIH. Perth Integrated Health are the practitioners for swimmers in the state and have been working successfully with the Swimstrong Program for the last 5 years and also peak body, Swimming WA.



Picture from left: Lucy Liongue (Perth Integrated Health Clinical Director and Occupational Therapist), Award recipient – Claire Coten and Kareena Preston (Swimstrong Swimming Coach).

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## **COMBATING LOW BACK PAIN — JESSICA'S STORY**

Today was my first day back into a lap pool. My 60 or so year old grandfather took me to his local gym and need I say that the only way to save my integrity is to say that I was pushing him from behind. Truth is I couldn't keep up. This leads me to my story. In 2006 I was in a serious car accident which caused severe damage to my back, neck, wrist and several other parts of my body. At the time of my accident I was a personal trainer, group fitness instructor, nutritionist and lifestyle coach as well as being heavily focused on my own training in the gym. I was 19 at the time and in my prime health. I went through a series of operations and rehabilitations and in 2008 my case was closed and I was left to my devices.

I had and have continued to try; a whole range of health professionals, the list could go on and on. Basically, I got to a stage in my life where I had learnt to cope with severe pain, headaches and restrictions and believed that no one out there could help me. This was going to be my situation for the remainder of my life. I was depressed and negative and worst of all it had taking me away from my passion and profession. My grandfather is also a very physical person. Cycling is his background and he was suffering with hip pain. He came home raving about how fantastic this clinic was and how much it had helped him. So I rang [PIH](#) to book in.

I had nothing to lose and Grandad has seen his fair share of specialists. Lucy Liongue, confirmed my prognosis with a nerve scan. I was not in good shape! However, despite my case, Lucy was confident in being able to help me and was committed to getting me back to the 25 year old that I should be. I started my treatment about 8 weeks ago and already the improvement I have made is astonishing. I still have a long way to go but I am certainly heading in the right direction. My pain levels have dropped drastically; I am not suffering migraines anywhere near as frequent. I can sleep more than an hour straight and am starting to feel better in myself.

Mid way through the beginning of my treatment, I also had a re-occurrence with my wrist injury. I ended up in an emergency room in hospital where I was diagnosed with severe Carpel Tunnel Syndrome. Luckily I had my PIH appointment the next morning and after a brief conversation with Lucy, she had Ian Wee in the room and with the hearing of his ear and a stethoscope he was able to correctly diagnose my situation and was able to almost fully rectify the issue in minutes. This man has knowledge and skills that far exceed medicine and science. You would need to see it to believe it. I will be sure to keep you updated with my progress. At this stage I foresee PIH giving me back dreams and goals.

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## **MANAGING DIRECTORS' APPOINTMENT**

Our Managing Director Ian Wee has been appointed as the Medical Classifier for Cycling for Cycling Australia and the Australian Paralympics Committee. Following on his recent accreditation program in Sydney, Ian will soon undertake the community service of providing medical classification for cyclists with injuries and disabilities as part of their pathway to state and national events and championships. His community role as Medical Classifier will be in conjunction with his current clinical duties.

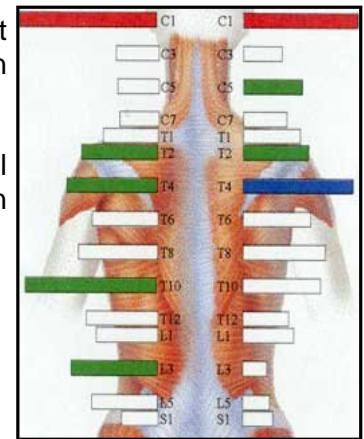
## **PROGRESS OF ELECTROMYOGRAPHY (EMG) SCANS**

The Perth Integrated Health (PIH) practitioners are pleased to report the 2011 Progress Electromyography (EMG) Scans have been underway for the last 12 weeks.

A large majority of patients on maintenance care (absence of clinical symptoms but seek treatment to prevent relapse) have seen an improvement from their 2010 scan.

EMG scans are conducted at following times:

- Commencement of a treatment plan
- After the initial phase of treatment care
- When a new condition arises and;
- On an annual basis thereafter.



Please speak to your PIH practitioner if your scan is yet to be organised or if it needs to be planned in advance due to your family, work, leisure commitments as this is an essential part of your clinical care plan. For bookings please call 9240 5266 and quote EMG scan.

## **CANCELLED & MISSED APPOINTMENTS**

Dear Valued Clients – please be informed that missed and cancelled appointments within 24 hours of the scheduled date and time may incur a cancellation fee of the **FULL** treatment cost at the discretion of the management team. If you have any queries, please direct them to PIH General Manager, Linda Hill [lindahill@pihc.com.au](mailto:lindahill@pihc.com.au).

## **CLINIC PHONE COVERAGE**

Our phones are manned at 7am. Please call after this time unless there is an emergency as the practitioners are more than likely in treatment consultations.

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### **SWIMMER CLAIRE 'S STORY**

Claire, aged 10 years has always undertaken a lot of physical activity from being very young. She plays basketball and netball although swimming has become her main focus for the past three years. Claire trains with Swimstrong at Melville Aquatic in the State Development Squad where she trains for 4 sessions per week, and usually swims between 4-5 kms/session. Claire's training has enabled her to be both the Short and Long Course State champion in Butterfly and Freestyle for her age group at consecutive State Championships.



Claire commenced using [PIH](#) on the recommendation of Head coach Kareena Preston to ensure that Claire's muscle development was correct and to avoid injury as she grows and trains. We have found the programme that Lucy has developed for Claire has alleviated soreness and has ensured that Claire can train, compete and recover well after both training and competing. Lucy uses hands on treatment and the Huber machine to assist Claire to keep in good condition. *Picture: Claire Coten. Photo courtesy of Kylie Coten.*

### **BEATING HEADACHES—PAULA'S STORY**

My father, John, a cyclist, was seeing Lucy at [Perth Integrated Health](#) (PIH) and he suggested to me to visit the clinic for treatment. I first came to see Lucy because my life consisted of constant headaches, Headaches 5-6 times a week was a normal week for me and I would take 6 to 8 to 10 Nurofen a day!

In a short period of time with constant visits and treatment, my life has now completely changed. I used to have to carry Nurofen in my car, in my office desk at work, in my hand bag and everyone else in the office knew that I had then so I was the go to person. The other day at work a lady came to ask me for some Nurofen and i did not have them on me!

My whole life has changed and I am so grateful to Lucy and PIH, they have changed my life. I would thoroughly recommend anyone with the same issues to come for a visit. I am often telling everyone about the success we have achieved together and would do wholly recommend anyone to come and see if you can be helped at PIH. From headaches to sore backs, any part of the body that is not working properly. The treatment I have seen with my own eyes still amazes me.

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## TRIATHLETE—KATEY'S STORY

I have been participating in triathlons for nearly 3 years, with the 2010/2011 season being the first I have competed in the Open category. To be competitive at this level I have to incorporate 17 hrs of training a week around a 9 to 5 job and a family life, making it essential that I remain injury and fatigue free.

In late 2010, I went to see Ian at [Perth Integrated Health](http://www.pihc.com.au) (PIH) to assist with injury prevention, recovery and strength. My main aim was to increase recovery time, identify any problem areas and weaknesses I might have before I embarked on more training and the coming triathlon season. Upon seeing Ian I was assessed on what I do for training,

what I wanted to achieve and any problems I might already have, before a program and treatment was provided. This is often something you don't get in other clinics, especially when you're young and don't already have major problems – PIH's key is to address problems before they arise.

During my treatment I have been to PIH regularly for soft tissue therapy, [Huber](#) and [Key Module](#) treatment. The Huber has been excellent for balancing my strength and co-ordination, vital for efficiency swimming and cycling. Prior to this I was finding that I was building a dependence on one side of the body which can result in injuries down the track, after using the Huber for about a month I could feel a balance in my strength between my left and right side. Before and after a competition I always get the Key Module Treatment and the soft tissue therapy, to help with performance and recovery. I find that leading to a race my legs are tired and need a boost, being time poor often a deep tissue massage isn't possible, so the Key Module Treatment is a great alternative as it only takes short time and you come out of it feeling better than if you had a 1hr massage.

I can thank PIH for contributing to my season's success in 2011 and also for helping me hit each training session and race feeling 100%. With their constant help, guidance and advice I have been able to focus on my competing without worrying about injury and fatigue.



*Picture: Triathlete—Katey Gibb in action. Photo courtesy of Katey Gibb.*

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## **A NEW LIFE AT 70—DOUG'S STORY**

I started racing on pushbikes when I was 14 years old, and rode until I was 22 ,I had a reasonable amount of success .I rode in 2 Australian long distance road titles one in Queensland 1959 and one in Adelaide 1960 , in Queensland I was hit by a car while in the breakaway group, one of the survivors won the title, I finished 14<sup>th</sup> .Adelaide there was 3 races the title and 2 selection races for the Rome Olympics, I punctured in the title and the officials pulled me from the race as I was assisting the other WA cyclists. I finished with a 7<sup>th</sup> place and a 3<sup>rd</sup>. I then returned to Perth and continued with my Plumbing trade.

The plumbing trade was very hard in the 1950s there was a lot of digging with shovels and the pipes were nearly all galvanized steel and they had to have threads cut on them by hand, when I was 24yrs old I was diagnosed with having a work worn back, I continued to have spasm attacks when my back would just seize up and couldn't move at that time I went and had treatment but I stopped having that as I considered it to be too vicious but I continued on with a new sport that I had taken up, water skiing.

I continued in plumbing and had my own business for many years and I served as President of The Master Plumbers and gas Fitters Association in 1978.

I married in 1966 and my wife and I had a daughter in 1968 we adopted a son in 1971 and I returned to cycling for about 2 seasons in 1970 – 71 when I won at that time one of our classic races The Douglas Jones Memorial, that completed my cycling until I met up with Lucy at the Tour De Perth in November 2009. I had not been on a bike for 30 years.

I lost my wife after she fought cancer for 3 and a 1/2 years so I went back to watch the cycling, that meeting with Lucy, Julian and Perth Integrated Health (PIH) changed my life.

I had assessments done on my condition with viewing of my X –Rays and a training program was put in place to help with strengthening my back and providing me with overall fitness, it has all worked I have continued to improve I ride up to 250Klms and I play 2 rounds of 18hole golf every week .

I went to Italy with the PIH Cycling group early in 2010 and opted out of riding up all the hills but in 2011 we are of again and I intend to ride up them all and with the assistance of the team at PIH I am sure I will.

As a soon to be 72 year old I can only commend the overall professional treatment and consideration provided to me by all of the staff at PIH.

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Left picture: Doug (middle) cycling with the Perth Integrated Health Cycling Group through Italy with PIH Cycling Coach, Robert Branch and PIH Managing Director Ian Wee.

### **Last Word**

Sincere thanks to the Perth Integrated Health patients who have shared their hearts, lives and treatment testimonials within this newsletter.

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