



physiotherapy

musculoskeletal physiotherapy

Musculoskeletal physiotherapy is the term used to describe the field of physiotherapy practice which relates to the disorders of the musculoskeletal system. Musculoskeletal physiotherapists are physiotherapists with advanced training in the assessment, diagnosis and management of musculoskeletal conditions, particular back and neck pain, sports and occupational injuries.

Techniques in the field of musculoskeletal physiotherapy involve:

- active and passive examination and treatment
- therapeutic and specific exercises
- pre and post surgery rehabilitation
- joint mobilisation
- massage
- advice on posture and movement disorders
- electrotherapy

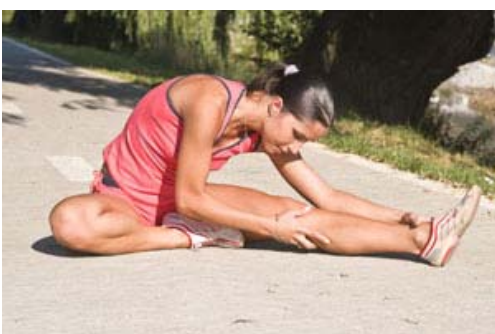
women's health and continence physiotherapy

We provide physiotherapy for incontinence and pelvic floor dysfunction such as:

- Urinary incontinence
- Loss of bladder control
- Urgency and frequency
- Bowel symptoms
- Incontinence of faeces / wind
- Obstructed defecation and constipation
- Prolapse of pelvic organs
- Pelvic pain
- Pain in the pelvic, abdominal or vulval region related to childbirth, surgery, endometriosis and sexual pain
- Preparation for and recovery after urogenital surgery, and
- Education & Rehabilitation of the pelvic floor and abdominal muscles.

Plus, we offer treatment for physical conditions during the pre and post natal period such as:

- Pelvic Instability (sacro-iliac and pubic symphysis joints)
- Carpal tunnel and wrist pain
- Individualised pelvic floor exercise programs
- Specific exercise modification for weakened abdominals and general fitness programs
- Childbirth education
- Instruction in use of T.E.N.S. for labour, and
- Post natal recovery of perineal and pelvic floor dysfunction symptoms



head to toe healthcare

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hampton east 3188

www.headtotoehealthcare.com.au

p. 1300 10 10 20

practitioners



Harold Sternfeld

B.App.Sc (Physio)

Since graduating from Lincoln Institute in 1983 Harold has spent his professional life in private practice. His major interests are the treatment of sports injuries, orthopaedic rehabilitation and Occupational Health.

For 15 years through June 2008 Harold was a principal in a Physiotherapy practice located with The Waverley Orthopaedic Group. The management of patient's pre and post surgery, sports injuries and traditional sore backs and necks were the main areas treated at the clinic.

Emphasis was put on hands on treatment and home exercise routines. During the 1980s Harold was one of the Physiotherapists at Carlton Football Club (AFL). He also spent 15 years as a Physiotherapist with the Victorian Amateur Football Association.

In recent years Harold has become involved with Occupational Health through on site treatment, training and assessment programs.

Harold is available at our **Hampton Clinic** and is registered for private health insurance rebates through our HICAPS machine. Harold is registered for WorkCover, TAC & Veterans Affairs patients.



Jade Johnstone

B. Physio, Post Grad Cert Phty (Continence & Pelvic floor rehab)

Jade Johnstone is a registered physiotherapist with post-graduate qualifications in continence and pelvic floor rehabilitation (University of Melbourne). Jade has been working in women's health since 2002 when she was appointed Senior Clinician Women's Health Physiotherapist at Monash Medical Centre. Since this time Jade has held a number of positions in public and private practice including Cabrini Hospital.

Jade maintains a commitment to professional development, quality assurance and patient centred care.

Her practice involves specific clinical intervention with timely transition into self-management using home exercise and clinical pilates - also provided at head to toe healthcare.

Jade is available at our **Hampton Clinic** and is registered for private health insurance rebates through our HICAPS machine. Jade is registered for WorkCover, TAC & Veterans Affairs patients.

consultation charges

standard	initial musculoskeletal	\$75
	initial pelvic floor	\$100
	follow-up musculoskeletal	\$60
	follow-up pelvic floor	\$60
concession	initial musculoskeletal	\$65
	initial pelvic floor	\$90
	follow-up musculoskeletal	\$50
	follow-up pelvic floor	\$50

Did you know that this service is available under **Medicare** as part of the **Enhanced Primary Care** program?

Please ask us or your doctor regarding this initiative.