



We keep the **Hinterland Active**

Welcome to our **Monthly Newsletter**

**Issue 3 March 2012**

Well! Big apologies everyone for this very late newsletter. Things have been extremely busy, which is great, but not so good for writing newsletters. I hope everyone is safe and well following our terrible weather events of late. Our new clinic flooring has been damaged so we will be re-laying that soon. Please make sure you support those local businesses who suffered significant damage during last week's storms. We hope that you are all well and making the best of this weeks fine weather for getting out and active. Remember to "like" our facebook page to keep up-to-date with what's happening at Hinter-active Physio.

*Craig and Rebecca*

Click [here](#) to sign up for our newsletters

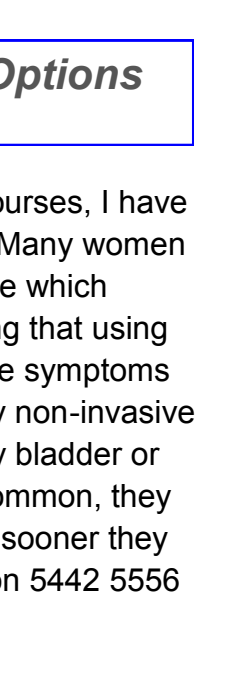
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## Now Stocking **BIRKENSTOCKS**

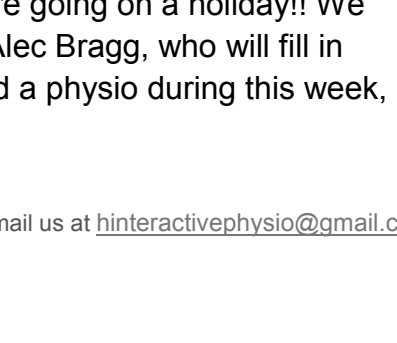
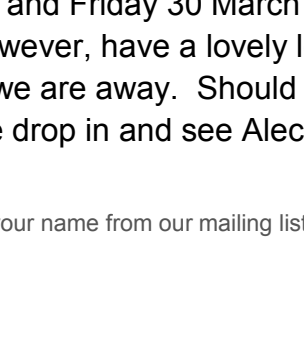
We are now stocking a small range of Birkenstock shoes. Whilst we have limited styles and sizes in the clinic, we are able to order most styles. We are offering these at a reduced price of \$90, which is great value for a very supportive and comfortable sandal. They come in a regular fit (which is also suitable for wide feet) or narrow fitting. If you have any questions about footwear, please contact us and we will be happy to offer advice.

As winter approaches, we will stock some clog-type Birkenstocks to keep the toes warm!



## Update - **Urge Incontinence Treatment Options**

Having recently attended some more Women's Health Courses, I have found some fantastic new research for treating urgency. Many women suffer with this sudden and difficult to defer need to urinate which sometimes results in leakage. New research is suggesting that using transcutaneous nerve stimulation can significantly improve symptoms of urgency. This is great news for sufferers, as it is a very non-invasive treatment method. Please remember to seek help for any bladder or bowel problems as soon as they arise. Whilst they are common, they are certainly not normal, and should not be ignored. The sooner they are treated, the easier they are to manage. Contact me on 5442 5556 if you would like me to assess your symptoms.



## **Holiday!!!! - 26—30 March**

We will be unavailable for appointments between Monday 26 March and Friday 30 March as we are going on a holiday!! We will however, have a lovely locum - Alec Bragg, who will fill in while we are away. Should you need a physio during this week, please drop in and see Alec.

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