



Well winter is certainly upon us, and as the temperature drops, the arthritic aches and pains tend to increase. If you are one of the unlucky ones who suffer from arthritic pain, be sure to read our article below. We have also started stock SRC recovery shorts which are fantastic for women of all ages who need some pelvic/lower back, abdominal or pelvic floor support. This newsletter has some more information on this great product so have a look and be sure to forward to anyone you think may be interested in them. Keep well and warm during these cold months and remember to "like" us on facebook. *Craig and Rebecca*

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Send us your suggestions: hinteractivephysio@gmail.com

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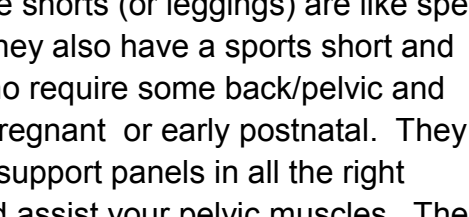
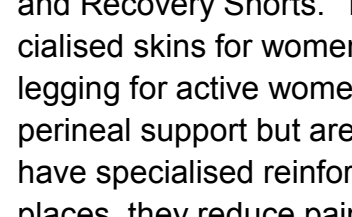
Don't Let Arthritis Pain Slow You Down

The term arthritis means joint inflammation. The most common type of arthritis is osteoarthritis (OA), which refers to degeneration of the joint surfaces. This degeneration leads to pain, stiffness, weakness, instability and sometimes locking and swelling. The most common joints to be affected are the large weight-bearing joints such as the knees and hips, as well as the spine, hands and feet. OA can be caused by an injury to the joint or from repetitive stress and strain. As the joint surfaces begin to degenerate, they become stiff, painful, inflamed and can sometimes begin to form bony growths called osteophytes. The muscles, tendons and ligaments surrounding the joints often become tight and tender and ultimately weak. As the cold weather approaches, sufferers of OA find that their symptoms often increase. So what can we do about OA?

Click [here](#) to read the complete article

Noosa Yoga Baby

For those of you who are pregnant or have young babies, you will be interested to hear about Noosa Yoga Baby. The lovely Karen and Tracey are offering Pregnancy and Active Birth Yoga, Mums and Babies Yoga, Women's Core Strength classes and Kids Yoga. For a full list of their programs, locations and times, see the website at www.noosayogababy.com.au



SRC Pregnancy and Recovery Shorts

Hinteractive Physio is proud to be stocking SRC Pregnancy and Recovery Shorts. These shorts (or leggings) are like specialised skins for women. They also have a sports short and legging for active women who require some back/pelvic and perineal support but aren't pregnant or early postnatal. They have specialised reinforced support panels in all the right places, they reduce pain and assist your pelvic muscles. The lightweight fabric breathes but offers gentle compression. The recovery shorts are designed for separated abdominal muscles or caesarean wounds and stimulate abdominal muscle recovery. Some private health funds will subsidise part of the cost of these garments when a letter from your health professional is provided. For more information, you can view the website at www.recoverys shorts.com or call and have a chat to Rebecca on 5442 5556



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