

NEWSLETTER

Avenues Physio-Fitness

SEPTEMBER 2020



Daylight Savings!

As quick as you can blink, here comes summer! We are looking forward to the months ahead with some more sunshine, BBQ's and good times.

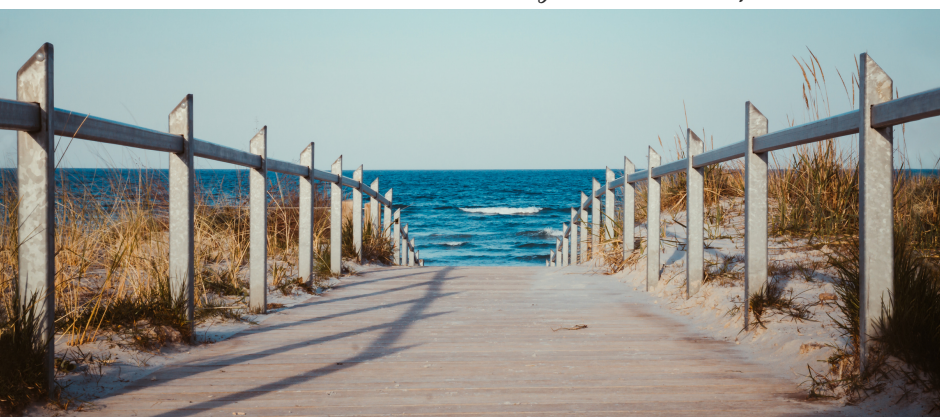
We have some exciting things happening at Avenues Physio-Fitness:

- Our experienced physiotherapists continue to offer face-to-face and telehealth appointments to suit our clients and their rehabilitation goals.
- Our Saturday morning acute clinic continues 9-12pm, by appointment only.
- Yoga now on Mondays and Thursdays.
- At least two lunchtime classes every weekday
- We have maintained appropriate social distancing within our classes by limiting class numbers and no equipment sharing, all while maintaining the same quality and supportive environment.
- Elzanne will be offering Bradcliff Breathing Method Physiotherapy (see more below).
- Two hydrotherapy sessions per week.
- Acute booking periods for all clients who require urgent appointments. Please call if you have a client that requires our urgent review and we will facilitate this the best way possible.

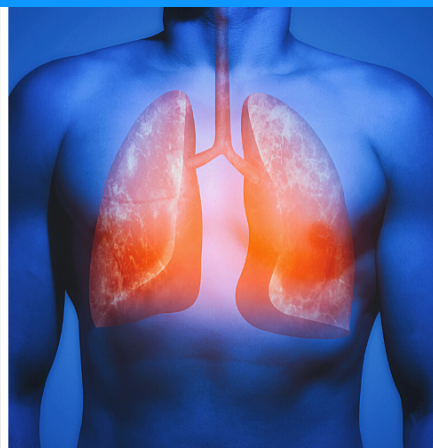
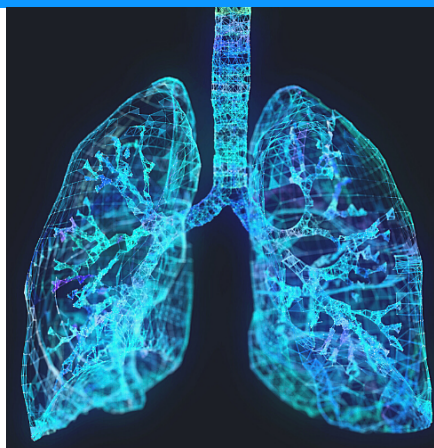
Thank you for your ongoing support of Avenues Physio-Fitness.

Sincerely,

Claire Lovelace, Amanda Meys and all of the Team at Avenues Physio-Fitness



Respiratory Physiotherapy



Put simply, breathing is the foundation of our health. However, this function is regularly compromised by stress, environment, excessive exercise, illness, post-surgery or prolonged bed rest. These can change our overall biomechanical and biochemical respiratory regulators, ultimately affecting our health and function. Respiratory Physiotherapy can help improve focus, energy, and overall body performance through enhancing respiratory health. Physiotherapy can help treat respiratory problems and improve general functioning. Clients can benefit from respiratory physiotherapy at any stage of disease or rehabilitation and spans the continuum from sitting based breathing exercises to breathing control for sport's performance.

Elzanne Myburgh

Elzanne joined the Avenues Physio-Fitness team in early 2020, immigrating to NZ from South Africa. Elzanne has experience as a respiratory physiotherapist and is continuing her studies here with the NZ respected **Bradcliff Breathing Method** training. Elzanne is excited to offer this very meaningful service within our clinic.



World Physiotherapy Day, September 8th, focused on the key role that respiratory and rehabilitation physiotherapists will play in the long-term recovery of COVID-19.



#worldptday



What can we offer?

- Improve work of breathing
- improve breathing efficiency
- Improve exercise tolerance/ability
- Improve functional abilities (basic activities of daily living)
- Improve physical activity level
- Help with the removal of secretions
- Improve pain
- Give advice and improve knowledge of the condition

SEPTEMBER, 2020



Avenues Physio-Fitness

RUNNING STRENGTH & CONDITIONING

FREE FOR SEPTEMBER



Avenues Physio-Fitness is passionate about lifestyle health and wellness. For many returning to running after an injury, a health issue or life event can be very difficult. Following good feedback, we have adjusted our community running group to be incorporated into a run strength & conditioning class.

5:30 pm Tuesdays at Avenues Physio-Fitness

- Small run or running focus (no greater than 1km intervals)
- Strengthening and flexibility drills in our gym space
- Injury prevention focus



MASSAGE THERAPY



\$50- 30 MINUTES

\$70- 45 MINUTES

\$85- 60 MINUTES

\$115- 90 MINUTES

**MONTHLY
MEMBERSHIP
\$99**

Includes up to 3 group classes
per week

Valid for all classes and
independent fitness.

www.avenuesphysiofitness.co.nz

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