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The team at LifeCare would like to wish you and your family a Merry Christmas and a Happy & Safe New Year!

In this Christmas edition we feature a recipe for a great low fat Christmas Pudding, an interesting article on overuse injuries, how to identify the early signs and some strategies used to treat them.

You also have a chance to win our fantastic Christmas raffle.

Check out the photo's of our team enjoying their Christmas Party on a wine tour. The day was filled with lots of laughs, plenty of sunshine & wine.....

Christmas and New Year hours -

Christmas hours - The clinic will close at 6.00pm Christmas Eve and re-open on Friday 27th @ 8.00am
The clinic will be closed Saturday 28th December

New Year hours - The clinic will close at 5.00pm New Years Eve and re-open on Thursday 2nd January @ 8.00am

Normal operating hours are 8.00am to 7.30pm Monday to Friday and 8.30am to 12.30pm Saturdays

During the hours the clinic is closed we can be contacted on **0418 538 913** for any injury concerns or advice.

LifeCare Frankston's Christmas Party

A great day was had by the LifeCare team as we toured some of the Mornington Peninsula's wineries for our Xmas party. We all enjoyed an amazing lunch at Box Stallion Winery and finished off with a delicious dessert at Sunny Ridge Strawberry Farm.





LifeCare Frankston
Every Body needs LifeCare

Christmas Raffle

Refer a friend for a physiotherapy assessment and go into the draw to win a Summer Pack including:



1 x pair of Wave thongs

1 x Pilates ball



1 x Yoga mat

1 x Memory foam pillow



Raffle will be drawn 24/12/13. Winner will be notified by phone.



Christmas Raffle

Don't miss out on the chance to win our great Christmas Raffle, all you need to do is refer a friend.....(see details)

Have any last minute gifts to buy? Stuck for a Kris Kringle idea?

Why not come and have a look at the wide selection of products we sell at our clinic, including heat packs, thongs, pillows and massage balls.

Gift vouchers are also available for all our services!!



Overuse Injuries

Overuse syndromes refers to injuries sustained from repeated actions, such as long distance running.

A usual response to exercise would include thickening and strengthening of the various tissues involved, such as muscle, tendons and bone.

However when excessive exercise is undertaken and adaption cannot take place, additional stress can cause microscopic injury.

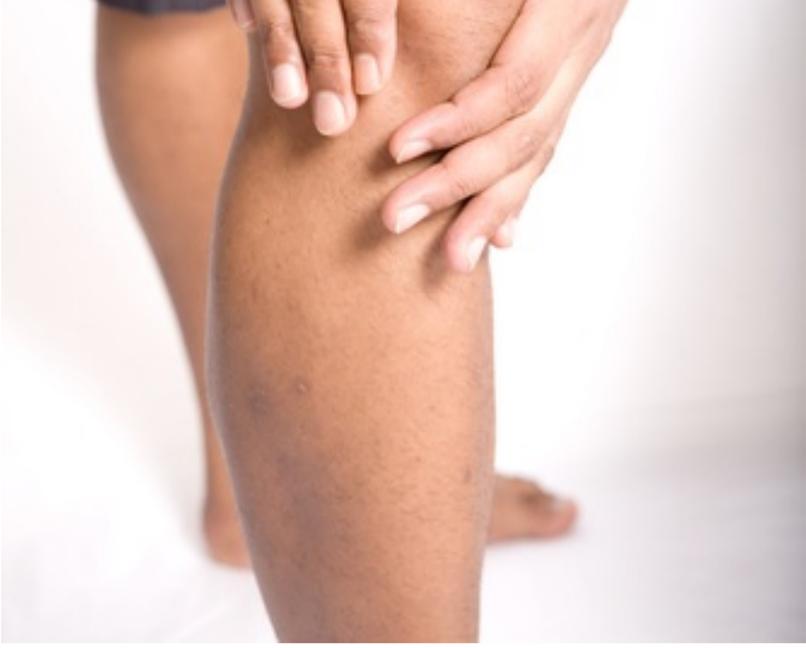
These injuries typically occur to structures such as muscle-tendon junctions (tennis elbow), the bursa (shoulder bursitis), the bone (stress fractures) and periosteum cartilage (shin splints)

Signs of Overuse include:

- Swelling
- Warmth (to touch)
- Redness
- Impaired function (of the area)

These signs are often not noticeable in the early stages of an overuse injury, however typical first signs are often **stiffness and soreness** (particularly in the morning) and may disappear after warm-up and return worse after activity.





A physiotherapist is trained in identifying and treating overuse injuries. Such treatment strategies that are used include:

- Tailored warm-up and cool down program
- Modification of equipment (correct footwear, weighted bat)
- Correction or modification of technique
- Soft tissue management
- Strength and flexibility re-training
- Guided training programs for return to activity

If you notice any of these signs or are concerned about a possible overuse injury ensure that you contact LifeCare on (03) 97702343 for an assessment.



Sago Plum Pudding

This is a delicious yet low fat Christmas pudding that is very quick and easy to make - hope you enjoy !

- 4 tablespoons sago
- 2 cups low fat milk
- 1 cup sugar
- 1 cup dry breadcrumbs
- 2 cups mixed dried fruit
- 2 teaspoons mixed spice [or more if you like it spicy] ..
- 2 teaspoons ginger powder [optional]
- 2 tablespoons melted margarine
- 2 teaspoons bicarb soda

Soak sago in milk overnight.

Melt margarine and stir into breadcrumbs.

Add milk and sago.

Add dried fruit, sugar, ginger, spices and bicarb soda and mix everything together.

If mixture is not slack enough add more milk.

Put in greased pudding basin, cover with foil and tie with string.

Steam in a steamer for 3 hours.

Serve with custard.

Serves 6-8.