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Welcome to the first edition of our newsletter for 2014!  
We hope you all had a wonderful Christmas and have a happy and safe New Year.

In this edition we take a look at some back to school advice for kids, dietary tips and catch up on some of our staff's recent outstanding sporting achievements.

We would like to welcome to our team, a new female physiotherapist, Usanee "Cee" Tangyotkajohn. Cee is in her third year of private practice, she is an experienced Pilates instructor & has a keen interest in back pain.

We also welcome back from maternity leave Jade Cowan, our Osteopath. It is great to see her back and she is now available for appointments.

Don't forget to follow us on Twitter, Facebook & Instagram!!



Lifecare Frankston is taking part in this years 100km Oxfam Trailwalk. Help support the team including physio's Mark, Matt, Jen and Brenton on May 2nd by donating to Oxfam. The team is hoping to complete the 100km in under 24 hours. Please click on the link below. We really appreciate your support.

<https://trailwalker.oxfam.org.au/team/home/15808>

### Canberra 70.3 Half Iron Man

On the 15<sup>th</sup> of December 2013 Matt Fankhauser completed the Canberra Half Iron Man. The event included a 2km swim, 90 km bike ride through the hills surrounding Canberra and 21.3km run. Matt completed the half iron man in a total of 5 hrs 40 minutes. This was his first attempt at this

distance which included one of the most mountainous Half Iron Man bike courses in Australia. A total of \$1700 was also raised for Cancer Council. Thank you to everybody that donated!





## Upcoming Fun Runs (Feb/March)

### February 2014

Feb 8<sup>th</sup> - Seasons Of Pain – (Mt Baw Baw)  
Feb 13<sup>th</sup> - Tan Time Trial 8km, 4km (Melbourne)  
Feb 16<sup>th</sup> - Yarra Bend Fun Run (Melbourne) 12km, 6km  
Feb 23<sup>rd</sup> - Sri Chinmoy (Melbourne) 15km, 10km, 5km

### March 2014

March 23<sup>rd</sup> - Tough Mudder (Cowes) 19km  
March 30<sup>th</sup> – Xterra Great Ocean Road Run (Angelsea) 21.1km, 10km



## The Aches and Pains of Starting a New School Year!!!

Has your **child** experienced pain with returning to sport or returning to school this year????

It is very common for children and adolescents to experience pain during this time of the year. Returning to school activities, group or club sport and training can create a number of issues. Commonly children will complain of hip pain, knee pain, ankle pain and lower back pain.

These aches and pains can be caused by;

- New activities at school
- New sporting interests in the new year
- Recent growth spurts
- Lack of conditioning of their developing bodies

If your child experiences;

- Ongoing pain lasting more than 24 hours after exercise
- Pain that is limiting their movement in the morning or evening
- Pain that wakes them in the night
- Pain that is inhibiting their sleep

Then make sure you contact LifeCare Frankston and make a time with one of specialized **Paediatric Physiotherapists** on **9770 2343**.

Paediatric physiotherapy includes a detailed assessment of the involved joints, muscles and tendons, education regarding the injury or condition and advice about how to best manage the condition as your child develops.



## Well done Jen Reid!!

On Sunday 12<sup>th</sup> Jan, one of our physios Jen Reid competed in the second sprint race of the Gatorade Triathlon Series. Having had a flat tire in the first race she was determined to improve on her time and hopefully place. The distances to cover were a 600m swim, 26.7km bike ride and 5km run.

Jen made it through the swim placing 11<sup>th</sup> and knew she had to make up the time on the bike and run. With a bit of a head wind for half of the way Jen had to dig deep to improve her time. She placed 2<sup>nd</sup> on the bike only 30 seconds behind the leader. The final leg of the race seemed like it would never end but Jen managed to hold steady and secured a 2<sup>nd</sup> place podium finish - what a great start to the new year.

## Mornington Peninsula and Nepean Football and Netball League's Return to Pre-Season Training

Local Football and Netball clubs are heavily into their pre-season training for the upcoming 2014 home and away season.





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Once again LifeCare Frankston is pleased to announce that we will be supporting the following clubs with their endeavors for the upcoming year!

**Mornington Peninsula League**

Langwarrin Football and Netball Club

Mt Eliza Football and Netball Club

Pines Football and Netball Club

Our physiotherapists are looking forward to assisting with weekly injury clinics, training nights and game day assistance for each of the clubs. If you are a member of a team of any local club which may benefit from such a service feel free to contact the clinic for details **97702343**.



**Dietary News - are you getting your daily fruit & veg?**

Forty-five per cent of us eat two or less serves of fruit and vegies a day. A new study has found almost half of the Australian population are falling drastically short of the recommended seven serves a day for women and eight serves for men.

“Eating habits formed in childhood stay with us for the rest of our lives,” says Healthy Kids’ Association CEO Jo Gardner.

As the summer comes to an end make sure you are making the most of what is in season! Here is a list of what you can expect to find in season over the next two months:

- |              |              |
|--------------|--------------|
| Bananas      | Nectarines   |
| Blueberries  | Passionfruit |
| Blackberries | Peaches      |
| Grapes       | Pineapples   |
| Kiwi         | Plums        |
| Lemons       | Raspberries  |
| Limes        | Rockmelons   |
| Mangoes      | Strawberries |