



NEW STAFF

Physioactive is excited to welcome the following staff to our clinical team:



Benjamin Carter
Physiotherapist

Available: Monday –
Saturday



Liz Fuller
Physiotherapist

Available:
Wednesday- Friday

NOVEL COVID-19 UPDATE

PHYSIOACTIVE IS OPEN!

At Physioactive the health and well-being of our patients and staff is paramount. We are committed to reducing the spread of COVID-19 whilst still providing services to the Ipswich community. At this stage we remain open and are taking extra precautions to ensure the safety of all our patients and staff. We have added more vigilant cleaning procedures to our already extensive hygiene practices and will continue to monitor patients and staff. Please call us to reschedule your appointment if you have been overseas in the last two weeks, have any symptoms (cough, fever, feeling unwell) or have had any contact with someone who has been overseas or has been unwell.

If you any questions please don't hesitate to contact us on 3281 8876, or via email at ipswich@physioactive.com.au. Updates regarding the clinic will be made available through our website and social media outlets.

Take care and stay well.

The Physioactive Team



IPSWICH GRAMMAR SCHOOL





Follow us on
Facebook:
**Physioactive
Ipswich**

Contact Us

Physioactive

1 Gray Street
Ipswich QLD 4305
Ph:(07) 3281 8876
Fax: (07) 3812 1100
mail@physioactive.com.au
www.physioactive.com.au
Monday – Friday 7am – 7pm
Saturday 8am – 1pm

Pilates Timetable

Monday	5:00 – 5:45pm (R) 5:45 – 6:30pm (R)
Tuesday	8:40-9:25am (R) 9:30-10:15am (R) 10:15-11:00am (R) 4:45-5:30pm (R) 5:30-6:15pm (M) 6:15-7:00pm (M)
Wednesday	9:00-9:45am (M) 9:45-10:30am (M) 4:15-5:00pm (M) 5:15 – 6:00pm (R) 6:00-6:45pm (R)
Thursday	4:40 – 5:25pm (M) 5:30 – 6:15pm (R) 6:15 – 7:00pm (R)

Individual Pilates sessions are
also available

Hydrotherapy Timetable

Currently unavailable. We will
advise when hydrotherapy

IPSWICH 100 BIKE RIDE

On Sunday 15th March, members of both our clinical and administration team volunteered their time at the annual Ipswich Hospital Foundation 100km Bike Ride. Darrin, Claire, Ben, Aidan and Harry spent their Sunday offering massage services to the many cyclists who braved the ride. Physioactive has been a long-time supporter of this local event and we are always well received. We thank the organisers of this wonderful event for their invitation and look forward to next year.

COVID-19 RELATED CHANGES

Checking in/waiting room:

To ensure social distancing and best hygiene practice, we have implemented the following procedures in our front desk/waiting room area:

- Alterations to chair arrangements and front desk furniture to ensure appropriate distancing is maintained
- Availability of hand sanitiser throughout the waiting room and clinic
- Ensuring efficient movement of patients through waiting room and into consultation room
- Rigorous cleaning measures undertaken regularly throughout the day.

Hydrotherapy:

In conjunction with federal government direction surrounding pool closure, at this point in time, we are unable to continue our hydrotherapy service. We will continue to update regarding recommencement/alternate forms of exercise.

Physiotherapy Lead Exercise Group Class:

To ensure social distancing is maintained, we have made the tough decision to narrow our class size to 4 people per class for both reformer and mat work classes. To ensure best hygiene practice, we ask that you please anticipate a slight shortening of class time to allow for cleaning to take place for the following class.

Physiotherapy Consultations:

Physiotherapy consultations will remain as per normal. We are implementing further cleaning procedures to our already rigorous hygiene practices. Please anticipate a slight delay in starting time to allow for consultation room cleaning.

Gym Consultations:

All gym consultations will be undertaken in rooms. With closure of gyms as per federal government direction, we will continue to utilise our exercise equipment to facilitate targeted gym-based rehabilitation.

Professional Development:

Liz: Lynn Watson Shoulder Course

Sam, James, Claire and Peta: Healthia Clinical Development program

Anne Morgan: Allison Grimaldi Hip Course

Goodbye Aaron, Katie and Shanon:

Our team has farewelled Aaron, Katie and Shanon over the last few months. We farewell Aaron to the European slopes where he will be snowboarding. Katie is moving on to another private practice in Brisbane closer to home whilst Shanon after many years has decided to move on to spend some quality time with his young family.

Available Services:

Physiotherapy

- Musculoskeletal and Sports
- Vestibular/Dizziness
- Balance and Mobility
- Women's and Men's Health
- Post-operative and Orthopaedic rehabilitation
- Paediatric Physiotherapy
- Community/Mobile Physiotherapy

Physiotherapy lead exercise classes

Exercise Physiology

Hydrotherapy

Gym visits

Hand therapy

Psychology

Dietitian

Occupational Therapy

Podiatry



Physiotherapy Exercise Physiology Psychology Speech Pathology Massage Therapy Occupational Therapy Dietitian