



FOUNTAIN GATE PHYSIOTHERAPY

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Physiotherapists
Christopher Rodgers

Rodney Nieuwenhuizen

Tracey Bennett

Myotherapist
Laura Steedman

News Update

We have finally succumbed to modern technology and have created a webpage, started tweeting and have a facebook page.

You can check out the webpage at www.fountaingatephysio.com.au. To find us on

facebook, twitter or google+ search for Fountain Gate Physio.

Our new presence on the internet will enable patients to locate us better and be informed of our services. Over time we will introduce information fact sheets

and videos on the webpage.

Other recent changes are the addition of a new Physiotherapist Tracey Bennett and a new Myotherapist Laura Steedman.

Our contract with the

TAC and Worksafe Occupational Physiotherapy Program has been extended and we are now contracted with Southern Health to provide physiotherapy in the home.

New Staff Members

Tracey Bennett

Tracey has been working at Fountain Gate Physiotherapy since March 2013. Tracey graduated from the University of Otago and started working at Goulburn Valley Hospital.

Tracey has developed an interest in post-surgical rehabilitation, hydrotherapy, sports injuries and women's health.

Later this year Tracey will be attending a Women's Health course

and a Pilates course.

Laura Steedman

Laura joined Fountain Gate Physiotherapy in February 2013. Laura completed an Advanced Diploma in Myotherapy after working as a Remedial massage

Therapist in Beaconsfield for a number of years,

Laura has had training in managing pregnancy related pains and in the use of cupping and dry needling for myofascial symptoms.

Myotherapy

What is Myotherapy?

Myotherapy is a form of manual therapy that focuses on the soft and connective tissues eg: muscle, tendon, ligaments.

a comprehensive physical assessment, history and treatment. Subsequent appointments can be made for either 30, 45 or 60 minute sessions.

trigger point therapy, cupping and dry needling. Myotherapists have also been trained in the provision of stretching and rehabilitative exercises.

- Headaches and migraines
- Arthritic pain
- Stress related pain
- Pregnancy related pains

What to expect?

At Fountain Gate Physiotherapy, Laura offers an initial appointment of 1 hour. This gives her time to do

What treatment techniques?

Techniques that can be used during a treatment session include soft and deep tissue massage,

What does it treat?

- General muscular tension
- Neck and shoulder pain

Our myotherapist is registered with all health funds and is authorised to treat Worksafe patients with a doctor's referral.