



## FOUNTAIN GATE PHYSIOTHERAPY

427 Princes Hwy, Narre Warren, Phone: 9796-7599, Fax: 9796-0341

[www.fountaingatephysio.com.au](http://www.fountaingatephysio.com.au)

[info@fountaingatephysio.com.au](mailto:info@fountaingatephysio.com.au)

twitter: @fgphysio

You can find us on Facebook and Google+

**Physiotherapists**  
Christopher Rodgers

Rodney Nieuwenhuizen

Tracey Bennett

**Myotherapist**  
Laura Steedman

### Knee Osteoarthritis and Physiotherapy

Research has shown that strength training of the quadriceps slows down the progression of arthritis of the knee.

In addition regular cardiovascular exercise is widely believed to reduce the symptoms of knee OA and physical function.

Physiotherapy aims to reduce pain associated with osteoarthritis as well as improve knee range of movement and strengthen leg muscles.

Physiotherapy treatment techniques such as joint mobilisations, electrotherapy, supports or aids and soft tissue massage aim to reduce pain.

In conjunction with a lower limb strengthening programme for patients to continue with at home physiotherapy aims to address all aspects of the causes of a persons pain.

Benefits of hydrotherapy such as a partial weight bearing environment aim to strengthen leg muscles and improve range of movement to provide pain relief.

The Medicare endorsed Chronic Disease Management plan provides sufferers of osteoarthritis an opportunity to have up to five Physiotherapy treatments per calendar year. These treatments

can be used to provide pain relief but also to provide education on pain management and a home exercise programme for maintenance of the arthritic pain.

**At Fountain Gate Physiotherapy, we bulk bill on site and do not charge a gap fee for CDM sessions.**

### Hydrotherapy

Hydrotherapy can be beneficial to a variety of health conditions including arthritis, osteoporosis, low back pain and diabetes.

Hydrotherapy is also useful for rehabilitation following surgeries such as joint replacements, rotator cuff repair and leg fractures.

The heating effects of the water help to reduce muscle spasm and

relieves pain enabling a comfortable environment for exercise and an increased joint range of movement.

The buoyant force of water enables control over the compressive forces through a joint and facilitates gait re-education and a graduated return to weight bearing. The viscosity of water

provides resistance to movement and assists in muscle strengthening.

At Fountain Gate Physiotherapy two hydrotherapy sessions are conducted each week at the Dandenong Valley School on Victoria Road in Narre Warren. They are held on Tuesdays and Thursdays from 1.00 to 1.30pm. The sessions

are available for private, TAC, Workcover, Medicare and DVA clients.

Prior to attending a hydrotherapy session, the client is required to attend a consultation at Fountain Gate Physiotherapy to ensure all problems are identified and an exercise program for in the water can be formulated.