

Pacific Square Physiotherapy



Newsletter 2007 2nd Edition

Greetings!

In anticipation of the warmer months we thought we would dedicate this issue to getting you up & running. Whether you would prefer to walk the Maroubra Fun Run, run the City to Surf or even take up the challenge of the Marathon in September we have some tips to keep you going.

Welcome Doris!

We have another new addition to our growing practice!

Doris, an Advanced Remedial Massage Therapist, joined us in March & is very popular with regular & new clients alike.



Her experience includes Sports & Occupational Massage, Trigger Point Therapy, Aromatherapy & Traditional Chinese Cupping Techniques.

She is available for appointments on Friday afternoons & Saturday mornings. We recommend booking ahead to avoid disappointment.

Exercise Classes

Pacific Square Physiotherapy has begun exercise classes! The classes are held on a Tuesday afternoon and Thursday morning and are designed to target general fitness and flexibility, low back pain, weak abdominals, poor posture and stability. Classes are limited to three participants and will be run by our physiotherapist Chris.

Upcoming Events

Start your summer off with *The Maroubra Fun Run!* A precursor to Oktoberfest, the event is held by the Maroubra & Districts Chamber of Commerce on Sunday 14th October.

Support an excellent cause by entering *The Fathers Day 5* run. Held on Sunday 2nd September, the proceeds from this 5km run are used to fund prostate cancer research.

If you would like to participate in either of these events or would like further information, please visit our website and follow the links.

In preparation for these events we have attached some information on running, walking & correct stretching techniques. Should you have any questions or need assistance please do not hesitate to contact us.

Happy running & all the best,

The Team at Pacific Square Physiotherapy

Opening Hours

- Monday to Friday
7am to 7pm
- Saturdays
8am to 1pm

SPECIAL OFFER
Buy 4 Exercise Classes and receive the 5th class for FREE!

Don't forget Fathers Day! Gift Vouchers for remedial massage available!



Contact Details

Telephone: (02) 9314 3888
Fax: (02) 9314 3666

Level 1 Pacific Square,
725 Anzac Pd,
Maroubra Junction

www.psphysio.com.au