

focushealth

Health

AND *Well-Being*



AT LAKE CATHIE PHYSIO + HYDRO WE TREAT A WIDE RANGE OF INJURIES AND CONDITIONS IN OUR NEW, PURPOSE BUILT FACILITIES.

We have 4 experienced Physiotherapists who see a wide range of musculoskeletal problems. Our Exercise Physiologist is skilled at tailoring exercise programs to the needs of the individual. Our popular Hydrotherapy pool hosts group classes, Aquafit, individual treatments and casual visits. In our well equipped gym we run Pilates classes, daily gym classes and individual exercise sessions.

At Lake Cathie Physio + Hydro we prioritize patient centred care by tailoring our treatments to meet the unique needs and goals of each individual. We believe in active collaboration between the patient and therapist, ensuring every treatment plan is personalised and based on the best available evidence.

Hydrotherapy uses the properties of water to provide a low impact environment for rehabilitation. It can be particularly beneficial for individuals with arthritis, chronic pain, or those recovering from surgery/injury

as it allows for gentle movement with less impact on the body.

Our pool is heated to a lovely 35 degrees making it an ideal place to take those first steps towards recovery. Stairs allow for easy access, and we have a hoist available for those unable to negotiate the steps. We have a host of specialised aquatic exercise equipment to allow a wide range of rehabilitation exercises in the pool. The outlook to the woodland beyond promotes the sense of calm.

At our initial consultation we take a detailed history and perform a thorough examination taking baseline measurements. We use this information to set goals in collaboration with the client.

Throughout treatment we track patient progress by reassessment and feedback. We then modify treatment plans based on the findings to ensure that treatment is effective, ensuring the best possible outcomes for the patient.



YOUR LAKE CATHIE PHYSIO + HYDRO TEAM

I graduated from Sydney University in 1998 and have been practicing Physiotherapy ever since... 25.5 years. My entire career has been working in Sports, Private Practice and Orthopaedics, so any painful problem or Sports Injury is something I enjoy treating. In my time living in the UK I worked with professional cricket teams, and I'm still involved in cricket on the North Coast so that is a passion of mine. I also enjoy managing persistent pain. For me the core things a physio can offer are education, an exercise program and hands on treatment. My number 1 aim for every patient is to have them understand their condition and to educate them in ways they



Barry Spencer
Clinical Lead Physiotherapist

can manage their problems and recovery themselves through exercise and day to day activity management.

I have been practicing Physiotherapy for 26 years since graduating in London. I have been at Lake Cathie Physio + Hydro for almost 10 years now.

I treat a wide variety of musculoskeletal conditions. I am a registered Pinc Cancer Rehabilitation provider, I run Pilates classes, falls prevention programs, and have a particular interest in treating vertigo.



Sarah Spencer
Physiotherapist

I have been practicing as an Exercise Physiologist for six and a half years, having completed a Bachelor of Exercise Physiology and Rehabilitation at the University of Canberra. As an exercise physiologist, I specialize in designing and implementing exercise-based interventions to prevent and manage acute, sub-acute, and chronic medical conditions, injuries, and disabilities. My focus is on improving patients' physical function, health, and overall quality of life through customized exercise programs, education, and interventions.



Jack Hazelgrove
Exercise physiologist

I graduated from Newcastle Uni in 2013, and have been working as physio throughout that time, about 11 years.

I specialise in seeing clients with a variety of neurological conditions, including people who have had strokes, brain injuries, FND as well as a variety of progressive neurological conditions including MS, Parkinsons, MND and Huntington's. I have also worked with quite a few clients with Cerebral Palsy and other postural and movement disorders, as well as mix of neurodiverse clients including ASD.

I can assist with a variety of manual and exercise based therapies and have done



Warwick Allen
Physiotherapist

particular further training in a variety of approaches for neurological clients including pilates and bobath facilitation.

I graduated from Latrobe Uni in Melbourne in 1987 and have been practicing for 37 years! I initially worked with neurological and orthopaedic clients in a rehabilitation setting, but over the last 25 years have focussed on muscle and joint problems, so backs, necks, shoulders, knees and sports medicine. I offer a variety of manual therapies, exercise prescriptions and now at Lake Cathie, hydrotherapy. It is important to engage with the patient to have common goals in therapy.



John Stangherlin
Physiotherapist



OUR SERVICES INCLUDE:

- Acute and chronic injury management and rehabilitation
- Spinal pain management and rehabilitation
- Private, Medicare, DVA, CTP and Workcover patients
- Pilates classes and individual programs
- Veterans Affairs exercise groups
- Balance and falls prevention programs
- Pre and post surgery rehabilitation
- Post fracture rehabilitation
- Western acupuncture and dry needling
- Headache treatment
- Assessment and treatment of vertigo and dizziness
- Gym/fitness classes in our spacious and well equipped gym
- Cardiopulmonary Rehab/sputum clearance
- Diabetic specialised services / Exercise management
- Stroke rehabilitation
- NDIS Service and tailored Care
- Sports Injury Management
- Aquafit Classes/casual pool sessions

Open Monday to Friday 8am - 6pm
Lake Cathie Health Complex
1459 Ocean Drive Lake Cathie NSW 2445
P **02 6584 88 99** | E physioadmin@lcmc.com.au

www.lcmc.com.au

