

WELCOME TO OUR

Newsletter

we're so glad you're here!

Spring has Sprung

It's been a cold few months but our hearts are warm!

The last few months have been such fun here at Ramp Up!

It has been wonderful to continue working with existing clients and to meet some new ones too. We have increased our availability in clinic which is great, giving clients more daytime, evening and weekend options to book in.

I also recently started running our Strong & Steady class out of a local retirement village, which has been such fun to run.

Ramp Up wouldn't be what it is without the trust of clients coming to try a new physio, trying physio for the first time, or referring us to a friend. So thank you, thank you, thank you!!!



A Studio Update

The studio has undergone a few tweaks since our last newsletter.

We now have a range of products on offer to support you with your recovery, including wheat bags, trigger point balls and therabands. Guy has now found his permanent place (when he's not hiding) guarding our stock, and I think he looks quite regal up there.

Also check out this magnet that was gifted from Capture Photo Magnets! It was such a lovely surprise receiving this one amongst some treasured photos that I love seeing on my fridge every day. These are made locally in SA and are such a great gift idea.

Capture Photo Magnets

Plus our signage is finally up. If the bright green and orange didn't stand out before, you definitely won't miss us now! Thanks to Vital Signs and Graphics for the great work.



Free Resources

It's not just these newsletters you'll find on our website, we also have some free resources on there too.

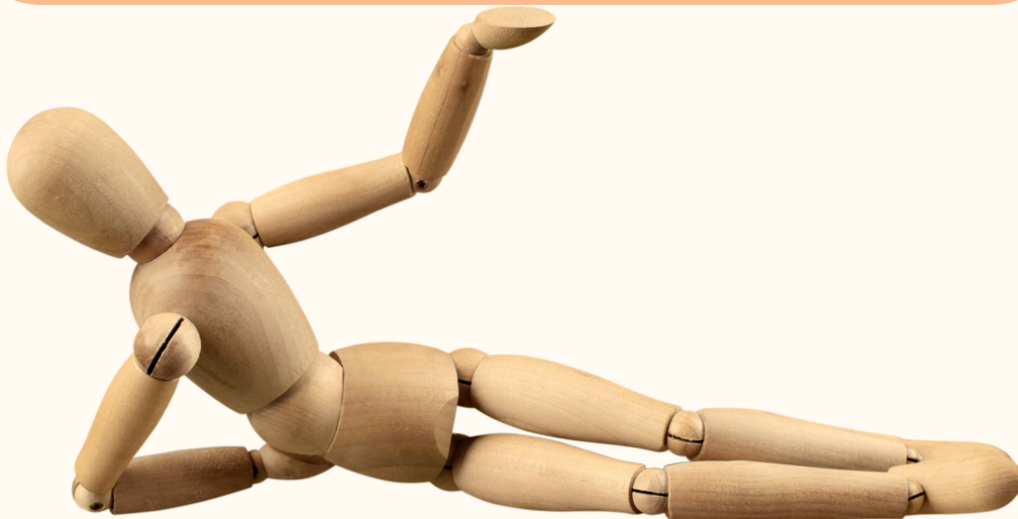
Head to our [Resources Page](#) to check out our Goal Setting Checklist & Headache Diary.



Guy's Giggles

WHY DOES A MOTHER KANGAROO HATE THE RAIN?

BECAUSE THE KIDS HAVE TO PLAY INSIDE!



Education Station

Shoulder injuries:

The shoulder is an incredible joint as it has such variable range of motion. Think about it, your elbow can bend and straighten your arm, but your shoulder can lift your arm up, out to the side, behind you & around in circles.

It's because of this great range that shoulders can be more easily injured, as the joint itself is less stable to allow for the extra movement.

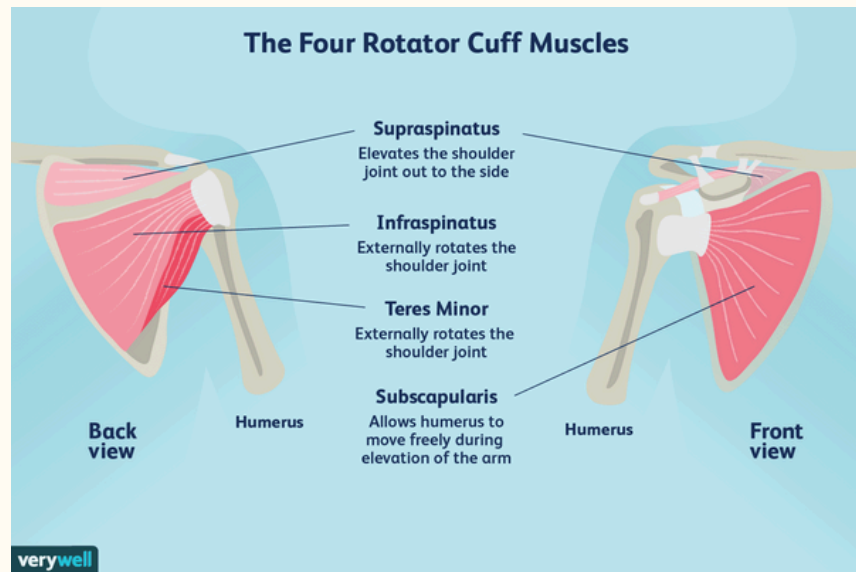


Image via [Verywell Health](#)

Rotator cuff tear vs tendinopathy

The rotator cuff muscles are the muscles that stabilise and control the shoulder joint.

A tear of the rotator cuff is exactly what it sounds like, a tear in one or more of the rotator cuff muscles/tendons. This can be caused by a single incident, like a fall or the tear may progress overtime, such as with repetitive overhead activity.

Symptoms of a tear may be: immediate pain in the area, worsening pain at night, weakness in the arm and swelling/redness. Depending on the severity of tear, it may be able to be managed with rest and rehabilitation, or may require surgical repair.

Tendinopathy however refers to irritation of the tendon. Tendons are thick bands that attach muscle to bone. Rotator cuff tendinopathy is often associated with overuse of the shoulder, such as with sport involving repetitive movements. With ongoing overuse, the tendon struggles to repair resulting in disrupted fibres, micro tears and irritation to the site.

Symptoms of tendinopathy can be similar to those of a tear. Tendinopathy may also present with pain, local tenderness, and swelling. Tendinopathy usually starts with some pain during activity that eases during. Pain may be sharp at first and then progress to a dull ache as time goes on.

Often tendinopathies are managed with rest, re-training of proper technique and muscle strengthening. Sometimes anti-inflammatory medications are prescribed or a cortisone injection is needed. For very severe tendinopathies, occasionally surgery is required.

These are just two examples of shoulder injuries, for a comprehensive assessment of your shoulder injury, get in touch.

Health Made Natural on The Foundation of Your Health



By Jack Ozanne

The Beginning

Health Made Natural, located in Seacliff, South Australia, has been serving the community for over a year. True to its name, our team is dedicated to promoting a vibrant lifestyle where individuals have the power to take charge of their health. Jack Ozanne, founder and Remedial Massage Therapist, understands from personal experience the ins and outs of the medical system. He recognised a significant gap in preventative care, with many solutions focusing solely on medication rather than addressing the root causes of health issues.

Importance of Taking Control Of Your Health

Let's clarify the concept of "Health." Health isn't just about being free from illness. If we view health in this narrow way, we're considered unhealthy as soon as we get sick or injured. Likewise, taking a painkiller and relieving a headache doesn't automatically mean we're back to being healthy. It's not that simple. Health is a continuous journey, not a destination reached once symptoms disappear. Simply masking symptoms doesn't lead to optimal health. Instead, it requires ongoing attention to physical, chemical, and emotional well-being. This holistic approach fosters sustainable, healthy living, equipping both you and your body with the tools to prevent numerous issues and handle any challenges that arise.

Introduction to Muscular Vitality Restoration

You may have seen this name and be wondering, why is it different, what sets it apart, what even is that? Our Muscular Vitality Restoration represents our unique treatment and approach which wouldn't be accurately labelled as "Remedial Massage". We are confident that our approach and sessions will stand out from a typical Remedial Massage. Being specifically designed to offer a holistic strategy with clear objectives and outcomes tailored to guide you toward optimal health and well-being.

Stretch & Strength Yoga

How many times have you said to yourself, "I need to stretch more?" Unfortunately, with the demands of everyday life, it is becoming increasingly more difficult to take the time to move our bodies. Maybe you set the goal to stretch, only to find yourself unsure where to start. At Health Made Natural, one of our passions is to promote optimal body functioning and movement. Our Stretch and Strength Yoga is specifically designed to do exactly that, lengthen the body, strengthen the muscles.

We all know that one of the best ways to stay in peak health is to move our bodies, so what better way than a yoga session which targets both the length and strength of our muscles.

<https://healthmadenatural.com>

Written by Jack Ozanne

Remedial Massage Therapist, Health Made Natural

Thanks for reading our newsletter, I hope that you got something out of it.

Get in touch via email if there's something you'd like to see in the next newsletter or if you can help Guy out with a good joke.

Ciao!

ps. do your physio exercises!

@rampupphysio | info@rampupphysio.com.au

WWW.RAMPUPPHYSIO.COM.AU

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