

TODAY'S NEWS

Newsletter | Winter | June 2017

Clinic News

We wish Lillian a happy honeymoon as she is off on her european adventure for the first 3 weeks of June.

Don't worry - Elaine and Hai will be holding the fort and looking after everyone while she is away!

Our Team

Lillian Lau - Musculoskeletal Physiotherapist

Elaine Tan - Sports Physiotherapist

Hai Ngo - Physiotherapist

Pina Magueri - Remedial Massage

Tony El-Bayeh - Remedial Massage

Online Booking

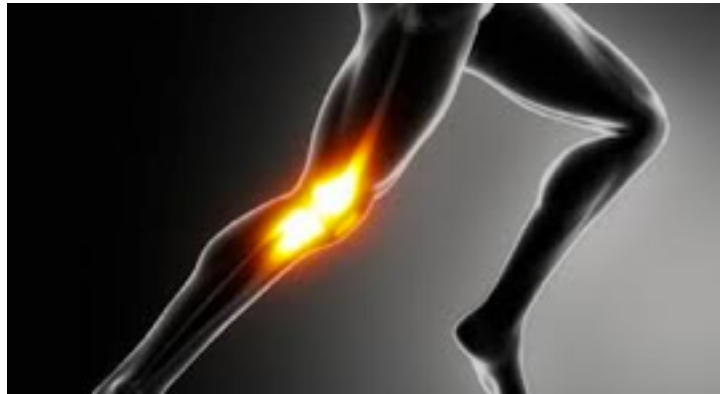
You may now book your appointments online via our website at www.annandalephysio.com.au.

Opening Hours

Mon to Thurs: 7.30am - 7.30pm

Fri: 7.30am - 6.30pm

Sat: 8am - 12pm



Runner's Knees

With winter coming up and many of you starting your winter sports such as soccer or rugby, there is an increase risk of getting Runner's Knees or for the more medically minded Patellofemoral Pain Syndrome (PFPS).

Even if you don't play a winter sport anyone can get Runner's Knees which are characterised by pain such as aching around the kneecap. So how do you know if you have Runner's Knees? Most people with Runner's Knees will experience pain or discomfort in their knee when you bend your knee such as when you are running (It's called Runner's Knees!), walking, squatting, kneeling or even from standing from a chair. There may also be swelling, around the knee with grinding or popping inside the joint.

Treatment for Patellofemoral Pain Syndrome usually involves relative rest from the aggravating activity (such as running, sprinting), manual therapy by the physiotherapist and exercises to condition the legs as well as correcting any incorrect techniques in the activity/sport.

If you suspect that you may have Runner's Knees, don't hesitate to consult any of our Physiotherapists.