



Nurture Health

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SPRING CLINIC NEWS

Welcome to the spring edition of the Nurture Health newsletter. In this issue we offer some tips for people with desk jobs, and Medicare rebates for Osteopathy.

Renovations are in progress at the back of the building where two new offices are being built. Please bear with us during the next few months while all this is happening — it may mean that it's a bit noisy during your sessions, however to date, it hasn't really been that bad. The main issue is that the rear car park will not be accessible during this time, so parking can be tricky at times. Just allow a bit of extra time to get here and all should be fine. Alternatively, you can park in the empty lot next to the Skate Arena, accessed via Mannion street.

In July Rino completed a **Certificate of Pregnancy Massage**. Although he's already been treating many satisfied pregnant clients, he picked up some new techniques and ideas which have been incorporated into his repertoire. Most ladies love the pregnancy cushion we have, which enables them to lie safely and comfortably on their tummies, however he can conduct the entire massage in the sidelying position now. Your comfort is assured.

Haydie, our naturopath has some **great workshops** coming up in the next few months — *Yummy Mummy* which focuses on introducing solids to infants and feeding toddlers, and *Mummy Tummy* providing information on nutrition pre and post-natally. Call Haydie for more info 0415 834 659

As for myself, I've been meeting regularly with colleagues for paediatric study groups as well as being on the committee for the formation of osteopathic **community childrens' clinics**. We hope to have a clinic in every state offering free/low cost treatment for children. As mentioned last time, it's a big job, but we're making a start on it!

I also want to take this opportunity to clarify something — while I do tend to see a lot of women and children for treatment, dads and guys are most welcome to attend. Osteopathy is a wonderful modality for all ages and stages. I am now available for appointments every 2nd Saturday, and Rino is available for massage every Saturday (and Thursdays and Fridays).

Hope you enjoy reading the rest of the newsletter,

Regards,

Simoni

Nurture Health
NEWSLETTER

Osteopathy and Medicare

Did you know that you can claim up to 5 visits per year, partially subsidised by Medicare?

Osteopathy is considered one of the allied health professions able to offer treatment under an Enhanced Primary Care Plan (EPC Plan). This is for patients with **chronic** and complex care needs that are being managed by a GP.



A chronic condition is one that has been present (or is likely to be present) for 6 months or more, and includes musculoskeletal conditions such as back and neck pain as well as diabetes and asthma. To be eligible, you need to be referred by your GP, and your condition requires ongoing care from at least 2 health care providers, not including your GP.

For example, a chronic back problem of 1 year duration that requires care from an osteopath and a podiatrist would qualify. Your GP would need to prepare the EPC plan where you are entitled to 5 visits per calendar year to be used between each service. So, you could have 3 osteopathic treatments and 2 visits to the podiatrist. Medicare gives you a rebate of **\$48.95** per service and you are required to pay the gap. If you have private health insurance, you must choose to use either your insurance OR Medicare rebate to cover the cost of treatment. You can't use your private health insurance to cover the gap between the full cost of treatment and the Medicare rebate.

Other professions included in the EPC Plan are audiologists, dietitians, exercise physiologists, mental health workers, occupational therapists, physios and speech pathologists.

If you are going to see your GP regarding an EPC plan, it's important to ask for a long consultation as preparation of the plan requires some time (and paperwork!). There's also a cost involved in preparing the plan which can vary, but some GPs will bulk bill for this.

Currently the Australian Osteopathic Association is lobbying the government for more access to osteopathic treatment under Medicare, that is, not

only for people with chronic conditions. (You may have signed the petition at the clinic already). We feel that we now have our foot in the door with Medicare which is a great start!

Simoni

Bad Habits at Work

I see a lot of people who come in with what I call **Deskjob Shoulders** and **Mouse Arms**. It's very easy to get into lazy, slouching habits when sitting at a desk with a keyboard, mouse and



monitor. The shoulders hunch forward, the head sinks a bit (leading to a poked neck look), and your middle back starts curving and the lower back bends backwards. Two hours later, you feel pain between your neck and shoulders, there might even be strain pulling at the back of the skull. The wrists and your mouse-side elbow start nagging too. All nasty if left uncorrected.

The most important factor is posture. Roll up a towel and stick it behind your lower back in the chair. Sit up straight like the teacher said. Look at how you're positioned – are your shoulders back and your elbows close to your sides? Are your forearms level with the desk? You should not need to raise your arms to type. Feet flat on the ground and the knees at roughly 90 degrees?

Here are some essential fixes. Have a regular break: get up, look around (focus on something in the distance), takes some deep breaths. Turn your head gently but all the way to the left, then to the right a few times. Get a glass of water. Get used to moving the mouse with the other hand and swap around. If you get a sore mouse wrist, try getting an ergonomic vertical mouse. Learn some keyboard shortcuts. Consider getting a better chair. Chat to a colleague. It doesn't seem like much, but it all adds up.

When you come in for a massage, you'll feel the soreness in the overused muscles and I can show you some good stretches to help keep them ironed out. But if you're generally mindful of your posture and position at the desk then you're halfway to full job satisfaction again.

Rino