

December 20th Friday 2024

# Newsletter



## 🎄 Holiday Break & New Year Updates! 🎄

After a successful year of growth and achievements, we're taking a short break to recharge for the holidays! Our office will be closed on December 23rd, 2024, for the Christmas period. We'll be back on January 6th, and classes will resume on January 8th. But that's not all—2024 is bringing plenty of exciting changes! Keep an eye out for our updated timetable, packed with new class options, times, and locations to suit your schedule. We can't wait to help you start the year off on the right foot!

For any enquiries or to book in, please don't hesitate to reach out to us at:

✉ [admin@kineticealthsolutions.com.au](mailto:admin@kineticealthsolutions.com.au)

☎ 0413 170 537

## 👤 A MESSAGE FROM OUR FOUNDERS 👤



2024 has been an incredibly challenging, yet rewarding year for us. We are so thrilled to celebrate our first successful year in business. It's been an incredible journey, fuelled by passion, hard work, and the unwavering support of our amazing clients and community. This milestone is more than a celebration—it's a reflection of the powerful impact movement and health can have in people's lives.

Looking ahead, we're inspired to make this next year even more impactful, helping more individuals achieve their goals and unlock their full potential. Here's to a stronger, healthier, innovative, and even more successful year ahead—together! Thank you for being a part of this journey with us.

Let's keep moving forward and we hope everyone has a very Merry Christmas, and a happy, healthy, and safe New Year.

## 📱 SOCIAL MEDIA 📱



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# **Mobile Therapy Now Available Across Sydney!**

We're excited to announce that we have immediate capacity for Mobile Therapy services in Exercise Physiology, Physiotherapy, and Occupational Therapy across Sydney—from Bondi Beach to the Lower Blue Mountains.

Additionally, we have availability for Exercise-Based Rehabilitation and Training at our Concord location.

For bookings or more information email us or call us,

✉ [admin@kinetichealtsolutions.com.au](mailto:admin@kinetichealtsolutions.com.au)

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## **Physiotherapy for Clients with Cerebral Palsy:** **The Impact of Warm Weather through Summer**

Managing CP can become more challenging under certain environmental conditions, particularly during the warm weather of the summer months. While physiotherapy remains critical year-round, understanding the effects of heat on individuals with CP and adapting treatments to accommodate these changes can significantly improve their quality of life

### **The Role of Physiotherapy in Treating Cerebral Palsy**

- Strengthening weak muscles
- Reducing spasticity
- Improving balance and coordination
- Pain management

### **The Impact of Warm Weather on Cerebral Palsy**

- Heat sensitivity and spasticity
- Fatigue and dehydration
- Impact on motor control and coordination

### **Strategies for Effective Physiotherapy in Warm Weather**

- Adjusting the environment
- Lower intensity sessions
- Incorporating hydrotherapy
- Hydration

Physiotherapy plays a crucial role in improving the quality of life for individuals with cerebral palsy, helping to enhance mobility, reduce pain, and increase independence. By understanding how temperature affects the condition and adapting physiotherapy approaches accordingly, as therapists, we can ensure that clients continue to make progress while minimising the negative impacts of heat.

**For more information check out our Resources page !!**

