


# Darling Corner Osteopathy

## Autumn Newsletter

*What a great start to the year we have had, 2024 is set to be a great one!*



Autumn  
*Shows us how  
beautiful it is to  
let things go.*

-Unknown

Autumn often marks a period of transition, both in nature and in our lives. Take time to prioritize self-care activities that promote relaxation and stress relief, such as meditation, deep breathing exercises, or gentle stretching. Prioritizing mental well-being is essential for overall health and resilience.

With the onset of cooler wet weather, outdoor activities may decline, leading to a reduction in physical activity levels. This decrease in exercise can negatively impact overall health and contribute to weight gain and decreased cardiovascular fitness.

To make your transition from the warmer months to the cooler months better, our band of allied health practitioners have put together some handy tips to help you stay mobile and healthy in preparation for the winter months.

## PRACTITIONER FOCUS



Simon completed his Bachelor of Clinical Science and Masters of Health Science at Victoria University. He first became interested in Osteopathy after seeking advice for several sporting injuries sustained whilst playing Rugby Union. Simon enjoyed the approach and results Osteopathy offered and pursued a career in the field.

Using a range of osteopathic manual techniques combined with exercise and lifestyle advice, he believes that **good communication** and **patient education** are paramount in helping improve the patient's complaint, **encouraging active recovery** and increasing their understanding to **prevent re-injury** occurring in the future.



Unless you're training for a marathon, with the cooler months your desire to exercise outside is most likely declining. Don't let the weather affect your exercise regime! Book in with Simon and get a personalised home exercise plan with the Physitrack App. This comes with easy to follow videos that you can do in the comfort of your own own. Simon will select exercises designed for

your fitness level and health needs.

Simon is available Monday to Friday and is looking forward to working with you.

**Book with Simon Now and receive your complimentary exercise plan with Physitrack**

### Some of Our Favorite Apps for Exercise and Mindfulness

*Erin (Practice Manager):* **Daily workouts** (there is a free version) - great for quick workout to keep moving or **KIC app** (paid) for longer exercises, they also have meditation, yoga, pilates which can be nice to change up.

*Hannah (Osteopath):* I personally use '**Keep it Cleaner**' by Steph Claire Smith and Laura Henshaw. The app has exercises, recipes and meditation.

*Ineke (TCM practitioner):* I love **Insight Timer**, it is a free app (but you can pay) which has loads of guided meditations for different conditions, such as stress, sleep ect. I am also a huge fan of **Daily Om** which includes a range of courses for any topic (yoga, exercise, mental health) under the sun!

*Tim (Osteopath and Wine Sommelier):* "**fiton**" is my favourite... free and with a variety of classes.... plus "**Vivino**" this will price any wine you buy (or are given)....

## FOCUS ON: Visceral Osteopathy

*'The knee bone is connected to the thigh bone, the thigh bones connected to the hip bone...'*

A common misconception is that Osteopathy only focuses on musculoskeletal conditions. Whilst Osteopathy is effective in treating these conditions, it can treat many internal conditions as well. Just as the song suggests our body is connected at many levels in many different ways. One particular technique that Osteopaths use for treating in this is referred to as *Visceral Osteopathy*. Visceral Osteopathy is a system of diagnosis and treatment directed to the viscera to improve physiological functions and assists in helping a wide range of functional disorders.



Tim performing visceral osteopathy techniques for the treatment of irritable bowel syndrome and GIT dysfunction.

[Click here to read a case study and how integrating different modalities helped a client manage IBS](#)

#### Message from our Chinese Medicine Practitioner

*In Autumn everything is falling: the leaves, the temperature, the angle of the sun. Following the prolific expansion of summer and the warm fullness of harvest time, autumn begins the descent, the turning inwards. There is a sense of quieting... Look for the signs of Autumn within yourself: a feeling of energy beginning to descend, perhaps an urge to clean, tidy and let go of things, a desire for more space, more quietude.*

(pg 241-242, *The Way of the Five Elements* by John Kirkwood)

## Happy Chinese New Year and welcome to the Year of the Dragon!

Autumn is the transition from the warmer months (yang) to the cooler months (yin). It is also the time of descent, looking inwards, letting go and withdrawing deeper inside. Like all transitions they can be either difficult or smooth depending on how well prepared you are.

Qi gong is an ancient practice focusing on mind body and spirit. It is a great ancient form of exercise that benefits the whole body. To learn more about Qi Gong I highly recommend Peter Deadman's website

(<https://peterdeadman.com/pages/video>), here you can find information and instructional videos.



[Click Here to read more about TCM, Autumn and the metal element](#)

[Book with Ineke Online Now](#)

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We are so happy to welcome Hannah back with open arms!  
Hannah is now available at Darling Corner Osteopathy on Tuesday and Friday afternoons.





**Book Online With Hannah**

**Book Online Now**

To celebrate International Women's Day and the contribution to all the special women in our lives we are giving a special treat to the women and girls that come into the clinic on 8th March.



**Our Allied Health Services:**

Osteopathy  
Clinical Pilates  
Chinese Medicine and Acupuncture  
Remedial Massage  
Naturopathy

## Are you following us on Instagram?

Click these links to follow our Instagram [@darlingcornerosteopathy](#) and [@glowhealth](#) to keep up to date with announcements!

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