

Newsletter

February 2020

Uraidla Family Practice
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February News

Support

Our beloved Adelaide Hills experienced a distressing end to the year with the bushfires of December 20th and subsequent fires causing widespread loss, damage and heartache for many. The doctors and staff at Uraidla Family Practice would like to extend our condolences to community members who have suffered through this devastating and widespread event.

We encourage you to speak with your GP and to ask for support during this time and the months that follow if you feel they can help.

The tireless work of volunteers and emergency service workers throughout this time is to be commended, coupled with the outpouring of support both locally and from across the globe, has confirmed for many that the Adelaide Hills truly are a very special and unique place to live.



Accreditation

Towards the end of December Uraidla Family Practice went through the process of Accreditation. A team of independent surveyors came to UFP to perform an on site assessment of our systems and processes and we are very pleased to say we passed without any recommendations. Quite an achievement! This assessment process ensures that a general practice meets a high standard of safety and quality. As a result, accreditation provides the best environment for patient's healthcare outcomes. Robyn worked especially hard throughout the months leading up to this date and our success is a credit to her and her team. You may be surprised to know that this is a voluntary undertaking and that not all medical practices choose to go through accreditation.



**Accredited
General Practice**

Changes

Patients who also use the Uraidla Physio would be aware that we have welcomed new physiotherapists over the last month. We said a sad farewell to Nadine and her colleagues Belinda and Jane at the end of last year as their clinic changes their focus slightly, we wish them every success and thank them for their years of working here alongside the UFP team, they will be missed. Please turn over to read a little more about the incoming physiotherapists written by new owner of Uraidla Physio, Angelica. The team is already settling in beautifully.

We would also like to welcome Dee to the Reception team. Dee comes with extensive experience as a medical receptionist and we feel fortunate to have her joining us here at UFP.

Uraidla Physio

Three friendly new faces at Uraidla Physiotherapy!

Hello and welcome to 2020! This year has already heralded many exciting changes for the team at Uraidla Physio, with the arrival of three new team members, group exercise classes and extended trading hours! We look forward to meeting all members of the local and extended community, and hope to inspire and empower you to move freely, safely and pain-free!

Meet the team:

Leanie Delpert (B Physiotherapy, APAM)

Expertise:

Headaches and Migraines

Back, neck and shoulder pain

Pre and post-surgical rehabilitation

Complex chronic pain management

Osteoarthritis management



Alessandro Ross (B Physiotherapy, APAM)

Expertise:

High-performance injury management

Strength and conditioning

Sports injury rehabilitation

Exercise therapy including neurological rehab



Angelica Mesisca (B Physiotherapy, APAM)

Expertise:

Neurological rehabilitation (post-stroke)

Amputee rehabilitation and gait re-training

Music-assisted physical therapy

Paediatric physiotherapy

Lateral Epicondylitis (Tennis Elbow)



Opening times:

Monday: 8:30 am – 5:30 pm

Tuesday to Thursday: 8:30 am – 6:30 pm

Friday: by appointment

Saturday: 8:30 am-12:00 pm

Group Exercise Classes

Location: Classes are held at the Uraidla Showgrounds, near the FDP.

Monday	Wednesday
9:00 Mat Pilates & Mindfulness	9:00 Mat Pilates & Mindfulness

Equipment is provided, just bring along a water bottle and towel.

COME AND TRY - YOUR FIRST CLASS IS FREE.

Cost for an individual class \$15 or 10 class pass for \$120.