

MYOREVIVE MYOTHERAPY

Sue Mickelborough | 0433 376 879 | www.myorevivemyotherapy.com

Why Did We Close?

Just to reiterate why we chose to close. As the curve continued to raise in the pandemic situation we thought it was in the best interests of public health and safety to temporarily close. Myotherapy treatment still remained as an essential service, but it became increasingly difficult to operate with the disruption of social distancing and maintaining strict hygiene and infection control standards, for the safety and wellbeing of our patients and practitioners.

Protect Yourself & Others



Two months ago I had to make the heart-breaking decision to close our doors while Australia attempted to Flatten the curve of Covid-19. I've been so proud of Victorian's and how they have taken Self-Isolation in their stride, embracing the changes that affected all our lives by demonstrating that **'WE ARE ALL IN THIS TOGETHER'**

From 1st June 2020

I'm excited to share that after the state of emergency ends in Victoria on the 31st May 2020 MyoRevive will return to treating and supporting our valued patients in their muscle health journey and wellbeing.

It feels like such a long period that we were closed and being isolated from work, family and friends is certainly no holiday, along with it also being tough on the mind and body. That coupled with the colder weather leaves us struggling to stay motivated to exercise and move. So I personally are welcoming the change of moving towards some



Covid-19 Mythbusting

You might have seen information on social media about cures and treatments for coronavirus. A lot of it is not true. Get the right information below.

<https://www.australia.gov.au/covid-19-mythbusting>

Self-Care During Self-Isolation

7 tips for self-care



Prioritize sleep.

Practice proper sleep hygiene by maintaining a regular schedule and reducing caffeine intake, screen time, and noise levels before bed. Aim for a minimum of seven hours of sleep per night.



Find an exercise routine that works for you.

Improved blood sugar control, cardiovascular health, and immune function are among the many benefits of exercise. Aim to get 150 to 300 minutes of moderate-intensity physical activity per week.



Stay connected.

Staying in touch with loved ones is more important now than ever. Connecting with others reduces stress, increases self-esteem, and can even strengthen your immune system.



Make time for a hobby or self-improvement.

Prioritize activities in which you find fulfillment. Spend time developing existing skills or exploring new ones, such as learning a new language or playing an instrument.



Practice mindfulness & meditation.

Incorporating mindfulness can be as simple as sitting still for a few minutes to focus on your breathing. These practices provide many benefits, such as improved sleep and reduced anxiety.



Eat nourishing foods & stay hydrated.

Limit your consumption of refined and processed foods, and enjoy an abundance of whole, fresh foods. Stay well-hydrated by regularly consuming filtered water and herbal tea.



Consider supplementation.

Supplementation can support your specific health goals, from stress management to immune support. Speak to your healthcare practitioner for individualized recommendations.

Fullscript

normalcy again and welcoming you back to your myotherapy treatments.

Not much has changed at the Clinic and you can expect the same care during treatment as you have always had. However, to maintain our strict Covid-19 guidelines we request the following procedures are in place till further notice:

- Please do not enter the practice before your scheduled time or until instructed to do so.
- Wash your hands on arrival or utilise the hand sanitiser provided.
- As always if you are not feeling unwell, have a fever or respiratory symptoms contact us first and we will be pleased to reschedule your appointment.
- Feel free to bring a disposable face mask to wear if we will be working on your neck and upper areas.

Here's is what will be happening with Appointments from the 1st of June 2020 until further notice.

- Appointment times will be 45 minutes or less
- Appointments will be available on Mondays, Thursdays & Fridays
- Fewer Appointments available due to cleaning of all surfaces

The above changes will help us to continue to maintain your health and wellbeing during this time as restrictions are slowly lifted.

I'm really looking forward to being back in the clinic and able to once again help you manage your muscle health and wellbeing.

As always you can book online at www.myorevivemyotherapy.com or give us a call on 0433 376 879.

We look forward to seeing you and your family again soon.

Yours in Health Sue Mickelbrough