

# 20 years of physiotherapy in Artarmon

Artarmon Physiotherapy Centre has been owned by **Ann Liebert** for the past 20 years. Her team of physiotherapists use a variety of treatments including low-level laser, electrotherapy, ultrasound, manual therapy and traction.

The latest addition to the practice is the Low Power Swedish Laser for treating neck pain and headaches. Ann travelled to Bergen in 2009 to study the optimal use of this laser therapy.

The team of physiotherapists at Artarmon Physiotherapy focus on providing quality individual assessments and treatments specific to the condition of clients. In addition to the range of treatments available they also use real time ultrasound which enables patients to view their muscles while they perform core stability exercises.

Some of Ann's foundation patients are now in their eighties and nineties and are continuing to participate in the many local activities on offer. They remain independent and well and are proactive in their approach to managing their health.

"By seeking our treatment intervention early with laser, manual therapy and preventative exercises such as core strengthening, people of all ages are able to remain active and minimise their symptoms," said Ann.

"When musculoskeletal conditions are managed, our Artarmon patients can exercise and have improved general health and fitness." ■



Photos: Above - Ann Liebert during her visit to Bergen, Norway last year to study optimal therapeutic use of the new low power Swedish laser.

Below - Demonstrating the laser in use at Ann's Artarmon Physiotherapy Centre practice.

## Quiz No 17:

### Artarmon's churches

1. When was the Artarmon-Chatswood South Uniting Church built?
2. What is the heartbreaking story about this camellia tree in the church cemetery?
3. When was St Basil's built?
4. There was a Methodist Church in Hanover Street, Artarmon from 1910 to 1960. Why was Hanover Street re-named Dickson Avenue?

**Answers on page 10**

**Compiled by Marianne Nestor from Grace Warner's 'Artarmon Past, Present and Future'.**

# PHYSIOTHERAPY 20 years



ANN LIEBERT  
JACKIE WALKER  
MIRIAM MOTH  
*Physiotherapists*

*Artarmon Physiotherapy Centre and owner Ann Liebert have recently celebrated 20 years of practice in Artarmon. Our team of physiotherapists focus on providing quality patient management including:*

- *Low level laser*
- *Electrotherapy*
- *Real time ultrasound*
- *Manual therapy*
- *Manipulation*
- *Traction*
- *Core stability exercises*

The latest addition to our practice is a New Generation **Low Power Laser** from Sweden. The laser use was recently demonstrated on 'Today Tonight' and 'A Current Affair' by Australian GP, Dr Roberta Chow, for treating chronic neck pain and headaches. This was a follow up to her paper published in *The Lancet* in 2009, by Dr Chow and her co-author Professor Jan Bjordal, Professor of Physiotherapy at Bergen University. Ann travelled to Sweden and Norway in 2009 to study the optimal use of this laser therapy.

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