

SOUTHERN FLEURIEU FAMILY PRACTICE

Trusted Care for Over 15 Years

ALL PATIENTS WELCOME

OUR DOCTORS

Dr Brenton Martin. Dr Charles Christie. Dr John Law. Dr Roumi Spassova.
Dr Tom Shaw. Dr Audrey Salleh. Dr Branimir Rajcic. Dr Paul Worley.
Dr Rajpal Poonia. Dr Angela Knight. Dr Gerard Cobiac. Dr KC Hor.

*Opening hours are subject to doctor availability and some terms and conditions apply to practice bulk billing.
Please refer to our website or phone the practice for more information.



OPEN 6 DAYS
Quality Health Care
BULK BILLED!

 **8558 0111**  **www.sffp.com.au**

 **175 Main South Rd, Yankalilla SA 5203**

PRACTICE NEWS



MUKUL SINGLA

Mukul Singla, principal physiotherapist and owner of Therapia Physiotherapy & Pilates, has been a physiotherapist for over 20 years, with a keen passion in active rehab and recovery.

He completed his Masters in Orthopaedic, Sports and Manual therapy, and has a particular interest in musculoskeletal, orthopaedics and sports physiotherapy.

Mukul's physiotherapy ethos is based around 'movement based rehabilitation' and he strongly believes that 'the better a person understands their body and their problem, the better they can manage it'.

His main areas of interest include: Low back pain assessment and management, Pregnancy related back pain and pelvic dysfunction, Cervicogenic headaches, Spinal (Cervical, Thoracic or Lumbar) dysfunctions He also has a special interest in peripheral musculoskeletal conditions such as: Tennis Elbow, achilles tendinitis & Plantar fasciitis, Shoulder and Knee conditions, Sports related injuries.

To book an appointment you can book online using the following link: www.therapia.com.au/bookings
Alternatively, you can give us a call on 8221 5011.

We look forward to seeing you!

HEALTH NEWS - R U OK DAY

'R U OK?Day is Thursday 10 September 2020. It's our national day of action when we remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs.

2020 has been a challenging and difficult year for everyone. Isolation, social distancing and other restrictions have made it even more important for us all to stay connected and check in with one another.

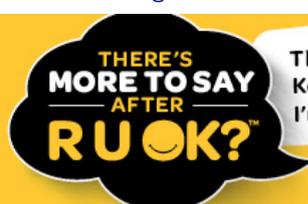
Have you noticed something is different with someone you know? Take the time to ask them "Are you OK?"

If someone says they're not OK, make time to listen, encourage action and check in.

That conversation could change, or even save, their life.

If you are struggling with life's ups and downs please make an appointment to see one of the doctors at Southern Fleurieu Family Practice. Phone 8558 0111.

Visit www.ruok.org.au to learn more.



That's tough. Keep talking, I'm listening.

Have you been feeling this way for a while?

RUOK? DAY 10 September 2020

Learn what to say at ruok.org.au