

Issue 139  
Spring 2020

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## Polio SA

*The post-polio support group  
for South Australians*

- 0466 893 402
- poliosa.office@gmail.com
- 302 South Road,  
Hilton SA 5033
- www.poliosa.org.au
- poliosouthaustralia

Disclaimer: Polio SA Inc. assumes no responsibility for any treatment undertaken by readers of this newsletter. Any advice, either explicit, or implied is not intended to replace qualified medical advice.

Letters of general interest will be published in future issues as space permits. We reserve the right to edit all letters for reasons of space and clarity. We will withhold your name upon request, but no unsigned letters will be accepted for publication. Opinions expressed in letters do not necessarily reflect the views of Polio SA Inc.

Polio SA Inc. does not express or imply endorsement of physicians, products, seminars or services that are mentioned in this newsletter. They are mentioned simply as a public service to polio survivors and those interested in them. Articles do not necessarily reflect the views or policy of Polio SA Inc.

### Welcome to the Spring Edition of the Polio SA Newsletter

From July the Committee has been discussing and undertaking a number of items to benefit our members. We have focused on organising our AGM and how to arrange it during these Covid times. Thanks to Helen's efforts we have booked the Thebarton Community Centre for a face-to-face meeting. Covid regulations re social distancing, hand sanitiser and seating will be followed. So we have decided it is best **NOT** to bring a plate of food to share and we will not be offering tea or coffee. A number of Committee members have undergone training and have qualified to be Covid Marshals to enable us to adhere to these guidelines. Because of Covid disruptions to our lives we will **still accept nominations for joining the Committee** which is another way of saying we would love to have you join us. As membership renewals have surpassed 150 we expect a large crowd at the AGM.

As Hydro sessions were suspended since March we have funds available to increase the number of Massage/ Physio vouchers available to our members. So please phone if you would like to receive any. And in mentioning Hydro we are pleased to announce that Hydro will resume on Fridays 9:00-10:00 AM at the ECH pool at College Grove 18 Main North East Rd Walkerville. We are still waiting to hear from the other venues.

I need to tell you how fortunate we are to have our Community and Membership Officer. Helen entered us in a Kwik Kopy competition and we won a \$3000.00 voucher for use with their services. We have arranged for four large banners to be made which will be on display at our AGM and the Committee is discussing other items to be made. **AND** Helen applied for a State Government Grant on our behalf and was successful in receiving funding of \$8916.00 through Grants SA and the Minister for Human Services Michelle Lensink. This Grant is to be used to provide community information sessions delivering "Living Well After Polio". These sessions will start once the border restrictions are lifted. Stay tuned here for this information. **AND** Helen arranged our Polio SA Medical Alert cards to be printed and mailed out to members.

Isn't it great reading the polio stories from our members!!!!!! Full of courage, strength, endeavor and humor. Please share your story via the Newsletter.

Brett's involvement with Polio SA appeared in the August edition of The Senior. Vale Brett!  
**And a reminder that World Polio Day is on October 24.**



**Peter Wierenga (Acting President)**

# Annual General Meeting

All members are warmly invited to attend this year's

Polio SA Annual General Meeting

**When:** 1pm, Sunday 27th September 2020

**Location:** Thebarton Community Centre

Cnr South Rd & Ashwin Parade, Torrensville South SA 5031

Guest Speakers Dr Quadros and Technology for Ageing and Disability SA Inc.

## COMMITTEE NOMINATION FORM

POLIO S.A. Inc. ANNUAL GENERAL MEETING September 2020

This form is to be sent to: The SECRETARY, Polio SA, 302 South Rd Hilton SA 5033

I (Members Name) .....

Hereby Nominate: .....

*If you nominate another person then that person must also sign to acknowledge and agree to the nomination.*

President	<input type="checkbox"/>	Vice President	<input type="checkbox"/>
Secretary	<input type="checkbox"/>	Treasurer	<input type="checkbox"/>

Committee Member (8 max.)

Signed ..... Date ..... / ..... /2020



Nominations for Committee positions must be lodged with the Secretary not later than 1<sup>st</sup> August!

**Please consider nominating for a position on the Committee (extended lodgement till 20th September 2020. )**

# Polio's permanent reminders

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The late effects of a disease that ravaged Australia are still felt, but little understood, write **Dr Nigel Quadros** and **Michael Jackson**.

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• School-aged boys await their polio vaccinations

Polio is no longer a challenge in Australia, yet its ageing survivors have a different perception of the disease than do others untouched by the disease. Polio survivors report a range of symptoms that are related to late effects of polio (LEoP) in addition to secondary, age-related, health comorbidities. The significant health barriers faced by ageing Australian polio survivors are the result of LEoP symptoms and those of its subset post-polio syndrome (PPS) – and, most importantly, a health care system in which health professionals do not recognise the conditions and their needs. LEoP manifests decades after an initial polio virus infection, in some who developed acute and residual paralysis, as well as in some who had the nonparalytic form of poliomyelitis (1). The most common symptoms, variable both within and between individuals, include (2):

*New and worsening weakness.  
Central and peripheral fatigue  
Myalgia.  
Sleep difficulty.  
Cold intolerance.*

Australia was declared polio free by the World Health Organization in 2000; hence, many younger health professionals have little or no experience in management of acute poliomyelitis and its long-term effects. This creates an education void between the ageing polio survivors who are well educated on their condition, and the health professionals with little or no experience in managing

their impairments. Yet many Australian medical professionals, whether aware of it or not, have likely treated a local polio survivor. The community antipathy experienced by polio survivors during childhood is not forgotten and has consequences: some are reluctant to share their history of polio, others deny that their childhood condition is returning to challenge their function again, and others do not realise they had polio at all. The barriers faced by polio survivors when interacting with the medical profession include their doctors' lack of experience of their condition, the attribution of their symptoms to other causes, or in some cases, a denial of the existence of LEoP. In early 2020, Polio Australia conducted a nationwide survey of polio survivors. Of the 734 respondents, 133 were South Australian. Among the SA cohort: *69% of those who experienced LEoP had problems when discussing health care needs with their doctors. 81% respondents were aged 70 - 89 years. 52% were male. 67% live in a metropolitan area. 68% report one or no other chronic health condition. 32% would like to join a support group.*

Three in five respondents felt their

general practitioner (GP) had sufficient knowledge of LEoP, while only one in four felt that the GP was willing to learn about it. Almost 50% of those surveyed expressed low confidence in the ability of new GPs, new specialists including anaesthetists, and new allied health professionals to manage LEoP. Polio Australia has provided free professional education workshops to more than 1,300 health professionals across Australia to reduce these education barriers.

## GP'S MANAGEMENT OF SURVIVORS

Elderly polio survivors present with a constellation of symptoms due to impairment caused by LEoP as well as secondary health conditions; the delineation between the two is difficult.

## Addressing major symptoms of LEoP

The most common symptoms of LEoP are fatigue, increased or new muscle weakness, muscle and joint pain, and new difficulties in activity of daily living (3). **Fatigue** has multiple aetiologies and prior to being attributed mainly to LEoP, other medical conditions necessary to exclude include hypothyroidism, anaemia, cardiac disease, diabetes mellitus, chronic infections, renal and liver disease, sleep apnoea, depression, anxiety and stress (4)

# PERMANENT REMINDERS.... *other causes of new weakness must be excluded*

CONTINUED FROM PREVIOUS PAGE

**Weakness** in LEOp is mainly attributed to motor neuron dysfunction, but other causes of new weakness must be excluded: inflammatory demyelinating disease, multiple sclerosis, Parkinson's disease, cerebrovascular disease, myasthenia gravis, amyotrophic lateral sclerosis etc. Muscle weakness is asymmetrical in pattern, and involves polio affected and unaffected muscles. Clinical signs include fasciculations, muscle cramps, and atrophy. Biochemically elevated serum creatinine kinase may be noted (5).

**Pain** manifests as muscle pain – described as deep and aching or superficial and burning – and overuse pain caused by improper body biomechanics leading to soft tissue, muscle, tendon, ligaments, and bursa injuries. Assessment involves other conditions that could be producing pain such as degenerative disc and joint disease, radiculopathies, spondylolisthesis, scoliosis, spinal canal stenosis, fibromyalgia etc. (6).

## GP knowledge and understanding

**Exercise** - general recommendations are low resistance, high repetitions, and frequent rest periods of sufficient duration to allow recovery from muscle fatigue (7). **Falls** - ageing polio survivors are at an increased risk of falls compared to the general population due to problems maintaining balance, weakness in knee extension and a fear of falling (8). Osteopenia and osteoporosis are common in affected limbs, thereby increasing the risk of fragility fractures (9).

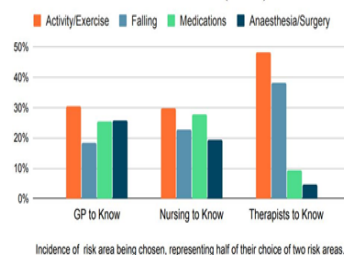
**Medications** - commonly prescribed medications such as statins, beta blockers,

CNS depressants, benzodiazepines, local anaesthetics, and muscle relaxants may worsen fatigue and weakness; their usage requires careful evaluation of risk versus benefits. In some instances, dose reduction is necessary (10).

## Anaesthesia and surgery

Special anaesthetic considerations are needed when treating patients with history of poliomyelitis due to increased likelihood of altered respiratory function, chronic pain syndromes, cold intolerance, aspiration, and altered sensitivity to anaesthetic agents (induction agents, inhaled anaesthetics, neuromuscular agents, opioids and regional and

Polio Survivor Expectations of Professional Knowledge on LEOp/PPS Risk Areas (n=666)



Incidence of risk area being chosen, representing half of their choice of two risk areas.

general anaesthesia medications). A discussion with the anaesthesiologist is advisable to provide safe care (11).

In 2020 the RACGP endorsed a LEOp information brochure, and more information is available at [www. poliohealth.org.au](http://www.poliohealth.org.au)

A GP education module on LEOp is in development, and a LEOp pathway has been requested of HealthPathways South Australia.

## Establishing a GP management plan

Key components of a plan for GP care would include:

Discussing with the patient - healthy lifestyle with exercise, weight loss and stress management. fatigue and activity activity

strategies. effective pain management lower falls risk. treatment options for secondary medical/surgical conditions including anaesthetic use. Referring to skilled allied health professionals, rehabilitation medicine physicians, neurologists, respiratory physicians as individual patients need. Directing to PolioSA ([www.poliosa.org.au](http://www.poliosa.org.au)) for local support, and to Polio Australia ([www.polioaustralia.org.au](http://www.polioaustralia.org.au)) for polio resources.

A thorough understanding of LEOp is necessary to treat ageing polio survivors.

The GP plays a pivotal role in managing these patients and can promote their health and wellbeing by being aware of the condition and seeking advice from skilled health professionals with a special interest in this condition. The reference list is available at: <https://www.poliohealth.org.au/ama-sarefs/>

**Dr Nigel Quadros** is Senior Consultant Rehabilitation Medicine at the Queen Elizabeth Hospital and Hampstead Rehabilitation Centre.

**Michael Jackson** is Clinical Health Educator for Polio Australia. Co-author **Brett Howard** (now deceased) was President of PolioSA and Vice-President of Polio Australia.

Thanks to MedicSA for permission to include the article in this edition of our newsletter. Link to the online edition of MedicSA below.

<https://sa.ama.com.au/medicsa-magazine>

# I fell down the stairs and landed head-first into a bucket

*Hi, my name is Andrew Kyprianou, well — part of my name — and this is my polio story*

Having an Irish Catholic Mother and Cypriot Father means adding a few more, Baptize, Confirmation, Father's name and of course Family name... no Kyprianou is not the family name — but that's another tale to tell. However as a kid I was called Kipper which now days has become Kyp.

So Polio and I or is it Me and Polio??? were first introduced to each other in the London

Underground in 1942 or there abouts, however, because of whatever it was not really obvious to my Irish relatives (Dad was off fighting some war or other until one day when I was two or so and fell down a long stair case and landed head first into a bucket that's when they thought maybe he should be walking or tottering a bit !

So yep, it was discovered that the right side of my body was not really working as well as a bonny Greek Cypriot Irish Cockney laddie should and I got diagnosed with my mate Polio. It was called Infantile Paralysis — a much posher name!

Mainly my right leg was not pulling its weight and slacking off, leaving my left side very tired and fed up. That was the start of a very long relationship with hospitals, moving muscles around, putting irons on boots to be continuously broken and eventually stopping my left leg from growing, which it was not very happy with!

The downside of this is no real education, however Mum undaunted decided as the "first born" son I, Kipper, should become a priest and off I was dispatched to the Salesians abroad in THE NORTH TO A PLACE CALLED MANCHESTER, onto a village called Pott Shrigley to be ..well first as a



priest.....then, nah that won't work ....Hmmm a Brother!! well not really a brother more a Lay Brother, yes that was the answer a Lay Brother... didn't go down well with Mum!!!!!!

And as it was Catholic nothing to do with Dad. So, school in the morning, geography, Italian, a bit of maths and book binding and printing because? Well they were going to send me to Italy to become a

printer, trouble was I could not read or write ENGLISH! Let alone Italian, well sort of up to age 7'ish... so by the time I got to 14 and had done a few years as a kitchen boy and farm hand, it was decided that my future lay outside of Pott Shrigley into the wide world as I obviously had an Intellectual Disability!

Which was good, because the Seminary

was on top of the Pennines and freezing during winter — the rule was no boy was to be allowed to wear long pants until he was 16, so I endured the most terrible frost boils the size of pennies on my leg due to lack of circulation. Which was good because it trained me to bear pain in case I was ever caught by Communists and tortured!

So off at 14 to work, my Dad being Greek Cypriot had a fish shop, and I helped there, but got a great job as a messenger boy for 20<sup>th</sup> Century Fox in Soho! Another tale to tell, later maybe!

Any how, a number of jobs later cause ..... after the war plenty of work for youngsters even with disabilities, a new friend asked me to join a drama group as they need men to carry spears and what not, plus there were all these "birds" all wanting to get on the stage!!

Anyhow I moved on to a more serious group soon after as the girls were not keen on an illiterate hop

# Kyp's wonderful journey ended up in Oz

*(continued from previous page)*

-a-long and became a founding member of the REACTORS!

I was taken under the wings of Jean a highly respected actress who was a refugee from South Africa, and we were trained 2 to 3 times a week in Stanislavsky Method acting which encouraged me to apply to RADA ..alas the requirements in those days was to cold read a script, to dance including tap, juggle and fence... when I explained that would be difficult because my mate Polio wouldn't have a bar of it and it had also made friends with Meningitis when I was 6 or 7, leaving me with no real balance and tune deaf to beat and music ...ah !!

So, the punch line .... they RADA, informed me that  
"THEY REALLY WANTED ACTORS THAT CAN LIMP

*RATHER THAN ONES THAT DO LIMP!"* sad eh. I did cover for Bob Hoskins who was snatched up for the Royal.... another time!!!! So in-between all this I ended up here in Australia married, with a social work degree and specialised in trauma, plus other dramatic areas of self-employed work. I was for a number of years the State and National President of Disabled Peoples International, a lobby and advocacy group... and the longest serving member of the S.A Parole Board under Ms Nelson over 30 years... another story me thinks ...if you want !! might even let you see some photos from my hobby, photography!

**Many Thanks Kyp for your story  
and for sharing with us.**



Our members love to hear other survivor's stories - whether you contracted polio in Australia or overseas. If you want to share your story please contact us at:

✉ [poliosa.office@gmail.com](mailto:poliosa.office@gmail.com)

📍 The editor, Polio SA, 302 South Road, Hilton SA 5033

# How are we coping?

## Whom do you call?

Polio Australia, Polio SA , Post Polio Victoria , Mornington Peninsula Post Polio Support Group, and other key people collaborated to see what support there is: Here is the list

- **National COVID-19 Older Persons**

**Information Line:** according to the *My Aged Care* website, this line is for people who are feeling lonely or worried and looking for support and advice 1800 171 866 – Monday to Friday, 8.30am-6.00pm Help with groceries and meals. A short-term service for the COVID-19 period.

- If you're already on a home care package and this service isn't part of your usual care, you can call your provider to enquire, or call *My Aged Care* on 1800 200 422. If you're registered with *My Aged Care* (even if you don't use any services) you can use your ID number for priority online shopping. If you don't know how to do this, or need more than just online shopping, call *My Aged Care* on 1800 200 422..

- **Friend Line:** if looking for connection and just someone to chat to, call *Friend Line* on 1800 424 287. Please note it's not a crisis support line – just a chat for company, 6pm –8pm, Tuesday to Thursday or 2pm – 5pm, Saturday & Sunday.



- **Be Connected:** help connecting with others online, and using the internet safely. Ironically, they share information via webinars – but call on 1300 795 897 to get started.
  - **Older Persons Advocacy Network:** [Opan.com.au](http://Opan.com.au) If people don't feel they are being treated fairly, they can contact the *Older Persons Advocacy Network* on 1800 700 600
  - **Counselling and Crisis Support:** finally, there are phone counselling services such as *Lifeline* (13 11 14) and *Beyond Blue* (1300 224 636) for those who need to speak to someone about their experiences.
  - Polio Australia does not have the capacity to provide individual support, but is happy to continue the conversation to discuss ideas or any other relevant information. We can then share this with the other state networks for their information.
- Stephanie Cantrill Polio Australia .**

# Polio SA Inc

The Post-Polio Support Group  
302 South Rd  
Hilton SA 5033



## Subscription Renewal Form (due on July 1<sup>st</sup> for 2020/21 membership)

### Annual Subscription

\$20 Individual Member

\$25 Member and Carer

\$25 Organisation

ORGANISATION (if applicable): .....

SURNAME (Dr / Mr / Mrs / Ms / Miss) .....

GIVEN NAME: .....

ADDRESS: .....

.....

POSTCODE ..... EMAIL.....

PHONE No. .... MOBILE No.....

Please sign below to meet Government Privacy Act Requirement

I consent to Polio SA Inc. retaining the above details until I cease to be a member of this group

Signature Required .....

### Methods to Pay Subscriptions

Personal cheque made out to Polio SA Inc. to accompany this form.

Postal order made out to Polio SA Inc. to accompany this form.

Bank Transfer at your local branch or on the internet (subscription form must still be returned)

BSB Number: 105-084

Account Number: 326443840

Description: Polio SA + Surname

(Sorry plastic no longer accepted)

(No receipt will be issued unless requested

I have enclosed a subscription of \$.....

and self stamped addressed envelope enclosed.)

I have enclosed a donation of \$.....

**Post this form to: Polio SA , 302 South Rd, HILTON SA 5033**



## Notice Board

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### Update from Polio Australia

There is a series of zoom webinars online information sessions coming up. Here is the link to see if anyone would like to participate.

<https://www.polioaustralia.org.au/community-information-sessions/>

If you have missed any the videos can be viewed at

<https://www.youtube.com/user/PolioAustraliaInc/>

We are also in the process of getting information copies to send to members who do not use Zoom or would prefer to read information not online.

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## Polio SA AGM

We have confirmed that Dr Quadros will be a guest speaker. Dr Nigel is Director of Rehabilitation Services at the Queen Elizabeth Hospital (see page 10)

Also we will have a demonstration from **TADSA** — Technology for Ageing and Disability South Australia

Example projects include modifications to walkers, scooters and wheelchairs, remote control systems to manage home environments, modifications to communication devices and modifications to home and work furniture.

[www.tadsa.org.au](http://www.tadsa.org.au) for more information

## World Polio Day October 24th 2020

If you have any ideas on how to commemorate the day please get in touch. It has been a tough year for all especially not being able to catch up due to the coronavirus restrictions.

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**Polio SA Membership subscriptions are overdue**  
**Thankyou to all who have paid already.**  
**Please see previous page for subscription form.**  
**Thankyou for your ongoing support.**

## Humour

### Room For Thought

- Bill Gates knows everything about viruses. He's been dealing with them since Windows 95!
- What is the best day to go to the beach? **Sunday**, of course!
- What does the world's top dentist get? A little plaque.
- I'm pleased to be getting a beer belly. I've always wanted a father figure!



- What bow can't be tied? A rainbow!
- I got my husband a fridge for his birthday. His face lit up when he opened it.
- A man walks into a library and orders a hamburger. The librarian says, "This is a library." The man apologizes and whispers, "I'd like a hamburger, please."
- A sign at a music shop : Gone Chopin. Bach in a minuet
- Pandemic! I overslept this morning and was late getting to the living room.
- Pandemic! I wanted to do panic buying but checked my bank account and could only panic.
- If you keep a glass of wine in both hands, you can't touch your face.
- Self-isolation! It's hard for the first five years. Then you get used to it — Robinson Crusoe.


## Newsletter contributions

### Do you have a story to share?

Write a letter to the editor.

Articles can be sent to us via email or post.

 [poliosa.office@gmail.com](mailto:poliosa.office@gmail.com)

 To the editor, Polio SA, 302 South Road, Hilton SA 5033

Articles for the next issue are due to the editor by 30th August 2020

### Polio SA Inc office

We love hearing from our members. Whether you have post-polio symptoms or if you require information, call us on:

 **0466 893 402**

Please keep in mind that our office hours are currently unpredictable. If you wish to visit our office, please telephone ahead. Our office phone is redirected to a committee member.



### Dr Nigel Quadros

Queen Elizabeth Hospital  
Level 8b, Woodville Road  
Woodville SA 5011  
Phone: 8222 7322

[nigel.quadros@health.sa.gov.au](mailto:nigel.quadros@health.sa.gov.au)

Dr Nigel is Director of Rehabilitation Services at the Queen Elizabeth Hospital and St Margaret's Rehabilitation Hospital and also a Senior Clinical Lecturer at the University of Adelaide Healthcare. He is a Fellow of the AFRM (RACP). His areas of interest include stroke and general neurological rehabilitation, amputee rehabilitation, pain management, management of post-polio syndrome, and Continuing Professional Development.

A referral from your local GP is required for appointments. Dr Quadros can arrange assessment by their physiotherapist and orthotic department and any tests as required. If you have any specific questions you can email him directly.

**When visiting Dr Nigel, take the lift to the 8th floor in the main building and follow the signage for 8b.**

# Member Services

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If you are interested in any of our services ring office 0466 893 402 and ask for vouchers. There is a limit of 4 vouchers per person with a maximum vale of \$40 per voucher. Remember you must be a paid up member to receive vouchers.

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## City

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### PhysioXtra

115-117 Pirie Street,  
Adelaide SA 5000  
Phone: (08) 7221 9110

## Eastern suburbs and Hills

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### TOORAK GARDENS

#### The Physio Clinic

Godfree House,  
2 Moore St, Toorak  
Gardens SA 5065  
Phone: (08) 8342 1233

### NORWOOD

#### PhysioXtra

Suite 1/39 Clarke Street,  
Norwood SA 5067  
Phone: (08) 7221 9289

#### PhysioXtra

110 Magill Road,  
Norwood SA 5067  
Phone: (08) 8331 7586

### NAIRNE

#### John Kirkwood Polio Practitioner

19 Federation Way,  
Nairne SA 5252  
Phone: 0410 779 159

## Northern suburbs

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### ELIZABETH

Richard Barker Physio  
2 Burgate St  
Elizabeth Grove SA 5112  
& 3 Tolmer Rd Elizabeth  
Park Phone:0438826517  
(state from Polio SA when  
booking)

### ROYSTON PARK

#### Magic Hands Massage Centre – Carrol Morgan

Sports & Remedial Mas-  
sage, Reiki, Aromatherapy,  
Foot Reflexology, Neu-  
ralign

254 Payneham Road,  
Royston Park SA 5070  
Mobile: 0409 097 080  
Phone: (08) 8390 1206

### GOLDEN GROVE

#### Golden Grove Family Health – Diane Preston Massage Therapist

205 The Golden Way,  
Golden Grove SA 5125  
Phone: (08) 8289 1222  
Fax: (08) 8289 1255

### NORTH EASTERN SUBURBS

#### Mobile Massage

This can only be done on  
certain days and takes  
around 3-4 clients a day.

Preference given to house  
bound and the more handi-  
capped person.

Arrangements to be made  
with Reeva Brice  
Phone: (08) 7423 7162  
Mobile: 0412 866 096

### PARALOWIE

#### Wax on wax off by Gen

10 Airdrie Ave  
Parafield Gardens SA  
5107  
Phone: 0430 867 248

## Southern suburbs

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### HALLETT COVE

#### PhysioXtra

1/1 Zwerner Drive,  
Hallett Cove SA 5158  
Phone: (08) 8387 2155

### MARION

#### PhysioXtra

724 Marion Road,  
Marion SA 5043  
Phone: (08) 8357 4988

### MORPHETT VALE

#### Hands on Health Massage – Jimmy Kucera

Shop 7, 20 Taylors Ave,  
Morphett Vale SA 5162  
Phone: (08) 8325 3377  
Plenty of car parking.  
Flexible times.

### REYNELLA

#### South Side Health Care

Noarlunga Aquatic  
Centre Complex,  
Reynella SA 5161  
Phone: (08) 8382 2255

### UNLEY

#### Unley Medical Centre Unley Physiotherapy

160 Unley Road,  
Unley SA 5061  
Phone: (08) 8373 2132  
Car parking off Mary Street  
is accessible. Facilities  
include a disabled toilet  
and wheelchair access.

## Western suburbs

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### HENLEY BEACH

#### Massage Therapist, Pilates & Physiotherapy

506 Henley Beach Road  
Fulham SA 5024  
Phone: (08) 8356 1000

### SEMAPHORE

#### Bruce Harrison

100 Semaphore Road  
Semaphore SA 5019  
Mobile: 0402 337 382  
bruce\_harrison@aapt.net.au

### WOODVILLE SOUTH

#### The Physio Clinic

2/95 Findon Road  
Woodville South SA 5011  
Phone: (08) 8342 1233

## Outer metro

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### GAWLER

#### Physio-Wise

Phone: (08) 8522 6611  
Australian Physiotherapy  
Association Member

### LYNDOCH

#### Physio-Wise

Phone: (08) 8524 5094  
Australian Physiotherapy  
Association Member

## Regional

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### PORT ELLIOT

#### PhysioXtra

39 North Terrace,  
Port Elliot SA 5212  
Phone: (08) 8554 2530

### STREAKY BAY

#### Tahlia Gosling

Remedial Massage  
19 Alfred Terrace,  
Streaky Bay SA 5680

## Change of address

If you have changed your address recently, please fill out the following and mail to the office at:

**Secretary  
Polio SA  
302 South Road, Hilton SA 5033**

Please supply your email address if you would like to join our database and receive email newsletters in future.

## Old details

Name \_\_\_\_\_

Street \_\_\_\_\_

Suburb/Town \_\_\_\_\_

Postcode \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_

Name \_\_\_\_\_

Street \_\_\_\_\_

Suburb/Town \_\_\_\_\_

Postcode \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_

## New details



If unclaimed, please return to:

**Secretary  
Polio SA  
302 South Road,  
Hilton SA 5033**

AFFIX  
STAMP  
HERE

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## Please send all mail to:

**Secretary  
Polio SA  
302 South Road,  
Hilton SA 5033**