



Vineyard
MEDICAL CENTRE
Your health is in our hands

Patient Newsletter

www.vineyardmedicalcentre.com.au

2-6 Sussex Court,
Sunbury, 3429.

Ph: 9216 5600

Fax: 9216 5699



Merry Christmas

From all of us here at VMC we want to thank you for your ongoing support this year and making our work a pleasure. We hope that you all enjoy the break and take time for yourselves.

We wish you the most magical and joyful Christmas and a very happy New Years.

Welcome Holly

A big warm welcome to our newest member of our Nurse team Holly.

Holly has a background in medical and will be a great tribute to the team. We can't wait to see the work that she will do.

Welcome Maddison

Please welcome our newest member of the admin team Maddison.

Maddison has a background in medical and will be a great addition to our team. We're very excited for her to join us.

Christmas Doors

The elves have been working hard behind the scenes and completing tasks you've never seen. Come on down to VMC and check out these magnificent doors, all so different and cheerful.

When you have walked around to see all our amazing doors, come to the front desk and vote for who you think is best!

Fee update for Osteo

As of the 1st of January, Rosie's Osteo fee's will be increasing. Please see below the updated fees.

Initial consult: Private \$125.00

Initial consult: Concession \$115

Review consult: Private \$98.00

Review consult: Concession: \$88.00

EPC new consultation: \$125.00

EPC review consultation: \$98.00

Any questions please call to speak to our lovely team.

Christmas Opening Hours

6.12 Friday	7am - 4pm
19.12 Thursday	closed 12-2pm
24.12 Christmas Eve	7am - 1pm
25.12 Christmas Day	closed
26.12 Boxing Day	closed
27.12 Friday	7am - 6pm
28.12 Saturday	8.30am - 1pm
30.12 Monday	7am - 6pm
31.12 New Year's Eve	7am - 1pm
1.01 New Year's Day	closed
2.01 Thursday	7am - 6pm

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STAFF PROFILE

Christine Jones – Clinical Exercise

2025 PHYSIOTHERAPY GROUP EXERCISE: MAT, CHAIR & SMALL EQUIPMENT

Australian Physiotherapy and Pilates Institute (APPI) exercises are specifically designed by physiotherapist for the rehabilitation setting. APPI exercises engage central strength or core stability, enhance movement control and flow, with the potential to reduce pain and dysfunction. Movements are inspired from exercises developed by Joseph Pilates, yet effectively modifies based on research and evidence for physiotherapy.

Mat sessions consist of standing, sitting or floor-based exercises using the body's own resistance or small equipment to improve body awareness, focus, breathing, posture, strength and flexibility. Sessions can be adapted to chair-based exercise utilising seated and standing exercise for patients with mobility issues.

THERAPEUTIC MOVEMENT & STRETCH

This class had been designed specifically to enhance mind-body connection, postural and breath awareness, balance, fascial stretching and functional movement integration for the rehabilitation setting.

Based upon the biopsychosocial model and implementing therapeutic Yoga postures, Tai Chi inspired movements, mindfulness with movement and meditation methods, it aims to more effectively integrate our physical, mental and emotional responses and abilities to assist in injury/condition management and healing/

Various sessions are offered: > Beginners to intermediate

- > Individual or Group exercise programs (Note: Physiotherapy small group: Health Fund Rebate Code **560**)
 - >
 - > **STEP 1: Book your Assessment (40 Minutes) – Private \$120/ Conc. \$110**
 - > Physiotherapy Assessment: Includes 'Clinical Exercise' assessment, introductory session and individualised exercises to practice before commencing the Group Programs.
 - >
 - > **STEP 2: Book your ongoing private sessions or join our popular Group Programs:**

8 WEEK PROGRAMS: 'CLINICAL EXERCISE'	Wednesday 29 th Jan – 2 nd April 30 th April – 11 th June	Friday 31 st Jan - 4 th April 2 nd May - 13 th June	COST
MAT BASED – BEGINNERS TO INTERMEDIATE (ANTE/POSTNATAL WELCOME)	9:15am – 9:55am	9:15am – 9:55am	<ul style="list-style-type: none"> • \$54/session • Conc. \$49 • WC/TAC Gap \$20
THERAPEUTIC MOVEMENT & STRETCH: Tai chi, yoga, Mindfulness based movements, stretch & meditation		2:15pm – 2:55pm	

