

HIGH LINE ACTIVE

MEN'S HEALTH PHYSIOTHERAPY

ASSISTING WITH YOUR MEN'S HEALTH JOURNEY
AND GETTING YOU BACK TO THE
LIFESTYLE YOU DESERVE



LEARN MORE ABOUT
TESTICULAR CANCER
MANAGEMENT



TESTICULAR CANCER MANAGEMENT

DIFFICULTIES WITH TESTICULAR CANCER

The most common side effects of cancer treatment affect our

- Musculoskeletal system
- Cardiovascular / Respiratory system

Physical activity and Physiotherapeutic activity can potentially counteract side effects of chemotherapy or hormonal therapy, such as:

- Fatigue
- Weight gain/loss
- Muscle atrophy
- Hot flashes, nausea, or increased susceptibility to infection.



HOW WE CAN MANAGE THIS

1. Having an initial consultation

- Musculoskeletal Screening
- Physical activity assessment including current fitness levels
- Understand your current symptoms and potential barriers to exercise
- Get to know you and your support team



2. Follow up Consultation

- Re-assess any significant findings from the initial assessment
- Follow up with a response to prescribed physical activity
- Symptom management as appropriate

3. Ongoing Strength and Conditioning

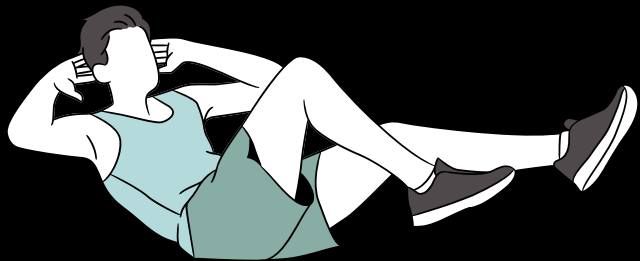
- We recommend having regular exercise with our accredited Strength and Conditioning Coach / Physio

TESTICULAR CANCER MANAGEMENT

BENEFITS OF PHYSIOTHERAPY

Key Benefits of Physiotherapy

- Treat functional complications of oncology treatment
- Any pain of musculoskeletal therapy
- Exercise Prescription
- Ongoing communications with your treatment team (i.e. Urologist)
- Help overcome barriers in advanced cancer cases



MANAGING PHYSICAL ACTIVITY

Regular physical activity can prevent depressive disorders and can improve mood, and self-esteem, and reduce anxiety and pain in patients.

Our goal is to prescribe and supervise the correct dose of exercise as this isn't a one-size-fits-all approach.

There's research supporting the positive effects of high-intensity exercise on fatigue, sleep and reduces mental health symptoms (Adams, et al. 2018)

As a level 1 Strength and Conditioning Coach, Dane has the tools to prescribe the correct physical activity recommendations appropriately

OUR DIFFERENCE

HERE AT HIGH LINE ACTIVE PHYSIOTHERAPY RICHMOND,
WE LOOK AFTER ALL OF OUR CLIENTS THE SAME.

IF YOU ARE AN ATHLETE, OFFICE WORKER, COACH, TEACHER, NURSE,
WHATEVER, YOU GET TREATED THE SAME

Our Men's Health difference isn't just about getting you symptom-free, it is about getting you back into the lifestyle you deserve.

Of course, we will have goals for our recovery from a musculoskeletal sense but we also like to promote what makes you, you

Dane will help guide you through your recovery and back into an improved quality of life.

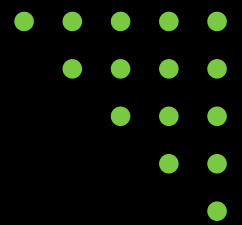
- Getting back on the Golf Course
- Committing to a Marathon
- Playing with your children
- Playing Social Basketball
- Lifting weights regularly at the gym



Recovery isn't easy, it'll take some hard work and these activities above may seem a long way away but when we get there it'll be the best Round of golf / Run / Gym session you've had.

Dane blends his Men's health skills with his musculoskeletal and strength and conditioning background to help you not only recover but get you in the best shape possible.

THE TEAM



DANE MONAGHAN

QUALIFICATIONS & SPECIAL TRAINING:

- Doctorate of Physiotherapy (Bond University)
- Bachelor of Exercise and Sport Science (Deakin).
- ASCA Strength and Conditioning Coach - Level 1
- Dry Needling (CPD health courses)
- Nutting out Men's Health (APA Course)
- Level 1 - Sports Physiotherapy (APA course)



Dane is a Musculoskeletal based physiotherapist who has a wealth of experience in the private practice field working with a variety of clients ranging from sporting athletes to desk workers and anything in between. He also applies his skills to the Men's Health setting where he can navigate you through what is thrown your way.

Dane will be able to educate and guide you through your Testicular Cancer journey assisting you and your partner (if applicable) through what can be a difficult time

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