

**This week's social media updates from:**




**Mosaic Myotherapy**  
★★★★★  
123 likes · 8 talking about this · 24 were here

**Mosaic Myotherapy**  
9 January · 🌐

Do you have low back pain, or know someone who does? In the past, treatment centered around rest. Nowadays we take a much more active and wholistic approach, looking not just your back but at other factors too, such as sleep, exercise and diet. While manual therapy has been found to be helpful, in the short term, activity is also vital too, as your #myotherapist will also explain.



**BACK PAIN** Low Back Pain

Check out our new website, <http://www.evanshealthlab.com/> Follow Dr. Mike for new videos! <http://twitter.com/docmikeevans>. Mike Evans is founder of the He...

YOUTUBE.COM

**Mosaic Myotherapy**  
8 January · 🌐

For our Mosaic Myotherapy patients who #climb, the following update from CliffCare Victoria contains important information about current bushfires affecting Victoria's #rockclimbing areas.

Importantly, if you plan to spend time in fire-prone areas over summer, whether it be #climbing, or some other activity, seriously consider downloading the CFA (Country Fire Authority)'s #FireReady App to make sure you have access to relevant and timely information. (<http://www.cfa.vic.gov.au/plan-prepare/fireready-app/>)



**Victorian Fires Jan 2015 affecting climbing areas**


There are currently fires in a number of areas that could impact climbing. At this stage there are fires in the Grampians, Black Range and Black Hill and...

CLIFFCARE.ORG.AU

**Mosaic Myotherapy**  
13 January · Edited · 🌐

At Mosaic Myotherapy we're taking the unprecedented step of sharing the RACGP's petition to government re the Medicare changes which are scheduled for introduction on Monday 19th January. These changes may mean an increase to current out-of-pocket charges (by approx \$20 for consults affected by the rebate changes) for patients who visit their GP and, in some locations, may spell the end of bulk-billing.

Access to affordable, timely, GP appointments is vital for all citizens in our community. Please help us support those patients who see us for assistance with musculoskeletal pain, by signing the RACGP's petition and voicing your opposition to the proposed cost increases. ... Likewise, please share widely.



**YOU AND YOUR GP HAVE BEEN TARGETED**

Stand up and show the Government that your health, that of your families, and a viable healthcare system matters most.

**The Hon. Sussan Ley: Quit targeting general practice and the health of all Australians**

From 19 January 2015, patient rebates from Medicare will be CUT by up to \$25, meaning patients will pay more. Both patients and GPs have been unfairly...

CHANGE.ORG

**Mosaic Myotherapy**  
15 January · 🌐

While we don't normally share political news stories, this one contains important news for patients and colleagues alike. The Medicare rebate cuts, due to commence on Monday, have been withdrawn.

On behalf of our patients who would have been severely disadvantaged by these changes, we would like to thank everyone who signed and/or shared the RACGP's petition in support of GP care in this country.



**Medicare rebate changes scrapped by government**

Health minister Sussan Ley says there had been 'some misunderstanding' about the proposed measures

THEGUARDIAN.COM | BY DANIEL HURST