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PHYSIOTHERAPY NEWS

Physio appointments at both Tavistock and Lamerton Physio clinics 7.30am to 7.30pm Monday to Friday.

Thinking of joining one of our Pilates, Yoga, Balance Stability or Joints Classes? (11 classes per week) 10 week courses and 'pay as you go' classes during holiday times.

What people have said about us:

- I have suffered with low back pain for the past 30 years and have been to see many different practitioners over the years, but finally decided this was my lot ... until I was recommended to go to Tavistock and Lamerton Physio Clinic. I was cautious about attending at first having suffered for so long, but with the **Physiotherapy treatment** and explanation of my problem, I gradually became aware of less and less back pain. I now attend the **Pilates classes which have been a revelation to me**. I feel fitter now than I have ever been before and can walk, ride and cycle for miles, which I have never been able to do before".
- "I had a fall last spring and damaged my knees badly and was in considerable pain. Tavistock and Lamerton Physio Clinic was recommended to me by a friend. I was initially treated with **Physiotherapy on a one to one basis**. Then I joined the **weekly half price acupuncture sessions**. These were very helpful, because not only was I benefiting from the acupuncture, but also hearing other peoples' stories was very therapeutic in such a friendly atmosphere. These sessions follow on from the **Tuesday Hip and Knee Joint Class** which has also greatly assisted my mobility. Thanks to the wonderful physiotherapists at the clinic I am now well on the road to recovery".
- "As a doctor I have a very busy, stressful work life. Doing **Yoga at Lamerton Physio Clinic** is a great way of toning my muscles, stretching out and relaxing my mind, allowing me to unwind, and have some time to myself, whilst keeping fit and flexible! Looking forward to the next set of classes".

Painful knees...Half Price Acupuncture

We have been running group acupuncture sessions over the past few months. An audit of these group sessions has shown that people with knee pain improved by an average of **41%** in their ability to walk, climb stairs and squat down with (on average) five sessions.

The pain relieving benefits of acupuncture are not limited to knees; backs, shoulders, ankles, wrists and even migraine headaches can all benefit. In the group acupuncture sessions, we can treat any part of the body that you don't mind being exposed! If you think acupuncture may help you, or you would like to discuss your case, please feel free to call the clinic for an appointment.



Learn to Massage your Own Horse Day

was held at EqWest Equine Vet Clinic / Lamerton Physio Clinic, with Jane Hyde (ACPAT Category A) and six students with three very relaxed horses at the end of an informative, practical and fun day.

Our **Runners Assessment Clinic** was well attended and benefited those who were able to come. Our thanks to Graham from Frank Elfords Sports Shop for his time and expertise in conjunction with James, one of our Sports Physios.

Nordic Walking and Pilates

Some of our Pilates group and their partners enjoyed learning a new skill of Nordic Walking with Jo West - Nordic walking instructor. An enhancement of normal walking, using poles, engaging over 90% of all the body's muscles.



With the correct pole technique taught by a qualified INWA Instructor, Nordic Walking can help:

- Strengthen core, back and abdominal muscles
- Release tension in the neck and shoulders
- Improve posture and gait
- Reduce impact on joints
- Aid weight loss
- Have fun!!

Continual Professional Development

As always Tavistock and Lamerton Physio's strive to keep up to date with the latest research and treatment techniques, with weekly Continuing Professional Development, some of the topics that we have covered in the last six months include:

- Acupuncture update, for low back pain, neck and shoulders (yes, we Physio's are the guinea pigs who have needles stuck in us too, so we know what it feels like 1st hand!!)
- Pilates new ideas for treatments and strengthening Core Stability
- GP Study Evening - Assessment of the Painful Shoulder
- Social Media (please can you 'Like' us on our Tavistock Physio facebook page to keep up with our latest courses and health care meetings)
- Functional Movement Screening for Athletes
- Sport and Exercise Medicine - Repair & Rehab for shoulder Rotator Cuff injuries
- Current research on the use of Orthotics

Recurring aches and pains?

When assessing **our patients we are now able to use Functional Movement Assessment Screening in combination with our existing skills**. This is looking at the way you move, even before an injury occurs, allowing the Physio to see areas of the body that may be tight, weak or not functioning optimally, which then go on to contribute to those niggly recurring aches and pains.

Early detection of musculoskeletal problems, gives us a greater advantage in reducing injuries during extra stressful times or activities, ie we often hear: "I only bent down to put my clothes in the washing machine, when my back 'went'. The chances are that this problem was coming on for a while, our bodies are so good at compensating and letting us get on with our normal life. Unmanaged movement asymmetries force the body to compensate giving rise to pain and dysfunction. Quite often this movement compensation / pain will be secondary to the actual problem. Left untreated gives rise to a much more complicated pain picture!

