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PHYSIOTHERAPY NEWS

Throughout the year, as a team at Tavistock and Lamerton Physio Clinics, we run courses to further our knowledge and keep up to date with current research. Aiming to give you the best possible treatments.

This winter we have run: A national 80 hour **Acupuncture course** for Physio's. Talks and discussion evenings with some of our local GP's, presented by **Plymouth Orthopaedic and Sports Injuries** Consultant Surgeons, Andy Murphy, Patrick Loxdale, Charles Gozzard and James Metcalf. They spoke about their specialist subjects; Shoulders, feet and ankles, wrists and hips. This enhances our **team approach to your clinical problems**, as with a clear understanding of what treatments they can offer we know when and to whom we should refer, should the need arise.

Another course that we are currently studying is called '**Anatomy Trains**'. It provides us with a theoretical road map to the whole body with its muscular and myofascial linkages. It groups muscles into movement patterns, which then enables us, as Physio's to look at the body as a whole, and help resolve complex and longstanding pain, postural and movement patterns. We can appreciate how the body incorporates the Anatomy Train Lines to create easy and graceful movement – provided each Train line (which can be along the front,



the back, the side or spiraling around our bodies) is in some form of balance and harmony with the other muscular train lines. Imbalances, weakness or restrictions in one or more lines, can and often does, cause many knock on effects, including mobility difficulties, and recurrent pain.

Bike Fit: Jane Hyde and James Mussett are running 'clinics' where you are able to bring your bike or bikes along to have it adjusted to fit your anatomy. We then do a **functional movement screening** test on you where we check for muscle imbalances which, if addressed, may improve your overall cycling position and enjoyment of your sport. We even have a cytech trained bike mechanic there to assess your bike and make any alteration you may require or service your bike.

Runners assessments: We are able to do the same **functional movement screening** for postural imbalances as well as **analysing your gait on a treadmill**. Our Physiotherapist, Vasileios Lepesis, who is also a **qualified Podiatrist** does the assessment and is able to give you advice re your foot wear and can fit you with orthotics if required, plus provide you with a personal exercise programme. We aim to make your running pain free and enjoyable and hopefully prevent other joint problems from occurring.

Balance and mobility problems? Our weekly class for **hip, knee and balance exercises** could be just what you are looking for. People have found that they feel stronger, fitter and more confident when walking (and enjoy the social aspect, as we usually stop for a cup of coffee at the end of our session!).

Esther Fox is one of our Physiotherapists. She is in the final stages of writing up her PhD. She has been researching Physiotherapy exercise for improving balance and walking for people with Multiple Sclerosis (MS). Over the last three years, Esther and other researchers at Plymouth University have been running a clinical trial to investigate the effectiveness of different types of exercises. This trial was performed across 7 hospitals and MS centres in the UK and recruited 100 people with MS to participate in Physiotherapy exercises. The results indicated that 12 weeks of weekly Physiotherapy exercises can significantly improve balance and walking for people with MS. The full details of the study can be accessed on line http://www.mstrust.org.uk/professionals/information/wayahead/articles/18012014_03.jsp

For more information about Neurological Physiotherapy at Tavistock and Lamerton please contact Esther Fox 01822 617722



Julia Sampson – You may have already met me at the clinic or spoken with me on the telephone. My first experience of Tavistock Physiotherapy Clinics was as a new patient in September 2013, so I have first hand experience of the type of help and relief from pain that physiotherapy can offer. I joined the Physiotherapy team at the end of last year, taking over from Helen who has moved to a management position at Langford Veterinary School, Bristol. My work is to be the administration support for Jane and her team of physios. Day to day is very varied from making appointments, emailing, organizing Pilates Classes, dealing with financial responsibilities to advertising. But by far the most rewarding is talking to you, the patient, either on the 'phone or preferably in person. Jane, the Physio team and I are here to help you, whether it is with an appointment, to treat that overworked back or pulled muscles, or to help with general fitness at our Pilates Classes. Let us know your thoughts or comments by visiting our Facebook page or emailing us at info@tavistockphysio.co.uk.