

# Physio Plus Newsletter



## What's interested us this month?

- *Football World Cup!*
- *Andy Murrays comeback at Queens*
- *Great Exhibition of the North*
- *The best knee control we've ever seen!*
- *Park Run & Royal College of GP's initiative*

Its been 6 months since our last newsletter and as well as trying to keep you all pain free, the team have been busy building their knowledge and skills outside of the clinic too.

We have seen a few personnel changes over the past few months so thought it was a good opportunity to let you know what we have been up to in and out of the clinic.

As always if you have anything you'd like to share in the newsletter or on Facebook please let us know, we really are interested in your endeavors and always like to support you in them!

## Not MORE GDPR?!!!!!!!!!!

As I'm sure you are aware data protection rules have changed. This means we have a new privacy policy which if you have been in the clinic recently you will have been asked to read and sign.

It also means that we need your approval to send you any future newsletters. Don't worry you won't be bombarded as we only manage to send out 2 a year!

If you would like to continue to receive our newsletter and promotional offers then please reply to this email stating OPT IN.



If you have any questions about the policy or the newsletter please don't hesitate to contact us on 01912812021 or email [info@physioplusclinic.co.uk](mailto:info@physioplusclinic.co.uk)

## Physio Plus – Physiotherapy Team



### Helen Reed (aka The Big Boss)

As well as being snowed under with patients and policy writing for the dreaded GDPR deadlines, Helen has attended a number of courses over the past 6 months. As our resident 'shoulder expert' she attended a course run by both Jo Gibson (Specialist shoulder physiotherapist) and Nick Grantham (Accredited and founding member of the UK S&C Association), which looked at an integrated approach to shoulder rehab and reconditioning.

### Cathryn Clark

If you've been treated by Cathryn you'll know that as well as being one of our senior physios she is highly involved with the Northumberland RFU. This has seen Cathryn going to Twickenham last month to attend and present at the England Rugby Safe Conference. She is also an Educator for the RFU delivering Emergency First Aid in Rugby Union courses and provides training to pitch side Physios & Sports Therapists in the north east.



### Olivia Lees

Olivia has been with us since 2014 and currently works part-time at the RVI working closely with the Orthopedic surgeons and covering fracture clinic. Olivia is also a clinical educator of physiotherapy students and has recently been involved in teaching medical students on back pain and pain management.

### Frances Cerisola

Frances has attended a number of high profile events in the region over the past few months including evening seminars on tennis elbow and the North East Musculoskeletal Society Conference which included lower limb tendinopathy, hip pain and wrist pain. Most recently she has been fortunate enough to attend a course run by renowned shoulder specialist Jo Gibson on the sporting shoulder.



### Sarah Buckton

Sarah works at the clinic part time and works in the NHS as a lower limb clinical specialist working alongside some of the regions top surgeons. She is busy preparing a lecture about ACL pre and post Operative Rehabilitation that she is presenting at the Newcastle surgical Training Centre in October.

For more in depth biographies of our Physio Team go to our website [www.physioplusclinic.co.uk](http://www.physioplusclinic.co.uk)  
If you would like to book in with any of our Physiotherapists contact us on 0191281201 or email [info@physioplusclinic.co.uk](mailto:info@physioplusclinic.co.uk)

## Physio Plus – Sports Massage Team



### Kate Disley (aka the Nice Boss)

Kate has attended a number of courses this year focusing on her interest of movement based therapy.

In February she attended a functional therapeutic movement course focusing on lower back pain and most recently took a trip to Liverpool to attend the Rockblade Instrument Assisted Soft Tissue Mobilisation course.

### Jonny Connop

As always Jonny has been quietly and understatedly training for an amazing cycle challenge which he undertook at the end of June. He travelled down to Wales to undertake the challenge previously known as 'the monster' which saw him undertake 300k and climbing 6500m! And he still managed to treat a full list of patients the next day...he's our hero!



### Dawn Ridgway

Dawn has been as busy as always both in and away from the clinic. Dawn is a regular volunteer at the Whitley Bay Park Run which is held every Sunday morning, most recently the event attracted over 270 between 4 and 14 yrs old including both of her daughters.

They clearly get their running prowess from their mother as Dawn has taken part in a number of local 10ks this year and last month achieved her PB goal of sub 50 minutes at the Clive Cookson 10K.

### Martin Williams

Although the newest member of the team Martin brings a wealth of experience to the team. He has been on a number of courses this year.

In March he was fortunate enough to attend a Kinesiology taping course 'Taping for the Athlete' run by John Gibbons a highly respected soft tissue expert.

As well as all of this he's also found time to jet off to top up his enviable tan in Ibiza.



### Jack Gilmore

For the past 6 months Jack has been working at Sunderland Football Club offering sessional medical cover. This has meant he has changed his hours to working in clinic on a Wednesday night.

Last month he also attended the Jo Gibson shoulder course and is heading to the North East Musculoskeletal Conference held in September this year.

Alongside all of his work commitments he is still a regular at Crossfit Training and coaching.

For more in depth biographies of our Sports Massage Team go to our website [www.physioplusclinic.co.uk](http://www.physioplusclinic.co.uk)  
If you would like to book in with any of our Sports Massage Therapists contact us on 0191281201 or email [info@physioplusclinic.co.uk](mailto:info@physioplusclinic.co.uk)

## Team News!

We are sad to say that Laura has left the clinic to pursue her interest in personal training and coaching, we wish her the best of luck and will definitely miss her 'unique' laugh!

Kate is heading off on maternity this month but will be back before you know it.

Martin has joined the team to help cover Kate's maternity leave and will be available for appointments on Fridays, Wednesday evenings and alternate Saturdays.

Huge congratulations to Olivia who got married last month...the team were invited along to help celebrate/commiserate!

A special mention goes out to one of our patients Paul Patterson who completed the Comrades Marathon last month. Paul himself sums up the race perfectly;

" Comrades isn't really a marathon, it's 2 and a bit, back-to-back "about 89km (56 miles)" the organisers say; up and down some hills/mountains between Durban and Pietermaritzburg in South Africa with a 12 hour time limit. It's roughly equivalent to running from Seahouses to Newcastle..... then doing the Great North Run..... with 2133 feet of elevation gain..... in the South African heat and humidity"

You can read up on Paul's highs and lows of training and treatment on his facebook page @jogginggeordie. We are really proud to have helped him complete such an amazing and inspiring challenge.

## New Website Launched!

Last month saw the launch of our new website

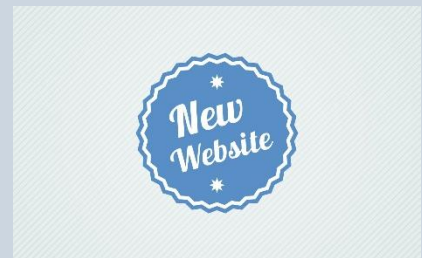
<https://www.physioplusclinic.co.uk/>

We hope it's easy to navigate and use.

If it's not, please let us know any improvements you think we should make.

Email [info@physioplusclinic.co.uk](mailto:info@physioplusclinic.co.uk) or call us on **01912812021**

If you've had great treatment at the clinic please click on the 'Review Us on Yell.com' link below and give us some feedback.



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