

Physio Plus Newsletter

Physiotherapy – Sports Massage - Pilates

What's inspiring us this month?

- *The Lions 2017 Tour*
- *Daft as a Brush – epic challenge*

Summer Issue

When we started the newsletter a few weeks ago the sun was shining and the sky was blue....today however reality has hit and the rain is back.

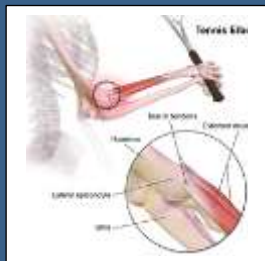
That said we are going to persevere with our 'Summer Issue' of the newsletter so you may have to use your imagination a little.

We have seen our annual influx of running enthusiasts and cyclists taking part in all manner of events and challenges over the North East.

The team are feeling inspired and there have been whispers in the Physio Plus staff room of a 'team entry' into an event next year so you may have even more competition....mainly for the treatment couch!

We are open to suggestions so drop us a line if you know of anything that would suit us....but please nothing involving a scooter!

If you want to book in to see any of the team before they injure themselves or take your appointment time...call us on 0191 281 20 21 or email: info@physioplusclinic.co.uk



Anyone for Tennis?

Tennis elbow, also known as lateral epicondylitis, is believed to affect around one in three people at any time, most often between the ages of 40 and 60. You don't have to be a tennis player to be affected by tennis elbow, an overuse injury causing pain around the outside of the elbow.

Tennis elbow most commonly affects people in their dominant arm (that is, a right-handed person would experience pain in the right arm), but it can also occur in the non-dominant arm or both arms.

Symptoms of tennis elbow include:

- Pain slowly increasing around the outside of the elbow. Less often, pain may develop suddenly.
- Pain is worse when shaking hands or squeezing objects.
- Pain is made worse by stabilising or moving the wrist with force. Examples include lifting, using tools, opening jars, or even handling simple utensils such as a toothbrush or knife and fork.

Although tennis elbow commonly affects tennis players, it also affects other athletes and people who participate in leisure or work activities that require repetitive arm, elbow and wrist movement. There have been reports of tennis elbow type injuries from playing active video games, such as the Wii, PlayStation and Xbox.

The good news is that usually tennis elbow will heal on its own. You just need to give your elbow a rest and do what you can to speed up the healing, such as;

- Icing the elbow to reduce pain and swelling.
- Using an elbow strap to protect the injured tendon from further strain.
- Having physiotherapy to strengthen and stretch the muscles.
- Performing range of movement exercises to reduce stiffness and increase flexibility.

To book a Physiotherapy appointment with any of the team call us on 01912812021 or email info@physioplusclinic.co.uk

Tips for pain free Gardening

Thousands of gardening related injuries are reported in Britain each year and many can be avoided with a few simple precautions.



We don't think twice about digging for hours, bending to pull out weeds, reaching to cut the hedge with a heavy trimmer or lifting bags of compost into car boots. Eventually something has to give and most often it's our backs that suffer.

Here are our 10 tips to help you avoid garden related back injury:

1. Keep up activity and exercise during the winter so you are not totally unprepared.
2. Start with a warm up. Begin with easy tasks such as walking or easy raking to warm up your muscles and joints. Perform some gentle stretches.
3. Bending and digging for long periods can put a strain on your back. If you are new to gardening or a lapsed gardener then build up gradually and increase activity over time.
4. Take regular breaks and change to a new task every twenty minutes to rest muscles, tendons and joints. Try to alternate light work such as pruning with digging or planting.
5. Position your body at the height of your work. If you are working on the ground kneel down especially for planting and weeding. Use a pad or a cushion to protect your knees. If you are potting, put your plants on a table.
6. Know your limits when lifting. If you do need to lift something: bend your knees, keep your back straight and keep the load close to your body and avoid twisting.
7. Hover mowers should not be swung from side to side. Use a forwards and backwards movement instead.
8. Half fill watering cans if carrying any distance or better still let the hosepipe take the strain.
9. Use a smaller spade when digging to limit the amount you are lifting.
10. If you feel a pain or a strain, stop for the day and assess how you are the next day. Reduce the level of activity if you are a bit stiff. If the pain is significant and remains you need to seek advice from a physiotherapist.

Team News

Physio Plus

170 – 172 Newton Road

High Heaton

Newcastle, NE7 7HP

Phone:

0191 281 2021

E-Mail:

info@physioplusclinic.co.uk

Web Site:

www.physioplusclinic.co.uk



We have a new member of the reception team now covering the afternoon and evening clinics. Claire has lived in the area for 26 yrs, and knows all the local gossip so she can fill you in when we are running late!

Claire's husband Dave makes the best cheese scones we've tasted to date...if you're up to the challenge we are always happy to taste test!

Cathryn has been doing her bit for charity this month taking part in a 24 hour spin session at the Village Gym in aid of Help for Heroes.

We are approaching holiday season so make sure you book in advance, we will be covering clinics when staff are away as much as possible.

Pilates at the clinic also sees a new face as Kirsteen Kilgour joins the team of instructors. Kirsteen is a Physiotherapist with a varied clinical background and is currently running classes on Tuesday mornings and Thursday evenings at Northern RFC.

See the timetable below for details of all our classes & for further details contact us on 01912812021 or email info@physioplusclinic.co.uk



Pilates Class Summer Timetable

Level	Day	Time	Location	Instructor
Beginners	Tuesday	7-8pm	Cragside School, High Heaton	Kate Disley
Beginners	Tuesday	9.30-10.30am & 10.30-11.30am	Northern RFC, Gosforth	Kirsteen Kilgour
Beginner/Intermediate	Monday	6.45-7.45pm & 8-9pm	Cragside School, High Heaton	Rachel Tindall
Beginner/Intermediate	Thursday	6.15-7.15pm	Northern RFC, Gosforth	Kirsteen Kilgour
Over 60's – Beginner/Intermediate	Saturday	9.20-10.20am	St Andrews Church, Forest Hall	Rachel Tindall
Performance Pilates – Beginner/Intermediate	Monday	6.30 – 7.30pm	Cragside School, High Heaton	Kate Disley
Performance Pilates - Advanced	Monday	7.30 – 8.30pm	Cragside School, High Heaton	Kate Disley