

The Physiotherapy Centre's

News & Updates

Winter 2021



Come Dancing

How hard work and the discovery of hydrotherapy helped Jackie defy the odds and return to the dance floor.

Three years ago, Jackie worked as a receptionist and during her spare time she could be found on the dance floor, enjoying her love of ballroom dancing.

In December 2018, Jackie was hit by a car whilst crossing the road resulting in life changing injuries to her left leg and ankle. She came close to having her lower leg amputated but after extensive and complex surgeries the surgeons managed to save her leg. For Jackie, this marked the start of her three-year rehab journey during which she would work towards regaining her former life.

Following an introduction to our hydrotherapy pool during late 2021, Jackie committed herself to doing weekly hydrotherapy and physiotherapy sessions. She worked on her leg strength, balance and walking ability with an aim of returning to the dance floor.

On Jackie's 70th birthday she was able to put all her hard work into practice and put on a surprise performance to her family and friends.

It is through hard work and determination together with our support and guidance, that Jackie has achieved her goal. Jackie is now working towards her next goal which is to walk up steep steps so she can visit her favourite restaurant.

Next steps

If you have a goal that you would like us to help you achieve, please get in touch to book an initial assessment so we can explore your options.

More patients to benefit from new therapy

by Ed Carroll, senior physiotherapist



I recently attended a course on Extracorporeal Radial Shockwave Therapy (ESWT) in London's Harley Street along with my colleagues Manuela and Jenny. The therapy is

new to The Physiotherapy Centre and relatively new to mainstream healthcare, so it was great to meet with and learn from the best in the field.

For lateral hip pain like gluteal tendinopathy or bursitis we were shown the optimum position and dosage to build on the great results coming from the use of ESWT in clinic.

In cases like these, steroid injections may not be the best option for everyone because the steroid can negatively affect the quality of the tendon tissue. We wouldn't use shockwave on the injected area for 12 weeks afterwards due to risk of rupturing the weakened tendon, plus the steroid itself may reduce the effectiveness of ESWT if you've recently had treatment. If you are unsure about which treatment option is best for you, we are always happy to discuss this with you on an individual basis.

I think Extracorporeal Radial Shockwave Therapy is a really exciting option to have available to use and can see that it will really benefit patients who come here to The Physiotherapy Centre.

Pain in the foot?

Shockwave therapy for plantar fasciitis

Plantar fasciitis is a painful condition of the foot caused by repetitive strain to the fibrous band of soft tissue between your heel bone and your toes (aka the plantar fascia) and causes pain in the heel or sole of the foot. The plantar fascia helps to maintain the arch of your foot and acts like a bow string to 'stiffen' your foot when you walk.

Plantar fasciitis often happens due to excessive strain on the plantar fascia, which can occur for a number of reasons. Examples include an increase in standing activities, a change of footwear, a reduction in muscle strength due to deconditioning.

Symptoms can be improved by using orthotics, modifying activity levels and doing stretches, but often the pain continues and can be extremely debilitating. Shockwave therapy can be used very effectively when these methods fail to resolve the issue. It is considered to be very safe, is non-invasive and has been shown in multiple studies to be highly successful at treating this condition.

Shockwave therapy uses high energy sound waves to accelerate healing, and it also has a pain-relieving effect. The waves pass through the skin via a hand piece which the therapist moves over the painful area, and although some discomfort may be felt during the treatment, patients often report reduced pain immediately afterwards. It works by increasing blood circulation and activity in the cells of the treatment area, which promotes the natural healing process.

Treatment typically consists of five or six sessions, spaced at weekly intervals and is always combined with a rehabilitation programme to strengthen the supporting muscles, aiming to reduce the strain across the plantar fascia.

To explore how this can help you, please get in touch, we will be happy to answer your questions.



Hydrotherapist Manuela experiences shockwave therapy so she knows what patients can expect when receiving treatment.



Expanding treatment options for patients



At The Physiotherapy Centre we believe in lifelong learning as a way to ensure the best possible outcomes for our patients.

Manuela has recently qualified as an accredited APPI Pilates instructor. She had previously completed levels 1-3 of the APPI Pilates training and was keen to gain accreditation. Rosie has completed level 1 of her Pilates training, giving her the skills to work with patients either one-to-one or as a group. She now plans to complete her level 2 training.

Manuela and Rosie's newly acquired skills are already being put to good use and are helping patients to achieve their goals.

"The Pilates training has given me a greater understanding of how everyone can benefit from improving their core stability. It has been fascinating to learn how the interconnected nature of tissues means that Pilates style exercises can be used to assist with both the prevention and management of a wide range of injuries."

"I am excited about how this knowledge will allow for more accurate assessment and how I will be able to recommend more targeted exercises to address individual issues. Overall, I feel confident that being trained in Pilates will help to improve outcomes for patients."

Rosie Cranmer, physiotherapist

Christmas opening

Friday 24 December - **Open**

Saturday 25 December to Monday 3 January - **Closed**

Tuesday 4 January onwards - **Open**

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