

The Physiotherapy Centre's

# News & Updates

Spring 2022

## Meet our new team members

**Our search for a maternity cover for Manuela Maxwell has been so successful that we've taken on two new members of staff!**

We are delighted to welcome Kristy Hill and Jilly Wright to our team.

Kristy is based in the hydrotherapy pool and is already putting patients through their aquatic paces. Jilly is splitting her time between the pool and the gym providing injury assessment and rehabilitation in addition to offering sports massage treatment.

Kristy has a wealth of experience treating musculoskeletal conditions, having spent 15 years working as a physiotherapist in the NHS, before taking some time out to raise a family.

Jilly has a background in sports science, with 12 years working as a personal trainer in the Haslemere area. She has recently completed her Master's degree in sports and exercise rehabilitation.

We feel privileged to have such experienced professionals join us at The Physiotherapy Centre and wish them a very warm welcome to our team.



**Jilly Wright**  
Rehab Therapist / Hydrotherapist



**Kristy Hill**  
Hydrotherapist

## Training update

We love learning new skills and discovering new ways to help patients achieve their goals. Since our last newsletter, Jenny has completed an online post-natal course, Kristy and Jilly have taken part in a hydro foundation course and Jo has spent an afternoon studying diagnostic ultrasound with injection therapy.

Next month, Rosie is lined up to complete level 2 Pilates.

## Welcome to the world little one!



Lots of you have been asking after Manuela who went on maternity leave in March.

We are delighted to share the magical news that little Luke Hamish Maxwell arrived safely on 13 April and that both mum and baby are doing well.

Thank you to everybody who has sent their best wishes to Manuela and her family, which we have passed on.

## One day closure

On Thursday 19 May, The Physiotherapy Centre will be closed while the team takes part in a full day of hydrotherapy training.

# A true inspiration



Dawn (left) is a remarkable woman who we have had the very rewarding experience of treating over the past 18 months.

In 2018, Dawn was involved in a road traffic accident which left her with multiple broken bones, internal injuries and a long spell in intensive care.

Following a number of operations for her broken arm and leg, she was able to get back on her feet and start her road to recovery.

When Dawn first visited us, she walked with elbow crutches and struggled with strength, movement and balance, particularly in her legs.

A thorough assessment by one of our rehab specialists provided us with knowledge about Dawn's condition and an understanding of what she wanted to achieve. Armed with this information, we were able to put together a bespoke rehab programme for Dawn.

Dawn committed herself to her rehabilitation

and attends regular hydrotherapy, rehab and Pilates based sessions.

Although Dawn says that she attributes her progress to the support and commitment of the physio team, it is through her hard work and determination that she is now able to walk unaided, play with her grandkids whilst getting herself on and off the floor independently, and has returned to enjoying fun day trips including a recent excursion on the Orient Express.

Dawn particularly enjoys our gym-based obstacle course, where we challenge her to achieve her next goal which is to improve her balance so that she feels safer when on uneven surfaces and able to right herself if she were to trip.

Although, Dawn's road to recovery has been long, we put her transformation down to her enthusiasm and dedication which continues to impress and inspire us.

## Improving our knowledge about the menopause

By Jenny Deeming, women's health physiotherapist

Some of the conditions that patients come to see us about can be a symptom of the menopause. To increase our knowledge, the physiotherapy team has undertaken some training from Dr Katie Armstrong who is a women's health GP and owns Clinic 51.

We focused on perimenopause and menopause and the ways we can help our patients get through this stage of life.

Perimenopause is the period of time before menopause officially starts. You may notice changes to your period, mood, worsening PMS, headaches or the odd hot flush, which is due to declining levels of oestrogen. It can start several years or just a few months before your periods stop

If you are experiencing symptoms, it is worth having a discussion with a women's health GP as treatment options are available.

## Tailor-made for you!

Due to popular demand, our exercise rehab session is returning on Wednesday 1 June from 3.30-4.15pm.

Exercise rehab sessions enable you to exercise under supervision in our wonderful rehab gym here at The Physiotherapy Centre.

Following a full assessment, a member of our therapy team will design an exercise rehab programme specifically for you. Whether you have an injury, physical condition or are simply aiming towards a particular fitness goal, we can help.

Exercise rehab may be suitable for those with:

- Joint or muscle injuries or conditions
- Pre or post orthopaedic operations eg. knee or hip replacement
- Arthritis
- Osteoporosis
- De-conditioning or reduced fitness levels
- Balance problems

Book in now to have your tailor-made programme ready for 1 June.

To book an assessment or for more information please enquire at Reception, telephone 01428 647647 or email [therapy@holycross.org.uk](mailto:therapy@holycross.org.uk)



Discover our rehab gym.

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