

The Physiotherapy Centre's

News & Updates

Spring 2020

Service update

How we are responding to the coronavirus pandemic.

For the safety of patients, staff and the wider general public, The Physiotherapy Centre temporarily closed on 1 May.

If you have booked a virtual consultation, one of the team will be in touch with you individually.

If you have any concerns about your condition or your treatment programme, please do **contact us** as we are more than happy to do our best to answer your questions.

We will frequently review the situation in line with government guidelines and look forward to welcoming you back when we reopen.

Until such times as we meet again, stay safe and do contact us if you have any concerns about your condition.

*Jo, Jenny, Manuela,
Ed and Rosie*

Taking care of yourself

Get in touch if you are worried

Although The Physiotherapy Centre is closed, please do get in touch with any concerns you may have about your condition and we will do our best to help you. You can contact us on **01428 647647** or if you prefer, you can email us at therapy@holycross.org.uk.

Video consultations

Over the past few weeks, we have found working with patients via video link very successful. Although no substitute for face to face appointments, it has allowed us to offer advice and reassurance and share our knowledge without patients having to step foot outside their front door. They have been so effective that it is likely that we will continue to offer this service as an option to patients once we reopen for business.

If you are interested in receiving treatment in this way, please email us and we'll be in touch when we reopen.

Virtual classes

We have a series of online Free From Falls classes available.

If you would like to take part, please email us and we'll be in touch.



Pain in your hip

Do you suffer from pain around the outside of your hip joint? Is the pain worse when you sit with your legs crossed or when you lie on your side in bed?

We have put together a useful fact sheet explaining the causes of lateral hip pain, everyday positions that can cause pain, what you can do to help the pain settle and a guide to how long it might take to recover.

For a copy, please email therapy@holycross.org.uk.

Tips from the team

How the team is keeping active and their tips for a healthy body/mind during lockdown.



Rosie's tip - Connect with nature

"Studies show that spending time in nature can have positive effects on our health — like lowering our blood pressure and boosting happiness. Try to spend time outside in your garden or patio every day or go for a socially-distanced walk or run. I'm making sure I get out for a good walk in the countryside."



Jenny's tip - Be mindful

"Pause to notice things that you can see, hear and touch in your immediate environment. We are very lucky to live in such a beautiful area and getting out for a walk in the countryside is a great way to get exercise and clear your head of worrisome thoughts, even when you have three children to keep your eyes on!"



Jo's tip - Take breaks from tech

"Many of us are working from home currently, and I personally find sitting still at a computer all day very difficult, as my usual routine working at Holy Cross is far removed from this. I like to get on my bike and head for the hills (the hard climbs are worth it for the fast downhill!)."



Manuela's tip - Moderate your news intake

"It's important to stay up to date with key developments, but overloading with negative news can cause anxiety, sleep disturbance and stress. I check the news once a day instead of having it on in the background and take time out to have fun with my daughter."



Ed's tip - Have fun!

"Notice the small things that make you smile, and make sure you are regularly having fun doing things you enjoy — like baking, drawing, dancing, singing, speaking to friends who cheer you up, watching or reading something that makes you smile. Laughter is known to make us feel better, and can soothe physical tension, strengthen our immune system and give us pain relief. I am enjoying having time to bake bread for my family during the lockdown."

Get social

Follow us on Instagram
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centre or Facebook
@holycrossphysio/

Free consultation for NHS staff and key workers

As a show of our appreciation, we are offering a free telephone or video physiotherapy consultation to our NHS colleagues and key workers.

If you, or somebody you know, works for the NHS or is a key worker who is suffering from some aches and pains caused by a new or existing condition, please email therapy@holycross.org.uk to take up the offer when we reopen.