

The Physiotherapy Centre's

News & Updates

Summer 2019

You are invited to our 10th birthday open day

Thursday 18 July from 10am-4.30pm

Join us for free talks, question and answer sessions, demonstrations, taster sessions of mindfulness and Pilates, a rehab exercise class, tours of our facilities, children's storytelling, tea and birthday cake.

Open day timetable

10am - 10.30am	Post-natal Q&A session <i>Ask our expert about how to regain your pre-baby body.</i>
10am - 12noon	Storytelling and kids' activities
10.30am - 12noon	Pilates drop-in <i>Try a 10-minute taster session of physio-led Pilates.</i>
10.30am - 12noon	Introduction to mindfulness drop-in <i>Find out how mindfulness works and then give it a go in one of our 10-minute taster sessions.</i>
12.30pm - 1pm	Ai Chi demonstration <i>Observe a session of this aquatic exercise in our hydrotherapy pool.</i>
2pm - 2.30pm	Lecture - Introducing osteoarthritis <i>Find out about this common form of joint disease.</i>
2pm - 3pm	Mindfulness session <i>Relax and spend time being aware of the moment.</i>
2.30pm - 3pm	General exercise class <i>Gentle exercise for all.</i>
2.45pm - 3.15pm	Lecture - How to manage your osteoarthritis <i>The latest thinking on how to manage this condition.</i>
3.30pm - 4pm	Lecture - All about osteoporosis <i>Tips about managing your pain and what you can do to take control of this condition.</i>

You do not need to book for any of the activities – just turn up on the day. We recommend wearing comfortable clothes.



Tour our facilities

Our physiotherapists are looking forward to taking you on a tour of The Physiotherapy Centre. Throughout the open day, you'll be able to see our well-equipped gym, the equipment we use and the hydrotherapy pool. The team will be happy to answer all your questions.

Bring a friend

People often describe The Physiotherapy Centre as Haslemere's best kept secret. We'd love to let even more know we are here and how we can help so please do bring a friend to the open day and tell your friends and neighbours!

About the Centre

The Centre opened in 2009 to provide outpatient physiotherapy and hydrotherapy to the local community.

Who do you know that has recently had a baby?

There is great demand for specialist post-natal services in the area, so we are pleased to now be able to offer physiotherapy treatment for new mums.

Our specially trained physiotherapist Jenny Deeming can help women who have recently had a baby to find relief from the physical demands of pregnancy as well as rediscovering self-confidence in their bodies.

What we offer

- Treatment for tummy muscle separation (diastasis recti)
- Pelvic floor assessment and pelvic floor retraining to prevent and treat incontinence
- Advice for posture whilst breastfeeding and carrying baby
- Treatment for post pregnancy pain including in the back and neck
- C-section rehab
- Return to sport rehab

A one-hour women's health assessment costs £60 and if needed, a 30-minute follow up session is £42.

Baby body bounce back exercise class

We now offer an eight-week exercise class designed for new mums. It focuses on the pelvic floor, abdominal and tummy toning and making a safe return to exercise. Babies are welcome to attend but no crawlers please. The eight classes cost £80.

Take control of your post-natal recovery

Email therapy@holycross.org.uk or call 01428 647647 to arrange your initial assessment.

Back in the Swing

Our next lecture is on 10 October from 6-7pm. Physiotherapist Ed Carroll will give advice to golfers about returning to the fairways after a joint replacement.

Tickets cost £5 which includes light refreshments. Proceeds will be donated to Holy Cross Hospital's Treehouse project. Book tickets by emailing therapy@holycross.org.uk or call 01428 647647.

Get social

Follow us on Instagram [@the_physiotherapy_centre](https://www.instagram.com/the_physiotherapy_centre) or Facebook [@holycrossphysio/](https://www.facebook.com/holycrossphysio/)

Patient swims again after stroke

Our clients' physiotherapy targets are as individual as they are which is why we offer such a breadth of therapies. Sports rehabilitator and hydrotherapist Manuela Maxwell explains how she helped a patient swim again following a stroke.

"Penny had been having swimming lessons and was making good progress but had to stop when she had a stroke in 2017," says Manuela.

The stroke left Penny weak all over her left side and her left arm was paralysed. It was 18 months before she felt ready to get back in the water. She was referred to us for help with improving strength and movement in her upper and lower limbs.

Manuela says: "Having a dedicated hydrotherapy pool on site, means we can work completely at our patients' pace. By working with Penny's abilities, I was able to help her swim on her back."

Although Penny is only part way along what will be a long journey, she can continue maintaining her standard through exercise which she can do safely on her own or in a class environment.

Please do get in touch if you would like to know how hydrotherapy may help you or read the full case study on our website.