

The Physiotherapy Centre's

News & Updates

Winter 2019/20



A review of 2019

2019 has been a good year for The Physiotherapy Centre and we are delighted to have helped lots of patients find relief from their condition and to be able to return to fitness so they can enjoy leading a more active life.

Earlier this year, we welcomed Rosie Cranmer to our team and in July we celebrated our tenth anniversary with an open day.

We have expanded our services and now offer a post-natal physio service for new mums, post-operative knee and hip rehabilitation packages and vestibular rehabilitation therapy.

Our enthusiastic and highly trained team of physios are keen to share their knowledge and have been able to talk about a range of topical subjects at our Let's Talk Physio series. The lectures have been well attended and we've received many requests to repeat the talk about osteoarthritis, which we will do in 2020. If there are other topics you would like us to cover in our lecture series, please do let us know.

We wish you a very happy Christmas and a peaceful new year.

Jo, Ed, Rosie, Jenny and Manuela

Christmas opening hours

Mon 23 Dec - Normal hours
Tues 24 Dec - 8.30-4pm
Wed 25 Dec - Closed
Thurs 26 Dec - Closed
Fri 27 Dec - Closed
Mon 30 Dec - 8.30-4pm
Tues 31 Dec - 8.30-4pm
Wed 1 Jan - Closed
Thurs 2 Jan - 8.30-4.30pm
Fri 3 Jan - Normal hours

On your marks



If returning to running is a goal you intend to set yourself for 2020, our Let's Talk Physio lecture on **Thursday 6 February** could be just what you need to keep you on track.

Sports physio expert Ed Carroll will share his knowledge and advice on preventing injury and managing existing conditions.

The hour-long lecture starts at 6pm and tickets cost £5, which includes light refreshments. Proceeds from ticket sales will go towards Holy Cross Hospital's treehouse project.

To book, call **01428 647647** or send an email to therapy@holycross.org.uk.

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Facebook [@holycrossphysio/](https://www.facebook.com/holycrossphysio/)

Derek's story

Derek explains how rehab helped him regain mobility after a knee replacement...

I had been struggling to walk due to knee pain for two years. I loved walking and playing golf...my wife and I have five dogs so walking was a big part of our lives.

I went to a specialist once the pain became too severe. I needed a total knee replacement of my right knee...he assured me it would help as long as I took the rehab seriously. Everyone told me that rehab is so important.

The operation was a success, but was extremely painful...Whilst the pharmacist was explaining what tablets to take to dull the pain, she recommended The Physiotherapy Centre. She was well placed to make her recommendation as she had also had a full knee replacement.

Two weeks after the operation I had a consultation with senior physio Jo Hounsome. Jo recommended that I initially undertake hydrotherapy in addition to my home exercise programme. This was to assist the bending and straightening of the knee. Ed worked with me in the pool until I could exercise by myself, and eventually I was able to bend my knee to 125 degrees and straighten it fully. I continued with some guided exercise in the pool and also progressed to regular gym work with the physio team to further strengthen my leg.

It was particularly difficult to strengthen my muscles as I had not used my leg properly for a long time. I was attending gym classes at The Physiotherapy Centre twice a week plus I was doing exercises at home 2-3 times a week. This went on for six months, until I had gained enough confidence in my leg. I was also doing cardio work which improved my overall fitness and an additional side effect of this is that my blood pressure is now normal when it had been slightly elevated previously.

I initially thought many of the exercises I was given would not help that much...I was so wrong. They all helped me to attain full mobility. The staff at The Physiotherapy Centre at Holy Cross are true professionals, helpful, friendly but firm when needed.

Seven months after my operation...I was playing golf twice a week, walking the dogs and getting on with my life. I still did my exercises at home and will continue to do so until a year after the operation.

I have no hesitation in recommending Jo and the team, along with the Consultant they have given me back my mobility. I must also reiterate that you will need to totally commit to the rehab, for a full recovery...Jo and the team keep the rehab interesting which helps.

I hope my story helps someone to regain full mobility.

Cheers!

Derek

Post op rehab packages

Contact us to find out more about our customised post-operative rehab packages. We offer an initial assessment and four physio sessions for £199, which is a considerable saving when compared to pay as you go.

Congratulations!



Congratulations to Rosie Cranmer for becoming officially accredited as a hydrotherapist with the Aquatic Therapy Association of Chartered Physiotherapists.

This is a great achievement and is an endorsement of Rosie's skills and knowledge in hydrotherapy.

Boxing Day Run



A 3.5 mile run around the Devil's Punch Bowl is how physio Ed Carroll intends to burn off some of the excesses of Christmas Day.

Ed is taking part in the Boxing Day fun run which is organised every year by local man Matt Dellar as a fundraiser for Holy Cross Hospital.

The cross-country route attracts hundreds of runners. Some run for fun, while others use it as an opportunity to beat their personal best. Last year's winner completed the course in just 21 minutes.

Try something new

Free From Falls

Join us on a Thursdays at 10am to learn and practise exercises that have been proven to help reduce falls, increase strength and improve coordination.

Ai Chi

A lovely class in the pool that helps to relax and strengthen the body.

Contact us for more information.