

The Physiotherapy Centre's

News & Updates

February 2021



We are reopening

The successful rollout of the vaccination programme and the reduction in the number of active COVID cases means we have been given the green light to reopen for face-to-face consultations from **Monday 1 March**.

This is great news as we know that some of you are more than ready to resume your treatment programme and that others are wanting to have new joint and muscle pains checked out.

The health and wellbeing of yourself and patients at the hospital continues to be our number one priority so we will be following strict hygiene measures to keep you safe.

If you want to make an appointment, please contact reception on **01428 647647**. Please do bear with us if you find it takes us a little longer than normal to answer your call.

Thank you for your ongoing patience.

With best wishes

Jo and the team

Joint replacement surgery – is it right for you?

Having a joint replacement can be life-changing but while it is beneficial for some, it is not always the best option.

Versus Arthritis and the National Joint Registry have funded research by the University of Sheffield and University of Bristol to develop an online tool to help people understand the benefits and potential risks of knee or hip replacement surgery.

JointCalc is tailored to people's individual circumstances and aims to empower patients to be active in making evidence-based choices about their treatment.

How JointCalc works

JointCalc can be used by anybody who is considering joint replacement or by a GP during a patient medical appointment.

By using data such as your age, weight, height and information from the National Joint Registry and NHS Digital, JointCalc will give you a personalised estimation of pain and function after the operation and the risk of you needing further surgery. This information can then be used for a more informed conversation with your doctor about your treatment options.

How to access JointCalc

Visit the **Knowledge & News** section of our website to find a link to JointCalc.



Use **JointCalc** to make an informed choice about whether a joint replacement is right for you.

Exercise at home

The thought of venturing out for daily exercise in the recent cold and wet winter weather has not been a particularly appealing prospect but this doesn't mean you have to miss out on being active.

The Chartered Society of Physiotherapy has put together a set of exercises you can do at home. No special equipment is needed – just a sturdy chair and supportive shoes.

Doing these exercises daily or at least twice a week will help to strengthen your muscles, improve your mood and sleep patterns and help to prevent deconditioning.

1. Sit to stand

Sit tall near the front of a chair with your feet slightly back. Lean forward slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair.

Repeat 10 times.

2. Heel raises

Stand tall, holding the back of a sturdy kitchen type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control.

Repeat 10 times.

3. Toe raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control.

Repeat 10 times.

4. One leg stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for ten seconds.

Repeat on the other leg.

5. Heel-toe stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart and place the other foot in front.

Balance for 10 seconds.

6. Heel-toe walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action.

Take the feet back to hip width apart, turn around and repeat the steps in the other direction.

If you experience chest pain, dizziness or severe shortness of breath, stop and contact a healthcare professional. A slight soreness the day after is quite normal.

DISCLAIMER: The activities described here should not cause any harm. They might not, however, be suitable for all people, particularly those at risk of falls and fractures. Consult a chartered physiotherapist or your GP before embarking on any new fitness regime, and if you do experience pain or discomfort as a result of any of the exercises, stop immediately.



To download a copy of this poster or to watch a demonstration video, visit the Knowledge & News section of our website.