

The Physiotherapy Centre's

News & Updates

Autumn 2019



Back in the Swing

Thursday 10 October from 6-7pm

Help is at hand with our lecture for golfing enthusiasts who have taken a break from the sport after a joint replacement.

In our latest Let's Talk Physio lecture, our specialist physios will talk about what golfers can expect when they start preparing to play again after a joint replacement, the journey to reaching previous performance, improving strength and practical examples of beneficial exercises. There will also be an opportunity to ask questions.

Ed Carroll who specialises in sport rehabilitation says: "Like all sportsmen and women, golfers feel a big loss when something stops them playing. Returning to golf after a joint replacement certainly is a big challenge but golf is excellent for our fitness and mobility as well as being a great sport. Physiotherapy plays a key role in getting people playing again and we have helped many people return to golf and other sports after a joint replacement."

The one-hour lecture costs £5 and takes place in our conference centre. The ticket price includes refreshments and all proceeds will go to Holy Cross Hospital's treehouse project which will see a wheelchair accessible wooden platform built in the hospital grounds. To book tickets call 01428 647647.

Treatment now offered for balance disorders

Vestibular rehabilitation therapy is a well-established therapy for people suffering with balance and inner ear disorders.

Jo Hounsome is our resident expert and is trained in the Epley manoeuvre. This can be used to treat a disorder of the inner ear which causes brief episodes of mild to intense dizziness.

Our treatment programmes are tailored to you and can lead to a considerable improvement in balance. Contact us for more information or to book an assessment.



World Osteoporosis Day

Around 3,000,000 people in the UK have osteoporosis. This is a condition where over time, our bones become less dense which makes them weaker and more likely to fracture.

World Osteoporosis Day aims to raise awareness about this disease which has no symptoms until a bone fractures.

Visit our website to see our osteoporosis fact file or contact us to find out how we can help you manage this condition.

Possibly Haslemere's best kept secret!



Nestled away at the top of a hill, The Physiotherapy Centre is not the sort of place you stumble across by chance. Once found, we're used to hearing people say: 'I never knew you were here'!

We may well be Haslemere's best kept secret but once you've discovered us, we guarantee you will continue to be surprised by the range of conditions physiotherapy can help.

If you already come to us for hydrotherapy, there's a good chance you've not yet experienced our outstanding gym facility. This gym guide aims to provide you with information about what we do and the conditions we treat.

What happens in the physio gym

Our well-equipped, air-conditioned gym with its wall of floor to ceiling windows gives stunning views across Haslemere and is where we carry out assessments and treat patients.

We offer individual assessment to determine your needs and discuss ways to achieve your aims, whether that's being able to walk 100 yards or run a marathon!

Conditions we treat

Our team of highly trained physiotherapists are here to help. Some of the conditions they can help with include:

- Back and neck pain
- Muscle strains
- Torn or sprained ligaments
- Tendinopathy
- Plantar fasciitis
- Sports injuries

- Rotator cuff problems
- Post-natal tummy muscles issues and urinary incontinence
- Dizziness (we also offer the Epley manoeuvre)
- Headaches
- Post-operative rehabilitation
- Arthritis
- Osteoporosis
- Balance issues
- Knee pain
- Fibromyalgia
- Hypermobility syndrome (Ehler's Danlos)
- Runners knee
- Fractures

If you are struggling with one of these problems or know someone that could benefit from our services, give us a call to see how we can help.



Pain in your hip?

You could be suffering from Gluteal Tendinopathy

Gluteal Tendinopathy typically presents as pain over the greater trochanter, which is the bony lump felt at the side of your hip. Symptoms may spread into the outside of the thigh and knee and it is commonly misdiagnosed as hip joint pathology or sciatica.

What causes Gluteal Tendinopathy

Most recent theory suggests that although tendons are well suited to manage tension and compression, the combination of both types of load simultaneously and excessively can cause the tendon to react by swelling. This increase in tendon size from swelling, can lead to more compression and usually results in pain. Long term overload of the tendon can cause disrepair and eventually degeneration.

What aggravates Gluteal Tendinopathy

The key variable appears to be hip adduction which is moving the leg across the midline. The midline is an imaginary line down the centre of the body, that separates the left and right halves of the body. If the hip is flexed as well as adducted this can add to the aggravation.

If you have Gluteal Tendinopathy, it's likely that your symptoms will include pain with crossing your legs and with climbing stairs or hills, even just with single leg balance if your pelvic control is poor. Each case is different though and in milder cases these may be fairly pain free.

For runners it's likely to be painful during the impact phase of running when your foot strikes the floor and your body weight moves over the foot. Running on a camber (such as on the side of the road) can exaggerate this hip adduction and aggravate symptoms further, in some cases even walking on a camber will be painful.

One other key characteristic with Gluteal Tendinopathy is pain when lying on your side. Unfortunately, it can be painful on either side making sleep very difficult. The issue is if you lie on your painful side there is likely to be some direct compression of the gluteal tendons. If you lie on your good side the bad leg is uppermost and often falls into adduction and flexion. Considering we spend some hours sleeping this can be a significant source of aggravation for the tendon.

Who is most at risk

Gluteal Tendinopathy is more common in women than men and is particularly common in post-menopausal women. Leg length discrepancy and spinal scoliosis have also been associated with the condition.

Do I have Gluteal Tendinopathy?

Diagnosing Gluteal Tendinopathy is not straightforward – the hip is a complex area and there are a host of other potential diagnoses. If you have persistent pain in the hip region, please contact us to book an assessment.

The above is a modified version of an article written by Tom Goon, the running physio.

Physio for new mums

Pregnancy and birth put our bodies through a lot and when it comes to getting our figure back it's important not to rush or expect too much from ourselves.

During pregnancy the big tummy muscles (rectus abdominus) that run from our breastbone down to the pelvis are stretched apart and slowly come back together post birth. This gap should not be any bigger than 2.7cms, 8 weeks after birth. To help these muscles knit back together imagine you are tightening a low-slung belt to engage your deep core muscles and use this as your basis for all your abdominal exercises.

Plank and sit up exercises are great for toning your tummy, however if your core muscles are too weak and your technique is incorrect, it doesn't matter how many sit ups you do – your tummy won't look any the better for it.

Your pelvic floor muscles are like any other muscle. Once a muscle has been strained or damaged it must be rehabilitated to be able to serve its purpose. It is not normal to be leaking urine with laughing, sneezing or jumping, or to be leaking with urgency 8 weeks post birth.

If you've recently had a baby, our specially trained physiotherapist Jenny Deeming can help ensure you are performing your tummy toning and pelvic floor exercises effectively and can tailor an exercise programme specific to your needs. She can also advise on ways to prevent urinary incontinence, so you can bounce away on that trampoline with full confidence!

Contact us to enquire about our post-natal physiotherapy service.

Celebrating ten years of physio

We had lots of fun celebrating our tenth birthday at our open day in July. Thank you to everybody who came along and helped make it such a special day.

The day included a programme of events which were designed to appeal to local residents, new mums and businesses and included free sessions of mindfulness and Pilates, a post-natal question and answer session, lectures on managing conditions such as osteoporosis and a demonstration of an aquatic exercise called Ai Chi.

During the afternoon, the Mayor and Mayoress of Haslemere, Councillors John Robini and Jacquie Keen were guests of honour at our lecture about osteoarthritis. They completed their visit with cutting the birthday cake and chatting to guests over a cup of tea.

Physio team leader, Jo Hounsome said: "It was lovely to be able to throw open our doors and invite the community to find out more about physiotherapy and take a tour of our gym, hydrotherapy pool and training centre.

"It was a pleasure to meet so many local people and to chat with them about our services and to answer their questions about physiotherapy."

The open day concluded with a Pimm's and Pilates business networking event held in conjunction with Haslemere Chamber of Commerce. Local businesspeople stretched out on the lawn and relaxed in the evening sunshine as the physio team led them through a series of Pilates moves.



Take a tour

If you missed out on the open day and would like a tour of The Physiotherapy Centre, please email therapy@holycross.org.uk or call 01428 647647 to arrange a visit.

New Free From Falls Class

Spaces at our Free From Falls class are in demand so we've added another class.

Free From Falls aims to address some of the physical causes of falling by focusing on specific strength exercises, flexibility and balance retraining.

Contact us if you are interested in joining a class.

Coming soon

We are taking part in a four-month trial of a Physiolab unit, which applies cold and compression to hips and knees. The therapy is effective for managing post-surgical pain, inflammation and swelling. Please contact us if you would like to try it out for free.

Get social

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

Get Fit to Ski

If you are planning a ski trip this winter, reduce your risk of injury by booking yourself onto our Fit to Ski training programme.

The course includes four sessions over the space of eight weeks. You will complete an exercise programme which has been designed to prepare your muscles for skiing.

To find out more, visit the Fit to Ski page on our website.

