

The Physiotherapy Centre's

News & Updates

Christmas 2020



The traditional festive walk!

Physiotherapist Jo Hounsome shares six ways to prepare your body for hitting the pavements (or the fields) over the festive period, in a bid to work off the turkey and all the trimmings!

Certainly for me, when growing up, I'd dread those words on Christmas afternoon: 'I think we should all go for a nice walk'. Walking is not something that excites you as a child - you just can't understand why adults find it so enjoyable. But, we all get older, and the after dinner walk is a tradition in our family that I now look forward to rather than shy away from.

Some of you may be regular walkers, and others may prefer the comfort of a soft armchair in front of an open fire but either way, it's important that you prepare your body for the after-dinner walk.

Here are a few simple warm-up exercises that you can do before you hit the great outdoors. The exercises can be used as a cool down too.

1. **March on the spot** – 1 minute.
2. **Small knee bends** (mini squats). Stand with your feet apart and bend both knees at the same time by 10-15cm. Repeat 10-15 times.
3. **Ankle circles** – circle your ankle in circles. 10 times in each direction. You can do this sitting or standing.
4. **Leg swings** – stand, gently swing your leg forwards and backwards. 10 times on each leg.
5. **Hip circles** – stand with your hands on your hips. Draw big circles with your pelvis as if using a hula hoop. Repeat 10 times in each direction
6. **Shoulder circles** – draw circles with your arms. Start with small circles and build up to large ones. 10 times.

Try not to break any records for time or distance; walk at your own pace and stick to a distance that you're comfortable with. There are no prizes for finishing first and you won't thank yourself if you end up with a sore knee or a painful back.

Best wishes

Jo

Exercise at home

Few people like venturing out in the cold weather but with our online classes you can exercise from the warmth and comfort of your home.

Here's what we currently offer:

Fit for Life

When it's held – Mondays 10.30-11.15am and Thursdays 3.30-4.15pm.

Who it's for – anybody who wants to improve their strength, balance and fitness.

What to expect – During the online class you can complete the exercises at your own pace. This means you can challenge yourself to achieve a little more or have a rest when you need one. Exercises vary from week to week.

How much it costs – £25 per month and you can attend one or both sessions.

Pilates on Zoom

When it's held – Tuesdays and Thursdays at 9.30am.

Who it's for – anyone who has been assessed and had a Pilates one-to-one.

What to expect – Our qualified Pilates instructors will lead you through a series of exercises which focus on your balance, posture, strength and flexibility.

How much it costs –£25 per month and you can attend one or both sessions.

How to book – For both classes, please contact reception on 01428 647647 or email therapy@holycross.org.uk.

Guess who!

We've been updating the staff profiles on our website and found out some really interesting snippets of information about our physios.

See if you can guess which of the following statements belongs to which physio. We've given you the first answer.



Rosie



Jenny



Manuela



Ed



Jo

A) There was a time when this therapist wanted to be a pilot.

B) This physio loves to breathe new life into old items of furniture.

C) A knee problem meant this physio had to abandon their dream of being a dancer in Chicago.

D) This physio set their sights on working at The Physiotherapy Centre when they were still at university.

E) This physio's skill at kneading bread dough comes in handy when patients require manual therapy!



Book your Mummy MOT

Congratulations to Jenny Deeming who has recently qualified as a Mummy MOT physiotherapist.

A Mummy MOT is a specialist postnatal examination for women who have recently given birth.

During a 75-minute appointment Jenny will assess how the patient's posture, pelvic floor muscles and stomach muscles are recovering after childbirth.

Jenny will provide a personalised treatment plan that is designed to help with recovery and the return to pre-pregnancy fitness.

For more information about our post-natal service, see www.thephysiotherapycentre.org.uk/post-natal-physiotherapy.

From the team

Wherever you are and whatever you are doing this Christmas, we wish you a safe and peaceful Christmas and a very happy new year.

Visit www.thephysiotherapycentre.org.uk/our-team/ to find out more about our physios.

Guess who answers

Rosie D, Jenny C, Manuela A, Ed E, Jo B.