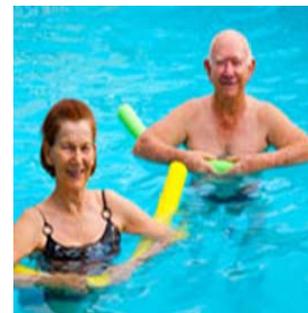


It is hard to believe but this year it has been 5 years since we first opened our doors. On Thursday 17th July 2014 we will be celebrating our 5th birthday, and we invite you to join us from 3pm for some afternoon tea! Please let Reception know in advance that you are coming so we don't run out of scones! We will also be selecting one patient at random from each year for a special treat on the day, so keep an eye on your letterbox in case the special delivery is for you!



Our new website was launched in February 2014 and can be found at [www.thephysiotherapycentre.org.uk](http://www.thephysiotherapycentre.org.uk). It contains lots of useful information and has a short film that features some familiar faces!



## Can warm water exercise help high blood pressure?

Aqua aerobics is known to bring a range of benefits especially for older adults. A recent study carried out by researchers from the University of São Paulo, Brazil, has found that exercising in warm water could also be an alternative treatment for high blood pressure. Results from the small study suggested that aqua aerobics in water heated to above 32 degrees may help people who do not benefit from conventional treatment for high blood pressure. The study included 32 people with high blood pressure that had not responded to at least three previous blood pressure medications and did not exercise regularly. They were randomly selected to do either a 12 week programme of three hours of exercise per week in a swimming pool filled with warm water, or to carry on as normal.

After the programme the blood pressure of people doing the warm-water exercises had fallen to healthy levels. At the moment it is unclear if it was the water, the exercise, the temperature, or a combination of all three that caused the effect. However if this effect could be sustained on a long-term basis, this would reduce the risk of cardiovascular diseases such as heart attacks or stroke. Warm water exercise is recommended by the British Heart Foundation, stating evidence that it can improve cardiovascular function, strengthen and tone muscles, and relieve stress.

**NEW**

Our old swim collars sometimes left you feeling deflated.... And so we sourced some luxurious Neoprene collars that should add a lot of comfort and even a little style as you do your exercises!



We are pleased to announce that we now have two qualified acupuncturists here at the Physiotherapy Centre. Megan has now completed her training and will join Karen in treating a wide range of conditions with this technique. Acupuncture can be very successful for reducing the ache of arthritis, help alleviate sports injuries or the more common DIY or gardening strains and sprains! It is particularly good for treating pain, especially for people who cannot or do not like to take painkillers. This is a natural way to take away discomfort. For more information check out our website [www.thephysiotherapycentre.org.uk](http://www.thephysiotherapycentre.org.uk) or call us on 01428 647647.

*Something you want to tell us? You can now give us feedback via our new website at [www.thephysiotherapycentre.org.uk](http://www.thephysiotherapycentre.org.uk) We are always happy to hear from you!*



***You may have read about how specific exercises for your core muscles can help your back. Classes using large bouncy balls and pilates have been very popular over the last few years. So we have taken the best exercises from each of these methods and put them together in our Back to Fitness class. This class not only helps tighten up your tummy but also improves the strength and control around your back, banishing those niggly aches and pains! Book your place now for Tuesday at 6:15 pm and start feeling better!***