

The Physiotherapy Centre's

News & Updates

Autumn 2022

HM Queen Elizabeth II 1926 to 2022

We were deeply saddened to hear the news about HM Queen Elizabeth II. Like so many, we wish to give thanks for her 70 years of selfless duty, wise and comforting words during difficult times and her strength and dignity.

Our thoughts are with the Royal family.

What's the big deal about strength?

Being stronger lets you do more, feel better and stay active, which is why so many people living with a health condition have discovered the benefits.

Regular strengthening exercise can help keep your heart healthy, boost your brain power, lose weight, maintain bone density, improve your balance and reduce joint pain. It can also start improving your mood straight away.

What is strengthening

Put simply, strengthening is any activity that makes your muscles work harder. You know you've done enough when you need a short rest before continuing.

Strengthening can be part of your daily routine, such as climbing stairs or gardening, an exercise class or playing a sport. Find a strengthening activity you enjoy as you'll be more likely to stick with it, and gradually build it up.

If you have a long-term health condition, evidence shows strengthening can help you to manage your symptoms and feel physically and mentally stronger.

Will I feel the effects afterwards?

You may feel the effects for a few days afterwards. This is normal and is your body getting used to the new exercise. That's why it's a good idea to start slowly and build up gradually and get enough sleep and rest time to allow your muscles to recover in between sessions.

In terms of changes to your body, the feel-good factor and boost to brain power are often noticeable straight away; changes to muscles take 6-8 weeks.



Is strengthening safe for me

Research shows that strengthening is not only safe, but also beneficial as it may reduce other risks associated with your condition.

How we can help

We can help you take the next steps to being stronger.

We can work with you in our very well-equipped physio gym, use hydrotherapy to offload your painful joints, whilst using the water resistance to strengthen your muscles. We also have a strengthening class on a Wednesday afternoon.

If you are searching for a way to help manage your condition and would like some help and advice, contact us so we can get you started on a strengthening programme specially for you.

Further information

Visit our website at thephysiotherapycentre.org.uk for useful links to additional strengthening resources.

This article is based on information from the Stronger My Way campaign by the Chartered Society of Physiotherapy.

Monday 19 September

As a mark of respect, we will be closed on the day of the Queen's funeral. If you had an appointment booked, we will be in touch to rearrange.

How strengthening helped Roger



Following an illness in April this year which led to a period of time where he was unable to be as active as normal, Roger found that his general fitness and ability to walk had deteriorated.

Whereas usually he would easily walk 6,000 steps per day, he was only managing 3,000 at most, and felt very tired doing everyday tasks. He also noticed that his balance wasn't as good and he felt a little fearful that he might fall.

Roger came to us at The Physiotherapy Centre to see if we could help. He had already

completed a course of basic exercise classes online via his NHS physio and had started to see some progress.

Given his positive response, he was sure that he could improve further, but needed guidance to take things to the next level.

We could see how motivated Roger was and discussed options for improving his strength, which we thought would also help his balance. We agreed that a weekly one to one session with our rehab therapist, plus attending our weekly exercise rehab class would suit him and help him achieve his goal of being able to walk to his local coffee shop and back (with a stop off for refreshment of course!), which meant negotiating a steep hill.

Following six weeks of hard work, Roger has managed a trip to London, completing more than 6,000 steps, has visited his favourite coffee shop via the steep hill and also no longer needs to use a stick.

Roger says: "The therapists always make the sessions enjoyable and interesting. The exercises are varied and challenging and I like that the therapists explain the reasons behind each exercise I do. I have signed up to another 10 weeks of classes and rehab sessions due to the improvements that I have already seen, and my next goal is to return to playing table tennis!"

Roger has been a pleasure to work with and we look forward to helping him reach his next goal.

If you're in a similar position to Roger, get in touch to explore how we can help.

Discover if shockwave therapy can help your Achilles pain

Achilles tendinopathy is an injury to the band of tissue (tendon) that connects the muscles in your lower leg to your heel bone. You may get pain, stiffness and sometimes swelling around your heel, limiting your ability to walk, run or jump.

Achilles problems can be slow to resolve and the associated pain can impact on your everyday activities.

Physiotherapy can help to settle the symptoms via the right advice on activity modification, footwear and exercise. However, exercises can sometimes be too painful to complete, making recovery difficult and leaving you frustrated by the slow progress.

There are alternative treatments such as blood or platelet-rich plasma (PRP) injections, dry needling or surgery, but these are all invasive treatments.

When symptoms have become chronic (present for longer than 3 months), extracorporeal shockwave therapy (ESWT) can be a highly effective treatment for Achilles tendinopathy. It is non-invasive and extremely safe.

3-5 sessions of ESWT can reduce pain levels to allow more effective rehabilitation and lead to higher rates of recovery over a 4-month period. The importance of specific strengthening exercise must be highlighted though, as the shockwave alone will not provide a cure.

If you are struggling with Achilles pain, get in touch with our team and we can discuss treatment options with you.

Mention this newsletter and receive a 10% discount on the cost of a course of ESWT (the cost of a course of 4 sessions of ESWT is usually £300).

Pilates – is it for you



Pilates is a form of exercise that focuses on strengthening the body and optimising movement control. It can be adapted to suit different ability levels and is used to assist in the management of a wide range of musculoskeletal conditions including back pain, postural issues, poor balance and reduced limb strength.

Pilates can also aid relaxation and body awareness promoting improvements in general well-being.

At the physiotherapy centre we can provide both one-to-one, two-to-one and group-based sessions. Call us to find out more.