

The Physiotherapy Centre's

# News & Updates

Autumn 2020



## We are open!

*We are so pleased to be back and offering face to face physiotherapy. Thank you to everybody who has booked to see us - it has been great to welcome back some familiar faces and some new patients too.*

To keep you safe, we have introduced some new ways of working. It is fantastic how this has fast become established as part of our new routine. Full details about what to expect when you visit us can be seen on our website.

Although all members of the team are back, we are not yet able to offer the same number of appointments as we were before coronavirus. This is because of the extra time we need to allow for cleaning and to enable social distancing between patients.

Since we reopened in early July, patients that have attended have reported favourably on both the service we have been able to provide them, and how safe they feel in the clinic environment.

Whether you have an old injury or a new niggle, please do get in touch, and we will talk through all options available to you, be that virtual or face to face.

The coronavirus pandemic has given us the opportunity to make use of technology and introduce some new ways of providing services. We have been so pleasantly surprised by the results that we have decided to continue with our virtual therapy programme and will be looking to add to the range of services we offer in this way.

Finally, if you are in pain but feel a bit nervous about returning to a healthcare setting, I'd like to reassure you that we have every measure in place to keep you safe and that we will do everything we can to put you at ease.

Please do contact us if you have any concerns or would like an appointment.

Jo Hounsome  
Team Leader

### The road to recovery

As we start to emerge from a global pandemic, physiotherapy and exercise-based rehabilitation are becoming an increasingly essential part of the country's recovery.

Not only does this include the needs of people recuperating from COVID-19 infections but also those whose rehabilitation has been disrupted or whose condition has deteriorated due to the period of lockdown.

If you have experienced a reduction in your fitness or noticed increasing difficulty pursuing your daily activities and hobbies, we can help. Our state-of-the-art gym and hydrotherapy pool are perfect for providing you with an individualised rehabilitation plan. Please contact us to find out more.

### Zoom in on Pilates



Physiotherapy-led Zoom Pilates is back on Tuesdays and Thursdays at 9.30am. The cost is £25 per month and you can attend one or both classes.

The class is suitable for anyone who has been assessed and has had a Pilates one-to-one. This includes patients who attended Pilates prior to lockdown.

To book, contact reception on 01428 647647 or [therapy@holycross.org.uk](mailto:therapy@holycross.org.uk).

# Get Fit for Life

## *New online exercise class starts 3 September*

We have introduced a new physiotherapy-led virtual exercise class. The class is called Fit for Life and is suitable for anyone who would like to improve their strength, balance and fitness from the comfort of their home.

We are making use of video software so you can receive the benefits of our expertise without having to visit The Physiotherapy Centre in person.

### What are the benefits of Fit for Life

The 45-minute class is designed to help strengthen muscles, improve fitness, range of movement and balance. In turn this will improve your function and physical and psychological health.

The exercises will vary from week to week and can be adapted to meet your individual ability. During the class, most exercises will be completed for a set period of time so you can complete them at your own pace, challenge yourself to achieve a little more or rest as required.

The flexibility of this class makes it suitable for everyone.

### Who can take part in Fit for Life

As well as being a good class for improving strength, balance and fitness, this class is also suitable for anybody who has lost confidence when walking. This loss of confidence may have come about following a previous injury or operation.

If you are an existing patient your physiotherapist can discuss suitability with you, but if you have not been seen by one of our team before or if your health has significantly changed since you last visited us, you will need to have an assessment before joining the class.

### When does the class take place

We are offering two classes – one on a Monday morning and one on a Thursday afternoon. The first class starts on 3 September and will be broadcast live via Zoom every Thursday from 3.30pm to 4.15pm. The second class begins on Monday 7 September from 10.30am to 11.15am. Both classes are led by a member of the physiotherapy team.

### Cost

Fit for Life costs £25 per month and you can attend one or both sessions.

### New to Zoom?

If you are new to the Zoom set up, please contact a member of the physiotherapy team as soon as possible. We will be more than happy to send you instructions for joining a Zoom meeting.

Please note that you will need to have Zoom set up at least a day in advance of the class.

### How to book

If you would like to attend Fit for Life, please contact our reception team so they can book you in for an assessment, or if you are an existing patient, send you a consent form. The assessment/consent form will need to be completed before you can take part in Fit for Life.



### Let's Talk Physio

We are planning a series of Let's Talk Physio lectures using Zoom. If there are topics you would like us to cover or you would like to be kept informed about the dates, please email [therapy@holycross.org.uk](mailto:therapy@holycross.org.uk).

### Get social

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