

News & Updates

Spring 2025



Transforming lives through neuro rehabilitation

Why finding the right physiotherapist after a stroke, spinal cord injury, or diagnosis of a progressive neurological condition such as Parkinson's Disease can be life changing.

At Holy Cross Physiotherapy Clinic, our senior neuro physiotherapists, Ray and Aakriti, bring expertise, passion, and commitment to helping patients achieve their best possible recovery outcomes.

What to expect at your first appointment

Many patients come to us believing they have reached their full potential, but this is rarely the case. Neuro physiotherapy is not just a treatment - it is a comprehensive journey tailored to each patient's unique needs.

At your first appointment, you will receive a thorough assessment to help define clear and meaningful goals. A neurological injury can turn life upside down, but with the right support and therapies, achieving quality of life is possible.

Ray and Aakriti find it incredibly fulfilling to help patients achieve their goals - whether that means returning home or learning new ways to complete activities.

A personalised approach to recovery

There is no one-size-fits-all path in neuro rehabilitation. Every patient is different, and this is why a personalised care plan is essential. Our goal is to restore function wherever possible, but when full recovery isn't achievable, we focus on finding new ways to help patients adapt and compensate.

If you or a loved one is looking for expert neuro rehabilitation, we're here to help. Contact us today to arrange an appointment or book online and take the first step toward recovery.

Join us for Pilates

We currently have some spaces available in our popular Pilates class on a Monday at 9am and Tuesday at 9.30am.

Suitable for all levels, our classes are designed to support mobility, strength and balance.

Pilates is especially beneficial for those recovering from injury, managing chronic pain, or simply looking to improve posture and core strength. It can also aid relaxation and improve body awareness.

Our classes are led by experienced physiotherapists so you will have peace of mind from knowing you are in a safe environment.

Classes are 45-minutes long and cost £17 or you can book five for £79 or 10 for £147.

If you are interested in joining the class, please contact us to book in an initial Pilates one-to-one.

Ski Smart

We had a fantastic turnout at our recent Ski Smart lecture. Attendees gained valuable insights into injury prevention and recovery from renowned consultant orthopaedic knee surgeon, Mr Simon Thompson.

During the session, Mr Thompson shared expert advice on:

- ✓ Preventing knee injuries on the slopes through pre-trip conditioning, plus advice on ski settings to avoid injury.
- ✓ Deciding if the time is right for ACL surgery and the importance of physiotherapy.
- ✓ Cruciate ligament reconstruction – the types of graft used in ACL reconstruction and longer term outcomes.

Thank you to everyone who attended. If you missed this session, follow us across social media for details about future lectures.



Discover the healing power of hydrotherapy

If you're looking for a gentle yet effective way to relieve pain, improve mobility, and hasten recovery, hydrotherapy could be the perfect solution.

What is hydrotherapy?

Hydrotherapy is a form of physiotherapy performed in our heated pool, where the warmth and buoyancy of the water help to:

- ✓ Reduce pain and stiffness
- ✓ Improve circulation and flexibility
- ✓ Strengthen muscles with low-impact resistance
- ✓ Support injury recovery and rehabilitation.

Unlike traditional land-based exercises, water takes the pressure off your joints, allowing you to move more freely with less discomfort.

Who can benefit from hydrotherapy

Hydrotherapy is beneficial for people of all ages and fitness levels, particularly those recovering from injuries or managing long-term conditions. It can help with:

- ✓ Arthritis and joint pain - Relieve stiffness and improve mobility
- ✓ Back pain and sciatica - Reduce tension and strengthen core muscles
- ✓ Post-surgery recovery - Aid rehabilitation after hip, knee, or spinal surgery
- ✓ Neurological conditions - Support movement and coordination for conditions like stroke, MS, and Parkinson's
- ✓ Sports injuries - Speed up healing and restore function safely.



What to expect in a hydrotherapy session

Our hydrotherapy sessions are led by qualified physiotherapists and hydrotherapists, ensuring that each session is tailored to your specific needs. Whether you're recovering from an injury, managing a chronic condition, or looking to improve mobility, we create a personalised plan to help you achieve your goals.

Book a hydrotherapy assessment online or call us and discover how water-based therapy can support your recovery.

FREE lecture - food as medicine

At Holy Cross, we take a holistic approach to care which means treating the whole person rather than focusing on symptoms in isolation. This is why we are delighted to be hosting a series of free lectures on nutrition and how making the right food choices can complement physiotherapy and the recovery process.

The title of the first lecture is **Food as Medicine: Eating well for osteoarthritis** and it is on Wednesday 14 May from 6.45-8pm.

Guest speakers and nutritional therapists Natalie and Caroline will cover:

- Osteoarthritis explained - what it is, the signs, symptoms and risk factors for men and women.
- The metabolic and muscular connection - is osteoarthritis just about wear and tear.
- The influence of the gut on your joints - how the microbiome can play a role in your aches and pains.
- Essential nutrients for joint health - the benefits of an anti-inflammatory diet and specific nutrients within it.


The lecture will be followed by a question and answer session.

Spaces are limited so booking is essential. Reserve your ticket by visiting our website or go to <https://tinyurl.com/5fz3cyhx>.


Save the date!

Tickets will soon be available for the next two talks in our nutrition lecture series:

Wednesday 11 June

 *Pre-diabetes Prevention - The Power of Diet and Lifestyle*

Wednesday 2 July

 *Navigating Midlife Transformation - The Role of Nutrition and Lifestyle in Perimenopause*

Seats are limited! Reserve yours by visiting our website and following the booking link. Tickets will be available from mid-May.



Why every new mum needs a Mummy MOT

Becoming a mother is a life-changing experience, but the physical demands of pregnancy and childbirth can have lasting effects on the body. While newborns receive regular health check-ups, mothers often don't get the same level of postnatal care - which is where a Mummy MOT comes in.

What is a Mummy MOT?

A Mummy MOT is a specialist postnatal physiotherapy assessment designed to check a mother's recovery after childbirth. It focuses on pelvic floor strength, abdominal separation (diastasis recti), posture, and core stability, helping women regain confidence in their bodies and prevent long-term complications.

Who can benefit?

A Mummy MOT is recommended for all women from six weeks postpartum - but it's never too late! Even months or years after birth, many women experience issues such as:

- ✓ Persistent back, pelvic, or hip pain
- ✓ Weakness or bulging in the abdomen
- ✓ Incontinence or pelvic floor dysfunction
- ✓ Discomfort during exercise or daily activities

What to expect

During a Mummy MOT, Jenny Deeming, our specialist women's health physiotherapist will:

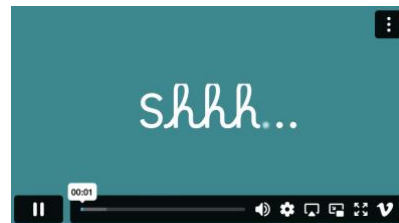
- ✓ Assess your posture, core, and pelvic floor function
- ✓ Check for diastasis recti (abdominal separation)
- ✓ Provide a tailored rehab programme to restore strength and function
- ✓ Give expert advice on the safe return to exercise

Why book a Mummy MOT?

A Mummy MOT can help you feel stronger, healthier, and more in control of your body, whether you're looking to return to exercise, reduce pain, or simply improve your overall well-being.

Book your Mummy MOT online today or call us to arrange an appointment.

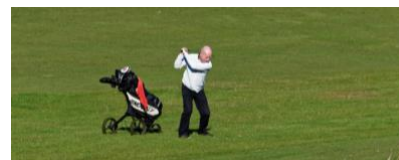
Tell your friends about Haslemere's best kept secret



You don't know what you don't know which is why we decided to make a short film to introduce more people to our facilities.

Visit our website and press play to see a behind the scenes tour of the Physiotherapy Clinic, and please do tell your friends!

Thinking about returning to golf?



As well as being a great sport, golf is excellent for our fitness and mobility but returning to it after a joint replacement can be a challenge.

Our sports rehabilitation physiotherapist has helped many people return to golf and other sports after a joint replacement so, if you are inspired to get back in the swing, contact us to make an appointment with Ed!



Jo



Ed



Manuela



Rosie

Meet the team

Our values:
Compassionate Care
Respect
Integrity
Safety
Team
Excellence



Jenny



Kristy



Ray



Aakriti