

The Physiotherapy Centre's

News & Updates

Spring 2019

Let's Talk Physio

Choose a lecture and book a place

In a series of hour-long lectures, our expert physiotherapists will share their knowledge and provide practical advice about some common conditions.

Our aim is to provide information so that more people can take control of their symptoms and lead a more fulfilling life.

Living well with osteoporosis

29 April, 6-7pm

Osteoporosis affects over 3 million people in the UK. We'll be sharing the latest thinking on how to manage this condition.

Post baby body bounce back

18 June, 6-7pm

Information for new mums about regaining your pre baby body with advice on how to exercise your tummy safely and strengthen your pelvic floor effectively.

Back in the swing

10 October, 6-7pm

Tips for golfers on returning to the fairways after a joint replacement.

Running well

New for 2020

Physiotherapy-led advice focussing on injury prevention and management for runners.

The hour-long lectures are held in St Hugh's our Training and Education Centre. Tickets cost £5 which includes light refreshments.

How to book

To book your ticket, please email therapy@holycross.org.uk, phone **01428 647647** or call into Reception.



NEW post-natal physio

In May, we are introducing a new post-natal service, which will include an exercise class for new mums.

In our one-to-one sessions, our specially trained physios will help you to find relief from the physical demands placed on your body by pregnancy.

We will also be offering an 8-week Baby Body Bounce Back exercise class. The class has been designed for new mums. We will focus on the pelvic floor, abdominal and tummy toning and a safe return to exercise. You are welcome to bring your baby but no crawlers please.

For details, speak to a member of the Physio team, visit our website or follow us on Instagram

@the_physiotherapy_centre or Facebook @holycrossphysio/

Had your knee or hip replaced?

Feeling a bit frustrated by your recovery?

We offer post-operative rehab packages especially for people who have had a hip or knee replacement.

The package includes an assessment and four treatment sessions which will take place in the gym, the pool or a combination of both. Following your assessment, your specialist physiotherapist will design an exercise programme just for you. You will be able to do the exercises at home in between your appointments.

As you make progress, the exercise programme will be adjusted so that you are encouraged to achieve a higher level of recovery.

As part of the package you will receive a ten per cent discount on our lower limb rehab and exercise rehab classes. The package costs **£199** which represents a considerable saving when compared to a pay as you go option.

Take control of your recovery

Email therapy@holycross.org.uk or call 01428 647647 to arrange your initial assessment.

Getting to physio when you can't drive

If you find yourself not able to drive or you need a lift so you can get to your physio appointment, the hoppa bus service might be the answer.

If you live in Haslemere or nearby villages, the bus will pick you up from your home, drop you at our entrance and then take you home after your appointment.

Call **01428 681701** or visit www.hoppa.org.uk to register to use the service.

Rosie and Manuela set the pace

Rosie Cranmer and Manuela Maxwell (pictured right) ran in the Brighton Half Marathon in February and achieved some very impressive results.

Manuela finished in the top 15 per cent of runners with an excellent time of 1 hour 44 minutes and Rosie was among the top 40 (of 3,000) female runners at the event, completing it in just 1 hour 30 minutes. This is an amazing feat, particularly as this was Rosie's first experience of a large-scale competitive race.

If you are thinking about taking part in a marathon or want to return to running, ask our physios about our Running Well programme.

Team update

Welcome to Rosie Cranmer who has joined the team as a musculoskeletal physio working in the gym and hydro pool.



She joined us from Portsmouth & Southern Health NHS & Trust.

Speaking about working at The Physiotherapy Centre, Rosie says: "I like having the opportunity to utilise the outstanding facilities and having the time to work closely with patients on a one to one basis and in classes so they can fulfil their personal goals and reach their potential."

In her spare time, Rosie enjoys being with friends and family, climbing, triathlon and baking.

Read the facts

We have put together a fact file containing information about how to live well with **osteoarthritis** and advice about managing the condition.

See the fact file at: www.thephysiotherapycentre.org.uk/osteoarthritis-fact-file

