

News & Updates

Summer 2024

NEW Pilates class

We're thrilled to announce the launch of our new small-group Pilates class. It begins on Tuesday 3 September and will take place every Tuesday from 9.30-10.15am.

This class is perfect for anyone looking to improve their health and well-being in a supportive and expert-led environment. Led by Rosie (right), who is a fully accredited APPI trainer and qualified physiotherapist, you'll be in great hands as you work towards your personal fitness goals.

The benefits of Pilates

Pilates offers a variety of benefits for both physical and mental well-being. Here's how it can help you:

- **Improved flexibility:** Pilates helps increase your flexibility, allowing for a greater range of motion and ease in everyday activities.
- **Enhanced muscle strength and control:** Focusing on the core and pelvic muscles, Pilates builds strength where it matters, giving you better control over your movements.
- **Better posture and spinal stability:** With improved posture, you'll enjoy greater spinal stability, which can make a big difference in how you feel day-to-day.
- **Improved coordination and balance:** Pilates fine-tunes your coordination and balance, which can enhance your overall physical performance and reduce the risk of falls.
- **Reduced back pain:** Many people find relief from chronic back pain through Pilates exercises, which focus on strengthening and stretching key muscle groups.
- **Reduced risk of injuries:** By addressing muscle imbalances, Pilates helps protect against injuries, keeping you active and healthy.
- **Enhanced relaxation and stress management:** The mindful movements and breathing techniques in Pilates promote relaxation and help manage stress effectively.

Is this class right for you

If you're looking to improve your flexibility, strength, and posture, or if you want to manage a long-term musculoskeletal issue, this class could be a great fit for you. As long as you're comfortable moving from the floor to standing, you're ready to participate!

If you're not sure whether Pilates is right for you, consider trying a one-on-one session to discuss your goals and get a feel for the exercises, or give us a call to speak with our team about your specific needs.



How to get involved

To ensure everyone gets the most out of the class, all interested participants are required to have a 30-minute one-to-one Pilates session first.

This session will help you become familiar with the basic Pilates techniques and principles. It's also an opportunity to discuss your personal goals and any necessary modifications to ensure a successful class experience.

If you haven't attended a treatment session within the last three months or are new to The Physiotherapy Centre, you will also need an initial assessment.

The class sizes are small with no more than seven people taking part. A single class is £16 or block book to secure a discount. A block of five classes costs £75 and ten cost £140.

Ready to get started? Or have some questions? Please contact our reception on 01428 647647.

Living with back pain – how we can help

Back pain is something that many of us will experience at some point during our lives. It can be brought on by long periods of immobility, poor posture while watching TV, looking down at a mobile, moving or handling a relative you care for, carrying too much weight, housework or driving.

Although most people find their back pain improves on its own within a few weeks, if you have had enough and would like to speed up your recovery, we can help.

Your road to recovery – what to expect

Once you have decided to do something about your back pain, the first step is to make an appointment for an assessment with one of our highly trained physiotherapists. You can do this by calling us on 01428 647647 or you can book online at www.thephysiotherapycentre.org. We don't have waiting lists so you will usually find you can get an appointment and be seen very quickly.

During your appointment, your physio will complete a full and thorough assessment of you. This will include:

- Taking a detailed history of your pain
- Asking for details about your medical history
- A physical assessment to see how you move and how your muscles, nerves and joints are working.

After completing their assessment, your physio will discuss with you the options available, and the treatment programme that best fits your needs.

This may include a range of options such as:

- A home exercise programme for strength and mobility
- Manual (hands-on) treatment
- Hydrotherapy
- Pilates
- Advice on pain management
- Extracorporeal shockwave therapy
- Acupuncture

When you choose The Physiotherapy Centre for treatment, you'll find us by your side as you journey back to your normal daily life. Your physiotherapist will monitor your progress and, if needed, will adjust your treatment plan so that you achieve your recovery goals and more.

TOP TIP

Regular exercise for back pain works

Exercise has been shown to be the most helpful treatment for back pain. It doesn't matter what type of exercise you do, as long as you remain active. Walking, swimming, yoga and Pilates can help ease back pain so choose something you like to do and keep at it!

If Pilates appeals to you, see the details in this newsletter about our new class starting in September.

Urology Week 23-29 September

During Urology Week, Jenny Deeming our women's health physio will share her advice on continence health. Email therapy@holycross.org.uk if you would like to subscribe to our Women's Health newsletter.

In the meantime, if you have any bladder pain, incontinence or bladder urgency, contact Jenny to explore how she can help.

Friends' Fundraising

The Friends of Holy Cross Hospital are holding a sponsored walk and a golf day to raise money for Holy Cross.

Visit the Friends' page at www.holycross.org.uk for details.

Meet the team



Jo – Team Leader



Ed



Jenny



Kristy



Manuela



Rosie