

NEWSLETTER

News from the Physiotherapy Clinic at Holy Cross

Take the guesswork out of recovery



Have you been working hard to get back to sport after injury but are finding you are still not feeling at your best?

Many active people who have had an injury find that recovering enough to play isn't the same as regaining full strength, confidence or performance and this is where we can help.

Our diagnostics toolkit includes a dynamometer which gives a repeatable measure of muscle strength across all major joints. The clear, objective data enables our specialist physiotherapists to identify hidden weaknesses, track

recovery, and understand exactly what may be limiting your return to peak fitness.

Whether you're rebuilding after surgery, managing a long-standing injury, or simply trying to stay competitive as you get older, we can create a tailored recovery plan based on real evidence.

By measuring progress over time, you'll see exactly how your strength is improving, which can be hugely motivating while helping you train smarter and reduce further injury risk.

Book an assessment today for £79.

Return to fitness with physiotherapy

Injury, surgery or a prolonged hospital stay can take a serious toll on strength, mobility and confidence particularly for those who are used to being active and independent.

Even routine daily tasks such as climbing stairs, walking longer distances, or carrying shopping can suddenly feel far more demanding after a period of deconditioning.

Physiotherapy plays a vital role in helping you return to fitness. Following a thorough assessment, our physiotherapists will design a personalised rehabilitation programme tailored to your recovery goals.

Your plan may combine land-based exercises to improve muscle strength, coordination and cardiovascular fitness, alongside pool-based therapy where the buoyancy of water reduces pressure on joints while allowing you to move more freely. Hydrotherapy can be particularly beneficial if pain, weakness or fatigue are limiting progress on land.

With expert guidance, physiotherapy can help restore physical function, improve energy levels, reduce the risk of falls and rebuild confidence.

Whether your goal is returning to sport, work, or simply feeling capable in managing everyday life, physiotherapy provides structured support to help you regain independence and get back to where you want to be.

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How physiotherapy can support recovery after prostate surgery

Physiotherapy plays an important role in helping men recover from prostate surgery and manage subsequent bladder control issues.

Post-prostatectomy incontinence affects around 66% of men, while erectile dysfunction (ED) is also a common concern.

Physiotherapy can help improve symptoms by retraining the pelvic floor muscles, which are essential for maintaining continence during everyday activities and exercise. With ED, treatment may focus on reducing excessive muscle tension rather than strengthening.

The sensitive nature of these conditions and not knowing what to expect at the initial assessment may mean some men are reluctant to seek treatment. At Holy Cross Physiotherapy Clinic our men's health specialist is Ed Carrol. He conducts all initial assessments in a

private, confidential environment so you can openly discuss symptoms related to continence, pain, sexual function, stress, and overall wellbeing. He uses ultrasound imaging to assess pelvic floor muscle activation and control. This thorough evaluation can be achieved without an internal examination and with minimal undressing.

Following the assessment, Ed will create a personalised treatment plan which will be tailored to your lifestyle, goals, and activity levels. Programmes typically include pelvic floor exercises and how to integrate them into daily routines, along with education on bladder retraining techniques and the use of medical devices that may support continence and sexual function.

A consultation with Ed can be booked online or you can call a member of our reception team on 01428 647647.

Understanding Chronic Pelvic Pain Syndrome (CPPS)

Chronic Pelvic Pain Syndrome (CPPS) is a broad term used to describe persistent pain in the pelvic region, often without a single identifiable cause.

It is the most common urological symptom presentation in men under 50 and the third most common in men over 50. Despite its prevalence, CPPS is believed to be significantly underreported and can have a profound impact on quality of life.

Symptoms vary widely and may include genital pain, urinary frequency and urgency, rectal pain, and perineal discomfort. Because CPPS is complex, symptoms are often influenced by multiple contributing factors rather than a single diagnosis.

In some cases, overactivity and excessive tension within the pelvic floor muscles may be driving symptoms, meaning that treatment focuses on relaxation and restoring normal muscle function rather than strengthening. Identifying the underlying contributors can require detailed assessment and investigation. A personalised physiotherapy treatment plan can help reduce pain, improve function, and support a better quality of life.

How to book an appointment

You can book an appointment online or by contacting us by phone or email.

Visit our website at

www.thephysiotherapycentre.org.uk

Call 01428 647647

Email therapy@holycross.org.uk

For our latest news, you can also follow us on Facebook

@holycrossphysio or Instagram

@the_physiotherapy_clinic_HC

Meet men's health specialist Ed



Ed is an experienced physiotherapist with over 15 years in clinical practice, specialising in men's health, musculoskeletal rehabilitation, and performance-focused recovery.

Ed helps patients of all ages to stay active, recover from injury, and be more body aware.

As well as having a degree in physiotherapy, Ed has completed further training in 'Running Repairs' to enhance his specialist knowledge in rehabilitating

runners plus, courses in shoulder rehab and sporting hip and groin. He has also trained in men's health and has completed courses in men's pelvic health.

Passionate about delivering practical, evidence-based care, Ed says: "Physiotherapy is about helping people regain confidence in their bodies, overcome setbacks, and continue doing what they love."

Could physiotherapy help you?

Take our quick self-check quiz. Answer 'yes' or 'no' to the following questions:

1. Do you often experience aches, pain, or stiffness that lasts longer than a few days?
2. Have you stopped or reduced activities you enjoy (walking, exercise, hobbies) because of discomfort or fear of pain?
3. Do you notice weakness, reduced flexibility, or difficulty with everyday movements (e.g. bending, lifting, climbing stairs)?
4. Are you recovering from an injury, surgery, or recurring issue that doesn't seem to fully resolve?
5. Do you take pain relief regularly to manage symptoms rather than addressing the cause?

Your results

1–2 YES answers: You may benefit from advice or early support to prevent things getting worse.

3+ YES answers: Physiotherapy could make a real difference to your movement, pain, and confidence.

We're here to help

Our MSK physiotherapy team specialises in assessing, treating, and helping you stay active. Get in touch to find out how we can support you.



Farewell to Jenny and congratulations to Kristy

After 12 years at Holy Cross Physiotherapy Clinic, we have said goodbye to our valued colleague Jenny Deeming as she embarks on a new chapter with her family in Cyprus.

The move comes as Jenny's husband, who is an Army doctor, takes up a two-year posting overseas. While she is looking forward to the sunshine and new experiences ahead, she says she will greatly miss the many patients she has cared for and built relationships with over the years.

Before settling into life in Cyprus, Jenny and her family will travel across Europe by campervan. We thank Jenny for her dedication and wish her every success in her new adventure.

Taking over from Jenny as our new Musculoskeletal Physiotherapist is Kristy Hill. Some of you will recognise Kristy from the hydrotherapy pool where she has been working as a hydrotherapist. Kristy is looking forward to meeting and working with her new patients.