

The Physiotherapy Centre's

# News & Updates

Winter 2023



## Healing waters

*As we move into winter and colder temperatures, now is the perfect time to explore the therapeutic wonders of hydrotherapy.*

Here are some of the benefits that hydrotherapy at The Physiotherapy Centre offers:

### **Pain relief and muscle spasm reduction**

Hydrotherapy is an ally when it comes to alleviating pain and reducing muscle spasms. The gentle, supportive water environment provides soothing relief and respite to those battling discomfort.

### **Ease of movement**

You'll find that Immersing yourself in our therapeutic pool will facilitate ease of movement and enable you to explore greater ranges of movement. This can be beneficial if you are experiencing mobility challenges.

### **Reduction of swelling and improved circulation**

One of the remarkable effects of hydrotherapy is that it has the ability to reduce oedema and swelling while optimising circulation. The water's buoyancy lessens the impact on joints and fosters improved blood flow throughout the body.

### **Mind/body relaxation and stress management**

In addition to the physical benefits, hydrotherapy triggers the activation of the para-sympathetic nervous system, leading to mind/body relaxation and a general feeling of wellbeing. It can also contribute to the reduction of stress and the management of some mental health conditions.

### **Cardio/respiratory improvement**

Hydrotherapy extends its benefits to enhancing cardio/respiratory functions and can have a positive impact on heart and lung health.

### **Neuromuscular performance and postoperative recovery**

If you have a disorder that affects your muscles or you need post operative rehabilitation, hydrotherapy can offer a gentle but effective solution. It aids in building strength and endurance and is particularly good for those who are unable to bear full weight during their recovery journey.

**If you would like to experience the benefits of hydrotherapy for yourself, contact us for a discussion or to make an appointment for an assessment.**

### **Did you know...**

Our women's health specialist is using our new ultrasound to help patients of all ages who are experiencing problems with their pelvic floor function. Diagnostic ultrasound can also be used to evaluate conditions such as:

- Muscle tears
- Tendon and ligament injuries
- Inflammatory arthritis
- Plantar fasciitis
- Bursitis
- Carpal tunnel syndrome
- Achilles tendinopathy
- Tennis and golfer's elbow

**Contact us or visit our website if you would like to know more.**



### **Boxing Day run**

There is still time to enter the 2023 Hindhead Boxing Day Run.

Tickets cost £14 with all profits donated to Holy Cross Hospital.

For tickets, visit [www.boxingdayrun.org](http://www.boxingdayrun.org).

### **Christmas hours**

We are taking a break over Christmas so our last day for appointments will be 22 December. We will reopen on 2 January.

From the team, we wish you a happy and peaceful Christmas.

# Patients' stories



John first came to us with a view to improving his mobility and exercise tolerance.

After a year of serious illness, his mobility had declined dramatically and he was relying on his wife Cheryl to help care for him.

Subsequently he had become weaker and his long-standing back pain had added to his inability to move well.

When we first met John, he was using a walking frame, had very poor movement in his spine and was unable to stand for long. It was decided that hydrotherapy would be the best option for addressing his problems.

Not long after starting hydrotherapy, we saw some positive changes in John's spinal movement, his exercise tolerance improved and his overall mood became much more buoyant.

John has made a significant improvement after persevering with focused exercises in the supported hydrotherapy environment. His determination to improve his health has carried over into his daily life and he can now walk with a stick indoors. John has made such good progress that he was able to go on a much-anticipated holiday abroad and so converted was he to the benefits of hydrotherapy that he took his exercise regime with him!

Since John has been attending The Physiotherapy Centre, Cheryl has also benefitted from treatment. She initially presented with a long history of lower back and neck pain which had been made worse by assisting John during his period of illness.

Cheryl's pain was having an adverse effect on her mood and quality of life. She struggled to remain active and found that she was becoming less and less enthusiastic about taking part in her Pilates and horse riding.

At the beginning of her rehabilitation journey, Cheryl lacked strength and fitness. By committing to her physiotherapist instructed gym and Pilates sessions, Cheryl now feels confident enough to restart Pilates and felt strong enough to accompany John on holiday. While away, Cheryl also continued her rehabilitation exercises.

**If you feel inspired by John and Cheryl's stories and would like to explore how our rehabilitation programme can help you, please do get in touch.**

## New Chief Executive takes up post

Frances Campion-Smith has recently taken up the post of Chief Executive and is looking forward to taking the hospital and physiotherapy centre forward on the next stage of our journey.

Mrs Campion-Smith brings extensive skills and expertise to Holy Cross having been in the healthcare sector for over 45 years. She has worked in the NHS, charity and private sectors and has held a number of leadership roles.

For the past five years, Frances worked at the Cleveland Clinic London. In this role she was the Registered Manager as well as being the Director of Acute and Ambulatory Care, Safeguarding Lead and Deputy Chief Nurse.

Speaking about her new role, Frances says: "I am thrilled to have joined Holy Cross and to have the opportunity to work with a highly dedicated team of healthcare professionals in an environment where care comes first, and everybody is treated as an individual.

"Holy Cross has a reputation for being a centre of excellence and I am very much looking forward to collaborating with patients and their families, staff, the Friends, and supporters in the community to ensure we continue to go from strength to strength."

## We've got your back!

Preventing injury and looking after your back can reduce the chances of developing pain or injury.

Here are our five top tips for taking care of your back:

- 1) Exercise is your friend** – staying strong and flexible will help prevent episodes of back pain, but exercising when you have pain will also help you recover faster. Try to incorporate 15-30 minutes of exercise into your daily routine, and choose something you enjoy so you stick to it!
- 2) Keep hydrated** – The discs in your back have a high water content, so drinking water helps to keep them healthy. It's more important as we age, as over 60% of people exhibit disc degeneration over the age of 40.
- 3) Avoid prolonged postures** – even if you sit with good posture, remaining in the same position can cause back pain. Aim to stand up from your seated position at regular intervals, and move around even if it's just for 30 seconds to one minute.
- 4) Relax well** – Avoid low chairs (try to keep your knees below the level of your hips when sitting). Make sure your back is supported and sit square onto the TV, or at your desk. Try to avoid asymmetrical positions such as lying on your side on the sofa, with your head crooked to one side.
- 5) Don't be fearful** – when back pain does occur, don't panic, most back pain will resolve within 6-8 weeks. Stay active, as resting in bed will not make you better. Heat and cold can help to alleviate symptoms.

Backcare is a charity that supports people with back pain and provides education and information to help prevent back pain. They have put together a [helpful booklet for you to download](#) which gives lots of useful advice.

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