

News & Updates

Winter 2024

Knee replacement lecture draws a crowd

We recently jointly hosted an evening lecture with Mr Simon Thompson, renowned orthopaedic knee surgeon, to offer advice on knee replacement surgery.

In this insightful presentation, Mr Thompson explained how to identify the optimal time for surgery, the different types of knee replacement, the anticipated recovery time including managing pain and the discipline needed from patients as part of their own rehabilitation. Mr Thompson shared a video and images showing how he carries out the surgery and stressed the importance of physiotherapy for achieving the best possible outcome.

During the second half of the presentation, our team of highly experienced physiotherapists explained the role of physiotherapy both before and after major joint surgery.

Jo Hounsome, Team Leader and Physiotherapist says: "Even though an x-ray may have confirmed you have wear and tear to your knee, this doesn't mean immediate surgery is necessary. With a tailored programme of physiotherapy, adequate pain control and perhaps one or two lifestyle changes, we often find people are able to manage their condition for longer.

"When the time does come for surgery, we are here to help you on your journey and to support you in achieving your recovery goals."

Save the date

Simon Thompson will return to Holy Cross on Thursday 6 February to present an informal lecture about knee related ski injuries.

Book your ticket on Eventbrite at <https://tinyurl.com/4dst7t42>.

Get Fit to Ski

If you are planning a ski trip this winter, reduce your risk of injury by booking yourself onto our Fit to Ski training programme.

The programme is flexible and can include anything from a one-off exercise advice session on how to prepare for the slopes through to a longer training programme designed to prepare your muscles for skiing. Get in touch to find out more.

Christmas opening hours

We will be closed from 25 to 27 December and 1 January.

From everybody at Holy Cross, we wish you a safe and peaceful Christmas and a happy new year.



New year, new you!

Have a niggle that isn't going away? If it is stopping you from doing the things you love, then it is time to seek help.

Our team of highly skilled physiotherapists will guide your rehab journey whether that be through close supervision, one-to-one hydrotherapy, gym-based sessions or Pilates. Alternatively, you may prefer a self-directed hydrotherapy session or exercise / Pilates-based class.

Rediscover the joy of movement, regain confidence and invest in your wellbeing. Contact us to find out more.

Rehabilitation options after joint surgery

Electing to have major joint surgery is a big decision and is just the start of your journey to recovery. Here we explore some of the options we offer to prepare you for surgery and to get you back on your feet with confidence after surgery.

Short-term inpatient care

If you want time to focus purely on your post-surgery recovery, we offer a short stay option to optimise your recovery and rehab so you get the best out of your new joint.

What to expect

- A safe and well-equipped environment for patients who have recently had orthopaedic surgery.
- Intensive physiotherapy and/or hydrotherapy to maximise the outcome of your surgery.
- 24-hour nursing care and access to a GP if required.
- Private room with ensuite toilet, shower room on ward, TV with internet connection.
- Tempting and nutritious home cooked food overseen by our chef who gained his experience in 5-star hotels and 2 AA Rosette restaurants.
- A peaceful and restorative woodland setting with an accessible treehouse.

If you are interested in finding out more about inpatient care, please contact Joanne Cooling by email at j.cooling@holycross.org.uk or call her on 01428 643311 ext 1298.

Outpatient rehabilitation

If you have had your surgery and prefer to recuperate at home, our outpatient service is for you.

What to expect

You will have an assessment with one of our highly experienced physiotherapists. They will:

- Ask you about your current condition (eg type of surgery, pain levels, sleep, mobility), and any other health conditions.
- Assess your joint range of movement, muscle strength and general function (eg walking and going from sitting to standing).



- Identify your recovery goals.
- Evaluate your needs and create a bespoke treatment plan which may include physiotherapy, hydrotherapy or a combination of both.

Our specialised team recognise that everyone is different, and there isn't one 'rehab recipe' for all! This expertise combined with our extensive facilities allows us to create a treatment plan unique to your needs.

Cost for outpatient physiotherapy

The initial assessment is £76.

Follow-up sessions range from £61-£65 depending on the treatment.

We offer a discounted rate when you purchase a block of six sessions. The cost is £331-£337.

Book your initial assessment

If you have a date for your surgery or you have recently had your hip or knee replaced, book your assessment or contact us with any questions.



Preparing for surgery

If you have decided the time is right for your joint replacement, we can help you prepare for surgery.

Known as 'prehab', this will get you in the best possible condition by building your strength and joint mobility which can optimise your recovery after your surgery.

We will design a personalised treatment programme for you which may include home exercises, group work, physiotherapy or hydrotherapy sessions.

NEW poolside hoist

It didn't come as a great surprise when we were told that our poolside hoist had reached the end of its life. It had served us well for 13 years and we knew it was getting more and more difficult to get replacement parts.

What we didn't anticipate was the challenge we would face in finding a suitable replacement!

Our requirements for the hoist are quite unique as it has to meet the needs of all our patients.

After lots of searching we came across a new hoist coming onto the market. We researched it thoroughly and although it wasn't the same as the old one, we were confident that it appeared to offer all the features we required to enable us to transfer patients to and from the pool safely.

Unfortunately, we encountered some difficulties with the hoist and although we worked with the manufacturer to make some design changes, we eventually decided to look for a more suitable option.

We are pleased to announce that the new pool hoist has now arrived and staff training is underway.

This highly anticipated piece of equipment is vital for enabling patients with disabilities to access the hydrotherapy pool. We will gradually introduce it to current patients that require a hoist so we can ensure they feel safe and confident using it.

If you need a hoist to access the hydrotherapy pool, we would like to thank you for your patience and if you have any comments about the new hoist, please do let us know.



"This highly anticipated piece of equipment is vital for enabling patients with disabilities to access the hydrotherapy pool."

Talking women's health



We've been raising awareness about urological conditions and treatments by taking part in a campaign about incontinence.

Incontinence is an issue that is a very common problem for women and one which can be very distressing and embarrassing.

As part of our commitment to improving women's health, experienced physiotherapists Jenny and Jo recorded a conversation on the subject. They discussed topics such as stress incontinence, practical tips for managing symptoms, urge incontinence, why it happens and how it can be treated and what a women's health physiotherapist can do to help.

A recording of the conversation and additional support material can be found on the women's health page of our website.

For a women's health appointment, visit our website or call us to book.



Jo



Ed



Manuela



Rosie

Meet the team

Our values:
 Compassionate Care
 Respect
 Integrity
 Safety
 Team
 Excellence



Jenny



Kristy



Ray



Aakriti