

The Physiotherapy Centre's

News & Updates

Winter 2018/19

Rehab following your hip or knee replacement

Take control of your recovery

One of the main reasons for electing to have a hip or knee replacement is to improve mobility yet the surgery is just the beginning of your journey to recovery.

To help you achieve your recovery targets and to keep you motivated, we now offer customised post-operative rehab packages.

Initial assessment

You will have an initial 45-minute assessment with one of our highly experienced physiotherapists.

Personalised exercise programme

Following your initial assessment, your physiotherapist will design you an exercise programme. You will be able to do the exercises at home in between your appointments. As you make progress, your physiotherapist will adjust your exercise programme.

Four treatment sessions

You will have four treatment sessions with your physiotherapist who will give you the benefit of their expert advice and opinion.

Based on your requirements and medical circumstances, your therapist will recommend whether they think you will benefit most from sessions in the gym, the hydrotherapy pool or a combination of both.

Discount on exercise classes

Sign up for the hip or knee rehab package and you will receive a ten per cent discount on our lower limb rehab and exercise rehab classes.



Who can benefit

The package is suitable for anyone who has had knee or hip replacement surgery, arthroscopy or joint resurfacing.

We recommend starting your treatment approximately one week after your operation, but if you have had surgery in the past and didn't achieve your goals then this package could also be useful to you.

Cost of the package

The package costs **£199** and offers a considerable saving when compared to a pay as you go option.

Book your assessment

If you have a date for your surgery or you have recently had a hip or knee replacement, contact us today to book your initial assessment or to ask us a question. Call 01428 647647 or email therapy@holycross.org.uk

Book your place

Osteoarthritis seminar back by popular demand

Learn more about your condition and how to manage your pain.

In August we held a seminar about Living with Osteoarthritis. It was so well received that we are planning to repeat the event on 24 January for anybody who wasn't able to attend.

Osteoarthritis is the most common form of joint disease and is a condition that we receive many questions about. Pain is one of the main symptoms of the condition and this can have a big impact on people's lives.

To help you manage your pain, we will share lots of information about the condition including:

- What is osteoarthritis and how best to manage it
- Small changes that can make a big difference
- How to exercise safely and effectively
- Alternative treatment options such as surgery, dietary education and acupuncture

We will dispel some of the myths regarding exercise and pain so you'll discover how much exercise is the right amount of exercise. You'll also be able to take part in a 30-minute exercise class.

The seminar will start at 10am and will end at 12.30pm after light refreshments and a chance to meet others who share your condition. Tickets cost £10.

How to book your place

Please email therapy@holycross.org.uk or call 01428 647647.

Help yourself to stay standing this winter!

Dark nights and icy pavements can cause an increase in trips and falls.

To address some of the physical causes of falling, how about signing up for a one-to-one session with one of our physios.

We can design you an individual exercise programme and guided exercise session that will build your strength, flexibility and improve your co-ordination and balance.

Please contact us on [01428 647647](tel:01428647647) to find out more.

New Pilates class

How would you like to spend your lunch hour stretching, de-stressing and learning how to become more aware of your body?

We now run a Pilates class on a Tuesday lunchtime from 12 to 1pm. The class is for up to six people and is suitable for all abilities. The classes run in six-week blocks and cost £60.

Call [01428 647647](tel:01428647647) or email therapy@holycross.org.uk to book.

Team update

There have been a few staff changes in our team.

We have sadly said farewell to Mel Wilks who has left us for pastures new but offer warm congratulations to Jo Hounsome who has been promoted to team leader.



Jo joined us in 2017 to help cover maternity leave. She has worked in NHS hospitals and GP practices and has more than 15 years' experience of working in private practice.

As a keen hockey player, Jo has also enjoyed working with regional-level hockey clubs. She has applied her expertise to manage players' injuries and rehabilitate them back to competition fitness.

Jo has lots of ideas for the future of The physiotherapy Centre but would also love to hear your views on the service and how you think we can improve what we are doing. Please email your thoughts and feedback to therapy@holycross.org.uk.

