

# News & Updates

Summer 2023

## Padding to victory

On Sunday 16 July, a crew of intrepid paddlers from The Physiotherapy Centre and Holy Cross Hospital are taking part in a Dragon Boat race to raise money for new equipment.

We are aiming to raise £1,000 which will go towards the cost of a new poolside hoist. The hydrotherapy pool plays an important role in the rehabilitation of both inpatients and outpatients and so a reliable hoist is needed for patients who are unable to use the steps.

Chris Hinton, Interim Chief Executive says: "Over the years we have seen some novel fundraising activities, but this is the first time anybody has participated in a Dragon Boat race. The idea to take part was suggested by physiotherapist Kristy Hill. In preparation for the race, Kristy has had the team working out in the physiotherapy gym and practising their technique for paddling in unison. I'm proud of the team and what they are doing for our patients."

The Dragon Boat race is being held on the Thames at Kingston. The crew will sit in pairs and will paddle in races over distances of around 250 metres. In an effort to keep the paddlers coordinated, there will be a designated drummer whose job will be to beat time.

So far, the fundraisers have raised two thirds of their target. A link to the Just Giving page can be found at [www.thephysiotherapycentre.org.uk](http://www.thephysiotherapycentre.org.uk).



Jo Hounsome, Jenny Deeming and Rosie Cranmer in training for the Dragon Boat race.

### Getting back in the saddle

August 4 is Cycle to Work Day and a great reason to get on your bike.

If it's been a while since you've ridden a bike, but you'd really like to get back in the saddle, we've got some tips on how to make it a successful habit.

1. Don't go too far too quickly. Build up in small amounts of distance or time.
2. Start by choosing a flatter route.
3. Make sure your bike set up is correct. Even if you have ridden your bike before, after a long absence and depending on the reason for the absence, you may have changed the way you sit on your bike.
4. Make sure you are confident riding out on the roads especially if you have had a long absence after a specific bike injury. Being nervous on the bike can make you more prone to making mistakes.
5. Common overuse or acute injuries caused by cycling are: neck and back pain, shoulder pain, hip and knee pain or even foot pain. If any of these reasons have stopped you from cycling, an assessment by a physiotherapist can help determine whether there are any strengthening or mobility issues that need to be addressed in order to get you back in the saddle.

# Better outcomes for patients

Congratulations to Team Lead, Jo Hounsome for successfully completing a post graduate certificate in medical ultrasound. This means Jo can use our diagnostic ultrasound equipment for the purpose of scanning the shoulder, elbow, wrist, hand, knee, ankle and foot to identify and evaluate a variety of conditions.

Jo Hounsome says: "A thorough physio assessment and examination usually gives us a good idea about a patient's condition but when combined with an ultrasound scan, we can confirm the diagnosis with more certainty, examine the extent of the injury and design a treatment plan which offers the best possible outcome.

"Diagnostic ultrasound is excellent for evaluating conditions such as muscle tears, tendon and ligament injuries, inflammatory arthritis, plantar fasciitis, carpal tunnel syndrome and more. Being able to offer ultrasound enables us to offer even better physiotherapy services to our patients."

Ultrasound is very safe and quick to use. It uses high frequency sound waves to obtain images from inside the body. Patients usually receive the results of their scan immediately so they can discuss the findings with their physiotherapist.

If we feel you will benefit from a diagnostic ultrasound, we will discuss the option with you at your initial assessment.

## Take the plunge

by Hydrotherapist Manuela Maxwell

Hydrotherapy, the use of water for various treatments, is certainly not new to us and evidence for the benefits go back thousands of years. To go into the water is a unique experience due to the properties of the water. Both warm and cold water will have a physiological effect on various systems in the body and both will provide benefits.

Techniques using patterns of movement adapted to water and more specific water-based exercises makes hydrotherapy a very valued treatment method and has a firm place in the rehabilitation process.

The therapeutic effects of exercise in water are:

- Relief of pain and muscle spasm
- Increase and maintain range of movement in joints
- Strengthening weak muscles and increasing their tolerance to exercise
- Re-education of paralysed muscles
- Improvement of circulation
- Encouragement of functional activities
- Improvement and maintenance of balance, co-ordination and posture

Problems or injuries that can be treated using hydrotherapy include:

- Joint replacements
- Back pain
- Sports injuries
- Head injury
- Spinal cord injury
- Arthritis

When you visit us for an initial assessment, our trained therapists will assess whether you are likely to benefit from hydrotherapy in our heated, purpose-built pool.

If you have any questions about hydrotherapy, please do get in touch.



## Mummy MOT – Looking after new mums

Mummy MOTs are a specialised postnatal health assessment designed to support and care for new mothers.

Pregnancy and childbirth put immense strain on a women's body but with this top to toe assessment, our women's health specialist Jenny Deeming, will aim to identify any musculoskeletal issues that may have arisen during pregnancy or delivery.

As a qualified Mummy MOT practitioner, Jenny will perform a series of tests to assess pelvic floor strength, abdominal muscle separation (diastasis recti), overall posture and more.

By undergoing a Mummy MOT, women can gain valuable insights into their physical condition and receive appropriate advice and treatment to aid their recovery.

Mummy MOTs have gained popularity as a means to optimise postnatal recovery, help to prevent long-term complications, and empower mothers to lead active, pain-free lives.

A Mummy MOT costs £110 and is suitable for women from six weeks post birth. For more information see [www.thephysiotherapycentre.org.uk/post-natal-physiotherapy](http://www.thephysiotherapycentre.org.uk/post-natal-physiotherapy) or call us on 01428 647647.

## New arrival

Congratulations to physiotherapist Ed and his wife Claire on the recent birth of their son.

Fergus arrived on 17 May and is younger brother to Alex and Oscar.

