

The recent horse meat scandal and the balloon tragedy in Egypt made a lot of us think more about how vulnerable we are. Some things in life are simply beyond our control, but a lot of the time we can take charge, especially when it comes to looking after ourselves. So whilst we have no influence over what the manufacturers put into processed foods or if health and safety issues are observed abroad, we can try to remain fit and active. Our practitioners are here to help you achieve these goals.

Great News for Women's Health

Louisa, who is our Acupuncturist, specialises in women's health. Her fortes are: infertility, IVF support, pregnancy and post-natal treatments.

She has a special interest in treating polycystic ovary syndrome (PCOS), a subject she has researched extensively.

She also has experience in treating endometriosis, fibroids and women undergoing assisted reproductive techniques.

Acupuncture can also:

- Reduce stress by regulating hormone levels
- Boosts immunity and helps to fight infection
- Improve concentration and energy levels
- Effectively treat migraines and headaches
- And more.....

Louisa has also completed a Doula UK recognised course with Nurturing Birth, and is offering Birth and Postnatal doula packages.

Welcome to our two new Practitioners



Peter Jaczun (PJ)
Massage Therapist



Louisa Rollinson
Acupuncturist



Are you tense, stiff, stressed or in need of invigorating? We've got the answer!

- Sports Massage
- Deep Tissue Massage
- Relaxation Massage
- Remedial Massage



Simply choose one of the four types of massage which our Massage Therapist, PJ, has on offer. Below we describe one of them.

Sports Massage - The prime purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Where minor injuries occur, due to overexertion and/or overuse, sports massage can help quickly and effectively. Above all, it can help prevent those niggling injuries that so often get in the way of performance and achievement, whether one is an athlete, ardent keep-fitter or a once-a week jogger.

Sports massage tends to be deep and intense. It is based on the various elements of Swedish massage and often incorporates a combination of other techniques involving stretching, compression, friction, toning, and trigger point response techniques similar to Acupressure and Shiatsu.

Our experienced therapist, PJ, brings together this blend of techniques, knowledge and advice during treatment. He works effectively with the client to bring about optimum performance and to enable injury-free training and minimise post event injuries.

This treatment is not just for the sports person: **anyone can benefit from sports massage**, including people in physically demanding jobs and those who sit a lot (occupational, emotional and postural stress may produce many similar characteristics to sports injuries).

PJ works on Tuesdays and on Thursdays.

Special Offer

20% off

for osteopathy patients

Laptops – a blessing or a curse?

Working from home and using computers for networking, social interaction, research or pleasure is an every-day thing. Laptops are becoming our home computers. We, unfortunately, tend to have poor desk/chair set ups at home – if at all. We frequently sit or lie on the sofa, keeping one eye on Emmerdale, NCIS or X-factor whilst surfing the net.

Whilst laptops and home computers afford us the freedom of communication, information gathering and flexible working hours – they frequently make us adopt poor posture and cause repetitive strain. Initially we are not aware that a problem is brewing, but with prolonged use we will begin to suffer with some unpleasant symptoms.

These commonly are:

- headaches
- neck and back pain
- shoulder, elbow or wrist pain
- hand and thumb pain
- pins and needles/numbness in the hands

TOP TIPS

for using a computer at home

- Work at a table with a good adjustable 'office' chair (these don't need to be expensive) ▼ do not use a laptop when resting it on your knee or on a coffee table.
- Fold a towel into a pad and place it the hollow of your lower back if your chair does not touch your low back when seated ▼ this will give you extra support and give you better posture.
- Take frequent breaks ▼ you should get up and walk around every 30-40 minutes.
- Ensure that your feet are resting either on the floor or a footstool – this way your body weight is supported from below.
- When using a laptop for long periods get a separate keyboard and a laptop stand. Use the stand to raise the laptop so that the top of the screen is level with the top of your head.
- You should be able to see the screen easily ▼ if you are bending forwards or looking downwards you are in the wrong position.



Contact one of our Osteopaths for further advice about ergonomic (correct) posture whilst using your computer at home or at work.

Breaking News ... Breaking News ... Breaking News ...



Speeding up the recovery

Update from our Lymphoedema Clinic

Following the international recommendations, MLDuk (the British State Register) endorsed several new applications for MLD (Manual Lymphatic Drainage).

MLD is an advanced therapeutic technique which improves the functioning of the lymphatic system.

Manual Lymphatic Drainage, which is most frequently used to manage Lymphoedema and Lipoedema is now a contemporary, cutting-edge treatment sought for:

- Pre and post cosmetic surgery
- Post general surgery and trauma
- Uncomplicated leg and ankle swelling in pregnancy

The therapeutic effects of MLD for the above are:

- swelling and bruising reduces
- pain and discomfort eases
- tissue quality and tissue appearance improves
- local inflammation decreases
- scarring softens and becomes less visible
- healing processes accelerate

MLD is painless, deeply relaxing, comforting and soothing.

