

PHYSIO 4 LIFE

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Newsletter

Newsletter

Easter 2008

PHYSIO4LIFE AT EASTER

Firstly I would like to wish you all a Happy Easter.

As you will see from the pictures below, we have increased the team at Physio4Life so we can offer you even more availability for Massage, Personal Training and Pilates. A new beginners Pilates class has been added to Monday nights at 8.30pm with Lauren Mendy. We have also added a completely new service for all you golfers out there – Golf Therapy. Tara Watters is

offering a great 1:1 Golf Training package which includes Golf specific Pilates, massage and strength/conditioning/flexibility to improve the golf swing – a great present for any club golfer.

You will find a follow up article on acupuncture by Richmond Stace and the first of a series of articles by our new Physio, Andrew Bennett.

Lastly, we would like to wish World Iron Man Champion

Chrissie Wellington good luck in 'Ironman' Australia on the 6th April. Chrissie kindly gave two inspirational talks at Physio4life before she left for a training camp in the Philippines 3 weeks ago. If you would be interested in similar lectures/talks in the future please email elliott@physio4life.co.uk, and I will add you to my list of local club Triathletes and runners.

Elliot Lake
General Manager

Opening Hours

Mon - Thurs:
07:00 - 22:00

Friday:
07:00 - 20:00

Saturday:
08:00 - 16:00

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More faces as the services at Physio4Life continue to expand



Andrew Bennett

Chartered Physiotherapist
Andrew has developed expertise in the physical diagnosis and treatment of acute, recurrent and or long term musculoskeletal injuries and conditions. He has a special interest in shoulders and has completed a Post Graduate Diploma in Sports Physiotherapy.



Rosalie Prout

Pilates Instructor
Rosalie is a qualified Pilates instructor with extensive rehabilitation experience. For the past two years she held a full time position as an Exercise Physiologist and a Pilates instructor.



Natasha Mechemberg

Chartered Physiotherapist
Natasha has a keen interest in the management and rehabilitation of spinal injuries and neck problems. She has had much experience in both NHS and Private work and is deeply passionate about getting patients back to full health as quickly and safely as possible.



Chris Walton

Strength & Conditioning Coach
Chris has 10 years experience in the industry and specialises in sports specific training and injury rehabilitation. He has trained both celebrities and hardened London Welsh rugby players.



Tara Watters

Golf Therapist
Tara is a qualified Sport Rehabilitation Therapist with extensive golfing experience. Offering a comprehensive golf rehabilitation and conditioning service, In addition, Tara provides 1:1 Pilates that is aimed at improving fitness and function



Laurent Mendy

Pilates Instructor
Laurent is a qualified Pilates instructor and his passion is to teach clients all the skills he has learnt to date and see them develop throughout their sessions with him. He has been teaching 1:1's and classes for the past three years in a number of gyms.

How Does Acupuncture work?

By Richmond Stace, Chartered Physiotherapist



At Physio 4 Life acupuncture is commonly used as a treatment for pain relief. This modality now has the backing of substantial scientific evidence based upon clinical trials and scanning studies thereby allowing a greater acceptance in modern pain management. Acupuncture has been used for thousands of years, and although proponents will quote this fact, it is only through high quality research that professional medical bodies have taken on board its usage despite anecdotal evidence. The following article looks at the studied mechanisms that bring about these analgesic effects.



Acupuncture needling has both local and central outcomes, the most often stated being inhibition of local nerves that send pain signals to the brain and the stimulation of a part of the brain that releases our natural pain-killers into our bodies. Additionally, the local needling of muscle tissue can stimulate an increase in blood flow which can enhance

healing. These can be powerful tools in pain relief, often having rapid effects (i.e. you can feel better during or straight after the treatment). The latter process is a component of 'descending inhibition' which is a survival function of the nervous system to override pain (in extreme cases individuals report feeling no pain even with severe injuries or a loss of a limb). Naturally, being able to tap into this circuitry can be very beneficial.



Putting on our biology hats for a moment, remembering that the brain has numerous areas that have different and complementary roles, we know that with regards to pain many of these are involved. This includes the sections that mediate movement, sensation, emotion, fear, planning and stress to name but a few. From this alone it becomes apparent how complex the experiences of pain really is, and how we need to address more than purely physical aspects to successfully manage symptoms. How do we know

all this? Functional MRI scans provide incredible detail in the workings of the brain during a painful stimulus.



The insertion of acupuncture needles has an impact upon many of the aforementioned parts of the brain that are involved with pain. Decreasing their activity can lead to pain relief, either using traditional acupuncture points and with local needling. In fact, if you provoke pain in a different location to the original complaint, you can stimulate an overall pain relief through an inhibitory effect called DNIC (diffuse nociceptive inhibitory control). Great, but don't try this at home!

Further effects that have been found include stimulation of a structure in the brain called the hypothalamus. This connects with many areas of the brain and has a role in regulating body function (thirst, hunger, sex, blood flow). It has a significant effect upon a branch of the nervous system called the autonomic system which is further divided into the sympathetic and parasympathetic nervous systems. The former is involved with mobilising energy to survive (fight or flight) and the latter to rebuild and restore energy. The balance of these systems is key

In health (too much stress = excess sympathetic activity) and can be affected by acupuncture. One of these effects is upon blood flow which is important for tissue health and healing. Consequently, we can use acupuncture to help with the healing process by encouraging blood flow into the tissues.



Overall the research findings continue to add to the scientific underpinning of acupuncture. There is much more to find out, but currently we know that the effects are far reaching and can be greatly beneficial as part of a pain management intervention.

Physiotherapists within the clinic that do acupuncture:-

Mark Saunders
Richmond Stace
Kelly Hall

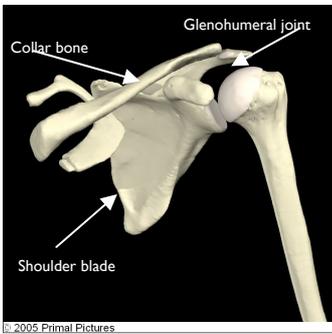


Musculoskeletal Injuries of the Shoulder

by Andrew Bennett, Chartered Physiotherapist

This is an introduction to a series of articles concerning injuries to the shoulder. The shoulder is one of the most mobile parts of the body. It is composed of several joints. The majority of movement occurs at the glenohumeral joint, along with movement of the shoulder blade (scapula) and collar bone (clavicle).

Figure 1 the joints and bones of the shoulder, viewed from the front.



Large muscles such as the deltoid, pectorals and latissimus dorsi provide powerful movement about the glenohumeral joint whilst smaller muscles such as those of the rotator cuff help hold the joint together. The joint is also held together by ligaments and a soft tissue capsule.

Figure 2 The rotator cuff, viewed from behind

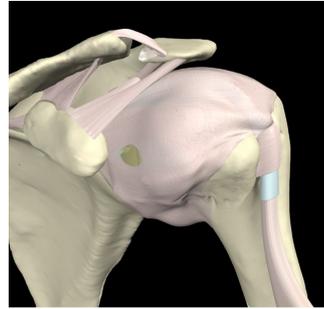


Figure 3, the joint capsule

The glenohumeral joint is highly mobile to enable functional movement of the upper limb and hand.

A large range of movement means this joint is less stable than others in the body and this leaves it more susceptible to injury.

Injuries can be grouped into traumatic and non traumatic. Traumatic injuries include fractures of the bones, dislocations of the joints and ruptures of muscles, in particular the rotator cuff muscles.

Non traumatic injuries can have a number of causative factors. Amongst younger patients (under 40) injury is often associated with joint instability and/or repetitive upper limb movements. This can lead to tissue irritation and consequent pain.

Non traumatic injuries amongst older patients (over 40) are often more degenerative in nature. These include degeneration changes to the joints themselves, often referred to as arthritis. Furthermore repetitive movements can be associated with degeneration of the rotator cuff which can lead to pain, weakness and even rupture.

Older patients, particularly females, are susceptible to

frozen shoulders resulting in often be made with physical inflammation and constriction of the capsule surrounding the shoulder joint which can lead to painful restricted movement. It is important to remember that pain felt around the shoulder region may not be caused by a problem with the shoulder joints and muscles. Structures of the neck can refer pain to the shoulder region. Shoulder pain can be associated with nerve and blood vessel problems. Furthermore in a few instances shoulder pain can be indicative of other medical conditions which are not musculoskeletal in nature.

A comprehensive examination is required to find the causes of your shoulder pain. The first stage of the assessment involves asking a number of questions about your symptoms and their history. Details regarding your medical history, drug history are also taken as this gives further clues regarding diagnosis.

A physical examination is then performed. This may include looking for physical abnormalities, swelling, deformity, or feeling for tender areas. The physiotherapist will also test how far and in which direction you can move your arm. The integrity and function of specific structures around the joint will also be tested. The initial aim is to determine whether the pain is due to musculoskeletal problem. If not, referral can be made to the appropriate medical speciality for further investigation, usually via your GP.

If the problem is musculoskeletal in nature, the tissue structure involved and the causative factors are determined. This diagnosis can

often be made with physical assessment alone. However sometimes further investigations are required, such as x-rays or MRI scans. The physiotherapist can advise whether these are appropriate and arrange for them through your GP.

Then it must be determined whether this problem can be helped with physical therapy. If so treatments may include the use of therapeutic rest coupled with physical modalities such as acupuncture, electrotherapy and taping for symptomatic relief. Therapeutic exercise and hand on treatment is utilised to address movement abnormalities, muscle weakness and inflexibility.

However, some conditions do not respond to physical therapy and in these instances medical interventions such as injections or surgery maybe indicated. If this is the case the physiotherapist can make a referral to an appropriate medical professional.

In the following news letters a series of articles will focus on specific pathologies of the shoulder, their specific diagnosis and management



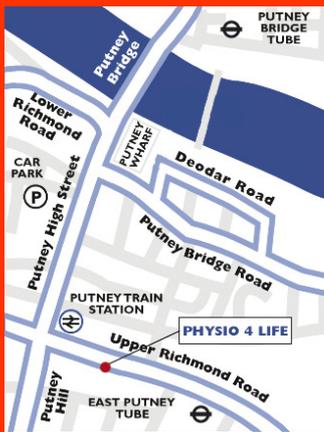
Location:
125 Upper Richmond Road,
between Putney High Street
and East Putney tube station.

Tube: 3min walk from East
Putney Tube Station

Train: 3min walk from
Putney Mainline Station

Buses: Stopping on Putney
High Street:
93, 39, 14, 85, 270, 220, 424
Stopping on Upper Richmond
Road:
337, 37

Parking: Pay and display:
Carlton Drive, St John's
Avenue, Oxford Road.
You can also park on the red
route on the Upper
Richmond Road between
10am and 4pm, and after 7pm.



Client Testimonials



“Physio4Life was recommended to me when I returned to the UK after winning the World Iron Man Championship in October 2007. The centre provides the ideal 'one-stop-shop' for everything an athlete could need – physiotherapy, massage, acupuncture, personal training, nutritional advice, gait analysis, Pilates and much more besides. The practitioners are consummate professionals and most importantly, communicate regularly with each other to develop a holistic approach to injury prevention and treatment. This really helped when I had a shoulder problem and was able to get physio, acupuncture and massage under one

roof and quickly managed to nip the nasty niggles in the bud! Massage is something that I take really seriously, and I am obsessed with getting a high quality rub down once a week. The deep sports massage I got at Physio4Life definitely helped me recover from the stresses and strains that professional triathlon places on my body, and ensured I remained fit, reinvigorated and injury free. I was particularly impressed with the masseur's deep knowledge of biomechanics, and an understanding of what I specifically needed. I have absolutely no hesitation in recommending Physio4Life to anyone, regardless of whether they do sport or not! “

Chrissie Wellington - World Ironman Champion 2007

“Physio4Life do so much more than merely provide physio. During my preliminary examination they identified a problem with my neck and immediately referred me back to my GP. Following surgery my Consultant told me that had Physio4Life not been as thorough I could have suffered long term permanent damage to my neck. A thoroughly professional set-up.” - Katie Wells

Open Day @ Physio4Life

10am—2pm March 15th 2008

Physio4Life is having an Open Day!

This gives you all the opportunity to try another service here at the clinic that you have not had before and to bring friends and family along with you to try a new service.

The following advice & services will be available:-

- Physiotherapy - 20mins (FREE)
- Massage Therapy - 30mins (30% OFF)
- Pilates classes-1hr (FREE)
- Personal Training & Weight Loss - 20mins (FREE)
- Work Place Assessment - 20mins (FREE)
- Gait Scan & Running Video Analysis - 30mins (FREE)

To make a booking or for more information please visit our website or give reception a call on 020 8704 5998.

These appointments are only available to clients who have not had that service before. Walk in service will also be available.

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