

## PHYSIO 4 LIFE

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### Opening Hours

**Mon - Thurs:**  
07:00 - 22:00

**Friday:**  
07:00 - 20:00

**Saturday:**  
08:00 - 16:00

### Inside this issue:

Mayors Walk	1
Craniosacral Therapy	2
Pre-natal and Post-natal Pilates	3
Ergonomics FREE Workshop	4



# Newsletter

Newsletter

Summer 2007

## Mayors Walk - by Tiphonie Rodger

Counsellor Jim Maddan is dusting off his walking shoes and hitting the road in order to raise money for the disability charity "Leonard Cheshire". The "Beating the Bounds" walk will take place on Sunday the 13<sup>th</sup> May 2007 at 10am. The 20 mile route will cover all the borough's main boundaries. Starting at the Asda store in Roehampton Vale through to Putney, Wandsworth, Battersea, Tooting, Southfields finally finishing at Wimbledon Parkside. All proceedings raised from the walk will be donated to the mayoral disability charity Leonard Cheshire.

Physio4Life is sponsoring the Mayor in his training for the upcoming event. Our Personal Trainer, Daniel Wellard, is training Jim Maddan to help him get physically fit for the 20 mile walk. Daniel is Health and Fitness instructor certified and is a NASM certified personal trainer. He also holds a BSC

(Hons) in Sports and Exercise Science. Since qualifying in 1999, Daniel has trained a wide variety of clientele ranging from sports professionals with acute sports injuries to post natal mothers wanting to loose the baby bulge.

Jim teamed up with Daniel in January and has been attending routine personal training sessions once a week.

Daniel reports on Jim's progress: "In January Jim came to me for advice and guidance to help him complete the 20 mile charity walk in May. We sat down and worked out the best strategy for him to gradually improve his fitness levels so he can achieve the walk without too much discomfort. For Jim's body to become conditioned for such a long walk I have set him a challenge of completing one long walk per week, as well as a couple of smaller walks. The

distance of the walks gradually increase each week and Jim is successfully following the programme in his own time. As well as the walking, Jim has benefited significantly from a series of one to one Personal Training sessions in our fully equipped exercise and rehabilitation gymnasium. During these sessions we are progressively improving his cardiovascular stamina by intense walking on the treadmill. We have also incorporated some functional exercises and a series of stretches to enhance his performance and reduce the risk of injury. " Jim also reports having lost 6kg's to date and several inches from his waist.

Due to Jim's commitment and dedication he has significantly benefited from this exercise programme. If he continues with the progress his 20 mile charity event will seem like a walk in the park!

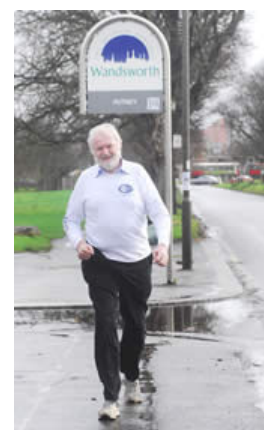
## Sponsoring the Mayor

The Mayor is encouraging local people to get involved and join him on the 4 mile riverside leg of his walk. The riverside stretch will start at 11am at the Leaders Gardens, Putney Embankment and conclude at the Chelsea Bridge, Battersea Park. There will be a fun and friendly atmosphere and an opportunity for the whole family to get involved. If you would like to take part in the riverside

walk, please register by sending an email to:  
[mayor@wandsworth.gov.uk](mailto:mayor@wandsworth.gov.uk).

If you are unable to take part in the walk, but would like to support the mayor, you can sponsor him online at [www.justgiving.com/mayorswalk](http://www.justgiving.com/mayorswalk).

All donations big or small would be very much appreciated.



*A gentle hands-on approach working with the nervous, immune & musculo-skeletal systems to promote and restore health & well-being*

## Craniosacral Therapy - *by Richmond Stace*

Craniosacral therapy (CST) is a gentle hands-on treatment that works with the craniosacral system to promote and restore health and well-being. Due to the non-invasive approach (through clothing), CST can be used at any stage of the healing process and with a range of conditions and illnesses. Beneficial for adults, children and babies, CST can be used as part of a treatment plan or as a therapy alone.

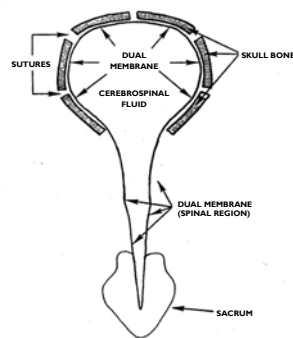


DIAGRAM ILLUSTRATING THE CRANIOSACRAL SYSTEM

Common reasons for presentation in adults include 'modern day complaints' such as chronic fatigue, stress related conditions (irritable bowel syndrome, poor sleep patterns, lack of concentration), recurrent headaches & infections (cystitis, ear infections) and musculoskeletal complaints. Babies benefit from cranial checks and treatment early in life to help calm the nervous system after the experience of birth. This often manifests as colic, sleeping problems, irritability and regular crying (beyond what would be considered normal of course, as this is their way of communicating; this normally stops at about the age of 21 years!).

The development of complementary and alternative

medicines has been huge over recent years as many people gain benefits from the varying approaches. CST is one such approach that has gained popularity through increased public awareness, often as a result of celebrities who have spoken about its use for themselves and their children. The support for complementary therapy from science has also grown, especially from a relatively new branch in psychoneuroimmunology (PNI). PNI looks at the links between thought processes and behaviour and the functioning of the body, primarily the nervous and immune systems, both vital for control and survival.

### Antenatal care

Being such an important and enjoyable time it is usual for mum-to-be to look after herself in terms of a balance of diet, exercise and minimising stressors. Obviously this can be challenging, particularly the latter, which is why CST can play a part in antenatal care. Primarily promoting health, CST can help with common problems such as back pain alongside exercise and postural correction. Additionally CST has a role in preparing the body for the birthing process for both mum and baby (who can be treated in the womb). There is much evidence now regarding 'life in the womb' which has significance for

ensuring good health prior to and during pregnancy.



### Postnatal care

Early CST checks and treatment help to settle the newborn following the transition from womb to world. Mum usually needs some attention after the birth to help the recovery process. Of course it is all go from birth as parents move into the caring role (feeding, nappies, sleep, feeding, nappies, sleep....), and in order to provide best care, you need to look after yourself (mum and dad). Usually several treatments is all that is required for this settling process. Naturally actual conditions are assessed and treated according to the requirements of the individual.

In summary, CST offers a great deal in the way of enhancing the function of the body and mind, promoting the development and maturation of 'little ones' and generally bringing about a unique relaxation response.

For further information contact Richmond at Physio 4 Life. Richmond is a Chartered Physiotherapist with a background in sport rehabilitation, craniosacral therapy and pain science, working both privately and in the NHS. He is currently completing a MSc in Pain: Science and Society.



## Pre-natal & Post-natal Pilates - by Tessa Hinds

### Prenatal Pilates

Pregnancy is a special time in a woman's life. It is a time of great physical and emotional change. The physical stresses placed on the body during this time can be enormous and it requires special attention to help it stay in shape. During pregnancy ligaments throughout the body stretch and become more lax in preparation for birth. This increased laxity and the body's increasing load means that joints become less stable and may become more prone to injury. The slow, controlled movements of Pilates focus on alignment and strengthening of postural muscles. This helps to maintain correct posture, muscle tone and increased overall joint stability. Pilates also focuses on breathing and relaxation, both of which will help you to optimally prepare for the arrival of your new baby. Labour and delivery can be unpredictable, but a well devised Pilates programme should assist in enabling you to have a less problematic pregnancy and a faster recovery after the birth.

### Benefits of Pilates during pregnancy

- Pelvic floor muscles- by strengthening and becoming more aware of this area it will assist during childbirth
- Increased abdominal strength- supports the weight of uterus and baby. By having stronger abdominal muscles separation will be less severe and muscles will re-align quicker post birth.
- Good posture- helps to lessen aches and pains prone in back area and lessens pelvic tilt.
- Better circulation- helps to prevent varicose veins and cramps
- Breathing and stamina- helps in labour and reduces shortness of breath.
- All of the above helps to quicken recovery after birth.

### Postnatal Pilates

Following the birth of your new baby it is important to restore the body's function as soon as possible. Before resuming any exercise programme, three main areas must be rehabilitated. These are the pelvic floor muscles, the abdominal muscles and the spine. Postnatal Pilates will

concentrate on these areas which are collectively known as the 'core' as well as strengthening the upper body to counteract postural changes often associated with pregnancy, breast feeding and carrying your new baby. For up to nine months following the birth of your baby, your body may still have some ligament laxity and joint instability. Pilates will therefore provide a safe way to exercise and facilitate the process of getting back to your former pre pregnancy shape.

### Safety tips for exercise during and after pregnancy

- Exercise is great for both you and your baby throughout pregnancy. However before beginning an exercise programme we would always advise getting your GP's approval.
- Stop exercising if you feel over exerted. Symptoms include vomiting, dizziness, tightness in the chest, extreme perspiration or shortage of breath. Stop and call your doctor.

### *Pilates Prices*

- £16 One Class
- £65 Course of 5
- £50 1-2-1 Pilates
- £60 1-2-2 Pilates
- £75 1-2-3 Pilates

All classes and private lessons are one hour

*5% off*

If you buy a course of 5  
1-2-1  
1-2-2  
1-2-3  
Pilates Lessons

*10% off*

If you buy a course of 10  
1-2-1  
1-2-2  
1-2-3  
Pilates Lessons

### *Class Times*

#### Beginners:

Tuesday: 8-9pm  
Thursday: 7-8pm  
Saturday: 10-11am

#### Intermediate:

Tuesday: 9:30-10:30am  
8-9pm  
Thursday: 8-9pm

#### Advanced:

Monday: 7:30-8:30pm  
Wednesday: 7-8pm



Physio 4 Life has specialist physiotherapists and Pilates instructors trained in pre-natal and post-natal Pilates

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### Location:

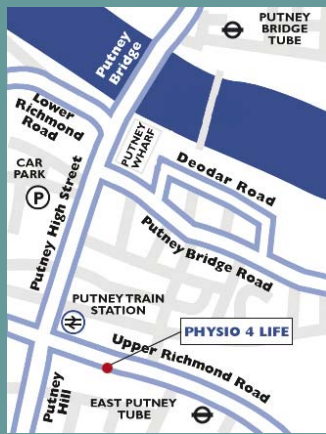
125 Upper Richmond Road,  
between Putney High Street  
and East Putney tube station.

**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.



## FREE ERGONOMICS WORKSHOP

Do you work with Display Screen Equipment and suffer from back, neck and or/ shoulder pain?

Are you concerned about your child's posture whether doing homework, at school or university?

Working lengthy hours at your desk in an uncomfortable chair, adopting poor posture and using badly positioned equipment can lead to discomfort and work related disorders such as back pain and Repetitive Strain Injury (RSI).

### ATTEND OUR WORKSHOP AND LEARN ABOUT...

The **meaning** and **application** of ergonomics

How to **identify risks** at home, school or in the work place

**Tips** and **practical recommendations** to improve the set up of your working environment

How to **improve your posture** to reduce discomfort and pain

An understanding of the **legal obligations** and **duties**, whether you are working for yourself or someone else, to improve productivity and quality

Physio4Life's workshop is the ideal place to find out ways of how to set up your computer environment safely and comfortably to tackle any current aches or pains AND prevent future ones.

## 10% DISCOUNT

Book an Ergonomics Assessment  
after the workshop

**FREE  
ERGONOMICS WORKSHOP**  
!! only 20 places available !!

Date: 19 May 2007

Time: 11:30-13:30

Location: Physio 4 Life

Light refreshments provided

