



August 2010 Newsletter

Physio4Life

125 Upper Richmond Road
Putney Medical Centre
Putney
SW15 2TL

TEL: 0208 704 5998
FAX: 0208 704 5989

EMAIL:
admin@Physio4Life.co.uk

WEBSITE:
www.Physio4Life.co.uk

Opening Hours
Mon - Thurs:
07:00 - 22:00
Friday
07:00 - 20:00
Saturday
08:00 - 16:00

Inside This Issue:

1. Director Introduces -
New Staff at Physio4Life
2. Rachel Joyce -
Life as world class Triathlete
3. Womens Health
4. Pilates in Sport



Welcome to the summer Physio4Life newsletter; I hope you are all well and looking forward to the upcoming summer sporting tournaments. In this issue there are a number of interesting articles which I hope you will enjoy reading. Please feel free to make comments to the team in reference to any future areas of interest you would like to see featured.

As Physio4Life has continued to grow in the last year I have some new members of staff to introduce you to, as outlined below. In addition to these new team members I have also created an improved reception rota, which includes a more trained, larger reception team to enable all queries to be handled professionally. I am, as always, committed to continuing on improving our customer service here at Physio4Life.

This year, Physio4Life will be hosting a number of exciting open days & special offers. Invitations to these open days and offers will be sent out electronically by email alert. Please feel free to recommend any friends or family who might find any services of use.

I am also pleased to announce that Physio4Life will be sponsoring a couple of sports days in the South African Township of Soweto later in 2010 in an effort to bring enjoyment to underprivileged children. I will personally be attending the program in a supporting role, providing a combination of medical care, rugby coaching and supplying essential rugby equipment to these youngsters. Physio4Life looks forward to sharing these experiences with you.

Mark Saunders, Clinic Director



Steph Davies Senior Chartered Physiotherapist

"Steph comes to Physio4Life with a wealth of physiotherapy experience in professional sport, MOD and the NHS. She has completed a MSc in Sports & Exercise Medicine and specialises in musculoskeletal and sports injuries. With Steph's experience and qualifications, Physio4Life have recruited another exceptionally talented physio, and our clients can be safe in the knowledge that they are getting the very best care"



Louise Aylwin Senior Chartered Physiotherapist

A Physiotherapy graduate with a BSc in Exercise and Sport Science, she has worked with the Australian Rugby Team, Fulham Football Club, and other elite athletes. Louise is also qualified in the use of dry needling for pain relief.

OPEN DAY SUNDAY AUGUST 22nd

For more information Please [CLICK HERE](#), alternatively Please call reception on
0208 704 5998

RACHEL JOYCE

LIFE AS A WORLD CLASS TRIATHLETE



2009 was a breakthrough year for me. After my last race of the season, the Hawaii Ironman World Championships in October, I headed straight into my off season. Although I kept up some training, it was more a case of doing what I felt like rather than following a strict training schedule. It also gave me time to get treatment on an Achilles problem that I had managed most of the year. With advice from Ben Wilde at Physio4Life I got stuck into a program of physio and rehab, first to take the inflammation in the tendon down, and then to strengthen it, preventing a re-occurrence. This meant that by the time January rolled up, I was feeling fresh and ready to knuckle down to some hard training, which was a good job as those first couple of weeks told me that I was a long way off from being fit!

2010 was set to be an exciting year for me: I had signed up to join a new team, Team Abu Dhabi Triathlon, meaning I would benefit from a host of great sponsors, have some financial stability and also some new team mates. At the end of January I headed out to Abu Dhabi for the team training camp – just what I needed to jump start my fitness. Although I'd never considered Abu Dhabi as a training location, it turned out to be ideal. Our hotel in Al Ain had a 33m pool and for cycling the roads were wide and the drivers were extremely friendly. Being out there with the team meant that there was never a shortage of people to train with.

So, after many miles of riding, swimming and running I returned back to London for 2 weeks before heading back for the new Abu Dhabi International Triathlon.

2010: So far so good! I was looking forward to putting my toe to the line against a great field of athletes! Well, that is when disaster struck – 45 minutes into the race I was down and out before I even got on my bike. On exiting T1 with the lead women's group, the back wheel of my bike slipped and the front chain ring cut the top of my right foot, slicing through 3 of my tendons in the process. Ouch!!

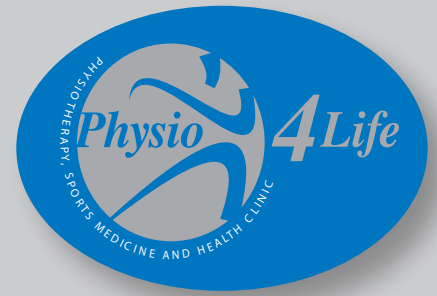
Injury is never a welcome word to an athlete. As I sat on the curb watching the race go by I had a moment of feeling sorry for myself. But I soon decided against lingering over the "what ifs" and the "if onlys" and instead focused on getting better. I received great medical care in Abu Dhabi, was operated on later that day, and the surgeon repaired my tendons and cleaned up the wound.

After an extra weeks "holiday" in Abu Dhabi I was back to London and in touch with Ben. I told him a bit about what I'd done and he immediately put me in touch with a specialist foot and ankle surgeon, Mr Ian Jones. After an assessment with Mr Jones, I was back to the clinic for physio treatment. Ben had the unpleasant (for me!) but necessary task of beginning the process of breaking down the scar tissue around the wound.

Now 5 weeks since surgery, thanks to Physio4Life's guidance, advice on specialists and treatment, I feel confident I am doing everything within my control to make a full and speedy return to fitness. Ben has taken the time to understand my aim of returning to training as early as possible and as such has created an individual rehab programme for me to follow, assisting the recovery process. I continue to be impressed by the professional and personal treatment I have received from everyone at Physio4Life, and would recommend them to anyone without hesitation.



Women's Health



By Nicola Pinkney - Chartered Physiotherapist

Physiotherapy and Women's Health



Physiotherapy can assist women with a wide range of physical problems that may be experienced during life or when pregnant.

Common complaints that can be treated include:

- Back pain and sciatica
- Sacro-iliac pain, pelvic girdle pain or symphysis pubis dysfunction
- Carpal tunnel and wrist pain
- Rectus diastases
- Stress & urge incontinence or minor prolapse in pelvic area
- Shoulder dysfunction post mastectomy
- Thoracic pain

Antenatal Physiotherapy

A number of factors contribute to muscle and joint problems during pregnancy. Primarily, the release of the hormone relaxin from about ten week's gestation, which loosens ligaments through the body but especially around the pelvis. An exaggeration of the lumbar lordosis (curve) can also occur to compensate for the change in the body's centre of gravity. This may lead to a weakening of the pelvic floor and lower abdominal area due to hormonal changes and muscles stretching.

Post-mastectomy shoulder dysfunction

Another client group which physiotherapy may be able to assist is women experiencing shoulder dysfunction after surgery. Up to 67% of women may experience restricted range of motion limiting daily activities, upper limb weakness or pain, affecting their quality of life. A range of physiotherapy directed manual therapy techniques may be appropriate to assist with addressing these issues.

Post-natal Physiotherapy

Women commonly experience muscle and joint pain postnatally. Weakness of the lower abdominal and pelvic floor muscles in both vaginal and caesarian deliveries may lead to back pain. Long periods spent sitting whilst feeding the baby can also contribute to tightness in the upper body. In addition unaccustomed lifting and bending over cots, car seats etc, may result in extra strain occurring through the body.



Gynaecological Physiotherapy

Specialized physiotherapy can also assist with stress incontinence, bladder control problems and weak pelvic floor muscles. This often involves an assessment and re-education of the pelvic floor muscles, specialist advice and education following gynaecological surgery.

If you have any further questions regarding any information mentioned in this article, please visit our website on www.Physio4Life.co.uk or contact our reception team via phone or email.

Pilates in Sport



By Rosalie - Pilates Coordinator

Tiger Woods and Pat Cash - some of the biggest names in sport - claim to do Pilates. Now you may be asking yourself, how can Pilates help elite athletes? Sporting people participate in Pilates for a number of reasons; prehabilitation, sport specific postures, movements, and rehabilitation. Often people do not realise Pilates involves more than just lying on your back and moving your legs.

German born Joseph Pilates, the founder of Pilates, was originally a gymnast and body builder. In his later years he moved to Great Britain becoming a boxer and a trainer for the soldiers in World War 1. Joseph continued his interest in mind and movement by practising Yoga. From his exercise experience, Joseph Pilates created contrology, the exercise method we know today as Pilates.

How athletes can benefit from Pilates:



Prehabilitation: By practising the method regularly, Pilates can act as a preventative tool, not only increasing flexibility but also the stability surrounding joints. By having lengthened muscles yet strong and stable joints it can decrease the risk of common injuries such as hamstring or lower back strains.

According to Polestar Pilates International, 'Core Control' is an important principle of the method. Research has shown that people who achieve an ideal level of spinal and pelvic stability are less likely to suffer from injuries relating to poor instability, such as knee or hip pain.

Sport Specific Postures and Movements:

One of the most powerful aspects of Pilates is the apparatus. It is so versatile that exercises can be created to imitate sport related postures and

movements. Pilates principles including; core control, spinal articulation, shoulder organisation and lower limb alignment have a primary focus in sport related exercise.

Examples of how specific movements can be broken down in the Pilates studio:

- Spine extension during a tennis serve
- Pelvic stability in running
- Spine and rib rotation during a golf swing
- Lower limb alignment/strength and core control in a sprint start.

Rehabilitation: More and more evidence supports the benefits of Pilates in Musculoskeletal Rehabilitation. Pilates exercises have been regressed and modified for the rehabilitative athlete. Active rehabilitation can increase joint stability and strength while moving in pain free ranges. The majority of sport Physiotherapists are Pilates trained and use the technique as an effective method of treatment. If taught correctly muscle imbalances can be identified and addressed during the sessions.

An athlete with a sport specific goal will achieve them quicker by participating in 1 on 1 Pilates sessions where an individually tailored program will be carried out by a qualified and experienced instructor. Whether your aim is prevention, individual sport specific goals or rehabilitation, you will benefit from Pilates.

If you have further questions about Pilates and how it can help you, please visit our website at www.Physio4Life.co.uk or contact our Pilates staff via email or phone.