

# Backtogether

## PHYSIOTHERAPY



**2014!**

I do not know where the start of the year has flown to! Did you make any New Years resolutions? Was it a New Year, new you? Or just a minor re vamp on the old one?!

Fitness and body control are so important in the prevention of injury, if you are not feeling at your physical optimum then maybe you should consider looking after yourself a little bit more.

We are happy to help with advice on specific exercises for example for running, skiing, gardening, or just to get your core up to shape again following Christmas / babies / surgery / life!

**Remember prevention is better than cure.**

We are here if you need us.

**We have a new phone number  
01428 609975**

And a great remote PA service that looks after our diary

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## Top Tips for Gardening

With winter end in sight, gardens will soon be demanding attention so here's some advice on how to avoid injury when gardening.

Be aware of your physical abilities. Lots of people do much less physical activity during the winter, and then spring into action digging and lifting.

Warming up in the form of brisk walking and gentle stretching can go some way to help in preventing injuries but it isn't enough. No matter how well you warm up, too many hours of physical exercise without building up fitness, or holding prolonged unaccustomed postures, will predispose you to injury. So here are our top tips:

1. Warm up – brisk walking and gentle stretches before you start.
2. Plan – decide what you are going to do, how long for and when you will take breaks.
3. Start with shorter working times and gradually build up
4. Kneel instead of bending, and use a good quality kneeler
5. Avoid swinging side to side actions
6. Do not hold postures for prolonged periods of time
7. Move your body rather than over stretch
8. Bend your knees and keep your back straight whilst switching on your core muscles before lifting – and get help to lift heavy items
9. Use appropriate equipment – long handled spades for example can reduce load whilst digging.
10. Change your task regularly so you are avoiding repetition
11. Stop if you get pain. Apply an ice pack to any new injury / pain and rest it.

## Physiotherapy is successful in treating Whiplash, new research!

Whiplash is more prevalent than many people think, especially if you are a woman and of a certain age (around 40).

Physiotherapists in private practice surveyed 716 whiplash sufferers around the country in just two months. The vast majority turned out to be 'physically active', with more rated as 'very active' than the national average.

This was perhaps reflected in the fact that not many of them took time off work during the course of their treatment, with most people being in full-time jobs and presumably keen on keeping it that way.

Most patients had no previous history of whiplash injuries before being referred to a Physiotherapist, usually within a matter of days of their injury being sustained. More than half of the injuries were caused by rear impact, with side impact accounting for another 20 per cent. A relative few, 13.5 per cent, were due to frontal impact.

Almost all patients reported the head and neck as the main site of their injury, with neck pain the predominant symptom. The tissues damaged being evenly split between joints and muscles.

The Physiotherapists involved, reported in a third of cases that treatment included manual therapy and exercise, training was used in another third, whilst education and advice along with electrotherapy treatments were also employed to a lesser extent.

Some patients only had one treatment session with two thirds having six or less, although some people needed considerably more. There was a significant relationship between age and the number needed.

In 77% of cases, therapists recorded that goals had been 'exceeded' fully achieved or significantly achieved; and in another 15% goals were partially achieved.

### Result!

We are pleased to say we were one of the clinics who took part in the research, and we continue to be involved in research undertaken by Physiotherapy research bodies.

## Review of our 2013

2013 was a good year for our clinic. Our small and friendly team are totally dedicated to our profession and continually undertake additional training and reflection. This enables us to expand our individual as well as group knowledge and expertise in order to provide a high quality, professional and personal service.

Jane spent the year juggling a toddler and running the practice. She also went on a Physiofirst Rehabilitation Conference in April, moved house in June and went on a Chartered Society of Physiotherapy Conference in October. In November Jane and Ruth attended the Joint Reaction seminars which included 'live' surgery footage from the operating theatre.

Jane dog walks, toddler chases, attends Zumba and the gym and uses a Fitbit to monitor her activity.

In addition to the seminars Ruth attended an acupuncture course at the beginning of the year, had a big party at home for her husbands 50<sup>th</sup> birthday and sings in two choirs. Ruth has 3 children and attends Pilates as well as teaches it!

Becky ran the Brighton half marathon in February, attended evening lectures on back pain and Fascial release, went on a clinical reasoning in exercise and rehab course in October and November, and a Shoulder course in November.

She also suffered with a very painful 6mm block of calcification in her Supraspinatus, secondary tendinopathy in LHB and grd 2 labral tear (shoulder). She had surgery in July (Babotage) and following her intensive Physiotherapy rehabilitation she made an excellent recovery and even managed the London to Brighton off road bike MTB 75mile ride alongside a long term men's Pilates class attendee (Steve). Steve had attended a movement analysis with Bill Potts which highlighted a couple of weakness' and give direction to some more intensive 1:1 Physio / Pilates with Becky which really helped his bike ride.

All proof that PHYSIOTHERAPY WORKS!!

For further information on anything mentioned in this newsletter or to make an appointment ring

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