

Backtogether

PHYSIOTHERAPY



2015

So what are our plans for 2015? From a professional view we will continue to meet and share our knowledge, clinical ideas and information from courses we've been on with each other.

Becky is finally moving house (so we're all hoping for an invite to see that!)

Jane has started the New Year with a healthy kick start and is hoping to maintain it for a long time! She is also off to study more Ergonomics in March.

We will soon be starting email newsletters through mailchimp. Emails will not be frequent but will be informative and interesting (we hope!)

Any questions give us a call

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Or email

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Happy 2015

We hope you all had a great Christmas and New Year and have managed to be injury free!! New Year Resolutions should still be intact and the prospect of longer days is a good thing! (Ignore the wind, wet and cold!)

We have a few spaces available in our Pilates classes if Core stability and back care was on your New Year 'To do' list. Give us a ring if you want any more information or would like a Physiotherapy appointment.

If this is the year that you sort out that niggle, or you are wondering whether the pain you get when you bend is caused by back or hamstrings then call and we can have a look for you.

Our telephone PA service is great and available to answer calls and book appointments Monday – Friday 8.30 am – 6pm and Saturday am's. There is also an answer phone service, or you can email us on

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**Where's my pain coming from?
How do Physiotherapists know?
And is it a bit like a jigsaw
puzzle?!**

One of the biggest challenges for a Physiotherapist is to be able to assess where the pain is coming from. Be it a twisted ankle – (is it a fracture, a ligament sprain, bone bruising), to knee pain- is it one of the many components of the knee- (meniscal/ligament/muscle/joint) or is it being referred to the knee from the hip or the back?

We work on an assessment system of subjective history, pattern recognition and objective assessment during which we look to reproduce symptoms and clear areas/ joints that could possibly refer or cause those symptoms. This is why we ask so many questions – where does it hurt? When does it hurt? What makes it feel better? What caused it in the first place? Etc. It is a little bit like doing a big jigsaw puzzle and can be a real challenge but one that we love doing. Each little piece of information no matter how small or insignificant to the client, may be the crucial little piece that makes a picture clearer. So if we ask a funny little question just think of it as a small puzzle piece!

Referred pain is always difficult to understand as the patient and yes another challenge for us. Leg pain referred from the spine is well known as sciatica. The exact area of pain, where it travels and where it starts and finishes can be an indication of which level of the spine is referring it.

We have to test whether the signals from the nerves have been affected and this is why we do strength testing, reflexes and sensation.

But other areas can refer as well. For example the shoulder can refer down the arm to the hand – but then so can the neck. The hip can refer to the groin- but so can the upper lumbar and of course the local muscles can also cause pain. The hip can refer to the knee... and so it goes on. Hence the need for all the tiny pieces of puzzle to confirm why you have the pain you do and how we are going to tackle it.

We love all our challenges no matter how big or small, and if we don't find all the jigsaw pieces in the first appointment we'll keep hunting for the elusive pieces until we can see the bigger picture.

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

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