

# Backtogether

PHYSIOTHERAPY



## Strengthening Programs

Did you know we offer strengthening programs?

Do you have a weakness in certain areas? Is it harder to climb the stairs than it used to be? Do you feel your core is not in control?

We not only offer 1:1 Pilates we can also help you with general strengthening programs.

Call to make an appointment or leave us a phone message / email if you would like to discuss this with one of us directly.

## Contacting us

Our booking line can help make or change appointments for you, and they will also pass messages on to us-

**01428 609975**

Email is great too-

**backtogetherphysiotherapy@gmail.com**

## Start of a new term

September / October always somehow feels like a second start to the year for me. Summer drifting away, schools back, activity on again and a huge check on my behalf as to what needs addressing in my life now the lovely summer sun and carefree camping days are over.

I promise I won't bore you with all the things I need to address! - but one consideration is me - my health and body. My body is changing in many ways and I clearly need to make a little more effort. I've been reminded this year more than once, how precious life and health is and the phrase '**Health is wealth**' is so so true.

What is wealth if you don't have your health? I'm back to the gym, I'm attempting to eat more healthily again and one day I promise I'll be in bed before midnight (not managed that one yet!!)

So I urge you to also consider your health. Get out and walk, stretch, warmup before that run, address your injuries before they become chronic, and seek help if you can't get on top of any problems.

We only have one life, one beautiful chance at having a wonderful time.

Jane - Physio & Pilates

Alan - Physio

Ruth - Physio & Pilates

Sarah - Pilates

Katie - Pilates

Louise - Administration

Manuela - Pilates

Mary-Lou - Administration

## Our Pilates classes

Our Pilates classes are run by the professional team at Backtogether Physiotherapy and are rehabilitation based. This means we focus on the correct position, the right muscles and ensure the exercises are right for you. We are NOT high level and fast.

The aims of our classes are to educate the way our bodies move 'what works when and how,' with an emphasis on posture. We aim to improve flexibility, fluidity of movement, body awareness, core strength, balance, general strength and mobility.

The classes are limited in numbers and everyone is required to have a 1:1 before joining a class. For more information email [backtogetherpilates@gmail.com](mailto:backtogetherpilates@gmail.com) or see our website [www.backtogether.co.uk](http://www.backtogether.co.uk)

## Recommendations

Thank you so much for your recommendations. We rely on word of mouth for our business. If you have been pleased with your care from us please let people know via word of mouth and reviews. If you haven't been satisfied then please do speak to us. We want to know if you haven't been happy, so we can attempt to change that.

The business world is increasingly reliant upon reviews, this is something we forget to ask people to do. If you could leave us a review either on Facebook or google we would be so incredibly grateful.

And thank you so much again for recommending us.

## Did you know? - Wrist

The wrist is a complex joint joining your hand and forearm. It is made up of two long bones in your forearm (the radius and ulnar) and they articulate with the small bones of the wrist (the carpal bones). There are 8 carpal bones.

The most commonly injured carpal is the scaphoid which is situated at the bottom of the thumb. This is often broken in skiing falls due to the position of the thumb whilst holding a pole.

The carpal bones then articulate with the bones of the hand which are the 5 metacarpal bones.

By having so many small bones and little joints in your wrist and hand, it enables you to have movements in lots of different directions. It also gives you the strength and support to use in many different positions and ways.

Problems can arise in many different areas of the wrist, from bone / joint, muscle, tendon, ligament, nerve. Carpal tunnel, osteoarthritis, tendonitis, trauma etc are just a few examples of problems we see in wrists.

When examining the wrist your physio will also be looking at the elbow, the nerves and will check there are no referral pains.

Treatments often include manual therapy to mobilise the wrist, soft tissue work, strengthening, mobilising exercises, acupuncture, home exercise program.

