

NEWSLETTERwww.physiolistic.co.uk

HENLEY-ON-THAMES

READING

WINDSOR

Welcome to Physiolistic's February newsletter!

In this edition we meet Clint in his role as Business Director, and multi-talented Blanka who is one of our superstar administrators in Reading. We also catch up with our physio, Megan, who is currently on sabbatical in Thailand - and you get to find out which physio team won the annual Physiolistic general knowledge quiz.

Please remember to ask one of our admin team to opt you in to our marketing emails which gives you exclusive access to specials and to an electronic version of our newsletter. We won't be passing on your details to any third parties and you can always opt-out at any time. We hope you enjoy this addition of the newsletter and get to learn a little more about what keeps Physiolistic going. See you soon!

Get to know our Reading Team

Having started out in our Henley clinic, Blanka has been a passionate and integral member of our admin team in our Reading branch for the last two years, which is closer to home for her. Originally from Hungary, patients continue to comment on how friendly and warm Blanka is. Always laughing and engaging with our patients she provides much therapy even before patients get to see their physio.

Blanka has been in the UK for 6 years doing various jobs but has found her passion in administration and interacting with clients in a physiotherapy setting. She absolutely loves being part of a patient's journey and being part of a team that helps our patients get better. Outside of work Blanka loves travelling and exploring the outdoors with her family and friends. Her hobbies include cycling and hiking.



As part of its commitment to look after staff welfare, Physiologic offers sabbaticals to our long-serving team members to take time out for some adventure and new challenges. Not that we're jealous at all but Megan has been keeping us updated on her time in Thailand!

MESSAGE FROM MEGAN

Sawasdee kha (hello!) from Thailand, Physiologic family. I am currently in Koh Pha-ngan in my final week of my yoga course, living on island time and embracing the beautiful Thai culture. I have also been designated as the group's in-house physio as we do 4-5 hours of yoga a day! I hope 2024 has started off healthy and happy. Sending well wishes and sunshine from me to you!



Meet our shining star – Nardus Nel



While all our physio's receive many great reviews, Nardus has recently been the recipient of numerous five star reviews with excellent compliments being directed at his professionalism. One comment in particular made our day:

"A great bedside manner, making both my daughter and myself immediately comfortable. Very thorough and knowledgeable, not rushing and explaining everything - great communication and explanations - looking forward to working with him on the road to recovery. E.M. 29 Jan' 2024"



February 2024

ABOUT US

This month Clint our Business Director, tells us a bit about himself.

If you had told me 25 years ago that I'd be running a physio clinic, I genuinely wouldn't have believed you - mainly because I trained and qualified as a clinical pharmacist. Having qualified in South Africa in the 1990's I worked at the Royal Berkshire Hospital for several years where I covered a variety of clinical areas including neonatal intensive care and cardiology. Following this I moved into the policy environment at the Department of Health where I worked as a principal pharmacist and completed my Master's in Health Policy at Imperial College London. This gave real insight into what good health care systems and services look like. Together with my obsession for getting the detail right (probably from my pharmacy training) the offer from my wife, Angela (clinical director at Physiolistic), to join the business was an easy and exciting decision to make.

Putting all we have learnt and experienced, together with a physio and admin team who are as passionate as we are about providing an exceptional service, is what gets us up in the morning. You'll see this through us providing a 7-day physio service, to dedicating almost 20% of the physio's time to in-service training and development, to fitting patients in within 24hrs of wanting an appointment, to sourcing the latest technology to help benefit patient outcomes. Our work in this sense will always continue as we develop and innovate our service for you.

As you read this newsletter I hope that you will be experiencing some of what Physiolistic has to offer and bear in mind that our services extend beyond physio itself into preventative care, body MOT's, anti-ageing services, women's health services and onward referrals where indicated. We always appreciate feedback from our patients for developing our services or perhaps things you would like to see us offer which we currently don't. If you have any suggestions, my direct email is business@physiolistic.co.uk and I look forward to hearing from you.

**Yours in health,
Clint**



< Clint with his family: his daughter, Kirsten, Angela, our Clinical Director, and son, Connor.

Quotes for the Day

The goal is not to be better than anyone else but rather be better than you were yesterday.

Whatever makes you uncomfortable is your biggest opportunity for growth.

February 2024

Physiolistic were delighted to attend the 30th Anniversary of the **Henley Youth Festival** at the River and Rowing Museum on Monday, 29th January 2023. As the organiser of the fun run element of the festival, our preparations are well underway to make the run better and bigger than ever. Taking place on **Saturday, 2nd March**, the Physiologic team give up their time to help marshal the 250 children around the course. If you know of anyone who would like to participate or volunteer, you can direct them to the online registration on our website or scan the QR code alongside.



< It's not often we can get the whole team together but we managed it in January!

An evening of fun and laughter saw Nardus, Laura and Trupti's team triumph in the annual Physiologic general knowledge quiz. Well done guys, you have bragging rights for the next 12 months!

WINDSOR CLINIC

We are delighted to confirm that Bianca will be leading the physio team in Windsor and has started seeing patients at Five Star Gym (54 Vale Road, Windsor). There is plenty of free parking at the gym so if you live in West Berkshire or know of anyone looking for physio please get in touch. We also have some exciting developments to announce shortly so watch this space!



01753 911278

windsor@physiologic.co.uk

Five Star Gym, 54 Vale Road, Windsor,
SL4 5LA

CORE SCAN SERVICES

Many people have heard of the benefits of Pilates to help strengthen their 'core' which can help prevent back injuries and improve posture. But how many people have actually seen their core and how do you know when you're engaging your core and not your internal and external oblique muscles which sit above your core?

At Physiologic we can provide real time visual feedback using our diagnostic ultrasound machine. This technology will help you build the correct muscle memory as you will be able to see your core increase in size when it is engaged correctly.

Your physio can also do 'before' and 'after' screenshots of your core to help ensure you are getting the best out of your Pilates sessions.

Did you know that our physio's also offer one-to-one Pilates sessions for £40 for 30min and can do a core scan for £30. This is a worthwhile investment in yourself to ensure you are making the best use of your pilates.

To book a core scan or Pilates appointment, please call one of our clinics and one of our friendly receptionists can get you booked in.

Henley: 01491 598043

Reading: 0118 3347002

Windsor: 01753 911278





February 2024

Thinking of a future in physiotherapy? Take your first steps with us at Physiolistic

Do you know of someone who is thinking of physiotherapy as a career or perhaps has finished A levels and wants a year to consider things?

We may have the perfect opportunity for you! Following the success of our 'physio career programme' we are looking for an individual to work as part of our admin team for 12 months, starting in August 2024, during which the successful applicant will be able to attend all physio in-service training, team meetings, access to all of our latest technology and onboarding programme and building up essential interpersonal skills. Further to this the individual will learn about how a physiotherapy clinic runs behind the scenes and will develop an appreciation for all the hard work that our admin team put in to make the patient experience the best possible.

This role has come about as our current incumbent, Laura, has been accepted into physiotherapy school. Many congratulations, Laura we are all super proud of you at Physiolistic, you are going to be an amazing physio. If you feel you would like to apply or know of someone who might want a role like this, or simply want a chat for further details before embarking on a physiotherapy degree please call Clint, our Business Director on 07887781606 or drop him an email business@physiolistic.co.uk. We look forward to hearing from potential applicants!

The Reading Rockets

Physiolistic's partnership with the Reading Rockets basketball team continues to grow from strength to strength with the team making it through to the National Cup final in Manchester. The Physiolistic team provides physio treatment for the players to keep them in tip-top shape. Pictures here of Mitch and Lewis in action on the court.



TOP TIPS WITH ANGELA

Understanding Back Pain

Lower back pain is incredibly common in the UK, affecting roughly 80% of people at some point in their lives. While it can be a real bother, understanding the cause and exploring available treatment options can empower you to manage your pain and get back to enjoying life.



Understanding the ache:

Lower back pain can stem from various sources, including:

- **Muscle strain:** Over exertion, lifting heavy objects or awkward movements can strain muscles and ligaments.
- **Joint inflammation:** Arthritis or other inflammatory conditions can affect the joints in your spine, causing pain and stiffness.
- **Disc problems:** Discs cushion the vertebrae in your spine. Bulging or herniated discs can put pressure on nerves, leading to pain that radiates down your leg.
- **Posture and ergonomics:** Poor posture or repetitive motions can put stress on your back muscles and joints.

However in all cases it is the loss of movement or incorrect movement that exacerbates the pain or problem. The lower back is very strong and only weakens once it loses movement or is unable to move as it was designed to do.

How can physiotherapy help me?

- **Assessment:** Our specialist trained physiotherapists will assess your pain, movement patterns, and underlying causes to design a plan tailored to your needs.
- **Treatment:** This may include manual therapy techniques to improve joint mobility and reduce muscle tension, specific exercises to strengthen core muscles and improve flexibility, education on proper posture and ergonomics, and pain management strategies. We combine a number of technologies not available in other clinics with hands-on treatment and exercise to optimise your recovery.
- **Self-management:** Physiotherapists empower you with the knowledge and tools to manage your pain independently, preventing future flare-ups.

Beyond Pain Relief:

We always tell our patients that pain is the first to leave and that the real work begins after the pain is settled. We then restore movement patterns and strength to ensure that you do not have a recurrence.

Physiotherapy offers additional benefits beyond pain relief:

- **Reduced risk of future injuries:** Strengthening your core and improving flexibility can prevent future back problems.
- **Improved overall fitness:** Exercise programs enhance overall fitness and well-being.
- **Active and pain-free life:** Managing your pain empowers you to live an active and fulfilling life.

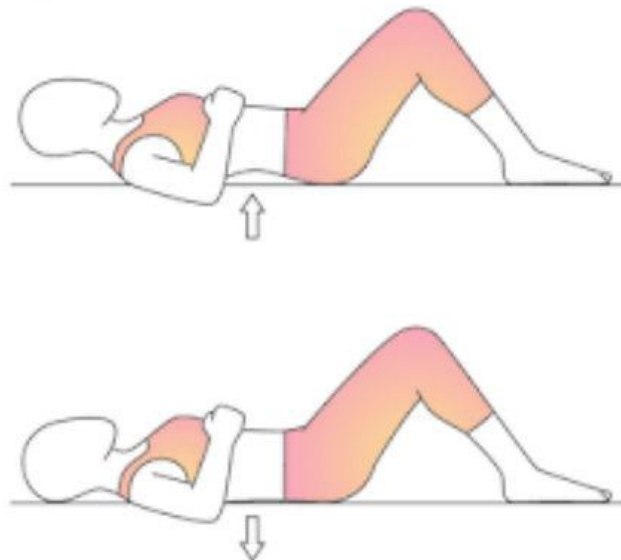
Angela's top exercise for back pain

Pelvic tilts

Maintaining movement in your lower back is essential to remaining pain-free.

- Lie on your back with knees bent and feet flat on the floor as shown.
- Relax your shoulders and neck.
- Gently tilt your pelvis backward, flattening the arch in your lower back and pressing it down towards the floor. Focus on engaging your core muscles and glutes to create this movement. Keep ribs and middle back still.
- Hold for 2-3 seconds, then inhale and return your pelvis to the starting position.
- Gently tilt your pelvis forward, increasing the arch in your lower back. Imagine tucking your tailbone under. Again, keep the middle of your back flat against the mat.
- Hold for 2-3 seconds, then inhale and return your pelvis to the starting position.

Repeat 10-15 times.



You're not alone in experiencing lower back pain. Understanding the cause and exploring treatment options can empower you to manage your pain and improve your quality of life.

Early advice and direction from a health professional is key - physiotherapy offers a safe and effective non-invasive approach to managing lower back pain, supported by research within the UK.

Always consult your healthcare professional for personalised advice and diagnosis.

The Physiolistic team are working hard behind the scenes on some exciting developments and service offerings which we'll be announcing in our next newsletter. From innovative treatment approaches to new services, we are committed to providing you with the highest quality care. Thank you for your continued trust in our clinic and we look forward to seeing you soon.

Yours in health,

The Physiolistic Team



**Clinics in
Henley
Reading & Windsor**



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01491 598043

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