

NEWSLETTERwww.physiolistic.co.uk

HENLEY-ON-THAMES

READING

WINDSOR

TOP NEWS OF THE MONTH**Dear Valued Patient,****Welcome to Physiolistic's March newsletter! In this month's addition**

- Megan is back
- Windsor Clinic update
- Meet Danielle Buckle and Nae Wilke
- HYF fun run
- Partnership with Spire Dunedin
- Partnership with Reading Rockets
- 3D posture analysis
- Henley rugby club annual quiz
- Angela's top exercise for knee pain
- Nardus 0- Netball 1
- Race the Sun Team Challenge
- Balance posture wedge

GET BOOKED IN >>>**MEGAN IS BACK!**

After a rejuvenating, two month sabbatical in Thailand, we are grateful that Megan is finally back. She has returned as a qualified yoga instructor, another feather in her cap. Megan is one of our senior physiotherapists, having extensive experience in treating dance injuries, sports rehabilitation and complex hip syndromes. In addition, she has travelled with the McLaren Formula 1 team as a team physiotherapist. Call our clinic in Henley to experience her expertise first-hand.

Henley-on-Thames 01491 598043 / info@physiolistic.co.uk**WINDSOR CLINIC UPDATE**

Some great news arrived last week in that we have now completed the lease on our new Physiolistic clinic location in Windsor. Refurbishment works are well underway to create a clinic environment that all of our patients have come to know and expect. Bianca, clinical physio lead for Windsor, is already providing physio services from Five Star Gym which is just a stone's throw away in Windsor until such time as our permanent base is up and running. If you have any friends or family in the Windsor area please do let them know that Bianca is already seeing patients whilst we look forward to taking occupation of the new clinic in Dedworth Road.

Windsor 01753 911278 / windsor@physiolistic.co.uk

MEET THE TEAM



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WELCOMING DANIELLE BUCKLE TO THE HENLEY TEAM



Danielle graduated with a BSc in Physiotherapy. Danielle has gained experience in musculoskeletal, orthopaedics, neurology, respiratory and community physiotherapy in both clinic and hospital settings.

Danielle has completed additional courses in Dry needling, taping and adolescents. She is also an advanced Complex practitioner and a Winback expert user.

She has a passion for treating musculoskeletal conditions, orthopaedics and chronic pain conditions.

In her free time she enjoys exploring new places with friends and family, going to the gym, hiking and reading.

FREE MESSAGE MONTHLY DRAW

Write a Google review about your experience at Physiologic after your session and you will automatically be entered into our monthly draw to win a free sports massage or half hour anti-ageing aesthetics experience.



READING TEAM: CHARNE WILKE



Charne (Nae) graduated with a BSc (Honours) in Physiotherapy (Wits University, RSA). She is the Clinical team lead.

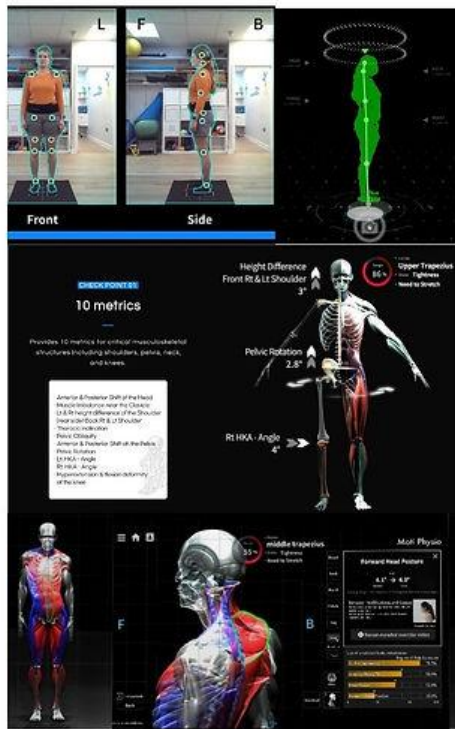
She has worked in hospitals and private practice gaining extensive experience in diagnosis and rehabilitation of musculoskeletal conditions.

She completed a post graduate Sports Physiotherapy course (SPTI) in 2018 where she gained further valuable insight into the treatment and rehabilitation of sports injuries and rehabilitation.

Nae has also undertaken additional courses in concussion, strapping, taping, neurodynamics, dry needling and Pilates. Nae is also an advanced complex practitioner and a Winback expert.

She has worked in various sporting environments including rugby teams and tournaments, various running and cycle races, and international indoor netball tournaments.

In her spare time Nae enjoys gym, trail running and modern dancing as well as exploring her new country, watching sports, cooking and baking.



3D POSTURE ANALYSIS

Having visited the recent national therapy expo in Birmingham we are delighted to now be able to offer you the most advanced 3D posture analysis software available to physiotherapists. We are offering this to patients to help assess posture and movement patterns to prevent worsening backache and stiffness and to provide a visualised report of posture. It's exciting stuff and well worth a session for preventative care. Book in for an assessment using the QR code here for our special introductory £50 special.



THE READING ROCKETS

Physiolistic are pleased to have featured on the Reading Rockets basketball team's social media channel as part of our partnership with the team. The Rockets have continued to go from strength to strength and we are delighted to be contributing to their success story! IF you fancy watching a game, the team are based at the Loddon Valley Leisure centre. The atmosphere on game night is electric and well worth a visit.



TOP TIPS WITH ANGELA >>>

Knee pain can be a debilitating condition, but taking the right steps can make a huge difference. Here's what I recommend to my patients:

The "Inner Range Quad Lock"

This deceptively simple exercise is a cornerstone of knee pain management.

Here's how to do it:

1. Sit with your leg extended in front of you.
2. Focus on fully straightening your knee and tightening your thigh muscle (quadriceps).
3. Press the back of your knee firmly down towards a surface (the floor or a rolled towel).
4. Hold for 5-10 seconds, then relax. Repeat 10-15 times.

Why is this exercise so important?

- The Screw-Home Mechanism: Your knee joint has a unique "locking" action near the final stage of extension, called the screw-home mechanism. This lock helps stabilize the joint, reducing the need for constant muscle exertion. The quad lock exercise reinforces this natural mechanism.
- The Quad as Your Knee's Jack: Think of your quadriceps as a powerful jack for your knee. The stronger the quads, the more they lift and support the knee joint, minimizing stress and wear on the cartilage and other structures.

Additional Tips

- Consistency is Key: Do this exercise several times daily for optimal benefit.
- Strengthening for Stability: While the inner range quad lock is essential, a progressive quadriceps strengthening program is also vital for long-term knee health.
- Don't Ignore Pain: If you experience significant pain during exercise, stop and consult your physiotherapist. There may be an underlying issue that needs addressing.

Seek Professional Guidance

While these exercises are excellent for many patients with knee pain, it's always best to consult with a qualified physiotherapist at Physiologic. They can tailor a comprehensive exercise program to your specific needs, track your progress, and address other areas crucial for lasting relief.

Remember: Stronger quads mean a healthier, happier knee!



LAUNCHING OUR NEW BALANCE WEDGE

Physiologic was delighted to have had a demonstration of the new OptiNeck balance wedge from creator and developer Michael O'Reilly. The balance wedge is used to help alleviate pain in the neck, shoulders and upper back. We were so impressed that we've decided to keep a stock of these at our clinics so that patients can benefit from them either during their physio sessions at Physiologic or purchase one to use in the comfort of their own home.

. Ask your physio about how this equipment can correct the cause of neck pain, shoulder pain and upper back pain. Rediscover natural, pain free movement. Experience it in your session first. Take your own balance wedge home for £40. Ask our reception team for further details.



NETBALL 1 : NARDUS 0

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Nardus sustained an ankle injury after jumping and landing awkwardly playing netball and then another person landing on his ankle. He has sustained a high ankle sprain.

The high ankle ligaments (also called the syndesmosis) are located above the ankle, as opposed to the more commonly injured ligaments on the outside of the ankle. These high ankle ligaments connect the tibia to the fibula. It is important to have stability between the tibia and fibula at this level because walking and running place a tremendous amount of force at this junction. Treatment is usually conservative and Nardus has to spend 6 weeks in a walking boot. See our April addition for how we treated this injury and applied all our technology to accelerate his recovery



HENLEY RUGBY CLUB QUIZ NIGHT



Those of you who read last month's newsletter will know that the annual Physiologic general knowledge quiz was a huge success, with the whole team being much more knowledgeable at evening's end. This proved a good warm-up as Physiologic entered a team for the annual Henley Rugby Club quiz night where we came a respectable 5th out of 16 seasoned quiz teams.

Helen's eye for famous faces, Nardus' sporting prowess, Sonja's artistic flair, Simone's surprise knowledge of the signs of the Zodiac, Angela's 'collective noun' mastery and Clint's 'Yes, let's go with that as an answer' ensured that the whole team was able to make a contribution. The evening was topped off with a fish and chip supper and discussions are already underway for when we should attend another quiz.



IN PARTNERSHIP WITH SPIRE DUNEDIN HOSPITAL

Did you know?

Physiolistic has had a partnership with Spire Dunedin Hospital in Reading for the last few years to provide all in-patient (hospital) and out-patient physiotherapy requirements for its patients. The service allows Spire Dunedin patients to have their physiotherapy at any of our locations making it more convenient and offering them more choice to access Physiolistic care.

Shoulder consultant Vishi Patel had the following to say 'I have been with working with Physiolistic for two years now and the service provided by Physiolistic at Spire Dunedin has been outstanding. All therapists are knowledgeable, friendly and enthusiastic'. Podiatry consultant Sally Feeney agreed saying 'I have been impressed with the attention to detail and kindness provided by the Physiolistic team. In addition, my post-operative patients return to weight-bearing and their normal activities ahead of schedule as a result of the hands-on attention given of the team'.

Physiolistic's Clinical Director, Angela Botha commented 'It's a real pleasure to work with an organisation like Spire Dunedin who share our ethos of providing exceptional patient care and are innovative in their approach to develop services around patients. We have some exciting developments that we are currently working on with the Spire team and we'll be announcing these shortly to give patients access to even more choice and services.

Should you have any further queries about this service or partnership please don't hesitate to get in touch with our business director, Clint (business@physiolistic.co.uk)

The inpatient service is based at Spire Dunedin. Our outpatient clinic is less than 1 mile down the road at 59 Bath Road (Pendragon suite), RG30 2BA . Just after the beefeater pub roundabout in the grounds of NHS services (57 to 59 Bath road) With free parking outside the clinic.




**Move, heal, thrive:
Unlock your potential with physio**

In partnership with Physiolistic, our specialist physiotherapy team combines physiotherapy with the latest technology giving you the high quality service you deserve.



Services we offer:

- Self referral
- Assessment and diagnosis
- Individualised treatment plan
- Major insurers recognised
- Self-funding welcome
- Free parking
- Open seven days a week
- Book online

Treatment for all musculoskeletal conditions and sporting related injuries including:

- Pre and post operative rehab
- Sports injuries
- Back and neck pain
- Elderly rehabilitation
- Children and Adolescent Physio
- Pain kits and dry needling
- Hand therapy & splinting
- Law pain and dysfunction
- Shin splints and concussion
- Women's health conditions
- Men's health
- Custom orthotics
- Shockwave for tendinopathy

Physiotherapy Clinic
Pendragon Suite, 57-59 Bath Road, RG30 2BA
www.physiolistic.co.uk
0118 334 7002

To make a booking online please scan the QR code




Team Physiologic are taking on the "Race the Sun" Challenge

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Where: Brecon Beacons

What: Cycle, Hike and Canoe

When: 15 June 2024

Why: To raise funds for research into rare childhood diseases

action medical research
for children

Who: Nardus, Harry, Ryan, Simone, Nae,
Justine, Bianca, Gen, Sonja, Megan, Danielle

PLEASE DONATE TODAY

**ADD £2 TO £5 TO YOUR
APPOINTMENT TODAY**
(OR ANY AMOUNT OF YOUR CHOICE)

Ask Admin how to add to your physio charge today

FUNDRAISING TARGET:
£4000

 **Physiologic**
whole body healing

Quote for this month:

There is always light. If only we're brave enough to see it. If only we're brave enough to be it.

Final thoughts

As the days begin to draw out and we are met with birdsong in the mornings, things always feel a little brighter and optimistic as we move towards Spring. Nature's rebirth is something to celebrate and presents as a good opportunity to start afresh with your health and wellbeing. There is never a better time to start than now and the Physiolistic team are here to help you every step of the way. Hoping you have a rejuvenated March and achieve all you set out to achieve in the month. See you soon!

As always, you are very welcome to contact us at business@physiolistic.co.uk with any suggestions of services you would like to see at Physiolistic. We hope you enjoy our newsletter and hope you are looking forward to Spring as the flowers begin to bloom



Clinics in
Henley
Reading & Windsor



Yours in health,

The Physiolistic Team

Henley Clinic

Dry leas sportground
Marlow road
Henley on Thames
Oxon
RG9 2JA
info@physiolistic.co.uk
01491 598043

Reading Clinic

In partnership with Spire Dunedin
Pendragon Suite
Bath road
Reading
Berkshire
RG30 2BA
reading@physiolistic.co.uk
01183347002

Windsor Clinic

Current location:
Five Star Gym
54 Vale road
Windsor
SL4 5LA
(new location from April)
windsor@physiolistic.co.uk
01753 911278