

NEWSLETTERwww.physiolistic.co.uk

HENLEY-ON-THAMES

READING

WINDSOR

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

- Our new Windsor facility is open!
- Henley Team - Meet Stephanie
- ACL rehabilitation and return to play
- VALD ForceDecks - In-service training
- Reading Rockets prize giving
- Top Tips with Angela: Early intervention is key
- Introducing The Good Skin Club to Physiolistic
- Update on Nardus' recovery
- Price increase
- Tech Feature: Recovery with Complex
- Chronic pain management
- The benefits of stretching
- Race the Sun fundraiser
- Recruitment opportunities

OUR NEW WINDSOR FACILITY IS OPEN!

It is with great excitement that we announce the opening of Physiolistic's new Windsor clinic at **Unit A4, Fairacres Industrial Estate, Dedworth Road, SL4 4LE**. Bringing excellence in physiotherapy to Windsor. Watch out for some opening specials. For appointments, contact us on **01753 911278** or **windsor@physiolistic.co.uk**.

**Scan here to book**

HENLEY TEAM – MEET STEPHANIE (STEPH)



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Steph is a Senior Physiotherapist and one of our Team Leaders at the Henley branch. She graduated with a Bachelor (Hons) in Physiotherapy (University of Pretoria, RSA). Stephanie also rowed at a high level (RSA Junior Development Squad) and therefore understands the demands it puts on the body. Stephanie's passion for physiotherapy lies in sport and musculoskeletal rehabilitation – with a special interest in paediatric therapy and women's health.

In addition, she is qualified as a Sports Massage Therapist, in Dry Needling and Pilates. She is an International Advanced Complex trainer, as well as Winback and Shockwave expert. Need we say more?

Steph's fascinating background includes performing physiotherapy with the Blue Bulls (Super Rugby South Africa) team, at the Comrades Marathon, as well as at other national rugby and swimming events.

Read a few more fun facts about Steph:

What three traits define you?

- Bubbly, empathetic and curly.

What is your personal philosophy?

- I try to make those around me smile whenever I can.

What's one thing you couldn't live without?

- Dogs.

What is the greatest challenge you have had to overcome in your life thus far?

- Leaving my family to come over to England.

What is your greatest fear?

- Whales.

Where is your favourite place to be?

- Home – next to the pool with dogs, family and friends.

What is your favourite thing to do?

- I love to have a drink with friends and a snack platter – doesn't matter where!

Where is the best place you've travelled to and why?

- Cinque Terre. Exquisite!

What does true leadership mean to you?

- Servant leadership – prioritising the greater good in all circumstances.

Which one would you want most – flying cars, robot housekeepers, or moon cities?

- Robot housekeepers.

What has been the most important innovation you have witnessed in your lifetime?

- I think an air fryer was a pretty good move.

What would you do (for a career) if you weren't doing this?

- Dentistry or engineering.

What are your most overused words/phrases?

- Shame man. Also, "Hi, I'm Steph, I will be your physiotherapist today."

What is the best book you have ever read?

- Rise: The Siya Kolisi Story

How do you define success?

- Being able to find contentment and happiness in small things.

What would you most like to tell yourself at age 13?

- All things pass.

What is the one thing you cannot resist?

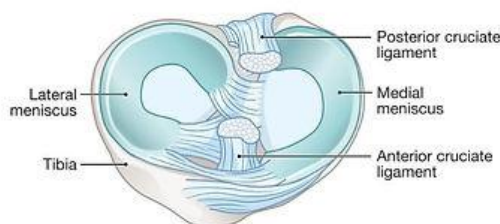
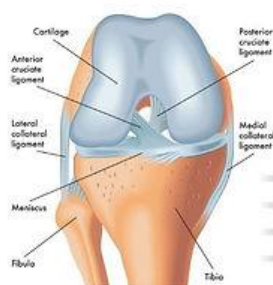
- Pizza!





ACL REHABILITATION AND RETURN TO PLAY

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To optimise patient outcomes after ACL reconstruction surgery, ensure safe return to play and avoid re ruptures of the ligament, a sport-specific physiotherapy rehabilitation protocol is extremely crucial.

The most important exercise to follow on as early as possible postoperatively is the straight leg raise with knee locking, keeping in mind the screw home mechanism at the knee as well. Quadricep strength and knee locking are critical to ACL rehab. An extension deficit post-surgery is common if this exercise is not added to the rehab program at an earlier stage.



To fully understand and resolve knee symptoms, we need to consider rotational stability as well as consider how things are functioning above and below at the hip and foot. If you're unable to fully straighten your leg, then your quadriceps are always activated which leads to the body relying on muscles and ligaments for support and stability, leading to increased stress, pain, and increased risk of injury majorly at the ACL.

As the knee approaches the end range of extension, it is in its most stable position; the tibia is in the position of maximal stability with respect to the femur and the leg is able to support the body weight despite the quads not being activated. The anterior cruciate ligaments (ACL) plays an important role during this movement and any ACL problems may restrict or stop the screw-home mechanism. Therefore, for a safe and successful return to play, the appropriate activation of quads along with a full knee extension post ACL reconstruction are important factors to consider. ~ Marryam Suhail

Additional Support:

Electrical Muscle Stimulation (Compex): This therapy may be used to stimulate your quadriceps muscle, aiding recovery and reduce muscle wasting.

Ice Compression Therapy: This therapy combines ice and compression for enhanced swelling and pain reduction. Your physiotherapist will discuss if these modalities are appropriate for you and how to access them.

See article on page 8 for further information.





VALD FORCEDECKS - IN-SERVICE TRAINING

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The team did a refresher session recently on a piece of equipment we have in the clinic called VALD ForceDecks. This is an advanced piece of technology used in Physiologic to assess and enhance athletic performance and rehabilitation outcomes. The technology consists of force plates that measure various aspects of movement and force production, providing detailed data on factors like balance, strength, and power. These insights allow the physios to tailor exercise programs to individual needs, track progress accurately, and identify areas for improvement. By facilitating precise and objective assessment, they are able to tailor rehabilitation plans, leading to faster recovery times, reduced injury risk, and improved overall performance for patients. Additionally, the real-time feedback provided by ForceDecks has proven to be a hit with patients who can see their results immediately on the screen and from one session to another. The ForceDeck is also used by sport teams to monitor players' progress during a season. If you would like to book yourself in for a ForceDeck session - or work with a team who you think would benefit from this type of assessment, please do speak to your physio.



READING ROCKETS PRIZE GIVING

Since September last year, Physiologic has been looking after the Reading Rockets Division 1 Men's basketball team. Recently our team had the opportunity to attend their annual prize giving event. Nae, our senior physiotherapist in Reading, tells us about her experience.



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"It has been quite a journey for me, starting the season with no idea what an 'alley-oop' was or that a player could be fouled out of a game. I remember going to the first game, nervous that I would miss something or run onto the court when I wasn't supposed to. Nine months later, I travelled with the team to Manchester where they played in their league final, falling to Hemel Storm by 3 points. What a game!

Some of the things I've learnt over the course of the season include the rules of basketball (some of them anyway). I've learnt that when a teammate doesn't get it right, encourage them with a hi-5. We all need a little encouragement some days. Hard work and dedication pays off but you have to keep working at it. Consistency is key! Every player has a role, they don't all have to be super tall or quick, but working together with their strengths, they can achieve a lot.

I've also had the privilege of working with many of the athletes - getting them back from acute injuries to playing in days and weeks. We have had to work together along with the Consultants and the management team to get the best care for the player while getting them back timeously. We used the CTC machine to reduce pain and swelling; the Winback machine to help with drainage, muscle spasm and promote healing; the Piezowave to help speed up the healing process which all helped to get the guys back to playing quicker than they normally would have. They also had access to a recovery room and quickly made friends with our admin team who would make sure all the kit was ready. They've become part of the family at the Reading clinic. Each of my colleagues and I had the opportunity of working at the home games, giving us insight into the biomechanics involved in basketball, all performed at a very high speed!

Working with the Reading Rockets has been an honour and a joy, with only a few stressful moments. I am truly grateful for the opportunity and look forward to possibly working with them in the future! Let's go Rockets, let's go!"



TOP TIPS WITH ANGELA >>>

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Don't Let Injuries Linger: Why Early Intervention is Key

We all know the frustration of an injury. It can sideline you from your favourite activities and leave you feeling stiff and sore. But did you know that seeking early intervention can significantly impact your recovery time and overall outcome?

At Physiologic, our philosophy revolves around getting you back to your best, as quickly and safely as possible. This starts with addressing the injury early on, before inflammation and pain become entrenched.

Calming the Storm: The Power of Early Intervention

The initial stages of injury are crucial. Our focus is on calming the joint down, reducing inflammation, and promoting healing. This is where our unique approach, combining manual therapy, exercise, and advanced technology, truly shines.

TECAR Therapy and Piezowave: These innovative technologies utilise radiofrequency and soundwaves to accelerate healing, reduce pain, and improve blood flow.

Ice and Compression: We leverage these well-established techniques to minimise swelling and discomfort.

Diagnostic Ultrasound: This cutting-edge tool allows us to visualise the injured area in real-time, ensuring an accurate diagnosis and targeted treatment plan.

Beyond Symptom Relief: Addressing the Root Cause

Our skilled physiotherapists go beyond simply treating symptoms. We take pride in getting to the root cause of your injury, preventing future recurrences. This meticulous approach is further bolstered by our close collaboration with local GPs, consultants, and imaging centres. Should you require further investigation, we can expedite referrals to ensure a seamless care pathway.

Building Back Stronger: Technology-Aided Rehabilitation

Once the initial inflammation subsides, we focus on regaining strength and control. Here again, our commitment to technology plays a vital role:

Muscle Stimulation: This technology can help you regain strength up to 40% faster compared to traditional methods.

Force Decks and Footscan Technology: These advanced tools allow us to precisely monitor your progress and optimise your rehabilitation programme.

Confidence Through Stability: Ensuring a Lasting Recovery

Our commitment to your well-being extends beyond symptom resolution. We believe in empowering you to move with confidence. This final stage involves targeted exercises to enhance balance, dynamic strength, and proprioception (your body's awareness of movement).

Discharge with Confidence: Minimising the Risk of Re-Injury

We don't just treat your injury; we ensure you're prepared to stay healthy. Through established discharge criteria, we evaluate your progress and ensure your risk of re-injury is minimal.

Our Mission: Your Wellbeing

At Physiologic, our ultimate goal is to get you back to doing the things you love. We believe in preventative care and hope that with our comprehensive approach, you won't need us in the future. However, if an injury does occur, we're here to guide you through a successful rehabilitation journey. It's a privilege to partner with you on your path to recovery, and there's no greater satisfaction than knowing we've helped improve your quality of life.



**EARLY
INTERVENTION
IS KEY**

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.



INTRODUCING THE GOOD SKIN CLUB TO PHYSIOLISTIC



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We are very pleased to announce that The Good Skin Club is holding clinics at Physiologic in Reading from May!

The Good Skin Club was founded by Dr Pavey, who holds facial aesthetics clinics in London and Wallingford, specialising in Botox and Dermal Fillers. The Good Skin Club is different to usual aesthetics clinics because it is not an impersonal big-chain brand only focused on seeing lots of people. Our ethos is making sure that you, the patient, are listened to and understood. Dr Pavey works in partnership with you, tailoring a treatment plan to your individual needs, to achieve the outcome that you desire. We offer a free initial consultation with Dr Pavey, during which you will receive a complimentary skin treatment plan.



What makes us different?

Dr Pavey is a fully qualified medical doctor who is also a Level 7 qualified Aesthetics Practitioner who has achieved the following aesthetics training and education:

- A year-long post graduate certificate in Aesthetics Medicine, at Queen Mary University, London, gaining a Distinction. This course is run by plastic surgeons from all over the world.
- A Masters degree in Aesthetics Medicine, awarded with distinction.
- An advanced facial topography anatomy course with cadaveric dissection.
- A post graduate diploma in Clinical Dermatology, with distinction.

Not sure where to start and want to browse your options? Do you have a specific skin complaint and want to understand how best to treat it? After many years of administering Botox and Dermal Fillers to hundreds of happy patients, Dr Pavey is ideally placed to advise you on how to treat all types of skin concerns.

Look at our website to learn more and book an appointment: www.thegoodskinclub.co.uk or call: **01184 050049** or send a WhatsApp message: **07874 827821**.

NETBALL 0 : NARDUS 1

As many of you know, Nardus suffered a severe ankle injury while playing netball a few weeks ago. He has been applying his physiotherapy knowledge as well as the use of our technology to rehabilitate his injury. In his own words, he has made excellent progress with this protocol:

"I began my return to sport exercises while still continuing to use the Compex and Winback machines, as demonstrated in our April edition of the newsletter. In time, I started with straight line work and focused on other things at netball that don't require my legs such as shooting drills and ball handling skills.



With the help of my coach, I became more involved in the game by including walking. We managed to gradually introduce more and more court time while still only walking during play. After I successfully did my straight line rehab, I progressed to multi-directional work and plyometrics. This gave me the confidence to gradually increase my training sessions. Things progressed well and soon I was back playing with a staged return-to-play programme - so I only played a small percentage of my first game. This will continue until I can play full matches again. ~ Nardus Nel.

Photo credit: With thanks to @hbavinphoto

“ **Physiolistic** whole body healing

Very professional consultation. Practical and thoughtful advice. Loved the exercises coming through on an App as well. As we are just starting the treatment plan I will see how it goes, but I am very optimistic about working with Harry.

★★★★★

GL
JANUARY 2024

Book Now 

”

“ **Physiolistic** whole body healing

As a training sports massage therapist myself, I could tell Stephanie was really knowledgeable and professional. She knew how to talk to my 14 year old son and hence he is eager to do the exercises she has set. I couldn't fault her. We really are in safe hands and feel very fortunate.

★★★★★

KVK
FEBRUARY 2024

Book Now 

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PRICE INCREASE

As Physiolistic continues to strive for excellence in providing the very best in physiotherapy, it's become imperative to adjust our pricing structure to reflect the evolving demands of increased prices on our practice, which will come into effect from 1st June 2024. While we understand that any increase can pose challenges, we've made concerted efforts to keep the increases as small as possible, absorbing much of the cost pressures internally where we can. Whilst we have managed to keep many of our services at existing prices we are needing to adjust our follow-up appointment physio fees from £58 to £60 and initial assessment fees from £75 to £80. Additionally, shockwave treatment prices will see a modest adjustment from £28 to £30. This decision ensures that we can maintain the high standards of care, invest in advanced techniques and technologies, and continue to provide you with the exceptional physiotherapy services you deserve. Thank you for your understanding.

TECH FEATURE: REHABILITATION & RECOVERY WITH COMPEX



Compex is a Swiss brand that has become the world leader in muscle stimulators for improved performance and recovery. Compex works by replicating the electrical signal from the brain. The motor nerve responds as if the brain is sending the message to the muscle, therefore using the body's normal physiology. The brain has a governor which recruits up to 40% of your muscle, however the Compex unit does not have such a governor, thereby enabling you to recruit more muscle fibres and have a stronger contraction than you could achieve with exercise alone.

Compex has undergone rigorous testing and is proven to:

- Increase muscle strength by up to 27%
- Increase muscle volume by 8%
- Decrease lactic acid by up to 25%



Compex rehabilitates your muscles in a way that traditional therapy alone cannot.

Compex can also be used to enhance a personal training programme. Users can build 40% more muscle in 6 weeks using the Compex, than just with training alone. It is a perfectly safe, uniquely complementary technique of voluntary training. **Compex enables more rapid recovery after sport, exercise or surgery.**

Twenty minutes is equivalent to 350 crunches and 160 squats!





Living with chronic pain can be challenging, but with the right strategies and mindset, you can take control of your pain management journey from the comfort of your own home.

Here are some practical tips to help you effectively manage chronic pain and improve your quality of life:

- 1. Understand Your Pain:** The first step in managing chronic pain is understanding its underlying causes and triggers. If you have trouble being able to adequately identify these there is value in exploring the possible triggers with your physiotherapist to help provide clarity and direction.
- 2. Stay Active:** While it may seem counterintuitive, staying active is crucial for managing chronic pain. Engage in low-impact exercises such as walking, swimming, or yoga to improve flexibility, strength, and circulation. Start slowly and gradually increase the intensity as your pain allows. A common error in chronic pain is the "get on with it" mindset, pushing through pain can often lower the threshold for pain in the long term.
- 3. Relaxation and mindfulness:** Chronic pain can often be exacerbated by stress and tension. Incorporate relaxation techniques such as deep breathing, meditation, or progressive muscle relaxation into your daily routine to help alleviate pain and promote overall well-being.
- 4. Maintain a Healthy Lifestyle:** Adopting a healthy lifestyle can have a significant impact on chronic pain management. Eat a balanced diet rich in fruits, vegetables, and lean proteins to fuel your body and support healing. Stay well hydrated and avoid excessive intake of sugary drinks. Aim to get an adequate amount of sleep each night to allow your body to rest and repair.
- 5. Hot and Cold Therapy:** Hot and cold therapy can provide temporary relief from chronic pain by reducing inflammation and numbing sore muscles, giving the brain a much needed rest from the pain signals being sent. Experiment with hot packs, cold packs, or alternating between the two to find what works best for your pain. Always be mindful of wrapping the hot or cold object in a towel to prevent burns. Ice can cause a burn to the skin when applied directly.



6. Stay Connected: Living with chronic pain can sometimes feel isolating, but it's important to stay connected with friends, family, and support groups. Surround yourself with a strong support network that understands and empathises with your experience, and don't hesitate to reach out for help when you need it.

Chronic pain management is a journey. What works for one person may not work for another, there is no recipe for curing it. Be patient with yourself and stay committed to exploring different strategies until you find what brings you relief and comfort. By taking an active role in your pain management and focusing on holistic self-care, you can reclaim control of your life and embrace each day with greater resilience and vitality.

~ Sonja Kritzing





THE BENEFITS OF STRETCHING

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Stretching before and after exercise is like warming up your car before a long drive and cooling it down afterward – it's essential for optimal performance and longevity. Here's why:



Injury Prevention: Stretching primes your muscles, tendons, and joints for action, reducing the risk of strains and tears during exercise.



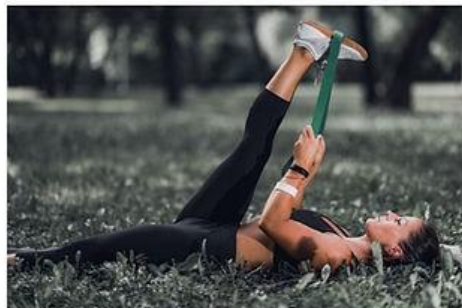
Muscle Function: Stretching boosts blood flow to muscles, enhancing their function and reducing tightness and discomfort during activity.



Post-Exercise Recovery: Stretching after exercise eases muscle soreness, promotes relaxation, and aids in the removal of waste products, helping you bounce back quicker.

In short, don't skip the stretch — it's a small but mighty step toward a stronger, more resilient body.

~ Dani Grupel



Flexibility and Range of Motion: Regular stretching improves flexibility, allowing your body to move freely and efficiently, whether you're reaching for a high shelf or sprinting on the track.



Mental Preparation: Stretching helps you focus, breathe, and tune into your body, setting the stage for a successful workout.



Long-Term Health: Consistent stretching can improve posture, reduce the risk of chronic conditions like back pain, and keep your joints healthy as you age.



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

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Where: Brecon Beacons in Wales

What: Cycle (36 miles), Hike (9.6 miles) & Canoe (2 miles)

When: 15 June 2024

Why: To raise funds for research into rare childhood diseases

action medical research
for children

FUNDRAISING
TARGET:
£4000

PLEASE DONATE TODAY

ADD **£2 TO £5** TO YOUR APPOINTMENT

(OR ANY AMOUNT OF YOUR CHOICE)

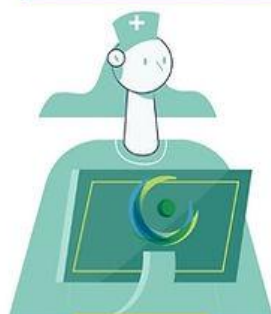


We have 2 teams entered
Scan these QR Codes to link
to their "justgiving" pages



WE ARE **HIRING** & Growing

TEAM ADMINISTRATOR



Categories:

- Good Interpersonal skills
- Reception experience
- Team Player
- Proactive
- Medical background an advantage
- Evening and weekend work

Send your CV to:

recruitment@physiolistic.co.uk

Henley ||| Reading ||| Windsor

Mentorship program

Physiolistic also offers a mentorship programme to help students get into the field of physiotherapy by engaging them in a salaried role with us as administrators/physio assistants, while they undertake a gap year. We provide them with clinical support during their studies and they are also assured a job with us once qualified. Please do get in contact if you know of anyone that has a passion for physiotherapy and would like to be part of our unique mentorship scheme. We have a vacancy from August and will be interviewing shortly.

Yours in health,

The Physiolistic Team



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Reading & Windsor



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