



# Hands-On Health Treatments

Chiropractic • Physiotherapy • Sports therapy

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Issue 25



## NEWSLETTER

### CLINIC NEWS



**The staff at Hands-On Health Treatments would like to wish our patients a 'Merry Christmas and a Happy and Healthy New Year'**



#### NEW STAFF

David Morley BSc. MSc. Chiropractic returns to Hands-On Health Treatments Keynsham and Midsomer Norton clinics. Having qualified in 1998 from the Anglo European College of Chiropractic David returns after over eight years working as a Chiropractor in New Zealand's capital Wellington.

Ann Handley, Practice Manager is retiring from Hands-On Health Treatments at Christmas. We would all like to wish Ann a very happy retirement.

#### GENERAL NEWS

#### **SANTA DASH**

Hands-On Health Treatments are proud to be supporting the Salford Santa Dash again this year on Sunday 7th December. All money raised will go to CLIC Sargent and The Ellen MacArthur Cancer Trust supporting a local Keynsham teenager. Our Physiotherapists and Sports Therapists will be available to massage any aching muscles before Santa's 'Big Night'!



#### **GIFT VOUCHERS**

Gift vouchers are available to be purchased from all of our clinics and can be used as full or part payment towards treatments. They make an ideal gift for Christmas and many other occasions and are valid for one year from the purchase date. Please ask for more details.

### Recommend a friend voucher

Do you know someone who could benefit from care at one of our clinics? If you have had treatment and recommend a friend or family member to us, give them this voucher and they will receive a half price initial consultation and you will receive £10 off your next visit. Please remember to mention the voucher at time of booking and present at payment.

Your name:

DOB:

Your friends name:

### Can't resist a new bag?

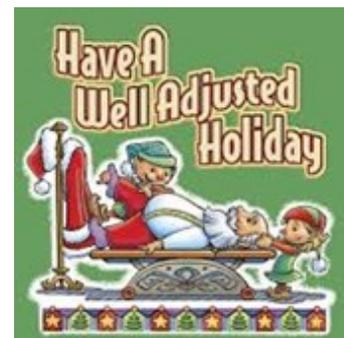


A consumer report has found that 16% of women buy a handbag on impulse and nearly one in 10 men purchased a bag in the last year. The report also found that 21% of women would buy a bag to accompany a new outfit.

How you pack and carry a bag, especially large bags, can have important effects on your posture. Large bags can weigh up to 3kgs before anything gets put in it and this only gets worse as the user loads it up. Also, a larger bag is more unwieldy and more difficult to deal with. Heavy big bags can cause neck and shoulder strain as well as the long term effects on posture.

Here are some useful tips:

- The lighter you keep your bag the better, especially if you have to carry it about all day. **The most important thing is to check the contents of your bag(s) each day** and only carry those items you need for the day ahead – it is surprising how many people carry unnecessary weight each and every day.
- If buying a single strap bag, make sure the strap is long enough so you can wear the bag cross body, enabling you to keep the bag and its weight close to your body. Remember to keep your shoulders relaxed when carrying a bag in this way.
- Avoid holding a bag with long straps high up in the crook of your arm or down towards your knees as this will put an uneven load on your body.
- There is no 'maximum' weight for a bag, as it all depends on the size and strength of the person and the style of bag used. Bags that distribute weight more evenly across the back will put less strain on the body, so something like a rucksack is always best as long as it is carried on both shoulders and the straps adjusted so that the bag is held close to your back.



# Winter Weather Walking



The British Chiropractic Association offers advice on how to avoid injury in icy conditions - icy roads and pavements mean potentially hazardous conditions underfoot and a rise in injuries caused by slips and falls. It is quite natural, therefore, for us to be wary when walking outdoors and adopting our 'ice walk'; the problem is that an unnatural walking posture could cause as many problems as the icy conditions themselves. Tim Hutchful, from the British Chiropractic Association, offers some top tips to stay safe and adopt a better 'ice walk':

## Best Foot Forward

- It is a good idea to have two pairs of shoes, one for walking in the ice and snow, the other for indoors or whilst driving.
  - Waterproof or other, lined shoes are preferable as are thermal socks, as these items will help keep your feet warm. Cold, numb feet are less able to sense and adapt to changing conditions.
  - Footwear should have a solid and large, raised treads on the sole; essential for maximising your grip on the ice.
  - Shoes with support features are important – walking shoes with a firm ankle support are ideal as they help prevent you 'going over' on your ankle and help you feel more stable in slippery conditions. If shoes have laces, they should be firmly laced to give a close fit without limiting the circulation.
- What to avoid.....Wellingtons can be practical, but they often don't give enough support and can be difficult to take off. Also avoid walking outside in leather or other, smooth soled shoes.

## Top Gear

- Clothing should be warm and allow you to move freely. Anything that impedes you from walking 'normally' could make you more prone to falling over or lead to you walking in an unnatural way.

## Be Prepared

- There are things you can do to prepare yourself for better balance. Standing on one leg, as an exercise, is a great way to help improve your balance.
- When you are out and about, keeping your hands out of your pockets (use gloves) so that you can use your arms for better balance is a great idea too.
- Watch out for parts of the pavement that may have been in shadow or under trees, where there is more likely be black ice, but make sure you pay attention to what is ahead too!

## Falling Gracefully

If you do fall, try and curl up and 'roll' with the fall and stay relaxed, this will minimise any jarring to your body. Whilst it may be an automatic reaction, try to avoid putting your hands out to save you - this may cause wrist injuries.

## Keep Your Wits

Try to avoid alcohol. Not only will you be more prone to feeling the adverse effects of the cold (because alcohol causes loss of body heat) but it may also cause you to take risks that you wouldn't normally do and, of course, make you more unsteady on your feet. Keep topped up with warm drinks to keep your temperature up.



# Setting Yourself Realistic Exercise Goals In 2015

Physiotherapists at Hands-On Health Treatments see an influx of new patients in January, after they have set themselves unrealistic exercise goals for their New Year resolutions and unfortunately setting themselves up for injury.

Don't make the same mistake of setting unrealistic goals for 2015 instead join one of our many Lifestyle Programmes, to help you set realistic goals, so you can achieve optimum results, avoid injury and make exercise a continued part of your lifestyle.

## SPECIFIC goals

i.e. if you have recurrent back pain, use specific exercises to strengthen your core.

## MEASURABLE goals

i.e. a measure will help to see progress in core strength and avoid a plateau in fitness gains.

## ACHIEVABLE goals

i.e. if not easily achieved, motivation will decrease, risk of failure increases.

## REALISTIC goals

i.e. look at your lifestyle now, devise a programme to fit in easily.

## TIME CONSTRAINED goals

i.e. short term goals are great to strive for, but long term goals allow exercise to be continued as part of your daily lifestyle.



## Five Things You Should Never Do During Exercise:

### 1. Never ignore Pain

If you feel pain during exercise, stop, rest and look for the cause of the pain. Sometimes all you need to do is make some minor adjustments to eliminate pain. On the Lifestyle Programme the Rehab Specialist is trained to look out for this.

### 2. Never ignore your medical conditions:

Ignoring a health condition or physical limitation when you exercise doesn't make it go away, but can make it worse. Always follow a specialised workout routine. Within the Lifestyle Programme the Rehab Specialist will devise a programme specific to you.

### 3. Never do the same workout day after day:

Doing the same workout routine all the time can increase your risk of injury as well as lead to muscle imbalance, weakness and boredom! The Lifestyle Programmes are varied and continually reviewed.

### 4. Never forget a rest day:

If you don't plan rest or schedule recovery days into your training, you actually limit your ability to train. Your body gets stronger after exercise stress, so you need to allow down time for rebuilding of muscle tissue.

### 5. Never ignore correct form and technique during Exercise:

Using incorrect techniques reduces the effectiveness of the workout and puts you at greater risk for getting injured; the Rehab Specialist will continually review and correct your form and technique.

Do not allow minor aches and niggles from unrealistic goals and a poor exercise regime turn into chronic overuse injuries, if unsure, book in to see a Physiotherapist at Hands-On Health Treatments for advice on exercise prescription and best management of injuries.

