



southcote

PROACTIVE HEALTHCARE

WHAT HAPPENS IN THE BUILDINGS THIS MONTH?



✕ Cucumber? ✕

We don't have much to report in these summer months but will resist the tendency to think up frivolous stories often associated with this period.

We have therefore asked a number of our practitioners to write a little about themselves or what they are doing.

✕ Vitamin D ✕

There is more than one way to get enough of this vital substance...

A well-researched book entitled '**Naked at Noon**' perfectly describes the reasons why this practice could well serve your health in more ways than you could imagine.

However, for most of us vanity or neighbours - or both, prevents us from doing this.

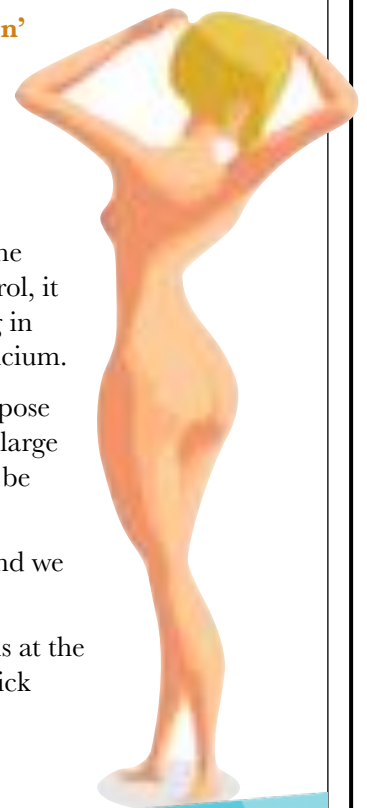
Vitamin D is indeed formed in skin exposed to the UVB in the sun's rays. Converted from cholesterol, it works almost like a hormone in the body dealing in particular with the absorption and storage of calcium.

In the UK we get far too few opportunities to expose a significant part of us to the midday sun, and a large proportion of the population has been shown to be deficient in this important compound.

You may therefore want to take a supplement, and we have one of the best ones in stock year-round.

Most recently, it has been shown vitamin D status at the time of exposure is important for a good and quick recovery from viral infection - of any origin.

Talk to us if you would like to know more.



Jane has been with us for two years!

We continue to celebrate the decision we made when we decided to shift to this new package for managing the logistics around running a clinic.

However, over the lockdown period, Jane.app stepped up

again and very quickly established a comprehensive and confidential video platform for consultations. This meant we were able to still help a number of our patients and clients through that very difficult period.

Very excitingly, over this period we have also converted all our health records to digital and although we are not fully confident with it yet, it allows us to learn on the job!

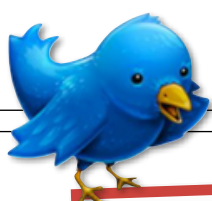




Remember:

*"In seeking happiness for others,
you will find it in yourself."*

Unknown



QUICK DATES



3RD AUGUST
Alison's Birthday

50!

23RD AUGUST
Mike's Birthday

24TH AUGUST
Jesper's Birthday

30TH AUGUST
Graham's
Birthday

SOCIALS

Southcote has both a Twitter account and a Facebook page. If you would like to be abreast with all we get up to then look us up: @southcotehealth - & Southcote Proactive Healthcare - and here are the links for our subscribers:

[Twitter](#)
[Facebook](#)

SOCIAL CONSCIENCE

We have decided to keep to the strict principles of hygiene and protection at Southcote for the foreseeable future. Thank you for being respectful of these. We want to keep Southcote a safe place to visit.

Be kind, stay safe...
your health is our concern.

STAY ACTIVE

We all agree the inactivity of a relaxing holiday is good for you. However, in a clear example of 'too much of a good thing', do make sure you also find time for a walk.

Don a better pair of shoes and get out before the heat makes it uncomfortable again.

HYDRATE

In the hot summer weather, we need to remember one thing:

We should be 70% water!

Water is the medium we use for all the chemical and physical exchanges taking place in our bodies. In order to absorb and excrete anything we need water but also the finer reactions deep in the individual cells need plenty of water in order to run.

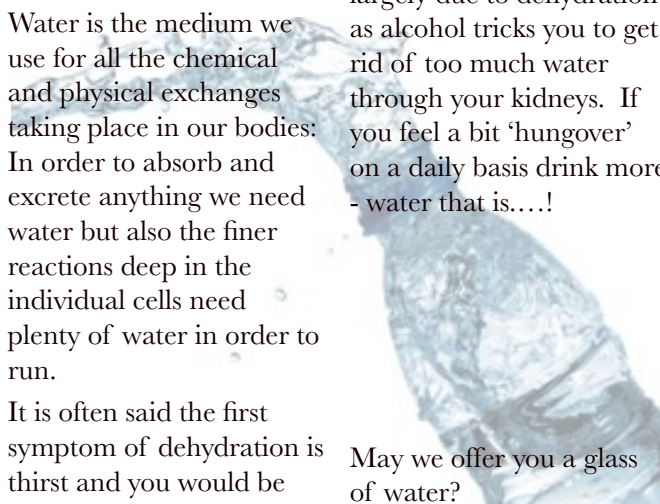
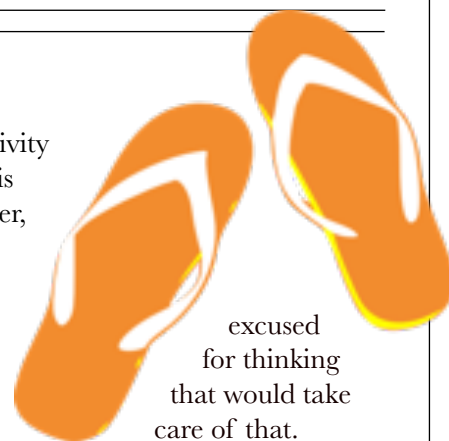
It is often said the first symptom of dehydration is thirst and you would be

excused
for thinking
that would take
care of that.

However, many people have 'trained' themselves to ignore this inconvenient symptom and postpone any action, that may disturb what they are doing at the time.

The headache and other symptoms of a hangover is largely due to dehydration as alcohol tricks you to get rid of too much water through your kidneys. If you feel a bit 'hungover' on a daily basis drink more - water that is....!

May we offer you a glass of water?

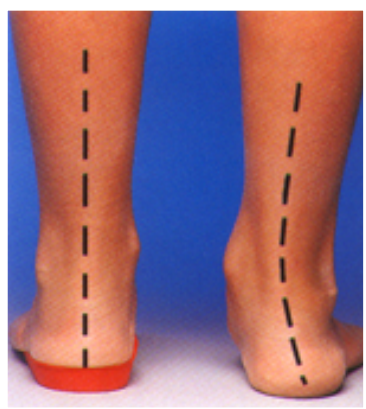


the TOPIC of the Month

ARCH SUPPORT - INSOLE - ORTHOTIC - A 'HELPING HAND' FOR YOUR FEET -

Jesper still holds regular sessions where he advises our patients on this important topic and how it may aid in recovery of many things other than foot pain.

“SHAPE DICTATES FUNCTION”



- is a well-established principle in engineering and for many years it was also the main rationale for prescription of devices to support the feet.

Example of this are: 'Flat feet need arch supports' - 'Bunions are caused by shoes that are too small' - 'Greek' feet are common in Greek people' - 'Big feet mean big ... shoes'

Well, maybe not the last one but they are all equally wrong in their assumptions. We still look at the shape of the feet but expect to be able to change if not entirely the shape then certainly the function of most people's feet over time. So, the shape of your feet may give rise to a suspicion that you need some extra support but the decision is based on many other factors.

As chiropractors we believe in shape and function being both separate and related: By getting the joints of the feet moving in normal patterns and supported by the muscles in the feet correctly,

the feet can regain both their shape and their function.

HOW DO WE PRESCRIBE INSOLES AND ORTHOTICS?:

Shape of the foot does come into this but we also weight the following in our decisions:

- Pain patterns - including pain in the knees or low back.
- Wear pattern on your shoes.
- Strength of certain muscles - both in isolation and working together with others
- Gait analysis - we have a force plate with specific software to assess the pressures under the feet when you take a stride and we take videos of you walking on a treadmill.

Sometimes all of these are needed - but one or two of these may also be enough to determine the specific need for the individual.

I NEED THEM NOW - WILL I NEED THEM ALWAYS?:

Some people do, especially if significant changes have set in - but ideally such devices are like exercise equipment in your shoes and should help your feet regain their normal shape and strength over time. We therefore often reevaluate the need for devices and change over time.



the BODY REGION of the Month

THE KNEE

Considered a simple hinge - the knee is actually the biggest and most complicated joint in the body.

ANATOMY:

The bones and cartilage provide the rigid structure of the joint, the muscles move the joint, and the ligaments stabilise it.

The knee is essentially made up of four bones. The **femur**, which is the large bone in your thigh, attaches by ligaments and a capsule to your **tibia**. This is the knee joint proper.

Just below and next to the tibia is the **fibula**, which runs parallel to the tibia. Although this is not strictly speaking part of the knee joint, the function of the joint between the fibula and the tibia is important for the correct function of the knee joint as a whole.

The **patella** - the kneecap - rides on the knee joint as the knee bends allowing a better angle for the front thigh muscle to work. This bone allows the muscle a better angle for the function of straightening the knee.

The knee joint also has structures made of cartilage, which are called the **menisci**. These C-shaped pieces of tissue fit into the joint between the tibia and the femur and help to protect the joint and give better stability throughout the range of motion of the joint - especially allowing good rotation of the tibia below the femur.

The main muscles which go across the knee joint are the **quadriceps** and the **hamstrings**.

The quadriceps muscles are on the front of the knee, and the hamstrings are on the back of the knee.

Strong ligaments sit on either side of the joint called the **collateral ligaments** and unique to the knee joint are two ligaments running inside the joint cavity called the **cruciate ligaments**.



MECHANICS:

When the knee moves, it doesn't just bend and straighten. There is also a slight rotation in this motion. It is this component, which makes the knee so complicated and potentially easy to injure in certain sports activities.

WHAT DO WE DO?:

The role of this clinic in treating knee injuries is to try to normalise the mechanics of the joint.

However, if you do require surgery we work closely with the local knee surgeons to help provide the best possible rehabilitation of the joint after the procedure.

the STAFF PROFILES of the Month



Rowan

'Hi, my name is Rowan and I am a sports therapist from Devon.

I am moving up to Aylesford in September to start work at the lovely Southcote practice on Monday 7th September!

I will be working on Mondays 2pm - 7pm and on Thursdays 8am - 1pm.

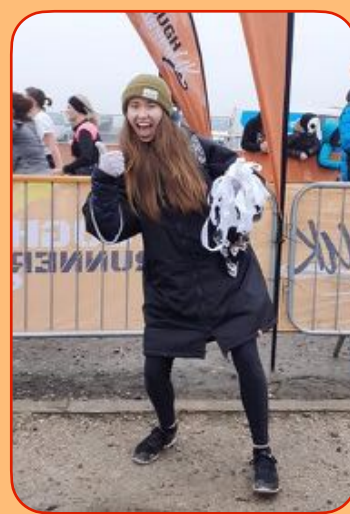
I am currently seeing clients in Devon both in person, providing assessment and hands on treatments; and online to help advise on anything from running technique, injury recovery, exercises and wellbeing

I will be working from the gym and downstairs office at Southcote.

I specialise in running injuries and am an expert in rehabilitation and sports massage. I work with runners of all abilities and ages, from ultra-athletes to people starting the couch to 5km. I provide advice on anything from fuelling for your runs, injury prevention, gait and technique analysis to customised and detailed training plans.

I will be working at local running events on the weekends, when they resume after lockdown measures. I will be providing warm ups, advice, taping and post-run massage.

I will hopefully see some of you soon around the practice!'



Jennie

I'm Jennie and I work as a

Chiropractor at Southcote two days a week, as well as in Rochester and Blackfen.

Even with the years of studying within the degree, there's still so much more to learn with interesting new research emerging regularly!

I am always reading factual books, listening to podcasts and attending new seminars to expand my knowledge.

I love seeing a varied patient base, from young sportsmen and women to the elderly population and use a number of different



assessment and treatment techniques due to this.

There's no one size fits all... it's all about finding what works for each individual whether it's spinal manipulation, mobilisation, massage, dry needling or more emphasis on an exercise program.

In the last few years in particular, I've seen close family members (as well as a number of patients) go through other issues such as depression, high stress, breast cancer, insomnia, irritable bowel syndrome and eating disorders. I think it is this that has led me to look more and more into lifestyle factors and how they play a massive role in our health and overall wellbeing too.

One of my favourite books, The Four Pillar Plan, by Dr Rangan Chatterjee

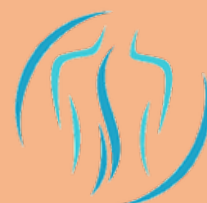
looks into Nutrition, Movement, Sleep and Stress and how they all influence each other. My view is that life is about balance and if we can do small things day to day within these different pillars, we can help ourselves feel our best.

Outside of work and reading I love to travel and hike, play netball, go to the gym and have recently started indoor climbing

To find out more about me, feel free to visit my website or Facebook page...'

www.jcoxchiro.com

www.facebook.com/jenniec Coxchiro



the STAFF PROFILES of the Month

Rachel

I'm Rachel, one of the massage team. I originally started out in sports and deep tissue massage and have continually widened my skills and knowledge over the years. Now I specialise in treating scars which despite its very gentle style of massage is incredibly powerful and can be life changing, both physically and emotionally. I can treat new scars, old scars, small scars, big scars, one scar, multiple scars, from the tips of your toes to the top of your head and everything in between! To support this work I have spent time during lockdown expanding my knowledge about trauma which I hope to share with you soon!

I'd love to be able to explain how this super gentle treatment works but we don't actually know. However a recent crowd funding campaign has raised enough funds to conduct the very first scientific research into what actually happens to your Scar during a treatment. The research project starts next year and I'm really excited to discover and share with you the findings!

Personal circumstances mean I'm not back quite yet to Southcote but it won't be long. In the meantime if you have any scars, however caused, that bother you, or even any ongoing health issue and a seemingly unrelated scar do please give me a call on 07940 748830 for a chat to see how ScarWork may be able to help'.

Pam

'During these uncertain times for all, I have been lucky enough to continue to practice Homeopathy using various forms of communication. Telephone, Zoom, Skype, WhatsApp and Facetime.

This has enabled me to continue to support my clients from their own homes safely.

The consultation runs the same as in person, with all homeopathic remedies posted 1st class. This is working very well for both my clients and me. I shall, therefore, continue to practice in this manner for the foreseeable future.

I am constantly in contact with the Southcote team, who are still able to refer clients to me where it is seen to be necessary.

All new clients wishing to discuss their issues before booking a consultation; I am happy to do so.

Sadly, I am seeing a lot of people feeling the pressure from the world we are living in currently. Lots of changes and fear for many, causing anxiety. Homeopathy is a holistic therapy, treating everyone as an individual for both physical and emotional problems.

Please feel free to contact me either by phone 07921673925 or via email. pamelagray46@googlemail.com

Take Care everyone'

Georgina

I am now back at Southcote offering Foot & Facial Reflexology treatments to clients old and new.

So, if you've been struggling with the stresses of the last few months, call reception to book a treatment to help you rebalance, relax and generally feel better.



TEAMWORK
MAKES THE
DREAM
WORK

the STAFF PROFILES of the Month

Sharon

'I aim to return to Southcote on Monday 28th September (all being well).

Pilates class times will be every Monday 5pm, 6pm and 7.15pm.

They are mixed ability classes (beginners and intermediate).

I have has expertise in rehabilitation Pilates including recovery after spinal surgery, shoulder issues and experience in mental health.

To adhere to social distancing for the time being, numbers will be limited. Please bring own equipment (mat, small ball, band) or I can purchase these for you if required.

If you have any queries or would like more information, please contact me on

Mobile 07932 955689 or email: fixyou@finetunetherapyandpilates.co.uk '



Lorraine

'Hi everyone, I'm Lorraine and I'm Co-Founder Co-Founder of CLUB CHI, and work with Southcote offering Shibashi Qigong sessions for better health.

So, why Shibashi Qigong?

It's a form of Tai Chi which has its focus on health and wellbeing, so each movement is performed slowly, encouraging the breath to flow as well as the energy.

I used to practice Tai Chi many years ago and just love how Qigong quiets the mind, allowing everything to relax and rebalance ... the perfect stress reliever!

From the time of lockdown, CLUB CHI have been running all sessions online and I've really enjoyed staying connected to people and being able to help them in this way.

Being a safe and easy to follow form of movement therapy, people can join without the fear that they're 'newbies' and will hold people back.

When I'm able to welcome people back to in-person sessions at Southcote, these 60-minute sessions are held every Thursday at 10am.

We're hopeful this will be from September, however you don't have to wait until then to start looking after your health – come join us online and find out what it's about and how it can help.

Always happy to answer any questions you have and I look forward to seeing you online, or in person, soon!'

www.club-chi.co.uk

CLUB CHI™

Jesper

'I don't know about you, but I found lockdown tough!

I wanted to use the time constructively and ambitious plans were drawn up in my head that would see me being both fitter, more organised, and with an artistic hobby well underway by the time we were allowed back to the 'new normal'. However, due to the uncertainty of when that might be, it seemed I spent more time preparing and walking around talking about virology and immunity - both topics I didn't enjoy at college - than actually doing the hard stuff.

I got better at it at about the same time things started to move in the right direction towards resuming a version of normal; so please don't ask me about the empty canvas and the piles on my desk...

We learn from anything and everything we experience, so here's hoping against hope that when the second lockdown hits, I will be ready and organised - but no, I don't think that is a priority.

I have just about learned to be kind to myself, and now need to keep an ear to the ground to find who else I can be kind to.