

southcote

PROACTIVE HEALTHCARE

WHAT HAPPENS IN THE BUILDINGS THIS MONTH?



✕ Summer Sport! ✕

Although we will of course want the best team to win, at the moment we are a little split as to which team that is.

Denmark and England play each other on Wembley on Wednesday. After which, we will celebrate either outcome equally - we think...

In the tennis we all support the british players!

✕ Additions to the Team... ✕

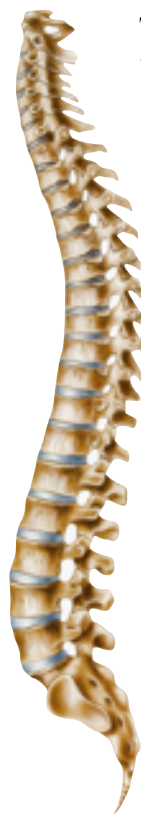
One is with immediate effect – and one is with a somewhat tortuous route...

Victoria Thomas (Vics) has been a much-loved yoga instructor in our studio for a few years now and is still part of the group that runs the varied programme of classes in Energise Fitness.

However, during this time she was also undertaking her training at the European School of Osteopathy and she has just passed her Masters with a 1st!

She will join our team of practitioners from the 1st(!) September, which we are very excited about:

Our 1st(!) osteopath!



The next addition to our team will take a little while:

Rowan, who has worked as a sports therapists with us for the past year, has decided to become a chiropractor as well.

Because of her past studies and qualifications she can do an accelerated course, so that she will graduate after two no-doubt very tough years.

As she is a smiley and very lovely person, we really hope to see her back in Southcote when she completes her studies.

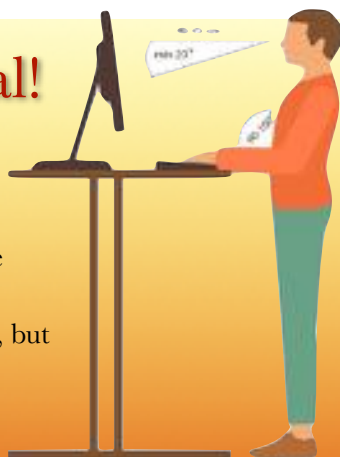
The NEW Normal!

- is it better?

We are really interested in hearing about your positive experiences and changes to your life, which have come about through the lockdowns.

Maybe they were somewhat enforced, but are you now happy with them?

We know a lot of you have been



working from home, and although some can't wait to go back, we have also heard from many who quite like it.

Maybe you need a better work setup, but the access to the garden for your lunch has been an eye-opener for how a 'breather' adds to the day.

Let us know any insights you have had or changes you've made and we will publish them here. Maybe you can inspire others!



Do I need to isolate?

What if..?

1. Your child is isolating at home because someone at school tested positive...

YES, YOU CAN COME IN - providing your child has not tested positive.
(You can of course not bring your child in)

2. Your partner, who you live with has tested positive....

NO, YOU CAN NOT COME IN - as you are likely to have been in close contact without appropriate PPE.

The general rule is:

You have to isolate at home if you have been in CONTACT with someone who has tested positive.

CONTACT meaning that you have NOT adhered to social distancing and NOT been wearing a mask

Please ring us if you are in doubt of the guidelines. We have seen it throughout the pandemic and realise it can be difficult to apply the rules to your particular situation.

Amazing Day to Introduce the Energise Approach

In what seemed like a very rare sunny day in that part of June, we managed to have a very successful OPEN DAY at Energise.

We are all set up and ready for you with brilliant classes in our studio as well as our bespoke Energise Approach in the gym, where you will work out with likeminded people in small groups.

Please visit the website energisefitness.co.uk for more information - or ask at Southcote Reception when you drop in for a chat.

The majority of the Southcote team have now experienced how to set yourself little manageable tasks on a regular basis means that you improve your general health in a sustainable way. Small - but great - updates to your routines go a long way

Vics writes:

I DID THIS PROGRAM in January, and I couldn't believe how amazing it was. The facilitator (Louise Massett) thought that as we were Osteopaths, fitness instructors and chiropractors we would not learn new things but OH BOY was she wrong....



- and would you believe it? Lorna won 10 classes for taking her picture in front of something easily recognisable and posting it on Instagram.



TENNIS AND DRINK ANYONE?

Summer is here and Wimbledon is not the only sign that this is the case.

Strawberries are the obvious treat but make sure you hydrate yourself well too. If you do go to SW19 maybe a Pimms is in order, but here is a great and alcohol-free alternative for at home:

Camomile, honey and orange blossom sparkler

Makes 1.5 litres

Put 4 camomile tea bags in 500ml boiling water - cover and leave to cool.

Remove tea bags and stir in 2 tablespoons of honey and 1/2 teaspoon of orange blossom water...might want less depends on the brand... taste it!

You want just
fragrant not
soapy...

Pour into a bottle to chill.

Dilute 1:2 with sparkling water.

Maybe add ice on a hot day.

You can float a few flowering herbs on top if you have any....

Cheers!



COME IN - OR NOT

As we wrote last month, reception is now open again and do feel free to come in and say hello.

After all that time in the carpark, we would love to have a chat to see what you have been up to.

However, if you prefer to still be picked up from the car park, we will of course accommodate that too.

FAMILY & FRIENDS

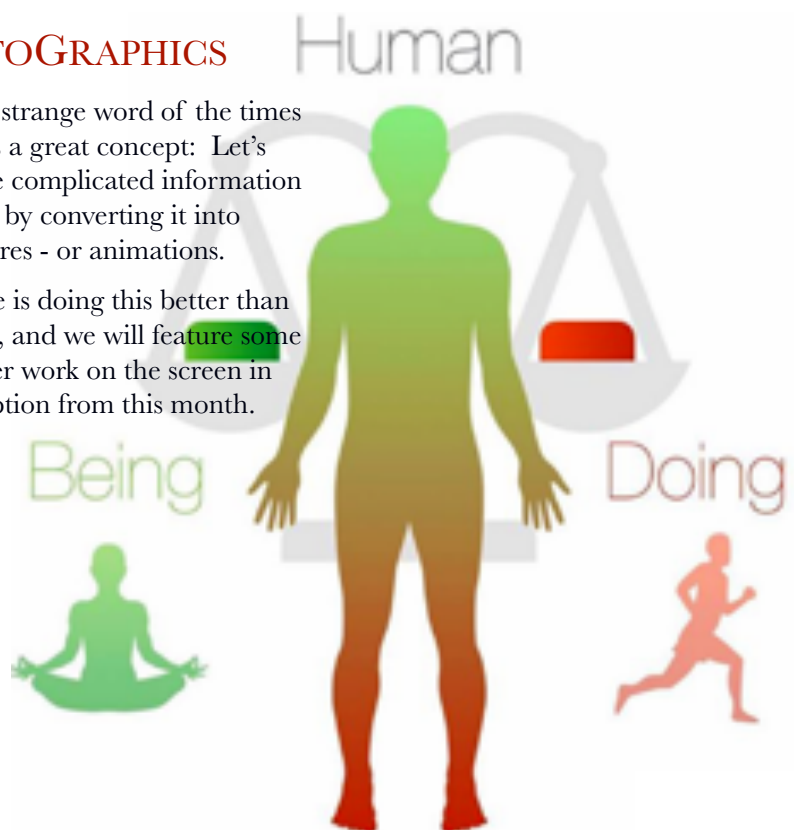
Please remember we are always happy to talk to you about family members or friends you are concerned about and will be more than happy to advise.

Once a month we run a FREE clinic to assess if we might be able to help them with the services within Southcote.

INFOGRAPHICS

This strange word of the times hides a great concept: Let's make complicated information clear by converting it into pictures - or animations.

Clare is doing this better than most, and we will feature some of her work on the screen in reception from this month.



J U L Y 2 0 2 1 E D I T I O N

the

TOPIC of the Month

THE SIMPLE TASK OF WALKING - EXPLAINED IN A LITTLE MORE DETAIL -

The average person takes 2000 steps in a day - as a minimum - not counting extra activities such as exercise.

Heel Toe - and then again - and again...

Walking is an action, which for most people is automatic and doesn't require thought or planning.

However, when we consider the possible causes of someone's persistent pain, feet and walking are often high up on the list of things to check.



The feet with their 26 bones, 107 ligaments, 33 joints and 19 muscles - each(!) - are probably some of the most amazing mechanical structures in our bodies.

The way that all these structures are arranged and inter-linked allow your feet to change from very soft shock-absorbing structures when you land - into very rigid structures when you shift the weight across the planted leg onto the front of your feet allowing the best propulsion of the body.

These two phases are called Pronation and Supination respectively.

Too much or too little mobility in certain joints of the feet can both cause stress to travel up the body and cause anything from ankle, knee, low-back or head pains.

The root cause of someone's problem may therefore be coming from the ground up.

Running

When you speed up and allow neither foot to be in contact with the ground - however briefly, you are running; suspended in mid-air for a while between each step.

This adds extra impact and speed to the potential injurious forces and extra weight to the slightly paraphrased saying; 'you need to be able to walk - injury free - before you can run'.

Southcote runs(!) expert walking - and running - assessment clinics..!

