

southcote

PROACTIVE HEALTHCARE

SPRING FORWARD!



WHAT HAPPENS IN THE BUILDINGS THIS MONTH?

Spring
is ^{almost} Here

This winter is one we will not forget for a while...

Can it get any wetter?

But it is brightening up out there; the daffs are swaying in the wind - enough of that too!

Remember to change your clocks at the end of the month and check your smoke alarms...

✧ AndSleep...! ✧

March is National Bed Month

Sleep is a mysterious shift in our consciousness, which the body requires every day. It is vital for health and wellbeing, and not only do we function less well when we don't get enough of it, it can lead to long-term health problems.

That's why we should do all we can to ensure we get as much as possible and actively try to deal with any problems in this area.

Sleep is divided into four different phases, the best known of course being REM (Rapid Eye Movement) phase where dreams take place. But each phase is needed to make up a sleep 'cycle' and they are all needed for us to feel rested, each of them lasting about 1 1/2 hours. A good night's sleep

typically consists of five or six such complete cycles, whereas disturbed sleep consists of a lot less.

A study, which parents of young children will relate to, found that disturbed sleep is far worse for your health than a shorter duration of sleep. This is exactly because more sleep cycles are interrupted

- Monsters!

The Sleep Council has an amazing website: sleepcouncil.org.uk

ZZZZ

Do Not Disturb



WHAT A DAY!

Charlotte served tea & cake to 150 people!

Thank you so much to all who attended this fitting send-off for her and for the flowers, chocolates, and many other presents which were bestowed on her on the day.

She will now take a few weeks off from any active engagements - but - the realisation of the new stage of her professional life is already underway...

Watch this space!



Remember ...

“It is impossible to learn that, which one thinks, one already knows” Epictetus *Ancient Greek philosopher*

QUICK DATES

1ST MARCH
Chester's
Birthday.

2ND MARCH
Jimmy's
Birthday
He's in New York!



16TH MARCH
Jen C's
Birthday

21ST MARCH
Lorna's Birthday.



GIVE IT UP!

It has just been Ash Wednesday - and on 11th March it is National No Smoking Day.

We will advertise it further in the clinic that day but don't forget Graham has a proven programme to help you stop the habit - when you want to.

This could well be the first step on the road to making a real difference to your health and wellbeing.

DECORATORS!

Steve and his team of very men are now working their way through the buildings to give us the lift we were beginning to really need.

It will require us accommodating them but the results will be worth it!

THIS MONTH'S TEACHING

Jesper is going back to Belfast this month to teach a seminar on core stability.

Remember when we thought we could just sit on a ball to cure low back pain? It is not quite that simple...

GIFT IDEAS

We have gift vouchers available for all our services be they of the pampering or therapeutic kind. Knowing her needs shows great love and concern.



BIKE FITTING

Riding a bike should always be fun & comfortable. However, we often have people relating that their outings in stead result in pain and discomfort.

We have therefore teamed up with James Clarkley - April's

husband - who runs his own company making sure your bike and you are the perfect fit to further your enjoyment of cycling and allow you to go that bit faster, farther and in more comfort.

www.jcbikefit.co.uk



AND BREATHE ...!

When you breathe in, does the breath travel into your abdomen, as you feel it softly expand? Or does your breath feel more in the chest cavity and it's a more shallow breath you take?



Every system in the body relies on oxygen and good, deep breathing is one of the best ways to reduce stress.

Other benefits of breathing effectively are:

- ***Increases feelings of calm***
- ***Relieves pain***
- ***Increases energy***
- ***Lowers blood pressure***
- ***Improves the immune system.***
- ***Better quality of sleep***

Do you feel like you could benefit from improving your breath and your wellbeing?

Club Chi Wellbeing Sessions can help you achieve this. Sessions are held here every **Thursday at 10am – 11am.**

With focus on the breath, meditation and movement, these hourly sessions not only help with the breath - they can help you improve mobility, relax tight muscles, improve circulation and help you regain balance: physically, mentally and emotionally.

Sessions are £10 pay-as-you-go. Packages also available.

To reserve your place, you can book online at: www.club-chi.co.uk

- or you can contact Lorraine on 07790 385809 or email: info@club-chi.co.uk

HOW 'OLD' ARE YOU?

Are you ready to discover your 10S age?

The '10S' is a simple score telling you how old your body feels based on what you have done to it. It really helps people realise something can be done and to see which factors in their life are detracting from their health and wellbeing.

10 factors - all beginning with the letter S of course - determines where your time is best spent improving the quality and quantity(!) of the years left in your life.

Jesper set up the screen and together with a programmer developed the software that calculates the score and makes recommendations on the basis of the data.

You may remember us talking about this around this time last year, as we had just completed a large pilot study. Now we're ready to run another batch and will launch the service again early next month.

Watch this space for more details on how you can take part in a fascinating new service at Southcote.





SCARS – SO MUCH MORE THAN SKIN DEEP....



When we have surgery or an accident involving cuts, burns and crushes the trauma to our deeper internal tissue is more widespread than we think. Our bodies are wonderful natural healers, yet, whilst the actual wound site may heal well, what about all the disturbance that has occurred at a much deeper level?

Often the trauma may leave a restriction in movement, bumps and ridges, a change in sensation or an unsightly uncomfortable scar. Scar Work therapy can help reduce the scar tissue, freeing up movement, smoothing out bumps and ridges, improving the sensation and in many cases improve the appearance. It's a very gentle therapy always undertaken within the comfort levels of each individual.

Rachel is one of just 250 accredited ScarWork therapists in the UK.

If you have a scar that bothers you in some way, no matter how old, do please call Rachel on 07949 748830 for a free no-obligation ten minute phone consultation to see how she may help you.



EDINBURGH

Charlotte and Jesper are off to Scotland's compact, hilly capital to visit a family member who studies there, and Ben and Katie!

It is over a year ago they 'emigrated' up there and we will look forward to hearing in more detail how well they have settled in.

BRENDA IS BACK!

Following a successful and groundbreaking procedures where her knee was encouraged to grow new cushioning cartilage, this stalwart of our reception team is back in - hobbling! - action.

WEBSITE!

We are still very proud of our website and have recently given it a spring clean.

That ensures the information is fully up-to-date and that all our practitioners and team-members are mentioned within it.

If you haven't been for a while, give it a list and remind yourself of the amazing team we have at Southcote.

www.southcote.com



POST-GRADUATE EDUCATION

The studio lends itself very well - not only to the many different styles of exercise classes we run - but also to classes and seminars on various topics.

This month we welcome back Louise and Wayne, who come up from Australia to run a very professional course in dry-needling.

Please go on our website where there is a page dedicated to explaining this clinical modality.

Later in the year we will be running a series of seminars ourselves, which saves Jesper from gallivanting around the country...

the THEME of the Month

GARDENING:

(IT'S SPROUTING OUT THERE...)

The actions required for gardening are quite different from those carried out through the rest of the year, so it is important to prepare your muscles and joints prior to attacking your garden at this time of year.

The main cause of back pain when gardening is wear on the ligaments and joints due to the unprepared muscles. The prolonged period this is done for further aggravates.

Digging, stooping and bending over, all place considerable stress on the structures in the lower (lumbar) spine, causing them to become inflamed and tender. This in turn triggers a protective muscle spasm which gives rise to the deeper, duller, achy type of pain that may occur over the following few days.



Top Tips:

Kneel on one leg rather than repeatedly bending from the hips - and use a pillow/cushion under the knee.

Try and ***vary the tasks*** of the day into ***short bursts of different activities*** rather than slogging away all day at one thing.

Plan your primary tasks and ***don't overdo it***. Spend twenty minutes doing a particular task and then change to a different task. This helps avoid putting strain on muscles you have not used for a while.

When mowing with a hover mower, try to ***resist the temptation to swing the mower*** from side to side in an arc. Instead, mow forwards and backwards as you would with a conventional cylinder mower.

If you suffer from knee problems and tend to stoop rather than kneel then try a gardening stool to sit on.

Keep yourself warm and covered. Keep shirts tucked in as this prevents muscles from becoming chilled.

If you ache for more than a few days after gardening then seek the advice of a chiropractor as any normal 'post-exercise soreness' should ease relatively quickly.

You should ***exercise and keep fit*** so that you can enjoy your gardening and other leisure activities, rather than use your gardening as an exercise to keep fit.



the

TOPIC *of the Month*

FROZEN SHOULDER: (ADHESIVE CAPSULITIS)

Frozen shoulder is a condition where the shoulder becomes very painful and stiff. Range of movement become reduced, sometimes completely 'frozen'.

It is thought to be due to scar tissue forming in the shoulder capsule. Without treatment, symptoms usually go but this may take a long time.



What are the Symptoms?

The condition typically have three phases, each with typical symptoms:

- Phase one - the 'freezing', painful phase.
The first symptom is usually pain. Stiffness and limitation then gradually build up.
- Phase two - the 'frozen', stiff phase.
Pain eases but stiffness remains and can get worse. The movement most severely affected is usually rotation of the arm outwards.
- Phase three - the 'thawing', recovery phase.
The stiffness gradually goes and movement gradually returns to normal, or near normal.

Untreated the condition typically last 2-3 years but in a few cases symptoms last for several years.

- *It affects up to 1 in 50 adults most commonly between 40 and 60 years of age.*
- *It is much more common in people who have diabetes.*
- *Either shoulder can be affected but most commonly it happens to the non-dominant shoulder. That is, the left shoulder in a right handed person.*
- *In 1 in 5 cases the condition also develops in the other shoulder at some stage. Frozen shoulder is not a form of arthritis, and other joints are not affected.*
- *Frozen shoulders in most cases occur for no apparent reason.*

What is the Treatment?

The aim of treatment is to ease pain and stiffness, and to keep the range of shoulder movement as good as possible whilst waiting for the condition to clear.

Chiropractic includes techniques that may well be able to speed up the recovery of this condition.

