



Autumn Newsletter

the 'back care' issue



Begin your journey to a better back

Last month, we raised awareness for Back Care Week. Back pain can be debilitating, preventing you from doing the things you enjoy. And increasingly, it means prolonged time off work.

But it is possible to ease your pain and improve your mobility with the correct exercises.

That's why we hold regular *back pain classes*, with specially tailored exercises that target the problem areas of your back. Just give us a call to find out more, or pop in to the clinic to start your journey to a 'pain free' back.



Add life to your years

We believe staying active is one of the most important things to remember as our bodies get older.

Not only does it keep our joints more mobile, but it also helps with body tone, balance and confidence - all of which help to maintain your independence, and add life to your years.

Our free exercise taster sessions, earlier last month, were a great success. As well as being a lot of fun, they provided a gentle reintroduction to exercise for some, with visible improvements in mobility after just a half hour session. If you missed out, why not pop in and pick up one of our

Speedy legs spotted at races

Congratulations to our clients who successfully completed the Great North Run and the Redcar Half Marathon - we spotted at least 2 of you at the GNR, and saw another familiar face at Redcar. Well done!

If you are interested in regular classes in PILATES, BALANCE or RESISTANCE EXERCISES, please get in touch - we'd love to hear from you

Don't let work be a pain

It's so easy to slip into bad habits at work - slumped at the desk, lifting and handling, posture generally.

These bad habits can develop into long term back and neck pain, as well as other chronic problems. The cost to employees and businesses can be huge.

So we've recently started regular sessions at local businesses, including Stokesley's own 'Labman', providing training on how to prevent aches and pains at work. We also provide talks on wellbeing.

Want us to help keep your staff healthy and happy? Just get in touch and we'll pop in to see you.

leaflets?

Did you catch us in the Darlington & Stockton Times, the Northern Echo, or hear us on BBC Radio Tees? If so, let us know what you thought!



AI lands a starring role

For a bit of fun, we tried a video blog last month, resulting in a brief moment of fame for AI, our resident skeleton. Did anyone catch him online?

But it got us thinking that video tips and advice might be a useful addition to the service we provide. If you would like us to post a video offering advice about something that affects you, please let us know.



Did you know, we have a specialist physio who deals exclusively with women's health? If you need help with pregnancy related pain, bladder problems or any other gynaecological issue, Maria is here to help.

3 tips for a healthy back

1. **Strengthen your muscles.** The muscles that support your back also hold you upright and relieve pressure on the spine as you go about your daily activities. The stronger your muscles, the more they will reduce pressure, and the less pain you'll feel. Brisk walking targets the muscles in your abdomen, shoulders, and legs, and is perfect.

2. **Stretch your muscles.** Don't forget the muscles that keep your back flexible - stretching them helps to maintain a good range of movement and reduces the risk of injury. Hamstrings, calf muscles and shoulders are all important.

3. **Work on your posture.** Strengthening and stretching your muscles will help you to stand up straighter, improving your posture and putting less pressure on your back. Keep a check on posture, and not only will you feel an inch taller, you'll be nurturing the natural curve of your spine.



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