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Autumn Newsletter 2017



**We've opened you a brand new clinic at Stokesley Leisure Centre**

coming to see us at our main clinic, on the Terry Dicken Estate.

At our new Stokesley Leisure Centre clinic, we can help you with:

How's that back of yours? Still aching when you bend down to lift your gym bag? And how about the awkward niggle in your neck when you're swimming? It's often when we exercise that we are reminded of niggles, aches and pains. And then we ignore them, hoping they will go away.

Find the cause of these pains, and a way of easing them, and you'll be able to enjoy everyday activities with comfort. But life is busy, and we need to be able to just pop in, see someone, and leave with a plan.

Our brand new clinic appointments at Stokesley Leisure Centre do just that. We now offer 20 minutes of expert advice, an assessment and a jargon-free, tailored exercise plan – all on-site for just £20. It's handy, quick and effective.

If we can get you back on track after that one appointment, then fantastic.

If you need further treatment then we might suggest you think about

- sports injuries
- muscle and joint pain
- back and neck pain
- post-operative rehab
- osteoarthritis

So don't stop doing what you love because of pain. Just give us a call, or pick up one of our bookmark-style cards from Stokesley Leisure Centre's front desk, and see how we can help you.

We've had some great feedback so far, *"Very friendly. No pressure to have continued sessions. The help given was very helpful. Thank you."*

Our new Stokesley Leisure Centre Clinic is open:

**Mondays - Wednesdays**

**Just call us on 01642 205 975 for your 20 minute appointment at the Leisure Centre.**

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## **Over 50? We've got just the class for you!**

There's nothing better than movement to keep our aches and pains at bay. But we also understand that gyms and high intensity classes are not for everyone.

That's why we've launched a Thursday morning class, especially for our older clientele.

Don't worry if you've been out of the world of exercise for a while – our classes are designed with you in mind. Our Physiotherapist, Hannah, will guide you through gentle exercises and movements to keep your muscles and joints mobile, easing existing pains and helping to prevent new ones. Increased fitness is an added bonus, but the emphasis here is on movement and mobility.

If you'd like to join us on Thursday mornings, just give us a call – we'd love to see you.

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## Need to be seen quickly?

It's always been our aim to provide you with appointments when you need them. Being able to self-refer helps, but now we've added a third treatment room to our practice, we can offer more appointment slots throughout the week.

That means more of you will be able to take advantage of our same (or next) day appointments.

These aren't emergency slots – we're delighted to say they come as standard. Whether you're suffering from a crick in the neck and need to get moving again, or need to get a sports injury looked at, you'll be seen quickly, at a time that suits you.



## What to do about back pain

Did you hear Kate talking on Mike Parr's BBC Tees show this month? As part of Back Care Awareness Week, Kate was invited to talk on BBC Tees, and Zetland FM, offering advice and guidance on how to look after our backs.

Back pain is a big deal. It is the biggest cause of absence from work in the UK, costing the economy an estimated £15 billion per year. On a personal level, chronic cases can be debilitating, leading to depression and emotional distress.

We hear a lot about how to prevent back pain, (posture, staying mobile, correct lifting techniques). But what if you do hurt your back, or it goes into spasm? What should you do?

- **Don't be tempted to lie in bed** – movement helps your back to get better quicker
- **Do take pain killers** – reducing the pain will help you to get moving, reducing the likelihood of further stiffness and discomfort
- **Do speak to us** – we can usually see you on the same day, and can help you to get mobile again



### Have you met Phoebe?

If you haven't popped in for a while,

### We are taking part in a national study

We like to champion physiotherapy whenever we can, and are always at the forefront of developments - helping to relieve pain and restore mobility and function.

That's why we are now taking part in an exciting national study for Physio First (the trade association for the Chartered Society of Physiotherapy).

The study is being used to look at

you may not have met our lovely new apprentice, Phoebe. She's joined us as part of her Business and Administration Diploma (Level 3), and will be the friendly voice at the end of our phone, and the smiling face at the front desk, for the next 18 months. Welcome, Phoebe!

*Ever thought about physiotherapy as a career? Why not speak to us about work experience at North Yorkshire Physiotherapy?*

evidence-based outcomes of physiotherapy, using data from our clinics to help measure the effectiveness of the treatments we use for a variety of different conditions.

We're excited to see how they use the results nationally.

## We are the proud sponsors of Stokesley FC's Sean Davies

As you know, we love our local area, and are always keen to support local sport. So we jumped at the chance to sponsor Stokesley FC defender, Sean Davies. We continue to follow the success of Stokesley FC closely.

## Read our latest blogs

Why should we look after our backs?

[Read more here...](#)



Older person's day

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# NYP at Stokesley Leisure Centre

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North Yorkshire Physiotherapy · 14 Roseberry Court · Stokesley Business Park · Stokesley, TS9 5QT · United Kingdom

