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Summer Newsletter 2018



North East Business Awards

We were delighted to have been shortlisted once again in the Services category at the Teesside Region North East Business Awards. We were narrowly pipped to the post by Total Recycling Solutions but were delighted to see our Stokesley neighbours Quorn and Allied Integration Services pick up awards on the night. Here's to next

year and third time lucky?!

Did you know we now offer Women's Health Physiotherapy?

Women's Health Physiotherapy is the therapeutic treatment of all disorders affecting the pelvis and pelvic floor for women at all stages of life.

Here at North Yorkshire Physiotherapy we have a specialist Women's Health physiotherapist, Hannah Holloran. She is a Mum to 2 young children and has suffered with many pelvic floor issues herself. She is passionate about helping and supporting other women who also have these issues. If you would like to read more about this service you can read our [blog](#). For more information or to book an appointment please call our clinic on 01642 205975.

All therapy is performed with respect and dignity in a private treatment room.





Helping at the Stokesley Charity Bike Ride

Once again we supported the annual Stokesley Charity Bike ride. This year Kate and Hannah were on hand to offer advice and massage to weary cyclists following their 30-mile bike ride, including the gruelling Ingleby incline up to Clay Bank.

Congratulations to all who participated!



- Seen yourself in our clinic lately?! We have now got some very useful mirrors up on our walls which are hugely important in demonstrating movement patterns to enable correction

- This month sees an introduction of a new system of charging for our home visits. The cost of a visit remains the same but travel will now be charged at £30 per hour, pro rata.

We've run a successful series of CPD events for GPs and other health professionals. Mr Kalyan presented on Spinal procedures and Mr Adedapo talked about ankle and foot surgery. In July we will be hosting Consultant Radiologist, Mr Ralgan, talking about imaging.



Are you wearing the right size bra?

Apparently 64% of women are wearing the wrong size bra! It's very important that our breasts are well supported because without correct support pain can arise in our neck, shoulders and upper back. For more information on why this is important and how to achieve a correct fit please read our blog.

[Read now](#)

Do you get baffled by medical terms and myths?

Kate has written a very informative blog in which she dispels some myths surrounding medical conditions/phrases and well-meaning advice we may hear or read such as:

- Rheumatism
- Slipped disc
- Crumbling spine
- Trapped nerve
- In pain – what should I do?
- Should I get a scan or X ray?

[Read now](#)

Keep up-to-date with latest advice and ideas on our Blog page on our website and via our You Tube channel.

NYP is 5 years old!

And what a way to start our sixth year of trading - with a record number of new appointments in May! We completed 100 assessments!

We are so delighted with the ongoing success of the business and help we are able to provide for all our clients. It is with great satisfaction that we see the results as you all improve and return to the activities you love. We love hearing about your successes so please do keep us updated of your achievements!

Don't forget you can get any supplies and equipment that you may require from us, including rock tape, heel pads, balance boards and cushions, gym balls and shoulder pulleys. Just pop in at any time to purchase them.

make an appointment



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