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Winter Newsletter 2018

Welcome to our Winter Newsletter. We've had a busy year and the latest couple of months have been no exception. Read on to find out more!

Pre and Post Natal Physiotherapy

Hannah has added to her Women's Health knowledge with new skills and techniques which will enable her to help pregnant and post-natal clients. During and after pregnancy some women may experience pelvic pain, stress or urgency incontinence or separation of abdominal muscles known as diastasis recti. These issues are not a normal part of pre and post pregnancy. Hannah has had specialist training to help with these issues.

Please get in touch with us if you would like a pre or post-natal assessment.



Paediatric Physiotherapy

We are delighted to be welcoming (back!) Paediatric Physiotherapist, Nadine Williams who will be starting to see clients in January. She will be available on Thursday mornings from 9.30am - 12.30pm. Some of you may remember Nadine from when she worked with us a few years ago. She is currently working in the NHS in Northallerton in the paediatric service, seeing patients not only with complex musculoskeletal issues but also developmental and neurological problems. She is now bringing these skills to NYP. If you would like more information, or to book an appointment please give us a call on 01642 205975. Nadine is full of ideas and watch this space for a possible children's pilates class!



Continuing Professional Development

Too often aches and pains in children are dismissed as “growing pains”. Physiotherapy can help with improving control around joints in conditions such as Osgood Schlatter’s, Chondromalacia patellae and Sever’s disease. At NYP we currently offer an MSK paediatric service; we

use a variety of techniques including exercise therapy and taping to ease pain and allow your child to continue with the activities that they love. Correct assessment and diagnosis of the condition is paramount for alleviate concerns that both the child and the parent may have. Last month Dallas and Alan updated their knowledge on a day's course at the BMI Alexandra Hospital in Manchester lead by Tom Quantrell. The course focussed on recognising abnormalities, management strategies and treatments for young children and adolescents with the focus on musculoskeletal and sports injuries. This updated their knowledge and they left with renewed confidence.

Kate attended the 2-day annual update Therapy Expo conference at Birmingham NEC in November. Here she learnt about new surgical techniques from Consultant Surgeons, discovered new research in strength and resistance training as well as learning new physiotherapy ideas for treatment of ACL repairs, long standing neck pain, sacro-iliac joint pain and rehabilitation of sport injuries. Kate also enjoyed meeting up with former colleagues she worked with in Stockport, giving her the opportunity to swap thoughts and ideas for best practice.

Charlotte recently attended a Parkinson's study day at the National Centre of Rehabilitation Education. The day focussed on the multidisciplinary management of Parkinson's. She was given the latest information on management for exercise, drugs and equipment for all stages of the condition. She found the day extremely interesting and will bring her new learning to all aspects of her work with her clients.



Movement Specialist at NYP

We are delighted to welcome Angie Stirland to our clinic as a functional movement specialist. Angie has been in the fitness

She will be working closely with the physiotherapists here at NYP. Currently she is running individual and small group sessions throughout the day every Tuesday. Please contact us

industry for over 20 years and has developed her own approach to movement, helping people to move efficiently and effectively.

for more information.



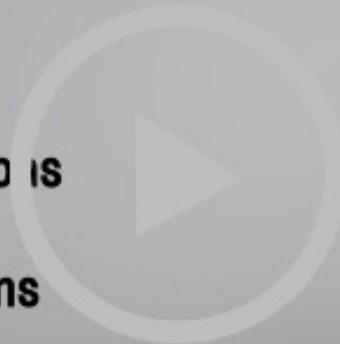
New Television in Waiting Room

We now have a television in our waiting room which advertises all our services. We've also put the video on YouTube so if you haven't been in the clinic recently you can have a look here:

<https://www.youtube.com/watch?v=iG8etQSqOrA>

Did you know we treat people with:

Vertigo
Vestibular conditio is
Preventing falls
Middle ear problems



Ossur Braces

Brace Fitting Service

North Yorkshire Physiotherapy is a certified fitting centre for brace fitting. The physiotherapists can fit a number of knee braces for everyday life and sporting activities. Bracing can play a major role in improving pain and function to allow an individual the opportunity to pursue their activities.

Would I benefit from using a brace?

- **Osteoarthritis bracing - Ossur Unloader One Osteoarthritis bracing is the market leader and has good evidence to show that it can make a real difference to patients' lives.**
- **Sports Bracing – Sports such as skiing, motorcross and trials biking can cause significant ligament injuries, and can benefit from bracing when clients return either after surgery or/if surgery is not indicated**
- **Proprioception – Neoprene sleeves and hinged knee braces can be valuable tools to assist a client to return to sports and activities of daily living.**

Ossur Unloader one with Smart dosing

The Unloader One is a lightweight brace that can be worn for moderate to severe unicompartmental osteoarthritis. This is ideal when patients have been told that “you are too young for a knee replacement”. The brace can be bought off the shelf with adjustments made for the specific size, laterality and compartment, or can be custom fitted and measured. Results can be felt immediately, and the brace can be used for both sport and leisure where the activity allows for brace usage.

After brace fitting:

- **25% of patients reported a reduction in the use of pain medication. ***
- **31% of patients reported a reduction in the use of over-the-counter (OTC) anti-inflammatories.**
- **35% of patients reported a reduction in the use of prescription anti-**

inflammatories.

Please click on the links below for more information:

<https://www.ossur.co.uk/unloader-braces/braces/unloader-one>

https://www.youtube.com/watch?v=IX4_5rruo6A#action=share

<https://www.youtube.com/watch?v=rJ5RZBDTvSg#action=share>

Sports Bracing

Sports braces come in various forms, from simple hinged knee supports to elasticated supports, to customised ligament bracing. Following surgery or before surgery, patient may require additional stability to return to their sport such as skiing and motocross. This may be to protect the surgery or the damaged ligament.

Specialised sports use braces incorporating lightweight materials and robust bracing techniques to give the athlete stability and confidence whilst they are still able to perform at the highest level.

Examples of these braces include the CTi Braces (both custom and OTS), Thuasne range of ligament braces, DJO bracing etc.

For more information please contact us on 01642 205975.



CHAMPIONING PRIVATE PHYSIOTHERAPY

Physio First

Kate is once again asking clients to agree to their data being used in the Data for Impact collection tool. It has been created in collaboration with the University of Brighton. It will help us to analyse data on our practice, patients, treatments and outcomes. It will also enable Kate to maintain her status of Physio First Quality Assured Practitioner.

[Wishing you a very Merry Christmas and a Happy](#)

New Year from all of us at NYP

Thank you for your continued support



make an appointment



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