



HOLCOMBE HEALTH CLINIC NEWS

winter 2021



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Wow! Where has 2021 gone? With Christmas just round the corner, we wanted to get in touch and let you know what has been happening in the clinic, since our spring newsletter.

In May, women's health and musculoskeletal physiotherapist, Charlotte Lister joined us to complement our team of specialist therapists, whilst in September, we were thrilled to welcome everyone back for face to face classes in the studio. We have had a full schedule of yogalates, yoga, relaxation, baby yoga and baby massage classes ever since.

Exciting plans are being made for a range of new classes for 2022 including a 4-week antenatal course with hypnobirthing. For this course, we have teamed up with Maddy, a qualified midwife and hypnobirthing teacher, who will also be hosting our proposed mother and baby drop-in Monday mornings. Read on to find out more. Look out as well for details of a lovely pamper and well-being day scheduled for early February, the ideal gift to spoil yourself, a friend or loved one.

Finally, a big thank you to each and every one of you who has used our services this year; we love helping you. Wishing you a very merry Christmas and a happy New Year.





Clinic update

People come to the clinic for physiotherapy treatment for many different reasons, including back pain, neck pain, post-operation rehab, dizziness, women's health issues, injuries sustained as a result of sport, road traffic accident, daily activity or related to occupation. There is no one typical day but what is typical is helping you get back to doing what you love is key to our management and treatment of personal and sports injury.

Here are a few examples from one of Julie's Friday clinics:

- case of tightness in lower back associated with working from home, loss of fitness and conditioning since new born. Focus on resuming usual daily yoga programme and a gradual return to the gym with guided exercises. Advice on how to restore normal relaxed spinal movement.

- client with a gradual decline in grip strength following delivery of her baby 10 months ago. Contributing factors were: carrying her baby on the affected side, long periods of sustained flexed posture with breastfeeding, lack of sleep. Treatment involved manual therapy to address the upper back tightness contributing to the nerve irritation and loss of grip. Advice on home stretches and modification of positioning.

- a knee sprain from a hockey injury. Treated with gentle joint mobilisations to restore range of movement alongside a guided home programme of stretches.

Women's health, ante/post natal and menopause



We are excited to be expanding our offer of specialist women's health and ante/post natal services from the safe and intimate space of our lovely clinic and studio.

In the case of menopause, knowing where to get the support you need and knowing you are not alone are key messages and, if you are struggling with symptoms, we are here to help:

- women's health physiotherapy including pelvic floor muscle training, incontinence, both urinary and bowels, urinary urgency or overactive bladder, pelvic organ prolapse (POP)
- acupuncture: studies have shown that this may help to reduce hot flushes, night sweats, sleep disturbances and emotional problems
- yogalates classes: physio-led total body workouts including exercises to improve balance and build strength
- nutritional therapy: our nutritional therapist can provide suggestions of foods to choose for nourishment of your body to help restore, rejuvenate and revive:
- reflexology: provides a safe space in which to relax, receive and be self-focused, helping you tune into your body's needs, highlighting imbalances and areas which need attention
- relaxation classes: breath control by relaxation/breathing exercises, progressive muscle relaxation, guided visualisation meditation - with time and practise, these techniques can become part of how you manage and cope with everyday stresses and an intrinsic and welcoming part of your daily rituals and lifestyle

Please don't struggle in silence. If you, a friend or a loved one needs support or advice, feel free to call us on 01634 817242 for a chat.



Baby massage and yoga

We love our baby massage and baby yoga classes and from the feedback we have received, our mums and babies do too:

"Definitely go to the classes. I would 100% recommend to anyone with a baby"

"100% go! It's lovely to be around people in the same boat as you, sharing experiences and also having time just you and baby"

"Baby has really benefitted. Helped her develop. I loved the classes. Have a really good feeling after"

Dates for the next classes as follows:

Baby massage: Wednesdays from 10.00am to 11.15am (suitable for babies from 6 weeks to active crawlers)

5/1, 12/1, 19/1, 26/1 2/2, 9/2

Baby yoga: Wednesdays from 11.30am to 12.45pm (beginners – suitable for babies from 8 weeks or 12 weeks if C-section birth up to active crawlers)

5/1, 12/1, 19/1, 26/1, 2/2, 9/2

Baby yoga: Thursdays from 11.00am to 12.15pm (advanced – suitable for babies from 16-20 weeks up to active walkers)

6/1, 13/1, 20/1, 27/1, 3/2, 10/2

Yogalates and yoga

Face to face Yogalates classes started back in the studio in September and there was an excited buzz about being together again in the studio.

You too can come and join us for these amazing full body workouts, dubbed 'physio in a bottle'. £48 for a six week course bookable online, we have classes as follows:

Day:

Monday morning from 9.30am to 10.30am

Tuesday evening from 6.00pm to 7.00pm

Thursday morning from 9.30am to 10.30am

Dates:

Monday - 3/1, 10/1, 17/1, 24/1, 31/1, 7/2

Tuesday - 4/1, 11/1, 18/1, 25/1, 1/2, 8/2

Thursday - 6/1, 13/1, 20/1, 27/1, 3/2, 10/2

Monday - 21/2, 28/2, 7/3, 14/3, 21/3, 28/3

Tuesday - 22/2, 1/3, 8/3, 15/3, 22/3, 29/3

Thursday - 24/2, 3/3, 10/3, 17/3, 24/3, 31/3



Do come and join us if you are a new mum. Or are you still needing inspiration for a Christmas gift? These vouchers are just perfect for new mums and babies.



Mother & baby drop in mornings



mother & baby drop in
Holcombe Health Clinic studio



Mondays 11.00 am to 12.30 pm
with our resident midwife Maddy

breastfeeding advice women's health advice
baby weighing

chat with other mums £2 per adult refreshments



Call 01634 817242



Are you struggling to find somewhere to weigh your baby regularly? Do you have questions on women's health issues or need breastfeeding advice? Or you simply fancy meeting other mums and babies for a chat and catch up?

We have the perfect place:

- come and join us in the safe space of our lovely studio with ample parking
- our resident midwife Maddy will be on hand to answer all your questions and weigh your baby
- relaxed time to have a chat with a cuppa and biscuit

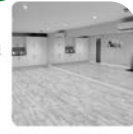
Tell your friends and bring them along -
Mondays 11.00am - 12.30pm
starting 10th January 2022,
£2 per adult.



Hypnobirthing course



bump, birth
& baby



antenatal course
with hypnobirthing

4 week course starts Monday 31st January 2022

6.30pm to 9.00pm

Holcombe Health Clinic studio

£240



call Maddie
07999 781237



Our 4-week antenatal course with hypnobirthing starts on Monday 31st January 2022 and includes:

- ✓ 10 hours of super birth prep, spread over 4 sessions, delivered by a midwife
- ✓ access to the client area which includes all the resources you will ever need to smash your labour and birth (information sheet, positive birth stories)
- ✓ handy hypnobirthing guide
- ✓ relaxation MP3s
- ✓ honest evidence-based, non-biased information
- ✓ continued support
- ✓ refreshments
- ✓ comfortable, calm and central location with plenty of parking
- ✓ meet other local parents to be

PLUS

a breastfeeding preparation video by Alix and Jade from TBU, an introduction to slings video by Becky Sling Consultant, an introduction to starting solids video from Sarah at Starting Solids, pregnancy and postnatal yoga advice from Lizzie Edwards Yoga, a goody bag, WhatsApp group support, an optional 1 to 1 video call to support you at any point throughout your pregnancy.

Places are limited, so it is advisable to book early to avoid disappointment. Please use the link <https://buytickets.at/ohmybirth/622464> to book and purchase your place.

New Moon well-being pamper day



well-being pamper day
Tuesday 1st February 2022



This New Moon well-being pamper day on Tuesday 1st February 2022 would make the ideal Christmas gift and is the perfect time to renew, replenish and recharge.

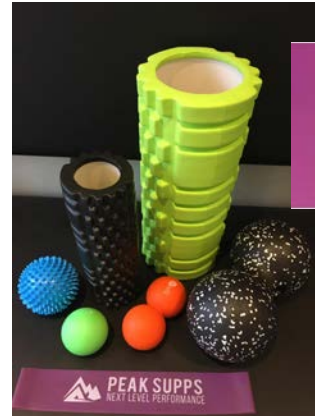
Spend the day in our clinic with relaxing experiences to choose from including reiki, sound therapy, yoga, reflexology, Indian head massage and meditation.

There will be group sessions throughout the day together with tea/coffee and a healthy lunch. The £50 entry includes these group sessions as well as refreshments and lunch.

Customise your pamper day by choosing your own individual therapy sessions to suit your needs (separate payment for these sessions).

If you are interested and would like to book a place, please call 01634 817242. As there are limited places available, early booking is advised to avoid disappointment.

Vouchers, bands and rollers



Baby massage & baby yoga vouchers

We have a range of vouchers, resistance bands, rollers and massage balls of different shapes and sizes; all ideal as Christmas presents or stocking fillers.



Massage vouchers



Refer a friend vouchers





Nutrition for menopause

by Lisa Parker

Continuing our conversation about menopause, let's look at some advice and suggestions to help restore, rejuvenate and revive and some of the foods to choose for nourishment of your body.

reduce C.R.A.P. foods

Carbonated drinks

Refined foods

Artificial sweeteners and preservatives & Alcohol

Processed foods

foods rich in Vitamin C and E may help reduce hot flushes

Vitamin C: peppers, cabbage, broccoli, strawberries, lemons

Vitamin E: sunflower seeds, peanuts, tuna, sweet potatoes

essential fatty acids Omegas 3 & 6 to help reduce hot flushes and vaginal dryness

Omega 3: mackerel, salmon, sardines, flaxseeds, avocados

Omega 6: pumpkin seeds, walnuts, sesame seeds, sunflower oil

sufficient intakes of Vitamin B6, zinc and magnesium

B6 – salmon, nuts & seeds, red kidney beans, bananas, lentils, eggs

Zinc – lamb, oats, Brazil nuts, almonds, whole wheat grain

Magnesium – almonds, cashews, beans, garlic, dark chocolate

hormone helpers or phytoestrogens, natural nutrients found in plants that mimic the action of our hormones

Flaxseeds, green leafy veg, legumes and soya

Wholegrains and pulses (slow release carbs) to maintain hormone balance

Chickpeas, lentils, peas, brown rice, whole wheat bread & pasta

Vitamin D – salmon, sardines, cottage cheese, eggs, mushrooms

Protein for muscle mass – lean meat, fish, yoghurt, milk, quinoa

Reduction of sugar and stimulant sources, eg alcohol and coffee to improve sleep patterns

If you would like to explore this further, Lisa at The Nutrition Pod is here to help.



For more information, follow The Nutrition Pod on Facebook and Instagram. To book an appointment, call Lisa on 07973 854389.



Reflexology and menopause

by Geraldine Penfold

For some, the menopause can be a stressful life change, rather than the transition towards greater freedom from monthly periods, which women would like it to be.

Reflexology provides a safe space in which to relax, receive and be self-focused, helping a woman tune into her body's needs, highlighting imbalances and areas which need attention.



How does it work?

application of gentle but firm pressure using specific techniques and movements over the Reflex points on the foot

Reflexes correspond to glands and organs in the body or the body's systems

in menopause, particular attention is paid to affected imbalanced areas, such as the glandular/hormonal system

What are the benefits?

increased relaxation leading to deeper breathing

effective relief of menopausal symptoms, both physical and emotional

restoration of balance and harmony to the systems affected by life changes, or changes due to stress and tension

Our reflexologist Geraldine is here to help to find the reflexology treatment to suit your individual needs. Geraldine also offers Indian head massage treatments - please call 07870 812009 to book.

Key areas where tension causes problems are in the shoulder, neck and head muscles. An Indian head massage can help to loosen the tight muscles, release tension and allow freer movement.





Menopause: your feet

by Emma Thorpe 07850 709210
emmathorpefoothealth@gmail.com

We have been talking about menopause lately. I am going through it myself and as a Foot Health Practitioner I am interested to find out if and how much it can affect my feet.

I was amazed, that menopause does actually cause quite a few changes, so here is a summary to help you look after your feet!

The biggest change as you enter the menopause is the drop in levels of the hormones oestrogen and progesterone. These hormones regulate a variety of functions within the body, so as these become less efficient, the functions become less effective.

Connective tissue. These include tendons and ligaments. Let's bear in mind that there are over 100 of these in the foot alone! They affect the shape and movement of the foot, so stiffness and foot pain can become a common hazard. In order to keep your feet flexible, make sure that you exercise them. An easy way to ease stiffness is with a tennis ball. Roll it from the base of your toes, all the way to your heel.

Do this slowly and with medium pressure. Then roll it from the outside of your foot to the inside. Do this for about 10 minutes at least 3 times a week. There are many different kinds of foot pain and each should be investigated by a Foot Health Practitioner or a Podiatrist to ensure that the correct advice and treatment is given.

Dry skin. A drop in these hormones means your tissues decrease in elasticity and constricts your capillaries, leading to a drop in oxygen and fluid to your extremities. The skin dries out and can cause callus and cracked heels and an increase in the likelihood of infections. To combat this, moisturise your feet regularly and inspect your feet to ensure that there are no strange discolourations or changes that shouldn't be there!

Weight gain. This increases the load on the foot, which can lead to an increase in callus (hard skin) and corns. This is a tough one for us ladies and a chat with a nutritionist is always worth it! Again, regular checks of your feet can prevent problems getting out of hand.

Size. The foot size actually does change and can increase up to 1 and a half sizes during menopause! The ligaments spread out, so your feet will get longer and wider. You may have found that some shoes you have had for a long time are feeling slightly tight, well this is why! So, ladies, make sure that you get your feet measured when you are buying any new shoes. Wearing shoes that are too small can and will lead to corns, callus, ingrowing toenails, hammer toes, bunionettes and can make any possible bunions a lot worse!

Bone density. A drop in oestrogen affects the strength of our bones and will affect the feet too, by weakening them, making you more liable to stress fractures and unsteadiness. Go and see your GP for a bone density test and advice on foods to eat and avoid to boost your bones!

Come and see me at Holcombe Health Clinic if you have any of the above problems or you would just