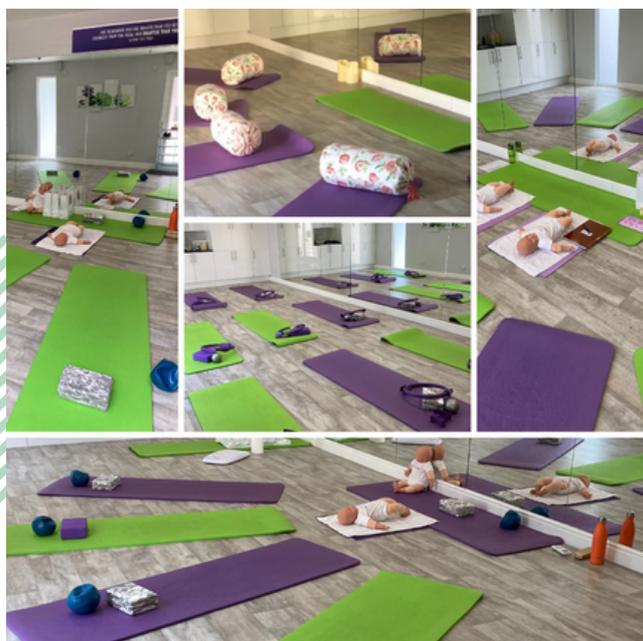




HOLCOMBE
HEALTH CLINIC

HOLCOMBE HEALTH CLINIC NEWS

autumn 2022



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Hi everyone

As we head into autumn, I know that for me, after the long hot summer, this new term marks a time for a refocus and reset with new goals and targets to take me through to the end of the year.

One of these goals is to broaden our offer to include a menopause programme designed to help women through this very challenging time of their lives. With this in mind, keep an eye out for the forthcoming launch of our menopause programme package which will comprise a coaching group, providing a support network, together with access to face to face alternative therapies, including reflexology,

Indian head massage, acupuncture, relaxation and meditation, yoga and Pilates, nutritional therapy, personal training, blood tests as well as access to a consultant gynaecologist.

Our ethos at the clinic is to help you to look after yourself and get back to doing what you love. Maybe that is with a physiotherapy treatment, a sports massage, a Yopalates class, bringing your baby to one of our lovely baby yoga/massage classes, working with Lisa our nutritional therapist or with some relaxing reflexology.

Hope to see you in the clinic soon and if you are lucky you will also get a cuddle with Darcy!



Case studies

Welcome to our case study feature which illustrates the varying reasons people come to us for physiotherapy treatment and how we can help.

As therapists, our priority is understanding your problem, guide you on symptomatic relief and ultimately, address the underlying cause. We aim to provide you with the tools to manage your condition confidently and independently to reduce the likelihood of recurrence.

When you read these case studies and recognise similar issues or are struggling with persistent pain and would like to learn what you can do to help manage your symptoms, please do contact us.

Case study: anterior knee pain

Our physios work with many triathletes both junior and adult, through their intensive training and racing schedules, helping to manage niggles and injuries.

Assessment: this junior triathlete came into the clinic with anterior knee pain when running. On assessment of the hips, reduced movement in the right hip was visible. The patella was also not gliding effectively.

The tight muscles in the hip on the outside of the thigh were pulling the patella across, causing maltracking of the patella on the femur.



Treatment:

- manual therapy to loosen up the tight muscles in the hip
- cupping therapy to change the fascia
<https://www.holcombehealthclinic.co.uk/cupping/>
- patella loosened with mobilisation, thereby allowing patella to run freely over femur

Foam rolling of outer thigh recommended to prevent muscle tightness

If you are struggling with a niggle, please do give us a call on 01634 817242



Case study: calf pain in runner

For all you keen runners, this case study relates to a 34 year old runner.

Our client has been an avid runner for the last few years, whose goal was to run the Edinburgh Marathon on 29th May 2022. At the beginning of this year he started to increase his mileage and follow a marathon training plan. This was going really well until mid April when he started to experience left calf pain following a speed training session. Believing it to be a niggle, he continued to train and participated in a 10 mile race; the next day he struggled to walk due to severe pain in his left calf and had been unable to run since this time.

He attended the clinic with just over 5 weeks to go to the big event with an inability to run and difficulty climbing stairs. He was gaining some relief with use of a massage gun on his calf and application of tiger balm. A busy family life meant that he was getting up at 4am before work to train, after a disturbed night due to his 1 year old. As with many of us, work-family balancing was also creating some stress and as you can imagine, he was feeling rather tired!

Had there been a previous injury?

Interestingly, our client described a similar, previous injury when running 2 years ago which had resolved without treatment.



What did we find on our examination?

Running analysis on the treadmill revealed increased heaviness on his left foot with reduced braking/shock absorption which linked with strength testing on his left calf, highlighting weakness, particularly of the soleus (deep calf) muscle. There was also reduced flexibility of his left calf on length testing. His calf pain was reproduced on palpation of his inner calf muscle. Our impression was of a likely overload of his left calf relating to residual weakness and reduced flexibility from his old injury 2 years previously.

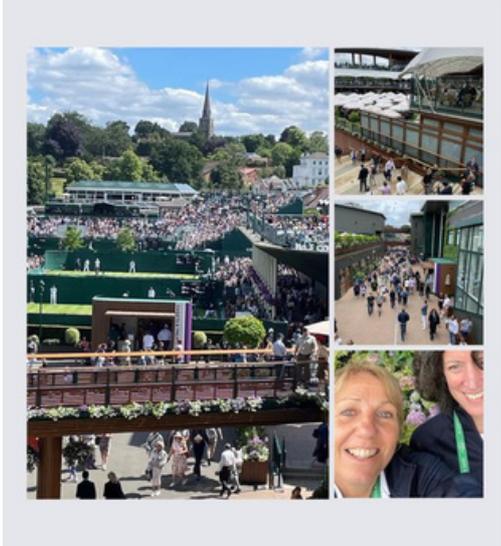
What was our treatment plan?

A tailored programme of stretches and primarily strengthening plus stability work for the left leg alongside some localised soft tissue release. We also advised on relaxation strategies for stress management and tips on getting more sleep to aid recovery. Our client enjoyed cycling and rowing, so these were used as an alternative to running to allow the calf to rest for a few weeks.

As the marathon drew nearer, we encouraged a few short runs into his week, and his lovely wife was shown how to tape the calf for additional support and proprioception (awareness of where you are in space). We also talked about pre-marathon preparation.

What was the outcome?

Our client successfully completed the Edinburgh Marathon with only minor symptoms reported. He was delighted to achieve his target time of 3 hours and 15 minutes which we are sure you will agree was an incredible time given the circumstances! He is keen to build on this and participate in the London Marathon later this year.

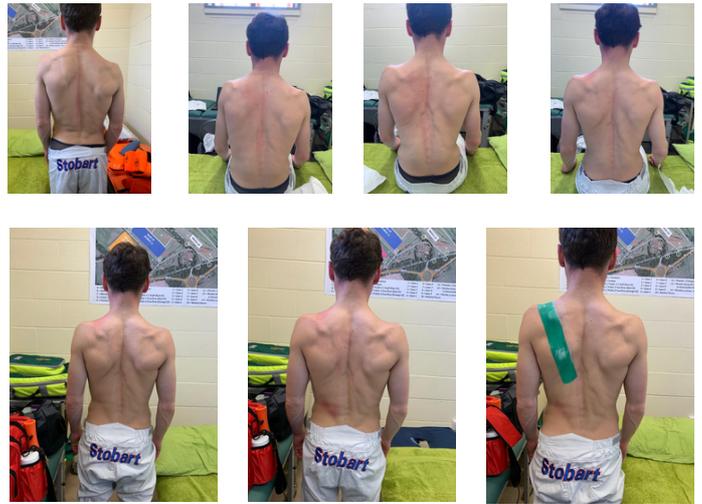


Lou's work with Wimbledon and WTA

Lou has worked as a Championships Physiotherapist at Wimbledon since 2015 and with the WTA at international tournaments since 2020. Her role involves the diagnosis, treatment and management of both acute and chronic injuries during tournament. A really rewarding part of her work this season included a stint at Tennis Europe's tournament for U14's at Roehampton. Part of the Tennis Europe Junior Tour, a platform of choice for the launch of a professional tennis career, the tournament featured potential tennis stars of the future. Lou covered 'on-court' court calls, physio treatment required by players pre- or post-match and educational sessions advising on use of physio and massage, key information about stretching, flexibility and strengthening as well as highlighting the importance of self empowerment and looking after yourself.



Professional Jockeys Association



Lou's work with the Professional Jockeys Association started in 2015 and she travels on a weekly basis to Newmarket and Chelmsford during the race season.

It is well known that the life of a jockey is tough and that they are putting their bodies on the line throughout their careers. On average, jockeys will fall from their horse once in every seventeen races, though obviously some jockeys come off their mounts even more regularly than that. The more they fall, the more damage they do to themselves.

The jockey in the pictures above had been struggling for five years with an elevated left shoulder and despite seeing numerous physios during this period and receiving treatment, the problem was not resolved.

However, he was lucky to see Lou and after a 25 minute session of adjustments and treatments, you can see in the succession of photos, the stages of changes made to his posture.

Techniques used involved soft tissue work, manipulation, realigning scapula, taping and exercise rehab. The outcome was pain free function with a home exercise programme to continue work.



Studio classes

Our lovely studio is the perfect venue for a range of classes on offer at the clinic:

- yogalates
- relaxation and meditation
- baby massage and reflexology
- baby yoga

Combining the flexibility of yoga and the strength of Pilates, Lou and Lisa's Yogalates classes continue to cater for a variety of goals:

- to increase fitness and tone the body
- to address back pain and injuries
- to improve core stability for sport
- to counterbalance a stressful lifestyle
- to improve posture and flexibility

Designed by Lou and physio-led to provide a clinical approach to education in optimal functioning for life and sports, these classes are suitable for all body types and fitness levels from the highest performing athlete to individuals with a variety of health problems. Above everything these classes are fun and it's lovely to have a loyal group who return each term to reap the benefits! Do keep an eye out on social media and our website for new classes and come and join us.



Our baby massage and baby yoga classes are not to be missed!

Glowing feedback tells us our classes are:

- super relaxed and friendly
- studio space is lovely and clean
- plenty of space
- ample parking and lots of space to get the baby out of the car easily
- really good fun
- not rushed at end of session
- great to have a cuppa and biscuit
- informative
- helpful to be able to weigh baby as well

We have vouchers available for these classes, ideal as a gift for baby showers or new mums and babies; please do give us a call on 01634 817242 for more information.



Relaxation and guided visualisation

Geraldine's relaxation classes are proving very popular but what can you expect from a class?

Check out these glowing reviews from people who have already been to the classes and obviously loved and benefitted from them!

'These classes are so much more than lying on a mat and learning how to relax. The breathing techniques helped people in the class overcome panic attacks, anxiety and hot flushes. A multi sensory experience including a relaxing self facial massage, lots of little freebies and Geraldine has the most lovely calming voice and non-judgemental manner. Everyone should experience these classes!'

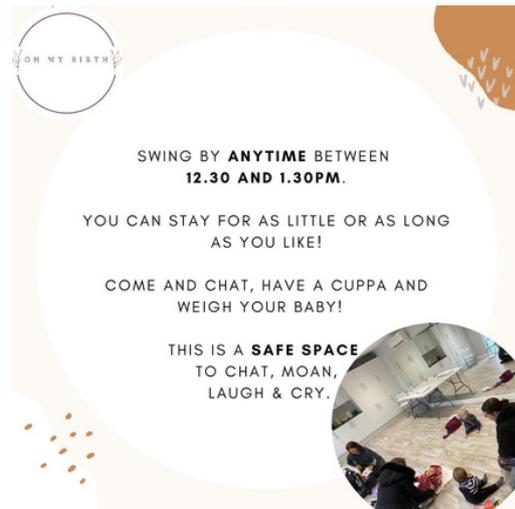
'I found the class very beneficial for learning breathing techniques to help when I feel anxiety sweeping over me. When I concentrate on the breaths I feel it reducing in severity - so that has been a great breakthrough for me. I have not perfected visualisation yet and would probably need to have more sessions for that.

The other important point about the class is that for that hour I was there - it was a beautifully relaxing time - an hour to stop - just for me!'

I can highly recommend Geraldine's Relaxation classes. My little bit of 'me' time every week! The relaxation class has given me lots of breathing techniques, ways to improve my critical thought process and hopefully some lasting friendships.'

Come and experience this for yourself and read on for some excellent tips from Geraldine on breathing to help with anxiety and stress.

For new class dates and to book visit:
<https://www.holcombehealthclinic.co.uk/shop/classes/relaxation-and-meditation/>



Parent and baby drop in

And last but not least, for all you new mums we have a parent and baby drop in on the first Friday of every month from 12.30-1.30pm.

The perfect time to pop in to our studio for refreshments, to weigh your baby and ask Maddy, our resident midwife any questions you might have. There are toys and sensory items for your baby to play with. £2 per adult.



Geraldine's tips on breathing to help with stress and anxiety



A small change to how you breathe can help with lowering your stress levels and ease anxiety.

Generally, we use a shallow breathing pattern, breathing mostly into our chest area, but by increasing the depth of our breath by using our tummy muscles to pull air into our belly, we can create a physical response in our body to overcome stress and anxiety.

Scientific research agrees that changing how you breathe can lead to better mental and physical health. By learning simple breathing exercises, we can increase the levels of oxygen in our blood stream, the different systems in our bodies become more efficient and levels of stress and anxiety are reduced. Even some chronic health conditions and insomnia can be eased once our bodies are relaxed and working efficiently.

Shallow, chest breathing triggers a stress response in our bodies. The simple fact of anatomy is:

- when you breathe in, your diaphragm and other muscles move in such a way that your chest expands, leaving room for your heart.
- your heart responds by enlarging as well, causing the blood within it to slow very slightly.
- neurons in your heart monitor the rate of blood flow and they signal to the brain that the blood flow has slowed.
- the brain responds by sending a signal to the heart to speed up.
- shallow chest inhalations therefore increase your heart rate, which lead to a feeling of stress, getting your body prepared to use extra energy your heart and body can produce with a raised heart rate.

The opposite happens when you breathe out:

- everything contracts, including your heart.
- your blood speeds up, your heart slows, triggering your brain and body to relax.

This means if you want to stay calm and relaxed, the way to do it, is by making your out breath longer and deeper than your in breath.

The simplest breathing technique you can use is

1. to take two short inhales through your nose
2. then one long exhalation through your mouth, imagining blowing a thin piece of string out of your mouth. Rather like a huge sigh when you eventually sit down after a long day.

Repeat this exercise three times, as many times throughout the day as you need. And especially when you're feeling uptight or anxious.