



Jane Hyde & Associates Chartered Physiotherapists

Lamerton, Tavistock, Devon PL19 8QA Telephone: 01822 617722 Fax: 01822 616122

Email: info@physio-tavistock.co.uk www.physio-tavistock.co.uk

NEW PILATES STUDIO AND TREATMENT ROOMS AT THE NEW LAMERTON PHYSIOTHERAPY CLINIC



After Easter we will be running 5 pilates classes per week in the NEW pilates studio at Lamerton Physiotherapy Clinic as well as a class in Bridestowe. For dates and times please telephone 01822 617722.

treatment rooms as well as a Pilates / exercise studio. These new rooms are in addition to Tavistock Physiotherapy Clinic at 9 Plymouth Road.



After many years of planning and thought, Lamerton Physiotherapy Clinic along with Eqwest Equine Veterinary Clinic, have moved, across the field to its purpose built premises. The Clinic continues to share reception staff, but has a separate Physiotherapy waiting area, two dedicated Physiotherapy

waiting areas, two dedicated Physiotherapy

SPECIAL OFFER FOR EQWEST CLIENTS

To celebrate the opening of the NEW Lamerton Physiotherapy Clinic for the month of April we would like to give all EqWest clients a **20% discount** when you book an initial assessment with any of our 4 physiotherapists.

At Lamerton Physiotherapy clinic we are very conscious of being up to date with current treatments available for our patients. As well as all regularly attending various health professional courses. Each week, the four physiotherapists who work from both Clinics, go through cases, learn new techniques and continue their study of the use of acupuncture, manipulation, and all the many muscle and joint Physiotherapy treatments available to them.

Jane is doing an ongoing course in a new way of using tape to help reduce pain in both recent and old injuries, by using Myofascial stretching, used in during functional movements, ie if you have pain whilst reaching up, the tape is applied to make this movement pain free. Very exciting! She has conducted some successful Knee and Back Care half day workshops for those people getting back to work after injury.

Paul continues his work also for Plymouth Albion Rugby Club, as well as training to become a teacher of the Mulligan concept. A technique used by Physiotherapists to treat people, again in their position of discomfort ie with back pain, if leaning forward is your main discomfort, we would treat you in this provocative position, to clear your pain.

Hayley joined us in October, she has previously worked in the corporate sector in central London giving advice to employees regarding ergonomics and posture, completing Desk, Screen, Surface and Environment Assessments and taught lunch time Pilates classes. She gained her Pilates qualifications with the APPI and has previously taught up to 12 Pilates classes per week. She has a special interest in the treatment, management and prevention of sports injuries and now also works for the Cornish All Blacks rugby team. She has worked at various marathons and youth games. She has also completed the London Marathon herself. In her youth she competed her horse to a national level.

Carmel as well as all her Physio expertise has a special interest in Weight Management and is going to combine this interest in running a joint replacement class for those who have had, or are waiting for a joint replacement, who need help with knowing the correct exercises to do and may also need help with their weight.



Did you know?

Your gluteus medius (your back pocket muscle) is a very important muscle in controlling movement in the pelvis and leg. Its lack of normal function can give you back ache, buttock, leg pain, pain at night, and for chronic knee people can give you knock knees and falling arches.

Even if weakness in this muscle is not the direct cause of pain many people with injury or pain in the lower half of their body will have weakness in their 'glut med'. There is evidence that the vast majority of people, from couch potatoes to international athletes, never regain full strength of this muscle after teenage growth spurts. The question isn't who needs to do this exercise but who doesn't!

How to do it...

- lie on your side, pencil straight,
- bend your top leg and hook your toes behind the knee of the lower leg
- place your hand or elbow on the floor or bed
- roll your shoulders slightly forward, your spine remains relaxed and straight
- tighten your low tummy muscles
- slowly lift the top knee, as far as possible before your hip starts to twist or move back. Your foot remains in contact with your lower knee
- hold for a couple of seconds then lower
- You are aiming to achieve 3 sets of 30 repetitions for at least 12 weeks to give a lasting improvement in strength. Start slowly, with just a few good smooth quality repetitions, then gradually increase.



LAMERTON PHYSIOTHERAPY CLINIC ESTABLISHED 1990

To discuss any or all of these ring the Physiotherapy and Sports Injury Clinic on 01822 617722