

A Triple Award Winning Clinic



Over 95% of Our Clients Rate Us



NICKY SNAZELL'S

Wellness & Physiotherapy Newsletter

March 2018

NEW Treatments and Classes Available

20% Introductory Discounts On NEW treatments

20% Discounts On Mothers Day Gifts

Nicky's 4 Keys To Health Book Only £10

Wellness Gathers Pace

An ever increasing amount of research is proving the benefits of a Wellness approach and we are excited to be at the forefront:

- Dr David Hanscom, a surgeon unhappy with the success rate of back surgery in the USA , achieved a massive improvement in outcome when a programme of Wellness Physiotherapy was completed before the surgery.
- Scientific research is showing evidence of support for ancient healing techniques, long dismissed by western medicine.
- Latest research is showing that how much social contact you have is a key indicator of life expectancy and health.

Nicky Snazell has been a firm believer in thinking outside the conventional box of western medicine for over 30 years, simply because the results she achieved inside the box were not good enough. The proof has been she gets better results with a combination of western and alternative medicine.

As a strong believer in Wellness, she is excited that research is scientifically breaking down the walls of western medicine as the only approach and hopes that a more flexible approach to health will evolve.

01889 881488

painreliefclinic.co.uk

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Do We Have Your Correct Contact Details?

Have you moved, changed your mobile number, changed your email or changed your name recently?

Please give us a call if you have and we will update your records.

Looking After Yourself And Getting The Best Out Of Horse Riding

Due to where I live and work, many of my patients have horses. My late Grandpa was a bit of a horse whisperer, so he would have loved that. Getting the best out of riding needs both the rider and the horse to be fit and prepared.

Unfortunately, riders tend to put themselves second, and don't realise how much this impacts their enjoyment and performance. So, it is important that your therapist cares for you – the rider – as much as you care for your horse. I see a lot of avoidable spinal, shoulder, and hip pain, so just take a moment to write down the activities you do and look for clues to your problem:

- Lifting heavy water pails or hay bales
- Mucking out
- Poor posture
- Lack of fitness, core strength, and flexibility, leading to poor saddle balance
- Rigid joints or weak muscles

Any biomechanical abnormalities will cause you to ride unevenly and this will reflect on your horse because the horse feels your every movement. Your motor skills and body control adjusts the horse's muscles, and with time, poor saddle balance will lead to your horse injuring itself and possibly you as well. Conditions such as an arthritic hip or poor spinal control will reflect in timing and these imperfections get mirrored in the horse's musculature. Whatever your injury, I encourage you to have good core stability and correct any biomechanical imbalances before returning to riding. Here are a few preventative tips:

- When injured, treat yourself to box rest and get assessment and treatment



- On cold days, warm up first – groom the horse and stretch out
- Cool off and stretch out afterwards, quickly replacing clothing
- See a therapist about core strength, flexibility, and stamina
- Eat healthily to promote joint flexibility
- Wear the correct safety gear

Over the years, I have helped patients and friends with rounded shoulders, over tight hip flexors, tight adductors, stretched Achilles, poor shoulder blade control, weak tummy muscles, and strained back muscles. I remember one Olympian athlete who I treated – they had a totally destroyed hip joint but still bravely rode through the pain. There are some great Pilate's style exercises, which if done regularly and properly, will sort all this out. Sarah at the clinic teaches them and with her expertise as a veterinary physio, she soon gets folks fit to ride.

The action of horse riding is generally therapeutic for the spine. I remember when a previous patient and friend, Doug, bought a mechanical horse to the hospital – it was something he was working on to do with the kids riding for the disabled, and the rider was attached to a computer to show the pelvic movements. It was great fun and it proved a point about keeping your spine mobile, as long as you stay on the horse!

I Didn't Know You Did That

It's not uncommon for a client to tell us "I didn't know you did that" Part of our problem is that the breadth of what we do is uncommon and some of the things we offer are rare, so much so that you may not even have heard of them.

That's one reason why we are now writing newsletters—it allows us to keep you up to date.

Here is a list of what's on offer now:

- **Chronic Spinal Pain Relief**
Nicky is at the highest level in the world in GunnIMS. In fact there are less than 20 others in the world at her level. She has taught surgeons, doctors and physio's internationally.
- **MSK Physiotherapy**
We have a strong team of highly experienced physio's who can help you resolve your pain or injury .
- **Wellness Physiotherapy**
Nicky firmly believes in a holistic approach to treatment. She has written 4 books on the subject and has lectured internationally. Ever increasing scientific evidence supports this approach.
- **Biomechanical Assessment & Orthotics Prescription**
Dean is our resident expert on biomechanical assessment, which looks at how your body moves and how you may or may not compensate for any physical problems. This may suggest the need for therapy and exercises or bespoke orthotics.
- **Sports Therapy**
Sports Therapy overlaps MSK Physiotherapy in many areas, the key difference being that Sports Therapy focuses more on sport injury and rehab.
- **Sports Massage**
Massage is highly underrated in the UK . In Germany GP's often prescribe massage instead of drugs. Regular massage would keep many potential problems under control. Ask for Carol.
- **Osteoarthritis & Osteoporosis Treatment**
We offer a high tech derivative of MRI scanning technology, called **MRT**, to treat the cause of osteoarthritis and osteoporosis. This technology is unmatched in it's capabilities and is also completely pain free and safe. It can equally be used as a preventative treatment.
- **Functional Rehab Classes**
Small group classes with Anton, a sports therapist, to help you maximise your rehab speed and success.
- **NEW 20% Discount March Women's Health**
Small group classes with Sarah to help women with pre and post pregnancy pain. Sarah has 15 years experience and being a mum herself, knows all about this type of problem.
- **NEW 20% Discount March Back Care Classes**
Once we have fixed your immediate back pain, we want to minimise the chances of it returning. That's why we have created back care classes, which are run by Sarah, a highly experienced physiotherapist with many years of teaching spinal rehabilitation.
- **NEW 20% Discount March Wellness MOT**
Stress is a killer and learning how to control this is a potential life saver. We have clever **HeartMath** technology which we can use to help you develop control techniques. With our **Quadscan** technology, we can determine the health of your cells, your hydration levels and provide a much more accurate analysis of your weight than BMI.
- **NEW 20% Discount March —Mindfulness and Meditation Classes**
Meditation is an approach to training the mind to be calmer and relax, and lets the stresses of daily life subside
- We sell Nicky's books, exercise aids, biofreeze and TENS machines

Dehydration And It's Consequences To You

Hydration Questionnaire:

- Do you rarely have thirst / dry mouth?*
- Do you rarely get headaches?*
- Is your urine a mild (not dark) yellow colour?*
- Are your skin and lips moist, not dry?*
- Do you have regular bowel movements most days?*
- Do you have less than two glasses of alcohol a day?*
- Do you have five helpings of fresh fruit and vegetables a day?*
- Do you have several glasses of fruit water / juice / herbal teas a day, even if resting?*
- Do you avoid having too many salty snacks?*

Score 1 for each Yes. Total 0—3 Red, 4—6 Amber, 7—9 Green. Get Nicky's '4 Keys To Health' book for more information.

What happens in a drought? A hose pipe ban, a car wash ban, shorter showers, less water in the bath. We all protect the vital stuff, like making sure we and our animals get water. Fortunately we live in a country with more than its fair share of rain and our droughts don't last too long, so a drought tends to be more of a temporary irritant than a serious problem.

But what if a drought did last for a long time? What would happen to our gardens if they hardly ever got watered? Well a lot of very poorly and dead plants, and lawns that wouldn't win any prizes for sure.

It's doubtful anyone would argue with the above in principle, after all it's stating the blindingly obvious.

If it's so obvious then, why is it that at least 75% of us and maybe as many as 90% are long term dehydrated? Given that plants left dehydrated long term will get weak and die, then it should come as no

surprise that our complex bodies are likely to suffer the same fate. Why do we put ourselves at this risk?

Your body will start to react to dehydration with as little as a 1% drop in availability and a priority system will start to kick in. Your brain needs a lot of water and your organs functions are vital. These will get priority, because these are more critical to life. Non critical body parts will get a bit of what is left.

Up To 90% Of Us Are Dehydrated

The list of potential problems from dehydration are huge and are linked to many diseases. The implication to overall wellness is obvious—stay dehydrated at your peril. As a clinic which treats patients every day with pain and injury, here are some dehydration issues we see:

- Just about every joint in your body has cartilage, which needs to be kept hydrated to stay healthy. Dehydrated cartilage will promote inflammation, pain and arthritis.
 - Spinal discs need to stay moist and supple. Without adequate hydration this could cause a multitude of spinal problems.
 - Muscles will cramp, swell, become tender, have reduced strength and possibly suffer tissue damage.
 - Dehydrated tendons and ligaments can make you more prone to injury, pain and inflammation.

Long term dehydration is clearly serious and is linked to many diseases. So why are we so prone to dehydration when it is so easy to fix?

Your Body Has Drought Management

Many studies have shown that what we drink is just as important as how much we drink. In the UK caffeine loaded beverages like coffee, tea and soda's are prevalent. In fact most of us don't drink water at all.





The problem with caffeine, if concentrated, is that it is a diuretic which in many cases stimulates us to lose more water than we consume in the drink itself. Thus drinks like this act to dehydrate, not hydrate. This issue is contentious and we have to accept that many arguments will have a financial motive. But let's use common sense. Most people in the UK drink tea and coffee as their main source of fluid intake. If these



drinks are not diuretic, then how come nearly 90% of us are dehydrated?

There are many social factors which prevent adequate fluid intake as well. People whose environment does not provide easy access to a toilet, such as drivers for example, are very prone to low fluid intake.

A further factor is with the elderly, who simply don't register they are thirsty in the first place, plus don't want to

drink too much to reduce visits to the loo.

Here are some simple guidelines on how to stay properly hydrated:

- Drink water as well as of diuretic drinks. Recommendations vary but aim for about 1.2 litres per day
- First thing in the morning drink a big glass of water, not tea or coffee.
- If you are feeling hungry, it may be you are thirsty. Drink some water first as that quenches hunger.
- If you are feeling lethargic in the day, drink some water. Lethargy is an early sign of dehydration.

If you are concerned about your hydration level and would like an accurate measurement, we have some very clever **Quadscan** technology that will analyse your hydration levels in detail. The test is painless and will take about 20 minutes. Ask at reception for details.

Butterfly Jewellery

We have created our own beautiful butterfly jewellery to reflect our logo. Available in 2 sizes and made in sterling silver, there are four types of inlaid stones, each with their own history of healing: Turquoise , Amber, Charoite and Malachite.



A beautiful and very unique gift for mothers day, with a **20% discount in March**, quote MD20.

MRT Complimentary Rehab

We want to make sure we maximise the benefits of our state of the art **MRT** technology, which has the capability to help prevent and treat conditions like osteoarthritis and osteoporosis and is unmatched by any other technology.

We are offering a complimentary session with Anton, a Sports Therapist, who will advise you on the most appropriate exercises and rehab to help you get the best out of your treatment.

Other factors you should consider are how well hydrated you are, as under hydrated cells will most likely hinder success, plus how good your diet and nutrition is because your body needs a good supply of vitamins and minerals to produce healthy new cells.

February Sudoku Solutions (Sorry, not enough space this month for more Sudoku)

1	2	4	9	6	8	5	7	3
7	3	9	1	2	5	4	6	8
5	6	8	3	4	7	9	1	2
4	7	2	5	9	3	1	8	6
6	5	3	8	1	4	2	9	7
8	9	1	2	7	6	3	4	5
2	8	7	4	3	9	6	5	1
9	1	5	6	8	2	7	3	4
3	4	6	7	5	1	8	2	9

9	4	7	6	8	3	2	1	5
3	5	1	9	7	2	4	6	8
2	6	8	5	1	4	7	9	3
1	9	5	3	6	7	8	4	2
7	3	4	1	2	8	6	5	9
6	8	2	4	9	5	3	7	1
5	2	6	7	3	1	9	8	4
4	7	3	8	5	9	1	2	6
8	1	9	2	4	6	5	3	7

NEW—Back Care Classes

At Nicky Snazell's we have a highly experienced team who are able to help you with your immediate back pain or injury. But this is just the start. Our duty is to advise you on what you really need and we would be failing in that duty if we didn't explain the need for ongoing back care.

Everybody needs back care, but even more so once back problems have occurred. You may feel ok, you might not even be in pain, but you are also quite likely to be so close to a precipice that it would only take something quite insignificant for your problem to reoccur.

Attending back care classes will significantly help protect your back from repeated pain and injury

That's why we have created back care classes, which are run by Sarah, a highly experienced physiotherapist with many years of teaching spinal rehabilitation. The classes will be for a maximum of four patients. This will allow you to get plenty of all important one on one attention, from a highly experienced therapist who is qualified to properly understand and treat your specific problem. Attending these back care classes will significantly help protect your back from repeated pain and injury.



Back Care—A Three Step Process

Step 1—Initial Assessment and Treatment

Assessment and treatment is carried out in a private room, one on one with your therapist. The treatment phase will be based on what you need to resolve your immediate pain or injury and this may take one or more sessions. Once you and your therapist agree that you are ready for the small group back care classes, then you can move to Step two.

Step 2—Four Week Back Care Program

These classes are a form of dynamic stability training, to strengthen your back and to help prevent recurrence of your back pain. You will be shown mat based exercises, encompassing breathing, centring, alignment, flexibility, relaxation and most importantly education. Typically it's a four week program with classes once per week, each class being one hour with Sarah.

Step 3—Progress Assessment

Its important to ensure you have absorbed everything and that you are gaining the benefits that you should. This is covered in a one on one thirty minute session with Sarah.

Costs

The four week back care program costs just £80 and is extremely cost effective. Steps one and three are charged at normal physiotherapy prices.

The UK suffers over 100 million lost work days due to back pain. You can minimise your risk. Call the clinic and book your back care classes.

Joint Focus—The Knee

The knee is the body's largest joint and made up of 3 main bones; the shin bone, the thigh bone and the knee cap. There is also a smaller bone on the outside of the leg that attaches to the shin bone and helps support body weight. The knee joint is called a hinge joint, as it can bend, straighten and twist.

Each of the ends of the bones in the knee are covered in cartilage to protect the bones and let the joint move smoothly. Between the bones in the knee, there are 2 wedge-shaped pieces of cartilage, called meniscii. These are the shock absorbers and help cushion the joint from impact.

The knee joint is held together by ligaments which make the joint stable. There are four main ligaments in the knee. There are the collateral ligaments which run down the sides of the knee, which help to limit sideways movement of the joint and support against unusual movement. Then there are the cruciate ligaments, which are inside the knee and cross each other, to control back and forth movement in the joint.

Another factor in knee stability is muscles which also provide power and are the reason the joints can move. The knee is surrounded by strong groups of muscles

both in front and behind. The quadriceps muscles are the front thigh muscles and they work to straighten the knee. If they are weak then this can lead to instability of the knee and kneecap. The hamstrings are the muscles on the back of the leg and their job is to bend the knee.

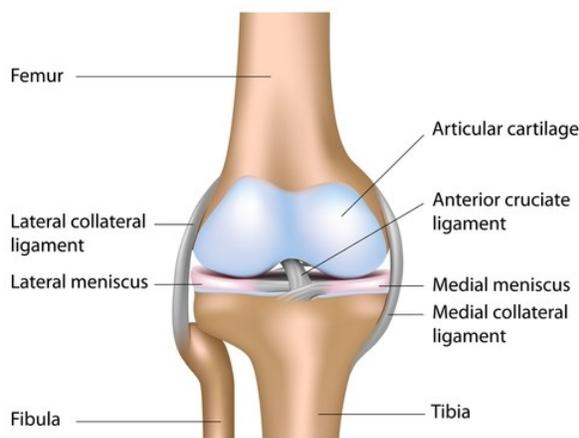
Common knee injuries/conditions are:

Knee ligament injuries – Normally from an accident, whether a slip, trip or fall. As mentioned above there are several different ligaments that support the knee. If you think you may have injured one, it is important that you see a Physiotherapist/ Sports Therapist who can examine your knee to diagnose which ligament is damaged and how badly.

Osteoarthritis - wear and tear of the cartilage in the knee is called Osteoarthritis and is a common cause of pain. It may be caused by biomechanics, previous injury, overuse or the simple effect of years of living. Osteoarthritis symptoms can be relieved with exercise and pain relieving treatments. Treatment of excessive wear is only possible with **MRT**.

Cartilage injuries – often caused by sudden twisting, the cartilage between the knee can get damaged. If this is the case the knee needs strengthening and there may be the chance that surgery is required. It is crucial that you have a proper assessment to see what the best course of action is. **MRT** can be used to treat ligament damage.

Anterior view of the right knee



GDPR Law Change May 2018 And How It Could Affect You

At the end of May a new European law comes into effect. Known as GDPR, it in essence will make it illegal to contact anyone by email, and possibly text, without their prior permission to do so. That means we won't be able to send you appointment confirmations and reminders, or send out information like this newsletter, unless we have your approval to do so.

You may get an email from us requesting an approval. Please don't be alarmed if an email arrives from us requesting this approval. If you don't reply, however, we will have to remove you from any further contact.

Team Spotlight—Tara McDonagh MSK Physiotherapist

I am Staffordshire local who graduated in 2010 in Physiotherapy at Keele University.

After 4 years with the NHS, I moved to the Ministry of Defence, where I initially taught remedial exercises and rehab classes and then moved into a more senior position running 3 week intensive rehab courses, utilising my Physiotherapy skills and treat using methods such as manual therapy, massage and acupuncture.

My free time is taken up mainly with football. I have been the Physio for the Brocton FC team since 2011, providing pitch side assistance, plus conditioning, circuit training and spin classes. I also worked for 2 years as a Physio for Wolves, where I covered games pitch side as well as provided treatment and assessment during clinic evenings.

I have completed courses in Acupuncture, Pilates, shoulder injuries, Intermediate First Aid in Sports and ACL rehabilitation. My special interests include Spinal Problems, Joint Problems, Headaches, Acupuncture, Sports Injuries and Exercise Rehabilitation.

When I am not at work, I spend my time watching football and circuit training.



Jean Tries Out Downton Abbey

Most people will know Highclere Castle from the period drama Downton Abbey. As my daughter and I are huge fans of the series we were treated to a guided tour which ended with a light lunch.

Highclere Castle is the home of the 8th Earl and Countess of Carnarvon and has been in the family since the late 17th Century. It is a beautiful castle set in spectacular parkland. In 1770 Capability Brown was commissioned to draw up proposals for Highclere Park. The 1st Earl of Carnarvon implemented many of his suggestions but also complemented them with his own visions.

It was the 3rd Earl of Carnarvon who, in 1838, brought in Sir Charles Barry to transform the mansion house and remodel the building to how it looks today. Almina, the 5th Countess of Carnarvon gained financial backing from her father, Alfred de Rothschild, to fund turning Highclere Castle into a hospital during the Great War. During the Second World War the castle housed evacuees from North London.



There is an Egyptian Exhibition in the cellars of the castle. The 5th Earl travelled to Egypt in 1898 and developed a compelling fascination with its arts and civilisation. It was in November 1922 when the Earl and his partner Howard Carter made the discovery of Tutankhamun's Tomb.

It was very surreal being there, seeing all of the rooms appearing on Downton Abbey. The kitchen and servant quarters were filmed in a studio as those areas of the castle have been modernised. The famous oak staircase is a show piece and took nearly a year to carve and install.

Highclere Castle is steeped in history and beauty and it was clear to see that the current Earl and Countess have a passion to discover new things from the past whilst keeping up to date with today's expectations. Well worth a visit. Jean Moss Reception