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NICKY SNAZELL'S

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Wellness & Physiotherapy Newsletter

June 2018

I have been asked if I would write about some of the places I visit and as we have at last seen some hot sunny days and I've been out and about, it seemed a good time to start.

I'll openly admit to being a great lover of the sun and whenever I can, I'll escape to Norfolk, where the air is clearer and cleaner than here in the midlands.



A couple of weeks ago I tagged a couple of days onto a conference and took the opportunity to visit Dorset's Jurassic coast for the first time. I was truly impressed with

the soft rolling countryside and the relative abundance of trees. I'd not realised how few trees we have around here until then. The coast itself was dramatic in comparison to Norfolk's flatness and I particularly loved Durdle Door. Alan dragged me to Lawrence of Arabia's house, annoyed that he had missed a motorbike gathering of Brough Superiors the day before, in memory of Lawrence's death on 19th May on one such motorbike. Dorset is a delightful relaxing place and certainly an area to which I will return.

I got another Norfolk fix the following weekend, with 2 glorious sunny days on the beach. For those of you who like to visit wonderful old houses and gardens, Blickling Hall is a must see. The hall itself is an architectural delight and full of history. The gardens will be at their best in June and July. Not to be missed is a lovely old pub, with good food between the car park and hall entrance.



Always up for something new, we called in at Peter Beales nursery at Attleborough on the way home, as we wanted to find some new roses for the rose bed behind the clinic. The quality of the roses available and the display gardens were the best I have ever seen. I would strongly recommend this as a nice stop off for anybody travelling up the A11 to Norfolk. Its only a short distance off the A11 and there's a lovely looking thatched pub next door, which we will certainly investigate on our next visit. For those who are rose fanatics, Beales have a Rose Festival on 16th & 17th June.



We managed a whistle stop visit to Angelsey Abbey, near Cambridge. The house itself was beautifully restored using inherited money from the US oil industry. The grounds were huge and need a follow on visit to tour.

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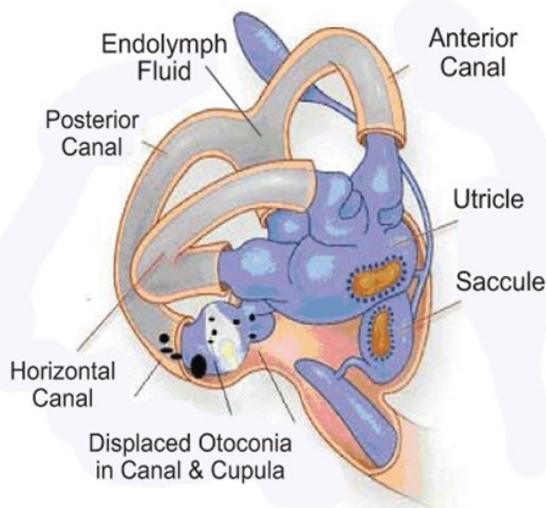
Treatment For Vertigo

Vertigo is a problem that affects around half the population at some point in their lives and is more common as we get older. Fortunately the symptoms usually only last for a few seconds to a minute or so, but the symptoms are very unpleasant including:

- Nausea and vomiting
- Dizziness
- Fainting
- A sense of rotating
- Inability to stand or walk

What Causes Vertigo

By far the most common cause of vertigo is BPPV (Benign Paroxymal Positional Vertigo) and this is linked to the 3 semi-circular canals in the inner ear.



The role of these canals is to sense the position of the head in the 3 axes of up /down, right / left, forward/ backwards. If any incorrect signals occur, the brain doesn't know where your head is and gets confused.

Faulty signals are caused by very small chalk crystals becoming loose and getting into the semi-circular canals. These loose crystals then move in the canals, stimulating faulty signals.

The types of movement which most frequently initiate a vertigo attack are rolling over in bed, getting out of bed, sitting up after lying flat or looking up or down.

Treatment

Left untreated, vertigo will usually resolve itself but may take several months. Fortunately treatment is fairly simple and painless and typically no more than 3 specialised physiotherapy treatments are needed over a couple of weeks.

David Paling, a senior physiotherapist and our clinical lead can diagnose and treat BPPV.

If you or someone you know is suffering with vertigo, then physiotherapy treatment with us should seriously be considered.

Call the clinic now on 01889 881488 and ask for an assessment with David.

Treatment For A Spinal Disc Bulge Or Rupture

Can a disc slip? The simple answer is no. It's a layman's term that is unfortunately very misleading to the general public.

"My disc has slipped out, can you put it back in" is not an uncommon conversation opener on the telephone. Of course, it's quite difficult then to get the caller to understand that this can't actually happen.

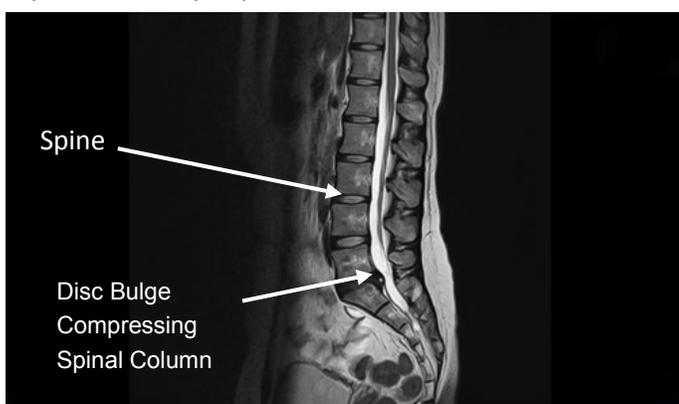
Let's look at the spine's anatomy and in particular the role of the disc.

The spine is made up of 7 cervical (neck) bones called vertebrae, 12 thoracic (middle) vertebrae and 5 lumbar (lower) vertebrae. The top 2 vertebrae in the neck are a little bit different, so putting those to one side, between each pair of the remaining vertebrae there is a disc, the purpose of which is to provide

Treatment For A Spinal Disc Bulge Or Rupture

Shock absorption and allow movement. The disc itself is attached strongly to the vertebrae and cannot slip out.

A disc is made up of a tough fibrous structure on the outside, layered in exactly the same way we make cross ply tyres. On the inside there is a soft, crab paste like moist material. As we age this tends to dry out. There are also end plates in contact with the vertebrae. The disc is 70% to 90% water, so making sure you are well hydrated is very important to disc health.



There are two major types of damage to these discs. The first is when the disc is overloaded sufficiently to cause a protrusion, or bulge in the outer wall, as in the MRI above. This is similar to what you see on the side of a car tyre when it has hit a curb. Sometimes this is referred to as a slipped disc. It's not possible to just push the bulge back in, but specific exercises can help to relocate this and over time the disc may heal itself.

The second, and more serious damage is when the overload has been sufficient to rupture the outer fibrous structure and force the inner material to squeeze out. This is called a herniated or ruptured disc.

What Are The Implications Of A Disc Bulge Or Herniated Disc?

A disc bulge will cause pain if it is central and compresses the central spinal column, or if it bulges to one side into the exiting nerves. In either case, if the compression is significant enough, it will cause pain and / or numbness and weakness and possibly loss of control in the limbs.

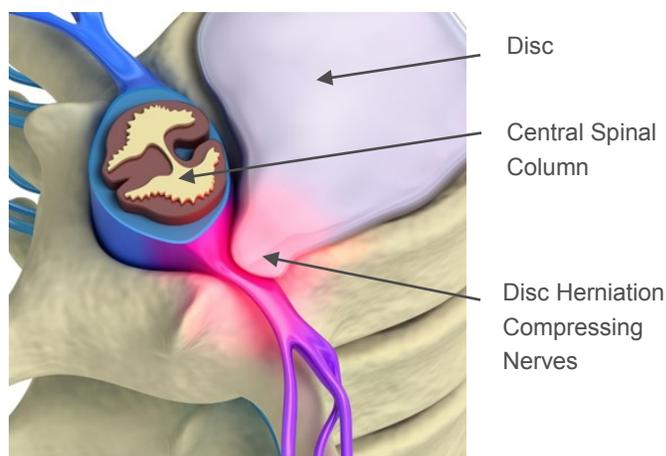
If the disc bulge is central it could cause problems down both sides of the body. If the bulge is on one side, it will only cause problems on that side.

If the disc has been ruptured, or herniated, the same problems with compression of the central spinal column and exiting nerves can occur. In addition, if chemicals from the inside of the disc come into contact with the nerves, it can cause severe pain even without any compression of the nerves. In such cases a course of anti-inflammatories will most likely be prescribed.

Can Physiotherapy Treat A Disc Bulge or Herniated Disc?

In many cases a bulging disc and a herniated disc will over time heal itself. The time required may depend on the severity of the problem and may take from weeks to months to resolve. Physiotherapy treatment can help reduce the pain much more quickly. The key is to get an accurate diagnosis through a physiotherapy assessment, possibly needing an X-ray or MRI. Treatment can include specific exercises to help reduce the bulge, Gunn IMS dry needling, electro-acupuncture, laser, shockwave, core stability rehab and postural rehab. Manipulation is contra indicated. In severe cases, surgery may be needed.

If you have suffered a recent back injury or had a long term problem then it's advisable to get your condition assessed and treated. We have extensive skills in treating spinal pain and clients travel from all over the UK and abroad to seek our help.



What's The Difference Between Chiropractic, Osteopath & Physiotherapy?

Chiropractors, say the GCC (the statutory body for chiropractors in the UK) are concerned with the framework of the muscles and bones that support the body (the musculoskeletal system) and with treating conditions health conditions by helping the musculoskeletal system to work properly.

Chiropractic was founded in 1895 in the USA by a non medically trained Canadian, Daniel Palmer. Palmer argued that most human disease was caused by misalignments of the spine, that then apply pressure on the surrounding nerves. He called these misalignments 'subluxations'. He argued that through manipulation the could correct these subluxations and restore health.

Today chiropractic treatment is on more of a scientific footing, through research to establish an evidence base. The GCC says the idea that subluxations are responsible for illness is not supported by any clinical research evidence and that this concept should be taught only as an historical model. Nonetheless, some UK practitioners continue to claim they can improve a range of health conditions by correcting subluxations.

Osteopathy was developed in the 1860's in the USA by Dr Still, a physician and surgeon. He said "*the body heals itself, and our primary role is to remove obstacles to the processes which allow this to occur*" By 1898 it was trained to physician level and 4 states recognised it as a profession. It emigrated to the UK in 1917 and was finally awarded UK recognition in 1993.

Osteopaths work with soft tissue massage and joint manipulation. Osteopathy embraces the belief of innate healing in order to self regulate and improve circulation. It looks beyond the immediate physical problem to emotional patterns which may affect breathing patterns and also to stressful incidents of past or present.

Physiotherapy's origins date back to 1813 in Sweden, when massage, manipulation and exercises were

used to treat gymnasts. As a profession , however, physiotherapy wasn't founded until 1894.

By 1920 it was awarded a royal charter and by 1944 it came under the control of the Chartered Society of Physiotherapy (CSP), who now state "physiotherapy is a science based healthcare profession concerned with human function, movement and maximizing potential". Physiotherapy these days requires medical training.

So all three professions were started in the 1800's and all 3 can and do use manipulation to treat.

A key difference between chiropractic and osteopathy is that while a chiropractor is primarily focused on the spine and joints, an osteopath will consider the rest of the body and other factors as well. Osteopathy uses a more gentle approach than chiropractic.

A similar difference exists between chiropractic and physiotherapy. As a result of this, a chiropractor may tend to achieve a faster result in terms of immediate pain relief with spinal joint problems, as both osteopathy and physiotherapy will require additional time to deal with broader issues. Manipulation, on the other hand, is contra indicated for disc problems.

The concept of the need for continuous adjustments and support with chiropractic, contrasts with osteopathy and physiotherapy, where the intention is to heal and prevent the problem from occurring again.

Physiotherapy differs from osteopathy in that it utilizes technology to aid treatments and will also include exercises and provide a rehab program. The use of technology is particularly beneficial in cases of inflammation reduction.

The most important issue is to see what works best for you and particularly to find a good practitioner who has the skills and knowledge to achieve the best outcome.

Postcode Lottery Still Alive & Kicking

Many of you will have heard this term before, which related to the variation in NHS services across the country. This led to the creation of NICE, a body who were responsible for authorising treatments, which were then supposedly going to be offered country wide.

A recent study by Which, however, has uncovered that those with the most complex medical needs still face a postcode lottery when it comes to recouping their full care costs. In fact, the report showed huge differences, an example being that Salford funded 25 times as many patients as South Reading. Despite a national framework being set up 6 years ago in 2012, the best and worst areas have not changed.

Also concerning is that despite the guidelines stating that decisions on funding should be made within 28 days, some areas are meeting that target in only 2% of cases. In some cases funding was removed with little notice and families faced huge monthly bills.

The situation is likely to get a lot worse with a predicted 45% growth in demand and yet a targeted cost efficiency saving of £855 million.



The key message all of us need to take from this is that we should do everything we can to protect our own health, and the earlier the better. Investment now could make a massive difference to your

quality of life in later years. The alternative really is leaving it to a flip of a coin.

For more information on this report see www.which.co.uk.

For help with health, call 01889 881488

Don't Underestimate The Value Of Massage

In the UK we tend to dismiss massage as nothing other than an indulgent treat, with little therapeutic value.

This, however, is completely wrong and there are a lot of studies from all over the world which prove otherwise. The truth is that appropriate massage for your condition can greatly benefit you.



You might find it interesting, for example, that in Germany, GP's will regularly prescribe a course of massage rather than prescribe drugs. Why would they do that, if not for good reason?

Here are some of the known benefits of massage:

- It eases muscle pain & improves circulation
- It reduces stress
- It counteracts the postural stress resulting from sitting at a desk all day
- It relieves headaches & migraine
- It helps prevent future injury
- It improves sleep
- It reduces blood pressure
- It strengthens the immune system
- It helps anxiety and depression

Given enough space, there are plenty more benefits to list. But the evidence is very clear.

Regular Massage Has Many Benefits

There is very little doubt that making regular massage an integral part of your health maintenance program makes total sense. It's time to readjust your view on massage & recognise just how much it could help you.

Why not call us to discuss how you can benefit from a massage program with us. Call 01889 881488

Robotic Treatment Of The Spine

At least 60% of the UK population suffer from back problems. There are many causes for back pain, and one of those causes is a spine which becomes inflexible. In simple terms, there are 17 vertebral bones from the bottom of the neck to the base of the spine, and if we imagine that each of these should allow an element of rotation and flexibility, then if any of these joints become seized, it begins to cause problems in overall flexibility, resulting in pain.

Physiotherapy is an effective treatment for improving spinal flexibility. However, any therapist's ability to manipulate spinal vertebrae is limited by the force and speed which they can apply with their hands over any extended period of time. Research has shown improved results can be achieved at higher cycles per second than is humanly possible. Theraflex robotic spinal manipulation provides the physiotherapist with a powerful technology to manipulate the whole spine at effective speeds with ease.

HOW DOES THERAFLEX WORK?

Theraplex has three modes of operation, each of which can be minutely adjusted for force and speed, thus matching the patient requirements exactly.

MUSCLE RELAXATION

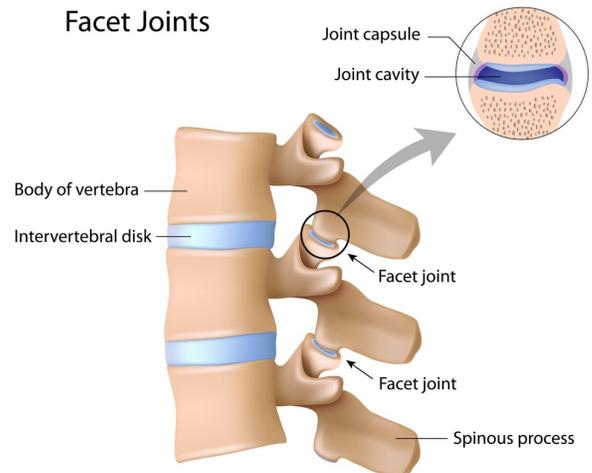
On this setting, the device rapidly taps on the muscles either side of the spine. By running this up and down the spine, the physiotherapist is able to stimulate muscle relaxation along the whole length of the spine, quickly and effectively. Most patients find this setting extremely comfortable and relaxing.



REFLEX STIMULATION

The second stage of treatment involves stimulation of the spinal reflexes. This is achieved by a gentle tapping over the full length of the spine, triggering the spinal reflexes to create further relaxation in preparation for spinal manipulation.

Facet Joints



VERTEBRAL MANIPULATION

In the final stage of Theraplex treatment, the physiotherapist is able to manipulate each neighbouring vertebrae to move independently of each other, reducing the friction between them. In practice, the treatment mobilises the facet joints between each pair of neighbouring vertebrae. The net result of this treatment is to regain the flexibility in the full length of the spine, as originally intended. To achieve this, several treatments may be required, as each treatment progressively improves flexibility.

WHAT DOES THERAFLEX TREAT?

Theraplex is able to treat a number of conditions, the most common being general stiffness of the spine, but we have also successfully treated:

- Mild Scoliosis, a mild side flexion in the spine
- Mild Kyphosis, hump back posture

It also helps with the symptoms of:

- Osteoarthritis
- Sciatica
- Spinal Disc Pain

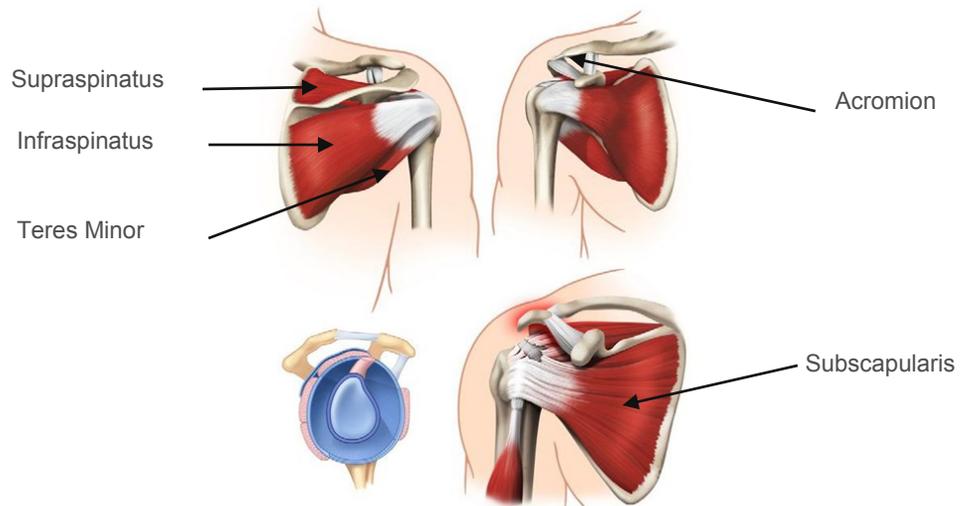
THERAFLEX AS PREVENTATIVE TREATMENT

As a maintenance treatment, Theraplex helps keep the spine supple and prevents many of the pain problems associated with a stiff spine. For example, golfers have improved their handicap by improving their golf swing smoothness, thanks to increased spinal flexibility.

Treatment Of The Rotator Cuff

Many people have heard of the rotator cuff in the shoulder and, not surprisingly, believe it to be a single part of the shoulder. The rotator cuff is in fact a group of four muscles that work together to provide dynamic stability of the shoulder joint, helping to control the joint during rotation:

- Supraspinatus
- Infraspinatus
- Subscapularis
- Teres Minor



The Supraspinatus is a small muscle which you can feel above the bony ridge on the back of your shoulder blade (scapula). It attaches to the top of the arm bone (humerus), just below the shoulder joint. The task of this muscle is to move the arm sideways away from the body for the first 15 degrees. After that other muscles take over most of the load.

The Infraspinatus is a thick triangular muscle, which occupies the chief part of the sculptured dent in the back of the shoulder blade, below the bony ridge. As one of the four muscles of the rotator cuff, the main function of the infraspinatus is to turn the arm out as in the back hand in tennis, and stabilise the shoulder joint.

The Subscapularis is a large triangular muscle at the front of the shoulder blade, between the shoulder blade and the rib cage. It attaches to the top of the arm bone (humerus) and into the front of the shoulder capsule. Its role is to turn the arm in.

The Teres Minor muscle sits below the Infraspinatus. It is quite a small rounded muscle and its primary task is to stop the arm moving up when it is moved out sideways (abducted). It also helps the Infraspinatus turn the arm out.

TREATMENTS FOR ROTATOR CUFF TENDINITIS

Rotator cuff tendinitis describes the inflammatory response of one or more of the four rotator cuff tendons, due to impingement or overuse, and leading to more and more micro-trauma that can then lead to a tendon rupture.

The inflamed thickening of the tendons often causes the rotator cuff tendons to become trapped under the acromion (the bony projection of the shoulder blade over the shoulder joint) – like a carpet stuck under a door – causing sub-acromial impingement. Failure to heal then leads to further damage. Early treatment of tendinitis, therefore, is vital in order to prevent the development of more chronic and serious conditions.

Treatment can include: first and foremost scapula re-education exercises, postural exercises to lessen the impingement, gentle shoulder mobilisations and massage, aided by local electrotherapy, such as laser, pulsed shortwave, shockwave and deep oscillation. Specific rehab exercises can help guide you back to full fitness.

Back To Cake

Nathalie had a very busy life, holding down a full time marketing job and running two of her own businesses, The Cake Boutique, which supplies specialty celebration cakes and Slimming World. All this took its toll on her back, but she had no time to do anything about it.

As part of her jobs, she was constantly driving past our clinic, but said she was 'a die hard non believer' and thought it would be a waste of time. She spent a lot of time at the gym, plus swimming and running and thought this would solve her problems, but the problems just got worse.



Her true passion was making speciality celebration cakes and Nathalie decided to take the plunge, quitting her full time job, to focus on her two businesses. Unfortunately this didn't help the low back pain, as the increased time spent bent over cakes, plus the extra loading of materials in and out of her car, just made it worse.

Nathalie eventually realised she needed help and booked in to see Anton, a Sports Therapist. Early treatment didn't improve things and by now Nathalie was crying from the ongoing pain.

At this point Anton was newly qualified in acupuncture and looking for a case study. Nathalie agreed to being involved and the treatment very quickly made a big difference, helped further by the tremendous level of skills and knowledge Anton could access within the clinic.

Within a few treatments Nathalie was pain free and was delighted.

If you, or someone you know is sitting on the fence and suffering needlessly, then why not call us now and let us help.

Team Spotlight—David Paling

Chartered Physiotherapist MCSP MAACP
Clinical Lead

Specialties:

- Musculoskeletal Pain
- Sports Injuries
- Acupuncture (Including Migraines/Headaches, Bells Palsy)
- BPPV (Dizziness) treatment



Hi, I'm Dave, I graduated from the University of Brighton in 2002 with an BSc Honours Degree in Physiotherapy.

I started out working in the NHS before entering the private world in 2007. I predominantly treat back and neck pain patients especially those who have pelvic/sacroiliac problems, but do have a special interest in sports injuries and have worked for the FA covering games and the treatment of England youth teams.

Since graduating I have undertaken an extensive amount of further training including the use of acupuncture. I am currently working towards a Masters degree with Coventry University.

Outside of work I enjoy playing Golf, Football, Badminton, Cricket and pretty much any other sport I get the opportunity to play. I am also Chairman and umpire for Uttoxeter Hockey Club.

Contact Us

If you want to know more about the services we offer why not give us a call

01889 881488

or visit our website www.painreliefclinic.co.uk