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NICKY SNAZELL'S

Wellness & Physiotherapy Newsletter

February 2018

Setting Your Fitness Goals

This time of year is when everyone is still wanting to shed the xmas pounds and entering exercise with new gusto, which usually dwindles off before the March winds of change

Patients often ask me “How do I take the next step to train towards specific fitness goals?” Firstly, any current injuries should be assessed by a chartered physio or sports therapist.

Everyone should exercise and a fitness assessment with a well qualified therapist is vital to establish your personal fitness goals with injury prevention in mind.

Based on your age and current level of fitness, you need to set realistic achievable goals and here are some suggestions:

- Stronger heart and lungs
- Improved stamina
- Better agility, flexibility, and balance
- Stronger muscles and core strength
- Slimmer fitter looking body
- Stronger bones
- Clearer thinking and happier moods
- Live longer

10 Tips To Achieve Your Fitness Goals

- 1) Measure your heart rate right after vigorous exercise over 5 seconds, then again after another minute. Multiply each by 12, then subtract one from the other. This gives you your speed of recovery, which is an indicator of your cardio fitness. As you get fitter, both your oxygen capacity and ability to metabolise the painful lactic acid by product of exercise will increase.[More details in Body Book]

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I expect to pass this way but once;
any good therefore that I can do,
or any kindness that I can show to
any fellow creature, let me do it now.
Let me not defer or neglect it,
for I shall not pass this way again.

Etienne de Grellet

“I was resigned to a lifetime of maintenance treatment, constant pain and not being able to do what I wanted. Now I’m doing all the things I want to do, I’m pain free and I haven’t needed hands on treatment for 4 years”

Beverley joined the police force when she was 19 and she realised that her job would put her at risk and she needed to be able to defend herself. She had always had a strong interest in sport and her need for self-defence logically took her to the gym, where she started an interest in weight lifting.

By her mid 30’s she was experienced with free weights and constantly pushed herself to achieve more. Cycling was also a keen hobby.

This all came to a grinding halt when she injured her back while sledgehammering a path at home. In reality the years of weight lifting had taken their toll and the sledgehammering was the final straw. The result was a bulging disc and serious pain. A friend recommended she should see a chiropractor.

After several weeks of daily treatment with the chiropractor, it was explained that she had wear and tear and that she would need maintenance care for the rest of her life, which would require her to return for treatment every 3 to 4 weeks. Despite the treatment, she was forced to give up cycling and the gym. Everyday tasks like vacuuming and mowing the grass were difficult. She had always wanted to take up golf and had even been given a set of clubs, but the constant back pain ruled any chance of that out.

By this time she had moved into a CID role in the police, which at times involved a mixture of desk work and operational duties. Sitting at a desk or in car for more than an hour was impossible and getting in and of cars was both difficult and painful.

Beverley had driven past Nicky Snazell’s Clinic many times on her way to 8 years of chiropractic treatment, but had given little thought to trying something else as she was resigned to a lifetime of

maintenance. It was only when a colleague recommended she should try us, that Beverley took the plunge.

She saw Nicky only once and was dramatically better, so much so that in her first year she dropped from every 3 to 4 weeks, down to twice a year. As soon as she had completed her first treatment she was confident enough to take up golf.

In the following 4 years, Beverley needed at most 4 treatments a year. Nicky Snazell’s then started offering Magnetic Resonance Treatment and Nicky convinced Beverley that this would really help her spine condition even more.

Beverley started MRT in 2014 and has not needed any hands on treatment since, apart from one single treatment following a golfing injury. But it’s not the lack of treatment that has been the biggest impact, it’s the fact that she was able to live the life she had before her injury and wanted once again. She had returned to the gym, where she still attends several times a week. She walks her dog 2 hours a day and covers 3 to 5 miles a day. All pain free and with no medication. She is also playing a lot of golf.

Not only can she play golf, she can manage 5 days of back to back golf. She loves walking and had given this up for years. Now she manages 3 walking holidays a year in the hills of the Lake District and has completed a 40 mile walk without difficulty. She has no back pain at all. For Beverley the most important thing is being fit and healthy enough to be able to live life to the full and she is so thankful that she found Nicky Snazell’s Clinic.

“The only downside is that I don’t get to see Nicky anymore and I miss that. I’m looking forward to meeting up again at Nicky’s new health seminars in 2018”



Energy Balls Recipe

100g (1/2 cup) almonds or cashews
200g (1 cup) dates (medjool dates can be used without soaking, deglet noor dates should be soaked in hot water for 2-3 minutes first)
2 tbsp raw cacao powder
1 ½ tbsp nut butter
1 tbsp coconut oil

Pulse the almonds/cashews in the food processor until they are nicely crushed.
Add the dates and coconut oil and pulse until it's fully mixed
Add the nut butter and cacao and then mix again in the food processor.
Take a tablespoon of the mixture and roll into a ball. Continue doing this until the mixture has finished.

Place the rolled balls into the freezer for around 1 hour, then remove and store in an airtight container in the fridge.

You can substitute dessicated coconut or sunflower seeds, pumpkin seeds or linseeds for some of the nuts if preferred.

Recipe kindly supplied by Katharine Kerr



Romantic Herbs for Valentines Night

Here's are some more cheerful use for herbs, rather than just cooking and healing.:

A Lusty Cocktail

An old recipe to create a special lusty cocktail which is meant to get the juices going on Valentine's night. : a mug of oat straw, salty seaweed, earthy burdock root, sweet scented rose petals, and dark chocolate. It doesn't sound very tasty to me, but I'll let you make your own mind up!

Lovers Decoration

Historically, lovers decorated their house and self with sprigs of rosemary, lavender, and basil. Potted Rosemary has been used as a sign of romantic love for centuries, with sprigs being worn by brides in the middle ages. These sprigs were planted out afterwards, and if they grew it showed a strong relationship with their lover. Sprigs were also planted with potential lovers' names, to see which grew stronger.

Aphrodisiac

Lavender sprigs were also used as an aphrodisiac. In a similar vein, Basil pots were placed outside eligible women's homes, as Basil means commitment and fertility, and in Romania it still means the same as an engagement ring – and much cheaper !!

Have fun. It's good for your health.

Why not treat your partner to a relaxing massage first? 20% discount quote VAL20

New MRT Loyalty & Referral Scheme

Up to 40% Discount

We will be launching our brand new loyalty scheme at the MRT Centre in February. The aim of this simple combined scheme is to provide increasing savings to clients who return for their top ups and who refer others to this life changing treatment.

There are 2 parts to the scheme, each with their own discount, which are combined to give a total discount:

Loyalty Discount

This starting point for the scheme to trigger is either a 7 hour or 9 hour treatment, these being the normally recommended amounts for a new problem. For example, osteoarthritis requires 7 hours, spinal disc or bone treatment requires 9 hours.

Each subsequent top up of at least 3 hours is then awarded a 5% discount, up to a maximum of 20%. For example, if you were starting your second top up, you would be given a 10% discount.

Referral Discount

For each client you refer who goes on to have either 7 or 9 hours of treatment, you will be awarded a 5% discount, up to a maximum of 20%.

For example if you had referred 4 clients, you would get a 20% discount on all subsequent treatments.

Combined Discounts

The loyalty and referral discounts you have been awarded are added together to achieve a total discount. For example if you were on your second top up and had referred 4 clients, you would get a 25% discount on your treatment.

The **maximum discount achievable is 40%** and this once reached would be given on every subsequent MRT treatment you have.

10 Fitness Tips Continued

2) Mix up slow and fast pace; the slow pace builds stamina and eliminates lactic acid more efficiently, as well as enabling muscles to store more glycogen for prolonged exercise.

3) Short fast pace comprises of short bursts of intense activity which boosts sugar metabolism and teaches the brain to co-ordinate the muscles at a faster pace, helping agility.

4) To avoid muscle injury due to tiredness, rest adequately as muscles need 48 hours to recover, plus good hydration and nutrition.

5) To achieve stronger muscles, lift a weight you can just manage 8 times comfortably then with effort to 12, over a minute, stop at 12. Then, rest briefly between say 3 sets of 8–12, as lactic acid build up will cause injury. Repeat. Rest a day in between. Add only 2.5 kg to 5 kg maximum at each increase.

6) Exercised bones get stronger, so you need to use resistance or weight bearing exercises.

7) For a thinner body, HIT short fast bursts of activity will burn up calories and speed up the metabolic rate. Also sustained gentler exertion will do it in a slower way.

8) For a flexible body, complete slow, sustained stretches of 30 seconds when you are warm and pain-free. Stretching gently before your workout may reduce the chances of injury and after may reduce muscle soreness and promotes relaxation.

9) Clearer thinking is essential. Work out your pattern of mental alertness, the daily peaks and troughs. Plan a regular exercise programme and see how it eliminates the 'valleys'. Exercise induced endorphins plus serotonin will reduce depression and pain.

10) For running, cycling and walking, get checked out biomechanically. Correct alignment will reduce wear and tear and delay the onset of osteoarthritis.

Wellness

It's best to explain this with the help of an analogy. When you buy a brand new car, it comes with a warranty. There's a reason for this. The manufacturer is basically guaranteeing, that provided you look after your car as specified, you are going to be very unlucky if anything goes wrong under the warranty period. Once past this honeymoon period, you know that you must carry out regular preventative maintenance at set intervals, in order to continue with many more miles of trouble free motoring.

Eventually you will get to that time when things start to wear out and go wrong. Some parts will corrode, weaken and eventually fail. How fast your car gets to the junk yard depends very much on how well you looked after it and the difference can be many years.

Just as with a car, how many problems you will have and how long your body will last depends very much on how well it is maintained and that's where we can help you.

Nicky has devoted her life to finding better knowledge on how to help people get better results from their treatment and to live a longer, healthier life. In her books she developed the concept of a Human Garage and also the importance of overall health, or Wellness, which she defined in her 4 Keys model.

She has built a powerful team of highly experienced therapists and together they offer you the expertise of



looking not only at the problems caused by a recent injury or of a longer term chronic condition, but also look at your health keys to get even better long term results.

Wellness encompasses all of you, your fuel (diet & nutrition), your servicing (exercise & fitness), how hard you press your right foot (stress) and your environment (lifestyle). The intent of Wellness is to achieve better long term health.

If you feel you have Wellness factors that are impacting your ability to heal or want to find out more about living a longer healthier life, then we can help.

How A Biomechanical Assessment Can Help You

Very few people are completely symmetrical and this can have an effect on the way they stand and move. They may also have additional problems including particularly high or low arches in the feet, different leg lengths or an injury. In some cases, people adapt to abnormalities without any problems; however, for others, the joints, ligaments, muscles and tendons are put under extra stress when they move, causing pain and accelerating the onset and severity of osteoarthritis.

Put together these problems can stop you being as active as you would like and even stop you from continuing with favourite pastimes.

When we stand, walk or run our body has to cope with and compensate for bad postural habits. It is these compensations that put structures such as muscles, joints, ligaments and tendons under undue strain when they begin functioning in an abnormal or compromised manner. Over time the structures become inflamed or injured.

Biomechanical Assessment

A biomechanical assessment is an investigation into the way you move. Although the focus is primarily lower body, the assessment will look at the whole body and assess how other parts of your body, for example your shoulders and neck, can also be affected and in pain.

A biomechanical assessment can be very beneficial if you are experiencing pain in your feet, lower limbs or back, particularly if no cause has been established. A biomechanical assessment is often very helpful in understanding and directing treatment at the cause of the problem.

The assessment process can take up to 60 minutes; you will need to wear shorts so that we can see your knees and legs as you move and it is helpful if you to bring a

day to day pair of shoes plus an exercise pair of footwear so we can assess wear patterns. The examination is normally divided into two parts:

Part I. Static Assessment

A static assessment; which can consist of looking at inequalities or asymmetric conditions, various measurements might be taken while you stand up and possibly lie down. This part of the assessment will also include a computerised analysis of the pressure distribution under your feet (digital gait analysis).

Part II Dynamic Assessment

At Nicky Snazell's we include a dynamic assessment as this is critical to develop an accurate analysis as it will highlight problems not evident from a static assessment alone. We will ask you to walk on a treadmill so we can analyse your gait, i.e. the way you move, how you swing your arms and even how you hold your head.

How Can We Help

Once we've identified the factors that are contributing to the pain, we can offer treatment and advice to counter these, including:

- Hands on Physiotherapy
- Exercises to improve strength, flexibility, balance and co-ordination, either by joining our bespoke classes or having an individualised exercise program
- Or if required an orthotic, which are bespoke and made to measure insoles

Orthotics

Orthotic devices at the Nicky Snazell Clinic are made to measure by specialist technicians. They are professionally designed and bespoke to fit you, helping to provide stability and cushioning for your



Mind Set Exercise

feet. These can help to:

- Improve the way you move day to day and thus helping to take stress off injured areas of the body, for example;
 - Plantar fasciitis
 - Osteoarthritis of lower limb joints
 - Achilles tendonitis / tendonopathies
 - Hammer toes
 - Bunions
 - Back ache
 - Neck ache
 - Metatarsalgia
- To give support to your feet, avoiding overload to joints in the legs, feet and ankles
- Treat or adjust foot disorders, aligning the feet and lower limbs when you walk or run
- Help to equalise possible leg length discrepancies
- Relieve pain in your feet, legs, hips, back and your upper body.
- Can help to reduce the risk of further injuries
- Allow you to return to or continue participating in sport.

Orthotics are specifically designed for you. You need to give time for your body to adjust to your new posture and you should gradually increase the length of time wearing them. It's perfectly normal for your leg muscles to ache for around a week after fitting. You should eventually use them in all your footwear.

Now I want to tell you about one of my favourite listening exercises for improving relationships and if you take it seriously, this can be life changing. It's an exercise I have gone through in some of my 4 keys talks.



What you have to do is sit down with a friend or partner and role play at being their therapist. You will need to

draw out a timetable of daily activities, in thirty minute chunks. Then, write the activities underneath, such as '8 a.m. drive to work for 30 minutes', 'work at computer for an hour' and so on.

Listen carefully to the words they use, as watch their body language when they're talking about each activity. Write down what you believe is their key emotion beneath that activity. Your partner needs to write down their actual emotion, and then you can compare notes afterwards.

To learn more why not try one of Nicky's 4 keys seminars or Dean's Meditation classes or get Nicky's Mind book.

Sudoku

January Solutions

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

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

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

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

Women's Health Pregnancy Pain Treatment

1 in 5 pregnant women are affected by pelvic girdle pain and in some cases it doesn't improve post natally without specialist advice and treatment

Pregnancy is an exciting time and shouldn't be hampered by pain. It's important not to forget about looking after yourself, so you can continue your normal hobbies / interests and enjoy this phase in your life.

We offer a tailored physiotherapy assessment and treatment with Sarah, to help relieve any symptoms you have, taking into account your lifestyle, any previous problems and your posture.



Your treatment depends on what is found on your assessment and usually involves techniques to realign any asymmetries that are found. You will be given strategies to help you on a daily basis, taught good postural tips and how to strengthen your muscles to help your back. To finish your session you will receive a relaxing soft tissue massage.

Sarah has 2 children of her own and knows from personal experience the impact of pelvic girdle pain. She has over 15 years of professional experience in treating this type of problem and can relate directly to the symptoms with which you may be suffering .

Call the clinic today to make an appointment with Sarah.

Team Spotlight—Sarah Light Wellness Physiotherapist

Sarah has been a Physiotherapist for over 15 years. She qualified at Coventry University with a BSc (Hons) in 2002. She worked in the NHS until she undertook her MSc in Veterinary Physiotherapy at the Royal Veterinary College London.



During this time Sarah specialised in women's health and spinal rehabilitation, running groups and setting up a service in maternity for pregnancy related back and pelvic pain.

Once gaining her MSc, Sarah specialised in combined horse and rider biomechanical assessments, plus Pilates and MSK Physiotherapy for general and sport related problems for both animals and people.

Sarah has ridden horses since a child, she had her first pony when she was five years old. She enjoys all equestrian activities with team chasing her favoured discipline. She is a member of ACPAT and enjoys attending many horse and human courses.

As a busy mum, horse and dog owner Sarah enjoys being active. She understands the importance of a healthy pain free body to enable you to carry out the activities that are important to you.

Read on this page about the brand new Women's Health treatments that Sarah provides

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