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Over 95% of Our Clients Rate Us



NICKY SNAZELL'S

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Wellness & Physiotherapy Newsletter

January 2018

Happy New Year!

A Time To Plan Your Life

The new year is when many of us think about making changes to our life and it's a time of great enthusiasm for how we look, especially if we fall into that group of being too short for our weight.

We thought it would thus be a great time to get you to think about a long term plan to encompass the whole of your life. If we can get you to think about changes you could make now, that would have a massive positive impact to your enjoyment of life for many years to come, then wouldn't that be a wonderful gift.

Thus the theme of this months newsletter is prevention and life planning.

MRT Payment Plan and Loyalty Scheme

At Nicky Snazell's, we are able to offer exceptional anti-aging MRT treatment capability for joints, bones, muscles, tendons and ligaments. A key ingredient of any life plan thus has to include this technology.

Payment Plan

In 2018 we will start a new **interest free** payment plan which will allow you to spread the cost over 12 months.

Loyalty Scheme

In January we are also introducing a brand new loyalty scheme which will provide up to **20% discount** on all your future MRT treatments.

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Anti-Aging Life Plan Referral Scheme

On page 3 you can read more about our new anti-aging Life Plan. But before you read the main course, we thought it be a nice starter to let you know that each time you refer someone into our anti-aging life plan, to say thank you for introducing that person, we will gift you **50% off one hour of MRT, 50% off a massage and a free functional rehab class.**

Reap What You Sow

Part of life is growing older and we should all plan for that stage of our lives. The good news is that with correct lifestyle choices and planning, the later years can be just as much fun as any other part. The first and most important step in this process is align your beliefs with this reality.

What do I mean by this? Well if you believe that when you get older you won't be able to do much, will spend a lot of time sitting in a chair because moving around is too painful and you will need a cocktail of drugs to keep you going, then probably that will all come true for you. If on the other hand you believe it doesn't have to be that way and that you can still be active, healthy and enjoying life then probably that's how it will be for you. The reason for this is that the mind is immensely powerful in determining outcomes. And if you strongly believe something, your mind will subconsciously move you towards decisions that support that belief.



I once spoke to someone who said 'I'm 50 now and I need to slow down' and guess what, she visibly aged as all her thoughts supported that belief. On the other hand I know people who are in their late 80's who go to the gym and swim three times a week, run to the shops and take no medication and never have. And they see no reason for anything to change.

So, my advice is to really think about what you believe because that is likely to be your future. Question your beliefs. Ask yourself why is it that different countries have widely different life expectancies. Why is it that some countries have much lower risks of cancer than the UK has. Your beliefs will be based on what you learnt as a child and what hear and see is normal around you. But what is normal here is not normal elsewhere. Understand this and you will be more open to questioning and changing your beliefs.

It's your life. You reap what you sow.

If you found this interesting and would like to know more, get a copy of 'The Mind' at the clinic and ask about the 2018 Seminars and Meditation classes.

Helen Joins Team In January To Expand Capability To Neuro-Physiotherapy



If you or someone you know suffers from a Neurological problem (brain and nervous system) such as Parkinson's, Motor Neuron, Multiple Sclerosis, Paraplegia or Stroke, then Helen's expertise is now available to you here at the clinic.

Sarah Joins Team As A Wellness Physiotherapist

Sarah joined us in December as a very experienced Physiotherapist and Yoga Pilates instructor, with a keen interest in both Wellness & MSK.

She also has an MSc in Veterinary Physiotherapy, with extensive knowledge of treating both horse and rider together.



50% Discount Wellness and Physiotherapy Membership Schemes

We have mentioned membership schemes a couple of times and this has sparked quite a bit of interest and feedback. For example, one of the most common requests has been to include a family membership option.

While taking this on board, we wanted to keep whatever we offered as simple as possible and most importantly actually fitted what you need. Rather than come up with a confusing range of options, we decided to keep it simple and offer in essence one scheme with variations.

Our Gold membership scheme will be available initially at 3 levels:

Level 1 is for a single member and offers a **50% discount** on any treatment with a Senior Physiotherapist, Sports Therapist or Soft Tissue Masseur, Biomechanical Assessment and Functional Rehab Classes. The annual entitlement is 12 treatments and the cost is £180.



Interest Free Payment Plan



Level 2 is for a single member or can be used as a family membership. It offers the same treatment options as level 1 and with an entitlement of 26 treatments. The cost is either a single payment of £372, or can be paid **interest free** over 12 months at £31 per month.

When used for a family it would include named parents and children.

Level 3 is again for a single member or a family membership which can include named grandparents, parents and children, with an entitlement of 52 treatments. The cost is either £774, or it can be paid **interest free** over 12 months at £62 per month.

Anti- Aging Life Plan

Osteoarthritis, osteoporosis and thickened, weakened tendons will start to haunt us from as early in life as 50, for some even earlier. As we age these problems will only increase, unless we take preventative anti-aging measures.

At Nicky Snazell's we have excellent MSK capabilities for all ages. However, if you are 50 plus, then you may need



to consider a more appropriate preventative health plan.

If you join our new anti-aging life plan in 2018, you will get a discounted course of treatment, including MRT (magnetic resonance treatment), bespoke rehab classes, a sports therapy exercise prescription, massage and seminars.

Our aim is to provide you the kick start you need and to hold your hand, while we give you the information you will need to take the action required to give you a younger and fitter body and a longer, active life.

Musculoskeletal Pain Relief

Musculoskeletal (MSK) pain is any pain caused from the bones, joints, tendons, ligaments or muscles. This may include things such as a sprained knee/ankle, arthritis in a joint, tennis/golfers elbow, pulled muscles and many other conditions.

Treatment of MSK pain



When you come into our clinic you can be assessed by a Physiotherapist or a Sports Therapist. Depending on the area of the pain, the assessment can look at your posture, range of movement, strength and special tests that can assess stability, proprioception and joint integrity. These findings will help your therapist to develop a working hypothesis, which they will use in consultation with yourself to direct them to the most appropriate treatment for your condition.

There are many treatments on offer at the clinic for those with MSK problems. Some of the treatments offered in house include:

Soft tissue work/massage- Massage can be used to increase the mobility in stiff arthritic joints or break down scar tissue after muscle strains or operations. It is commonly used to reduce muscle tone, tightness or spasms and decrease the stress placed on bones/joints whilst promoting relaxation.

Acupuncture- This traditional Chinese technique is used in clinic to treat lots of conditions such as headaches/migraines, neck, back, shoulder and other joint pains. Acupuncture will be discussed in more detail in another newsletter.

Electrotherapy- We are lucky here to have access to a wide variety of electrotherapy modalities including Robotic Spinal Manipulation, Shockwave, Ultrasound, Deep Oscillation, Shortwave and Laser.

Joint mobilisations/manipulations can be used to increase range of movement in joints and decrease pain.

Individual exercise programmes- We are able to tailor personalised exercise programmes for your injury / condition that may include strengthening, stretching and mobilising work.

There are also Functional Rehab classes on offer with our Sports Therapist Anton.

Next month we will look at Wellness



The Wrong Food Feeds Pain

Most of us eat too much of the food that enhances pain, and too little of the food that reduces pain. Soil nutrients are not what they used to be, as they have more additives, are more processed and more have a longer shelf life.

Our cells depend on food and water for creating healing, energy and cleansing, but because of the poor food we eat, loaded with additives and highly processed, we have persistent inflammation contributing to musculoskeletal pain, arthritis, diabetes, heart attacks, strokes, cancer... you name it.

Refined grains, omega 6 fats, too much sugar, and too much dairy – especially milk – all stress the system out. Pain caused by too much inflammation damages nerves beyond any injury, and also causes tissue pain in the tendons, ligaments, and joints.

Our ancestors were hunters and gatherers, who lived on a planet with a relatively low population, where the soil was rich in nutrients and without toxic chemicals. They ate fresh meat, berries, roots (therefore, a lot of healthy omega 3 oils), and fruit and vegetables high in antioxidants. They had no processed foods, no wheat, no trans fats, no excess sugar or omega 6 and no processed dairy.



Our ancestors healthy diet helped to control chronic inflammation, something which pervades the modern day Western lifestyle.

Even if you eat a little of the healthier foods, pulling some fresh vegetables out of your garden from well fertilised soil, it is a small start.

To be healthy, we need healthier food and because we are not getting enough, we make too much fibrin, causing too much scar tissue in our tendons, skin, and joints. This then causes arthritis, fibromyalgia, artery narrowing, and poor healing all round.

We are becoming increasingly obese, including our children. We are a fat nation, growing fatter, faster than any country in the world, and because of this, we find ourselves in a major health crisis.

Our Children Will Die Younger

The next generation is not going to live as long as us, and this is the first time in history that this has happened – it says a lot, doesn't it?



We have ground breaking technology to help reduce pain in arthritic joints, effectively it turns the clock back, but to be effective it still needs a healthy body in which to flourish.

One Of My Favourite Juices

3 carrots
1 apple
1/2 lime
Small broccoli sprout
3 celery sticks
Teaspoon barley grass

Great For High Blood Pressure

3 celery sticks
2 beetroots
3 carrots
Ginger to taste

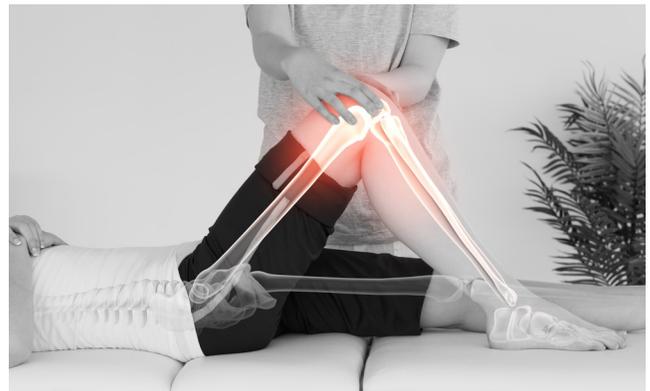
Could You Have Osteoarthritis?

Osteoarthritis (OA), which is the most common type of arthritis, is wear and tear in the smooth cartilage protecting the bones in joints. This eventually leads to bone erosion, bone spurs and unsightly bony end thickening. The joint juice (synovial fluid), swells and becomes inflamed and sticky. The attacked bone haemorrhages precious calcium. The result tends to be pain and stiffness, worsening as the severity increases.

Indicators of OA are painful joints and especially more pain and stiffness when you wake or start moving. By 50 years old 8 out of 10 of us have OA and by 60, 9 out of 10. Left untreated, OA can have a massive negative impact on your quality of life untreated may need surgery. In fact 95% of surgery on knees and hips is OA related.

How Do You Find Out If You Have OA?

Provisional Diagnosis is by taking a detailed history, your story and that of your close relatives, as OA so often runs in families. This article is about OA, however, you may well have a combination of all sorts, for example, osteoporosis, rheumatoid and ligament strain. We explore how the severity of your muscle weakness, stiffness and joint pain affects your lifestyle. We ask you to partly undress and undergo functional movements to assess for joint range, flexibility, strength, pain and swelling and to allow the severity of the OA to be graded. Confirmation of the precise diagnosis and grading is only possible by adding X-ray or MRI scanning and bloods.



Could You Have OA Even Though You Don't Hurt Much?

Perhaps surprisingly, the amount of pain felt does not always match the amount of wear and tear. Hence you need to be examined by experts. Cartilage itself has no pain receptors, so it can't send an Ouch signal to the brain. Modern research also shows little correlation of wear and tear to pain severity. Hence pain alone cannot be used to determine the need for highly invasive joint surgery.

Pain signals are sent to a nociceptive part of the brain (the part which processes pain from tissue damage) and Mr Pain starts shouting out, in a way that is a million times more distracting than your conscious thoughts. More over, after just 3 months Mr Pain moves into the emotional centre and hardwires himself into your mood and previously innocuous lifestyle activities. What this means is that your brain memorises and associates Mr Pain with an activity that should normally be enjoyable. Mr Pain becomes Mr Chronic Pain.

Can We Help You With OA and Chronic Pain?

The good news is mindfulness physiotherapy can massively reduce Mr Chronic Pain. We advocate working towards optimum health with our 4 Keys approach. Nicky's favourite treatment combination of modalities are: Wellness physiotherapy with a good exercise prescription and mindfulness, dietary advice and supplementation, MRT to help regenerate cartilage, acupuncture to give some immediate pain relief, and in less severe cases, shockwave for stiffness.

Exercise Of The Month



The joints always take a hammering while skiing and it's quite common to see holiday traumas with ill prepared skiers. So, if you are planning to ski, do this before you go:

- Train your quads and gluts
- Get a really strong tummy.
- Make sure you have good shoulder blade control. Train with Nordic pole coordination.
- Flex your foot muscles and ankles to sustain lengthy times in boots.
- Practise good balance – a fit ball is helpful here.
- Check life insurance!
- Check glasses as instructors are very handsome.

Alternatively you can see one of our sports therapists and try our functional classes:

- Shoulder stretches and stability.
- Spine curls.
- Abdominal workout.
- Leg stretches.
- Leg weight / theraband for all leg muscles

My favourite is walking with Nordic walking poles and mini-squats.

Team Spotlight—Katharine Kerr

Chartered Physiotherapist BSc (Hons)

Since graduating in 2000 from the University of Ulster, I have worked in many different private and NHS settings. Working initially in Northern Ireland, I then spent four years working in New Zealand



before returning to the UK to do locum work before joining Nicky Snazell Wellness & Physiotherapy Clinic. I have been a Senior MSK Physiotherapist at the clinic since 2014.

I have wide experience in treating MSK problems including general and sporting injuries as well as longer term chronic conditions.

I have a particular interest in 'Dry Needle Acupuncture' and gain great satisfaction from seeing patients becoming pain free and getting back to normal activity.

I have done many courses since qualifying including acupuncture, dry needling, NOI, McKenzie, tendonopathy.

In my spare time I enjoy playing tennis, day walks, gym, running with my local 'Hash House Harriers' running club, travelling and visiting new places.

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