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NICKY SNAZELL'S

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Wellness & Physiotherapy Newsletter

July 2018

painreliefclinic.co.uk

Thank You

GDPR day, the 25th May, is now thankfully behind us.

We, like many businesses, have seen a drastic fall in the number of subscribers to our newsletter. Only time will tell what the true impact will be, but I suspect that what has really happened is that many of the non respondents were not reading our newsletters in the first place. Also, to be fair, I doubt there is a single person out there who wasn't sick to death of being bombarded with GDPR emails, so most just got ignored.

So we want to say a **big thank you** to you for taking the time to respond and for wanting to stay in touch. We really appreciate it, as we put quite a lot of effort into providing you with good quality information each month.

For us, your health and wellbeing goes beyond the time you initially spend with us for treating your immediate pain or injury. The decisions you make throughout your life will impact your health in later life and will inevitably be a significant factor in whether you die of old age or from one of the chronic illnesses that needlessly curtail life prematurely for so many. A perfect example of decisive action is Bob's story on page 6. Hopefully stories like this will give you the incentive to take action for yourself now, today. Not tomorrow because there is always another tomorrow and it will never happen.

Helping others is also something you can do and referring others to us is a gift you can provide to help your friends and family, so they don't have to suffer needlessly, now or later.

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Exclusive Offer

As a thank you for continuing your journey with us, we will give you both double stamps on your loyalty card for every visit throughout August, plus we will double the referral value and give you £20 for every referral in August.

Creeping Weakness—Anton

Unfortunately getting older plays a significant part when it comes to keeping yourself healthy and mobile. We have all experienced being young, strong, mobile and reasonably fit, but the passage of time can bring with it changes that slowly creep up on you and before you know it you're not as strong or mobile as you once were. It's this creeping weakness I will discuss here.

Getting older does not automatically mean poor health, but doing nothing about keeping healthy and mobile may lead to exactly that. If you are not active enough as you get older you will lose muscle mass and with that strength. Unfortunately the environment you live in today might predispose you to a gradual loss of muscular strength and wellbeing, as you are not designed to sit all day at an office desk or spend much of your time sitting and not moving, but for many technology has led to just this.

What can you do about this creeping weakness? Keeping healthy and strong is paramount as you get older, as this will allow you to move your joints through maximum ranges of motion, which in turn stimulates the secretion of synovial fluid around joints offering lubrication and protection, thus improving joint integrity. When you use your muscles for activity, whether that be the gym, gardening or some form of resistance, then you will be able to keep that strength and keep your mobility at an optimum over time. There is plenty of evidence showing that a 70 year old can have the same muscle



mass as a 30 year old. In fact, new research published in the Journal of Medicine & Science finds older adults who begin lifting weights after 50 may win the battle against age related muscle loss.

Regaining muscle mass is beneficial for people of all ages. You can regain muscle mass quickly by incorporating strength training into your daily routine



and making a few minor adjustments to your diet. This in turn will offset osteoporosis (bone density) and improve conditions for

those suffering with osteoarthritis, as well as keeping the heart and mind healthy.

Currently we offer strength training rehabilitation sessions at Nicky Snazell Clinic. All sessions are designed to motivate and provide an understanding of what to do plus how to do it, and are open to any age group. With this information comes the ability to use these exercises at home in the sound knowledge that you are doing the exercises correctly and targeting the issues related to your rehab.

Glynnis is an example of someone who has recently gained benefits from attending the strengthening classes:

"I perform on stage and now a couple of hours is much easier and I'm not nearly as tired when packing up.

I also avoided what could have been a nasty injury when I stepped back off a high stool by mistake. My new strength allowed me to control the landing and not fall. I walked away without injury and was fairly sure that I wouldn't have been so lucky before the rehab classes."

Call 01889 881488 and ask about our rehab classes.

Frozen Shoulder—Tara

Last month we looked at the shoulder rotator cuff and we will continue with the shoulder, specifically the Frozen Shoulder, a condition which is in part linked to diabetes, so check out our article on health on page 4 and Bobs' story on page 6 as well.

Frozen shoulder is a condition which can start with stiffness and soreness, and then progress to being very painful with movement being very restricted or even frozen. It's not something to be left untreated as it can take as much as 5 years to recover on its own.

What Causes Frozen Shoulder?

It's not at all clear what causes frozen shoulder. There are contributory factors such as diabetes and heart disease. It's also more likely if the arm has been forced to be immobile for a while, such as following surgery or a stroke. Similarly

Shoulder Joint



it tends to be more prevalent in the non-dominant shoulder, for example the left shoulder if you are right handed. The Chinese call it 'the shoulder of the fifties' which gives an idea when its more prevalent. Women are more prone to frozen shoulder.

Treatment

The pain and stiffness of frozen shoulder requires physiotherapy and as part of that shockwave is particularly effective. You may need pain killers and anti-inflammatories, or if non-resolving, may need injections and surgery. If surgery is needed it will need intensive physiotherapy afterwards.

If you have Frozen Shoulder, don't put off treatment, book in now and let us get you on the road to recovery.

Insured Patients—The Facts

The number of privately insured patients has steadily reduced since the financial downturn a few years ago. While this is mainly a personal or business choice, the quality of care being offered is not and unfortunately insurance companies have to respond to diminishing numbers.

One way to achieve this is to channel the bulk of the work into a single funnel, which is great for cost cutting, but ultimately acts to restrict choice for policy holders.

Although Nicky Snazell's is contracted with all the major insurance companies, we are outside the funnel, so increasingly patients are not even offered our clinic as an option.

I'll accept we are biased, but we are also immensely proud of our reputation, which has only been achieved by long term dedication and hard work by all the team to provide the best service possible. That reputation gets us referrals from as far away as Sydney, Australia and we regularly get new patients from not only every part of the UK, but also from around the world.

This is something very few clinics in the country can claim and it seems fundamentally wrong that in some cases local patients are not even being given the option to take advantage of what we offer

So here are the facts. We have contracts with all the major insurance companies and you, or someone you know seeking expert help, can demand to come here if so wished.

Of course, it's ultimately an individual decision what you do, but from our point of view, why would you want to go anywhere else?

Healthy Lifestyle—Alan

Recently I watched as an individual put 4 sugars in her coffee and who went on to say that sugar was a clean, healthy energy source. For sure sugar is loaded with energy, but it lacks any nutritional value and is therefore far from healthy.

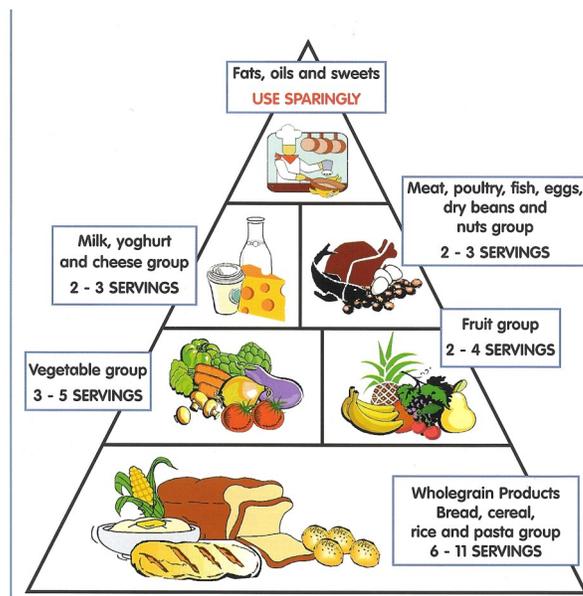
This prompted me to revisit an article on healthy living I wrote a few years ago and to look at the subsequent research since then.

Back in the 1990's the concept of a food pyramid was used as a general guideline to the masses on what a typical diet should look like, with an emphasis on high carbohydrate and low fat. It promoted a balanced, healthy diet. Many of you may recognise this.

Since then knowledge has moved on as nutritional experts have understood that gluten can be a source of dietary problems, and that for some a lower intake of grains would be advisable.

The food pyramid concept was dropped in the USA in 2005 and it took to 2011 for it to be replaced with MyPlate, (choosemyplate.gov) which suggested more vegetables and less fruit. Some would say it still had flaws though as it continued to suggest dairy as a mainstay of the average diet.

In the UK, a 2015 study for the government concluded we should halve our intake of free sugars and eat more fibre and a new Eatwell Guide was issued in 2016. (gov.uk/government/publications/the-eatwell-guide)



The guide is based on evidence and is presented in a way which is easily understood and with a fair degree of common sense. For example, foods with high fat, salt and sugar are excluded, on the basis that most would understand we don't need these foods in order to maintain a balanced diet.

Glycaemic Index

Our main energy source should come from carbohydrates. Our bodies are designed to convert carbohydrates cleanly into fuel for our daily needs. They were also designed to process natural sources of carbohydrate, which are called complex. The body

will take a longer time to digest complex carbohydrates, which results in an even release of sugars into the body, and thus a longer period without hunger.

Our problem today is that the mass processing of food, plus the attractiveness of sweet products, means that much of our food is now comprised of simple sugars.

This means that much of the breaking down of the carbohydrate into sugar has already been done before you eat it. The result is that with this type of food, our bodies get a massive surge of sugar after eating and the body has to deal with this by releasing insulin to control the sugar level.

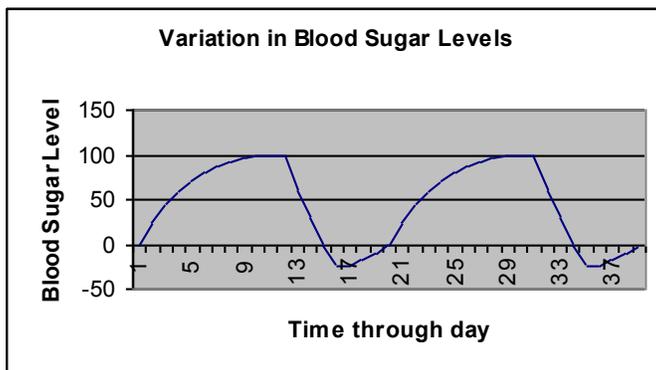
Typically too much insulin will be released, and the blood sugar levels drop too low. This leads to those hunger pangs a couple of hours after eating and probably a snack. We then go and repeat this cycle when we eat the next simple carbohydrate, or sugar laden meal.

Shin Splints—Alan

Such high swings of sugar intake and insulin release are recognised as being bad for the body and can lead to a problem called insulin resistance, which has many associated health problems such as heart disease and diabetes.

Foods which the body can convert into glucose easily are called 'high glycaemic'. At the opposite end of the scale, complex carbohydrates, which take longer to digest, are called 'low glycaemic'.

Eating food which is low glycaemic will eliminate the surges of glucose and insulin, and avoid the problems of insulin resistance. Another benefit is that it will remove those hunger pangs, which will help keep weight down.



It is best to try to maintain a constant, low blood sugar level throughout the day. This is best achieved by eating 5 smaller, low glycaemic meals, rather than 2 or 3 high glycaemic meals.

Summary

I was surprised to hear that 'sugar was considered a good healthy energy source' as this missed the fact that the whole world is demanding urgent reductions in sugar intake, as the evidence is overwhelming that it plays no part in a healthy diet and is a major contributor to chronic health issues.

Shin splints are caused by overuse, usually excessive exercise, and the pain typically comes on after long distance running, or sports that involve sudden turns and stops. The dull pain – which can be felt along the shin bone (tibia) – gets worse without rest. Take the pain as a warning to do activities that put less force through the tibia, then try ice, relative rest, and swimming or cycling while healing – over a couple of weeks. Once the pain is gone, make sure to run on softer ground.



It is not clear what causes microtrauma to the membrane between the bones or small fractures to the periosteum, but to reduce risk, wear good running shoes and orthotics if needed, especially if flat-footed. Run on softer ground, watch your weight, and stretch the Achilles tendon before activity. Our sports therapist will advise you on warming up correctly, and can provide the rehab which will be needed with a progressive return to your sport.

It's important to get proper diagnosis with a sports therapist or physiotherapist assessment, X-ray, and biomechanical assessment. Treatment can include: orthotics, better trainers, changing your training program and using a softer surface, laser, mobilising the ankle, nutrition, and weight control. A sports therapist will take you through a graded rehab program.

Bobs' Determination Beats Diabetes and Gives Him A Much Better Life

Bob had suffered 10 years of back pain and sciatica, which prevented him from exercising, as that only made it worse. Over the years he had been to see chiropractors, osteopaths and physiotherapists and nothing had helped his pain.

Then he saw Nicky and after fire fighting treatment he was able to stand pain free. He adheres to a maintenance program, as by his own admission he gets on with life and does things he knows he shouldn't. He enjoys the physical ability of feeling 20 years younger and fits in a lot of gardening, exercise and golf.

Bob had always turned to food when he got stressed and his 17 stone body reflected this. Worse still he had been type II diabetic for 20 years and was on a daily cocktail of 7 drugs. He wanted to live until he was 90 and die of old age, not prematurely from chronic illness.

After extensive research he read work by a Dr Moseley, who had cured his own diabetes by diet change. Bob had been told by his GP that he couldn't get rid of his diabetes and when Bob explained he was going to try Dr Moseley's diet, he was advised against it because it was so severe.

Bob was determined though and started an 800 calories a day diet and lost 4 stone in 4 months. He dropped to 12st 3lb but found this was unsustainable with too little muscle mass.

With no back pain to worry about Bob was able to start exercising and now goes to the gym 3 times a week and does pilates stretching every day.

He says he has not felt this good since he was 35 and he is 65 next month. He has been clear of diabetes since his diet, has dropped his pills to 3 a day, none of which are for diabetes, his blood pressure has dropped to 114/66 and his cholesterol is down to 2.9, both good.

Ever vigilant, Bob has measured his daily calorie consumption and it sits in the 1600 to 1800 range. So he ignores generalised advice about needing up to



2,500 calories per day.

Diet wise, Bob has changed a lot. He has dropped many of his old bad habits and now mainly focuses on good, healthy food. A normal meal will be chicken, sea food or fish with vegetables and pasta. He enjoys the occasional naughty,

like biscuits and even fish and chips, but gets the fish without batter.

Bobs' determination should be a lesson to us all. Many of us might believe we can do nothing about our health. We might even have been told nothing could be done.

But Bob didn't accept that and he is already living a much better, much healthier and pain free life.

How much do you want that?

Some Facts

It is estimated 3.5 million have been diagnosed with diabetes in the UK and another 0.5 million are undiagnosed. It is expected to grow to 5 million, that's 25% more, by 2025.

Diabetes type II shortens life by up to 10 years.

Excess blood sugar will cause havoc with many parts of body, including heart, brain, legs, eyes, kidney, nerves and double the risk of a heart attack.

The World Health Organisation has called for a 25 gram limit on sugar intake per day for an adult, which would require a major change in diet.

The NHS is estimated to spend 10% of its budget on treating diabetes.

Nordic Pole Walking—Alan

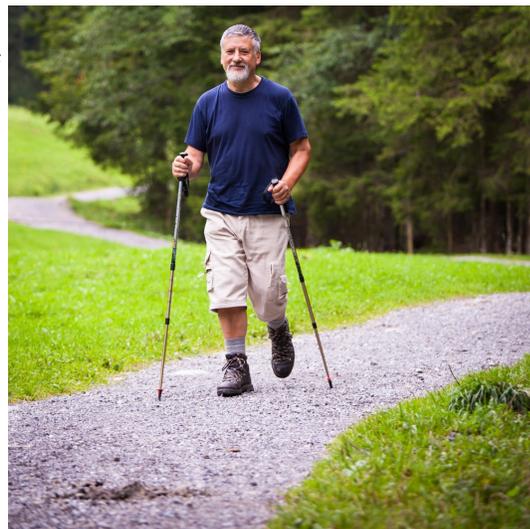
Nicky has been Nordic pole walking for a few years now, back and forth to work, on the chase and on the beach. I'm always bemused by the public who look at Nicky with her poles, as they appear to wonder what on earth she is doing with ski poles when there is no snow around. So here I will explain.

Walking is a great way to exercise and allows us to get closer to nature when we are able to walk in the country away from the modern world. If you like walking, you will almost certainly like Nordic Ski walking. Once you have got the hang of it, you will soon realise that it allows you to exercise your whole body effectively and not just your lower limbs. With that comes a whole lot of benefits:

- Over 90% of the body's muscles are activated
- It's much more effective to help lose weight as it burns up to 46% more energy than normal walking
- It helps strengthen your heart & lungs by as much as 25% over normal walking
- By taking some load through the upper body, it takes some of the strain away from the lower body. If you are at all unsure of your stability when walking, the poles help significantly and will give you a lot more confidence
- Because you are using your upper body, it means that part of your body benefits every time you go for a walk as well, which means it helps fight the flab and strengthens the arms, shoulders and spine.
- It helps improve joint mobility for most of the body.
- It's much more effective than just walking for weight loss.
- As we all know, back pain is a major problem. In fact about 80% of the population will suffer back pain at some point in their life. Worse still, there is about an 80% chance of the problem recurring within a year without both proper treatment and prevention. One key preventative step is to make sure you have good core stability and Nordic Pole walking is great for strengthening your core. Thus for back pain sufferers, the long term benefits are likely to be significant.
- A natural outcome of Nordic Pole walking is that it helps you achieve a better posture.
- You can of course go for a walk on your own, but it's a great way to exercise socially in a group.
- It's a very effective rehab exercise

That's quite a list of benefits. No wonder then that Nordic Pole walking is growing rapidly around the world.

If you can get over the initial weirdness of walking with poles, then all the above benefits are available to you. As with anything though, you need to make sure you are doing it right. It probably comes as no surprise that many people get their poles and assume it's obvious how to use them, and they end up with no more than the benefits of two sticks hanging on their arms. If taught properly, it's not difficult and it doesn't take long to learn. Why not book yourself in, or better yet start a social group, to learn this great way to better health.



East Ruston Old Vicarage

Last month we added an article about where we have visited and thought we would wait a few weeks before repeating this, but we have found such a gem, we thought it justified mentioning now, as some of you might want to visit this summer.



The 30 acre gardens have been created over the last 40 years by two dedicated gardeners and the results are spectacular. So much so, they were selected by the RHS as one of their first 6 partnership gardens.



Their inventiveness and attention to detail is exceptional and its really hard to do it justice in the small space afforded here.

The gardens are located just 1.5 miles off the Norfolk coast.



If gardens interest you and you are in Norfolk, we would strongly recommend you put it on your list. For a fantastic day out, add it to a visit to Blickling Hall not far away.



Team Spotlight– Erica

Reception / Admin

I first met Nicky 16 years ago when at Rowley Hospital for a sub-acromial decompression of my right shoulder, after being pulled over backwards by a horse. Nicky was working at Rowley and responsible for my post-op physio. I soon experienced the benefits of IMS, along with a curiously 'euphoric' feeling at the end of each treatment. I was disappointed when I was discharged!



Experiencing a similar problem with my left shoulder I visited Nicky, who was now working from home, in order to avoid further surgery. Then one day, after treatment, Nicky asked me if I would consider helping with Reception work. Nicky and Al had already found Cromwell House and had exciting plans to move the business away from home and to expand. I moved with them and the rest, as they say, is history!

11 years on and I am still here, dividing my time between the clinic and equestrian photography. I have ridden since I was 8 (despite growing up near Aston Villa FC!) and my girls have ridden since the age of 2 rising to Championship level in their chosen disciplines. In return for what we have enjoyed, I have put time into the administration of equestrian sport: for several years as Chairman of Stafford Riding Club; 30 years to British Eventing; and 30 years in the organisation of our local Branch of The Pony Club, 5 of them as District Commissioner - for which long service I was presented with an award by Princess Anne – my greatest claim to fame!!

Contact Us

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

01889 881488 / painreliefclinic.co.uk