

A Triple Award Winning Clinic



Over 95% of Our Clients Rate Us



NICKY SNAZELL'S

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Wellness & Physiotherapy Newsletter October 2018

painreliefclinic.co.uk

A New Brochure

Our mission is to help people live a longer, healthier and pain free life. Many of our patients understand this and have wanted to help others, as they have been helped themselves. However, communicating our mission and our beliefs to others who don't even know us has been difficult. Not surprisingly, we have been pressed to provide a brochure which accurately reflects our values and beliefs.

We listened to what you wanted and we have been working quietly in the background to provide this. The brochure had to be able to convey to the reader not only our values and beliefs but also our own expectations. We had to be able to provide a clear enough picture of who we are, so that the reader could decide if we were right for them and they were right for us.

Now it's finished, it's printed and in stock. We think we have achieved our goal, but at the end of the day, it doesn't matter what we think, it only matters what you think. So we would really appreciate some feedback when you next visit.

We believe our clinic provides the type of help that is desperately needed— prevention as well as cure. We have many long term clients who understand that this is a Wellness journey and not just a quick fix.



We would very much appreciate your help by referring others to us who you feel would want to join us on this journey.

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A New Referral Tool

Right from the outset, we have recognised the tremendous responsibility that you carry by referring somebody to us and suggesting we can ease their suffering.

We realised it wasn't enough just to help you, we had to take that responsibility away from you completely.

If you do want to recommend a friend or family member, who you think will benefit from our help and appreciate our approach, first explain that as we have helped you, you feel we will be able to help them, then suggest they take the brochure and let them decide for themselves.

The Butterfly's Message—Nicky's New Children's Book

Ever since Nicky wrote her first health book for adults, 'The 4 Keys To Health', she has been asked to explain what it really means. So Nicky ended up developing a fictional story she would tell and the patient would listen intently while on the couch.

"Now I get it" was a common response. It thus dawned on Nicky that it would make sense to write the story properly, to stimulate the imagination, but not for adults alone, for their children and grandchildren as well.



When are people most imaginative? When they are children. As children we all loved to be read stories and let our imaginations run wild. This story

aims to do just that and with a meaningful message. A message that miracles can happen.

The book is written for second grade primary school level and is beautifully illustrated throughout.

'The Butterfly's Message' will be available in time for Christmas and will be sold through the clinic. We can also ship worldwide.

Why not put this on your list for Christmas, for you to read to your children or your grandchildren, for you to give them the most precious of gifts, a miracle that could help them throughout their lives.

We will be taking orders for 'The Butterfly's Message' starting in October / November.

"A book is an unlimited investment in the human mind and spirit. It's selection deserves thoughtful attention" Anon

Top Referrer—Tom Maguire

We really appreciate that many of you make a huge effort to refer others to us. It makes you part of our heartfelt mission to improve peoples lives, to help them achieve a longer, healthier and happier life.

Some of you have had such concern for others that you have driven your friend or family member to us, to make sure they get the help they deserve.

We would like to thank each and every one of you and particular thanks has to go to Tom Maguire who went that bit further over the last 3 months.

As a special thank you to Tom, we will be gifting him an additional £30 of vouchers, which he can use for himself, or gift to others as he wishes.

We Need Your Help

We are working hard to raise our profile on Google, so that we can be found more easily by those who really need our help.

Google will look at a number of things before deciding how relevant our website is to a particular search and one of those is the number of reviews we have on Google and this is where you can help.

We would be extremely grateful if you could take a few minutes and leave an honest review. If you search on Google for Nicky Snazell, you will see our business page on the right hand side of the results. Scroll down until you see the 'Write A Review' button.

You will need a Google account.

Thank you to all who help.

Thumbs Up For Acupuncture

Waine, a self-employed carpenter, was first diagnosed with osteoarthritis in his right thumb 4 years ago, when he was 47, quite a young age, but probably aggravated by the nature of his work. His GP prescribed Ibuprofen and he took these at about 6 a day for the following 18 months but the pain steadily increased and he ended up needing a steroid injection. This took his pain away at first and then slowly wore off so that by 8 months he was back in constant pain, 24/7, enough to wake him most nights.

He returned to Ibuprofen and then 4 months later had a second steroid injection, which this time only relieved his pain for 3 months. He returned again to Ibuprofen, not happy with his reliance on these, but with little option as his pain was at times unbearable while working. His underlying pain level was 5/10.

His options were to continue with Ibuprofen, try a third steroid injection, or as a last resort, surgery. He ruled surgery out due to the recovery time of 12 weeks, which being self-employed, he could not afford. The surgery also carried a risk of his thumb being permanently locked in one position, which could prevent him working as a carpenter again.

His wife had been to Nicky Snazell Clinic and had been helped a lot, so she suggested Waine should see if there were any other options. Waine saw Sarah, one of our senior physiotherapists and she prescribed some acupuncture.

"I couldn't believe it, I walked in in pain and walked out almost pain free. At worst my pain is now only 1/10, it's not really pain anymore. After the first treatment I was getting a full nights sleep as well. I've gone 2 weeks with minimal pain and it increased yesterday, so I've come back for a second treatment today"

Waine understands that osteoarthritis is a long term condition and that it's not just a matter of a quick fix.

"I don't mind if I come back every 2 weeks to stay largely pain free, can sleep and do my job. I'll talk to Sarah to agree a maintenance plan. We can extend the gaps between treatments until it causes a problem"

A Pain In The Neck

James first suffered with his spine when at 17, he fell 15 feet onto concrete and suffered multiple spinal fractures. In the following 20 years, he suffered neck problems, not helped by being a long distance driver.

The problems with his neck started becoming more invasive to his quality of life around 7 years ago, with neck stiffness and restricted movement. It also started impacting his sleep and left him in constant pain. In typical male response, he left it for a few years, hoping it would go away, but then 4 years ago finally got to see his GP, who referred him for physio. The physio helped a lot using acupuncture and this provided relief for about 12 months.

James then went back to his GP and had more physiotherapy, but no hands on and after 8 weeks they told him there was nothing else they could do, or he could wait 14 weeks for a follow on review. James left it, seeing no point in continuing.

By this point James had very restricted neck movement, with pain at about 8/10 and was getting no more than 2 or 3 hours of sleep a night.

Eventually James came to Nicky Snazell Clinic and was given intense hands on physiotherapy treatment plus electro-acupuncture by Sarah. He couldn't believe the difference. In one treatment he had much better movement and was able to sleep 7 or 8 hours a night. After just 2 treatments his pain dropped from 8/10 to zero.

"I'm over the moon with what Sarah has done, it's been superb."

James had suffered many years of pain and lost sleep and he did not want to go back to that, so after discussion with Sarah, he switched to monthly maintenance and continues to be pain free.

"The aim is to slowly increase the time between my maintenance appointments to see where I am able to maintain my pain free and better quality life."

Fascia And It's Significance To Pain

Historically, fascia hasn't had the same level of attention in western medicine, as the body's organs, bones and skin. So much so, that probably most people would have very little idea of what it is, or of it's existence.

So what is fascia? Imagine your body being bubble wrapped under your skin, with a strong, elastic material that is permanently tight, or in tension. The strength comes from collagen, which is like super glue—its name is actually Greek for 'glue creator'. Collagen is the steel inside the vessels, nerves, bones, cartilage, tendons and ligaments.

Fascia is our system to regulate biomechanical movement—just as our circulatory system is a chemical regulator, and the nervous system is a timing regulator—and it therefore needs to be treated as a system, rather than a series of parts. Our western anatomy textbooks have in the past tended to reduce us to a consideration of forces and levers, as if we were manufactured from parts, just like a machine. This viewpoint, however, is rapidly crumbling with the onslaught of new knowledge and technology.

Fascia actually starts within two weeks of life, as a fibrous gel that surrounds all the cells in the developing embryo. As we develop this dense mesh forms different layers of cling film around the muscles, bones and organs. The continuity of the fascia in the body suggests that it acts like an elastic network, pulling inward, with the bones acting like struts. This provides a floating compressive support to the whole body.

Modern ultrasound scanning now shows us that our



fascia is moving and gliding one layer over another, even long distances away from the body area which is physically moving. For example, movements in the back and thigh fascia have been measured when stretching an ankle.

The Chinese interestingly were well aware of the significance of fascia more than 2000 years ago, dedicating two of their main meridians to fascia.

Why would Chinese Medicine have identified the significance of fascia thousands of years before we managed in the west?

The answer is most likely due to the collagen in the fascia. Humans need electrical activity, our eyes see with photons, the heart is paced with it's pacemaker, the brain thinks with electrical connection, nerves transmit electricity. Without electricity, life simply stops.

It is the collagen that holds, generates and directs our bodies electricity and thus the fascia, rich in collagen cells, plays a significant role in electrical activity. The Chinese identified body energy, called 'Chi', and that by inserting needles into the fascia could alter the flow of 'Chi'. (In fact, modern functional MRI scanning shows how the brain lights up like a Xmas tree when fascia is needed)

Thus the Chinese, by luck, or wisdom, hit upon the true significance of the role of fascia in the human body thousands of years ago with a simple needle. Through thousands of years of study, they then went on to understand how the whole body could be returned to normal by treating the fascia. As a holistic way of thinking, this is diametrically opposite our western approach of breaking the bodies problem into it's smallest part.

A Modern Understanding Of Fascia and It's Significance To Chronic Back Pain

Modern research is providing concrete proof that hidden, unspecific pain can be caused by the connective tissue, or fascia. In addition it is known that

fascia responds dynamically and independently to the brain. Stressful thoughts cause particular fascia cells, called fibroblasts, to respond in a harmful way. A stress trigger, called TGF, causes the manufacture of too much collagen, which in turn reduces the elasticity of the fascia, leading to pain.

This pain does not show up on MRI or X-ray.

What Does The New Knowledge Mean To Back Pain Sufferers?

(The focus in this article is on back pain, but the same fundamentals apply to chronic pain anywhere in the body.)

This means that chronic back pain is not caused by the spine alone. It can equally be caused by problems in the fascia. Thus treatment of chronic back pain needs a multi-layered approach to be as effective as possible. To do so, it is important to understand the factors which will aggravate the back pain.

Dehydration, a massive ongoing problem, with a measured 80% plus of the population being dehydrated, and worse in the elderly, will lead to dehydrated fascia. This in turn leads to a reduced ability to glide, causing increased stiffness and pain.

A lack of sufficient movement, typical in so many of our desk bound lives, leads to increased rigidity in the fascia, as well as aggravating nerves.

So what can we do about these problems? Staying well hydrated is obvious, but additional benefits can be gained from massage. Latest research has shown that massage helps hydration levels, as the tissue responds to a firm touch by absorbing more water.

Research has proven that acupuncture helps the fascia remodel beneficially. Exercise and acupuncture will counter the over production of collagen, reducing pain and inflammation. Adding stretches enhances this further.

Why Do Some People Hurt, While Others Don't?

At our clinic we see many elderly patients with badly degenerated spines and joints and yet suffer no pain. Others, much younger, with better spines and much less wear and tear, suffer considerable pain.

At first this may seem illogical. If, however, we now include the significance of the relative health of the connective tissue, their fascia, then perhaps a new explanation emerges. Those who exercise, who have regular maintenance, who drink enough fluid, who have a healthy diet and laugh a lot to keep stressful thoughts at bay, most probably have more healthy fascia.

A new episode of pain may in part be due to wear and tear, there may be muscular spasm which needs GunnIMS or dry needling, but after the initial phase of pain relief, it will need a longer term treatment of the fascia, through acupuncture, massage and a lifestyle change with more exercise and better hydration.

In Germany, the first line of prescribed treatment for pain is often a course of massage. This fits exactly with the new concept of fascia pain and now makes a lot of sense.

With this new understanding, the future is a lot brighter for chronic back pain sufferers.



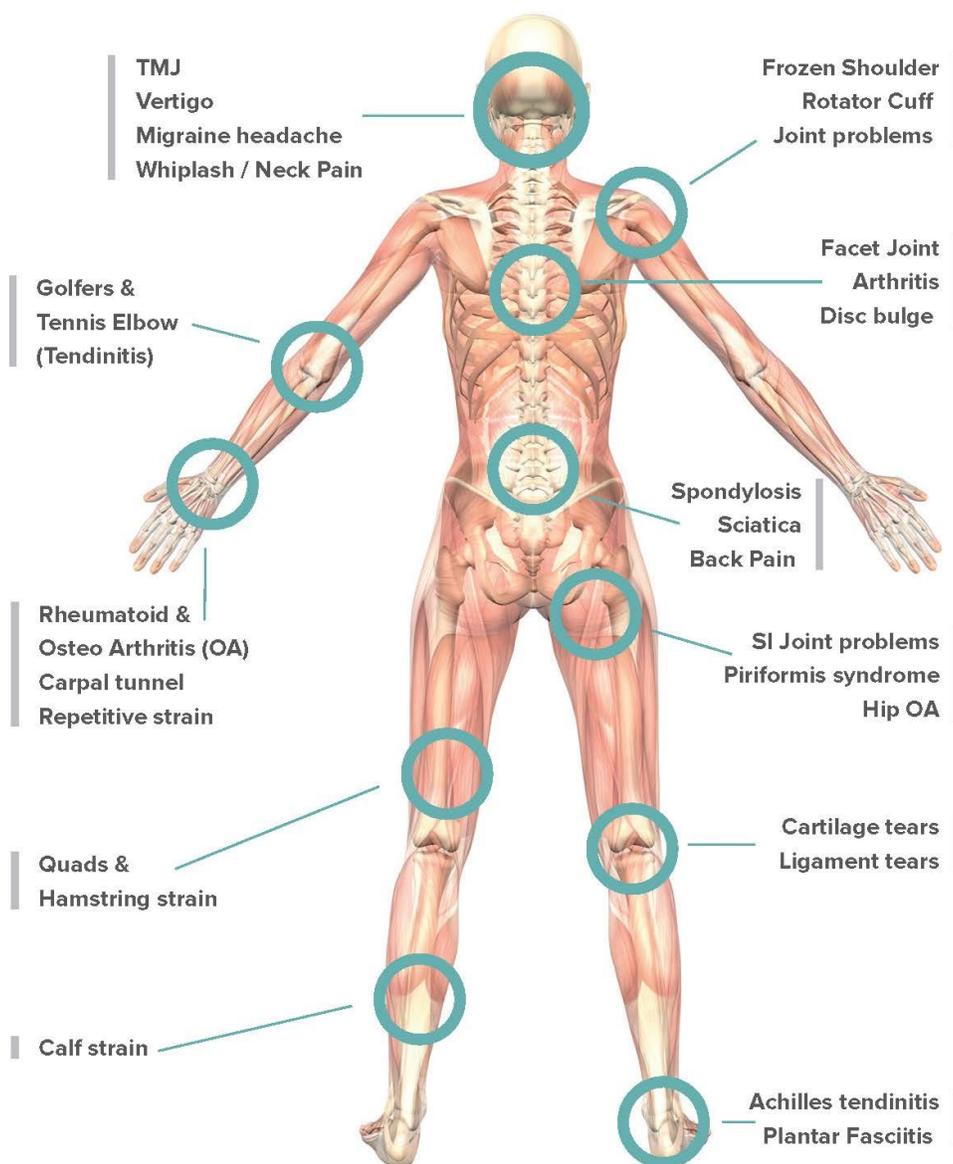
What We Do At Our Clinic

Not a month goes by without a number of our patients commenting that they were not aware of all the things we do here and if only they had known they would have booked in sooner.

It's impossible to list everything we do in this small space and the graphic below only gives a sample. In simple terms, if you have a problem with a muscle, tendon, ligament, spinal disc or joint anywhere in your body, we can help.

Here is a list of the treatments we offer:

- GunnIMS—world specialist dry needling for chronic & sports pain
- Acupuncture
- Physiotherapy
- Sports Therapy
- Post Op Rehab
- Biomechanics & Bespoke Orthotics
- Relaxing, sports and deep tissue massage
- Personal Training
- Reiki
- Reflexology
- Pregnancy Pain
- Indian Head
- Sound Therapy



The Hip Joint

Pain in the hip joint is a fairly common complaint and there are number of potential causes, some of which are not in the hip at all, so it's important to get it properly assessed by a physiotherapist to get an accurate diagnosis. What you may be feeling is pain in the region of the hip even though it is not caused by a hip problem.

There are a lot of structures that connect the lower back through the pelvis to the upper leg and significant nerve pathways, any of which could cause pain. Typical symptoms that you may feel are

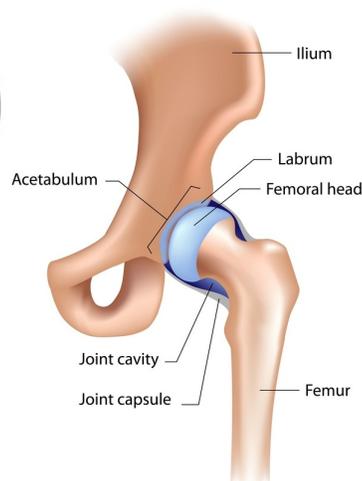
- Groin pain
- Restricted movement & stiffness
- Tenderness / swelling over the hip joint
- Limping

The causes of which could include:

- Nerve interference in the spine and /or buttock
Often caused by muscle spasm compressing the nerves and referred to as sciatica.
- Osteoarthritis
This is a wear and tear problem and thus more prevalent later in life
- Bursitis
Inflammation of a bursa, which is a fluid filled sac acting like a cushion, can result from overuse.
- Tendinitis
Overuse can easily inflame one of the many tendons connecting muscles to bone around the hip joint. Runners are particularly prone to inflammation of the ITB, a thick tissue band which connects the pelvis to the outside of the knee joint.
- Labral tear
The labrum, a ring of cartilage around hip socket, can tear causing severe pain on activity.



The Hip Joint



- Hip Fracture
This is most likely as a result of osteoporosis, a condition where the bones become weaker, and is much more common in post menopausal women.

- Hernia
These can occur in the groin area and can cause pain in the front of the hip. Pregnant women are more prone to hernias.
- Endometriosis
This gynaecological condition can cause pain patterns similar to hip pain.

An increased level of sporting activity in younger women in recent decades has also seen a surge in hip related problems. While both sexes can suffer hip problems, women are more susceptible due to their different hip structure and their monthly hormone changes can also relax tendons and ligaments, which increases the risk of damage.

What Can You Do To Ease The Pain?

Short term relief can be provided by resting the joint and applying a cool pack to reduce inflammation. Anti-inflammatory gels will help. Nordic pole walking will reduce the hip loading while walking.

It is important to get your condition diagnosed as quickly as possible, so you don't waste time treating the wrong problem and long term rest can do more harm than good.

We can provide a provisional diagnosis and appropriate treatment, including physiotherapy and acupuncture. Some conditions may need an MRI scan to confirm the diagnosis.

Prepare For Winter Blues

Autumn is now upon us and we are rapidly approaching October, the month when we lose an hour of daylight as the clocks change. By winter solstice, 21st December, our daylight hours will be nearly 6 hours less than 21st June.

For many of us, this will mean we will spend most of our winter days at work or inside, with little access to sunlight, most likely travelling to and from work in darkness. It's hard to find anyone who looks forward to the prospect of so little sunshine. For 8% it will trigger Seasonal Affective Disorder, or SAD.

SAD was officially recognised in 1984 following research which established that hormone levels were affected by available light. These hormone changes were found to change mood, sleep and eating habits, increasing the desire to both sleep more and eat more carbohydrates.

SAD has been linked to depression and this is far from new, with physicians as long as 2,000 years ago identifying the link between access to sunlight and mood.



For something so straightforward as a lack of time in sunlight, the obvious recommendation to resolve this is to get out in daylight as much as possible, preferably at least 30 minutes per day. A brisk walk in the winter sun at lunchtime is clearly a healthier option than continuing to sit inside, in more ways than one.

There are other steps you can take to make winter a more enjoyable experience and now is the time to

start planning, as once the lethargy sets in, it will most probably be too late.

Here are some ideas you should consider:

- Buy a daylight bulb and give yourself a daily dose of light therapy. SADA, the charity set up for SAD sufferers, estimates that up to 85% could be helped with this simple therapy. Interestingly, we bought one and use it in the office at home and our two cats fight over it as soon as it's on. They obviously pick up on something!
- Start some form of regular exercise, even simple yoga will help. Exercise is PROVEN to make you feel better.
- Avoid bad news. We are addicted to the news, which is mostly bad news. Health experts advice is don't read newspapers and don't watch the news for this very reason. Our body systems were never designed to be bombarded with constant negativity. Try it! I guarantee if it's something important, someone will tell you anyway. The rest, by definition, is not important.
- Spend time with friends. Studies have shown that THE single most important factor in life expectancy is having regular contact with close friends.
- Laugh a lot. Do fun things.
- Eat and drink sensibly
- Get as much light as possible.

It is perhaps alarming that Roman physicians identified all these factors 2,000 years ago and yet we are still trying to get the same message across now.

What happened to common sense?

Contact Us

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

01889 881488 / painreliefclinic.co.uk