



WOODFIELD
Physiotherapy Centre

Newsletter

July 2009

Issue 1

The Woodfield Physiotherapy
Centre

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Opening Hours

Monday to Friday 8 am till 7pm

Saturdays 9-12pm

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Welcome to our first Newsletter!

We would firstly like to thank all the many people who have visited us at the new clinic since we opened in February this year. It has been a wonderful start for the practice. We are so thrilled many of you made the effort to come and see us, and thank you all for your kind wishes of support.

It is hard to imagine just six months ago after a huge effort to get the building finished on time (thanks to all involved). We opened to the fall of heavy snow and most of England at a standstill. Both Kate and I made it into the clinic to admire a picture-postcard view of Colmworth from our beautiful new reception and treatment rooms.

Now basking in summer sunshine it's hard to believe six months could have gone by so quickly! So much has been happening we have hardly had time to think where it has gone.

We have increased our team at the Woodfield Physiotherapy Centre and now offer a variety of therapies as well as Physiotherapy: Podiatry/Chiroprody, Sports Massage, Acupuncture and Pilates classes. Jan Campbell is on reception 9.30-1.30 every day and is always on hand to answer your queries or book appointments.

Kate, I and all the team here at the Woodfield Physiotherapy Centre hope you find our first Newsletter a good read, and would like to wish you a very happy Summer.

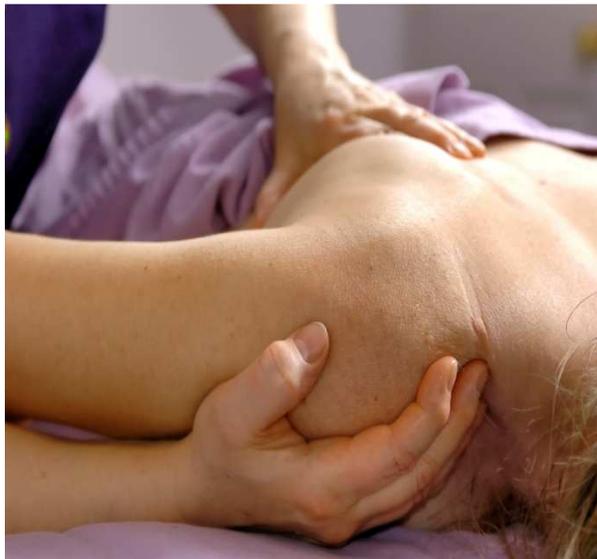
Kate Abrahams and Cordelia Squire

Sports Massage Therapy

Elizabeth Hughes

Welcome to Elizabeth Hughes who is our Sports Massage Therapist. She has been practising sports massage therapy in the area for many years. Her focus is on sports massage, but she also practises Bowen Therapy (a lighter touch form of massage) and remedial massage. She will sooth your aches and pains away with the greatest skill. Regular sports massage helps to increase flexibility, promotes circulation through muscle tissues, and helps prevent injury. It is an essential part of any training program.

Sports massage is not just for sportsmen; daily stress can cause muscles to become tight, fatigued and painful. Massage can be targeted on these areas, ensuring immediate relaxation. Elizabeth will put you at ease and all you have to do is let her work her magic



Pilates

Zara Walters

Zara is a qualified Pilates Instructor and started at the clinic in March. Since then her classes have been a roaring success. Zara now takes 3 classes a week, on Wednesdays and Thursdays . Not only does she work everyone to their fullest potential, but also her classes are fun and entertaining.

There are only 4 people in each class so Zara gives individual attention and correction to each client. She can adjust each exercise to suit your needs, and therefore you can feel assured you are performing the exercise correctly without risking injury.

Zara is also available for 1:1 classes should you wish to train individually.



Summer Family and Kid's fun Fitness

As the school holidays edge closer, here we give you a idea of how best to enjoy the sunshine and stay fit enough to keep you and the kids entertained!

The sunshine gives the whole family an incentive to go outside and enjoy a host of summer activities. Swimming is a great activity for everybody, and even just playing with the kids can be a great form of exercise. Water volleyball strengthens your core, as you must generate stability between your legs and arms as you reach up to hit the ball. The water provides 27 times more resistance to movement than air, so it's a great way to work out. Using a float is a great way of exercising the leg or arm muscles- try swimming with it placed between your knees!

The pool is good place to perform some mobilizing exercises for you back. For example, squat down in water (the buoyancy of water makes this easier than on land) then resting your arms on a float- the best sort for this is the woggle (see below), rotate your trunk around as far as you feel comfortable. This helps to keep your back supple and free from stiffness.



For general cardio fitness, try running in water, you will be surprised what a workout you can get! Other good exercises using a woggle include sitting on it and peddling as if you were on a bicycle. The perfect way to enjoy the water, tone your body and top up the tan.....

People we would especially like to thank are firstly our patients and the local GP's for being so loyal to us and spreading the word about the new clinic. Special thanks also to our husbands for putting up with long hours and endless questions!

We would also like to give special thanks to those who helped bring the clinic together and make it look so lovely.

Ivor and Margaret Seabrook, Tythe Farm, School Lane Colmworth

Ian Bargh, BM Office Furniture Solutions Ltd, Kimbolton

Daniel Shortle, Lion's Den Computers, College Farm, Duloe, St. Neots

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Suzie Claridge Graphic Designer

Lockwood Lithographics Kimbolton

John Heald Carpentry, Colmworth



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