



HOLCOMBE  
HEALTH CLINIC

# HOLCOMBE HEALTH CLINIC NEWS

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Spring has sprung with sun, sleet and snow all within a couple of weeks! Let's hope everything settles for a lovely fine Easter!

Here at the clinic our parent baby offer continues to expand with classes and sessions including pregnancy yoga and hypnobirthing added to our existing schedule. To give parents the opportunity to try out some of the activities, we held an action-packed parent and baby taster day on Monday 4th April - see inside to find out more.

Physio appointments with our senior physiotherapist Julie have now been added to the clinic schedule on Mondays and Wednesdays as well as Fridays. If you haven't already met Julie, her specialisation is dizziness associated with vestibular disorders as well as the

assessment and treatment of all musculoskeletal conditions, chronic neck and back pain, sporting injuries, muscle strains and joint sprains.

During April, we have a fantastic sports massage offer of an hour's massage for the cost of half an hour. With marathon and race season now in full swing, it is the perfect time to book in your appointments with our sports therapists Remy and Louis. Lastly, if you like to keep fit and maintain a healthy balanced lifestyle but would like to know more about your current health status and any potential future health concerns, then we have just the service for you: a new health screening which we are delighted to introduce to our portfolio. Read on to find out more.

Happy reading and happy Easter all! Lou x





## Putting the spotlight on vestibular rehabilitation

by Julie Burge

You may ask what we mean by 'vestibular'? This actually relates to the inner ear and your sense of balance. Vestibular rehabilitation is an exercise-based home programme to improve your balance and reduce problems related to dizziness.

Dizziness can mean lots of things to different people; it may be a feeling of lightheadedness or spinning (vertigo)/ floating/ swaying or even whirling. These sensations can occur when you are still or when you are changing position and can last varying lengths of time. It can be very scary!

Can you believe it is the most common complaint in people over 75, but can occur at any age? It generally isn't serious, but can be a sign of:

- an inner ear disorder
- a side effect of medication
- an underlying anxiety
- a neck problem
- occasionally, something more serious linked in with a heart or brain condition

As well as feeling dizzy, you may also experience neck tightness, headaches, unsteadiness on your feet and a general loss of confidence with every day movements. Clients we see at the clinic are those diagnosed with Meniere's Disease, labyrinthitis, Benign Positional Paroxysmal Vertigo (BPPV), vestibular migraine, neck-related dizziness, anxiety-related conditions and more generalised balance problems linked with walking.

The good news is we can evaluate your symptoms and, following a series of tests looking at your balance and mobility, develop a treatment plan. Our goals are your goals, to enable you to return to the activities you love. In many cases, vestibular rehab therapy is the only treatment required.

Please contact the clinic if you require further information or if you would like to speak to Julie Burge, our specialist vestibular physiotherapist, to see if this form of treatment might be beneficial for your condition.

Please don't struggle in silence. If you, a friend or a loved one needs support or advice, feel free to call us on 01634 817242 for a chat.

## Case studies

Welcome to our case study feature which illustrates the varying reasons people come to us for physiotherapy treatment and how we can help.

As therapists, our priority is understanding your problem, guide you on symptomatic relief and ultimately, address the underlying cause. We aim to provide you with the tools to manage your condition confidently and independently to reduce the likelihood of recurrence.

When you read these case studies and recognise similar issues or are struggling with persistent pain and would like to learn what you can do to help manage your symptoms, please do contact us.

### Case study: shoulder pain

A client presenting with a two week history of right shoulder pain creating difficulty reaching behind her back and pulling her trousers up. Our client described several previous flare ups since having right breast reconstruction surgery following a diagnosis of breast cancer in 2007.

Surgery involved using one of the main shoulder/back muscles called latissimus dorsi; this procedure has been associated with a long term reduction in shoulder strength. As a result, the pectoral muscles at the front of the chest/shoulder had become very tight and overactive to compensate.

Our physiotherapy treatment focused on symptomatic relief with soft tissue release to help address the muscle tightness alongside a tailored programme of home stretches. We also recommended a strengthening programme to target the muscle imbalance around the shoulder.



### Case study: lower back pain

Our client, a young lady presented with a three month history of right-sided lower back pain, described as a constant tightness building up to a painful ache by the end of the day. Trains regularly in the gym with a mix of upper and lower body weights plus cardio but over the last few months had increased both the frequency of her visits and also the intensity of her training, lifting heavier weights.

#### Key findings:

- significantly reduced stability and strength of left leg causing her to favour her right leg under load, creating an overload of right side contributing to right lower back symptoms
- a stressful job was creating a generalised increase in muscle tension through neck and shoulders

#### Expectations of the first session:

- to learn what to do to lessen symptoms
- how to prevent recurrent problems

## Case study: lower back pain continued

Exercise therapy; devised a tailored home programme of:

- spinal stretches to open up/elongate the right lower back
- alongside strengthening exercises for the left leg

Recommendations:

- advised on relaxation techniques to help manage her stress
- education on reducing the load and frequency at the gym in the interim period to allow adequate recovery time

Our client returned one month later for a follow-up and reported no symptoms. She had integrated the single leg stability training into her gym programme to good effect and recognised the importance of continuing with this longer term. She was also benefitting from using daily stretching and meditation to help manage her stress and tension.



## Case study: chronic neck pain

Occurring for several years, as a result of:

- poor posture
- stress
- work-related issues

Our client presented in a very poor and compromised posture, with rounded shoulders, head in a forward position and hardly able to move her neck at all.

Treatment: our physio worked on her thoracic spine, soft tissue supporting the head and the deep neck flexors (core neck muscles) to help correct posture. Education on correct posture going forwards.

Treated with: acupuncture, mobilisations, soft tissue massage

Eight weeks on, our client virtually has full movement of neck and minimal pain with only occasional bouts of pain caused by over-exercising.

Exercises at home include deep neck flexor strengthening and thoracic mobility.







### Case study: lower back pain caused by prolonged sitting working from home

Here we look at how acupuncture helped our very own nutritional therapist The Nutrition Pod and yogalates teacher, Lisa.

Lisa presented with posture-related lower back pain and tightened hip flexors, as a result of a day working from home (not her usual work station!), sitting as shown in photos, followed by two games of hockey.

Playing hockey exacerbated the already tightened hip flexors, putting the lower back under pressure to correct the misalignment of the lower back and pelvis, causing the back to spasm, in turn creating pressure on the lumbar discs

Acupuncture was used as a treatment as it relaxes the muscles, relieves the pain and allows healing to occur.

In conjunction with the acupuncture, doing yogalates helps to stretch out the muscles, loosening the hips and lower back.



### Sports massage offer

Are you in need of some stimulating treatment for an aching body? Why not take up this excellent offer of a one hour sports massage for the price of half an hour (until end April)?

Restorative and rehabilitative, sports massage is ideal for preparing and maintaining the body during sport as well as helping recovery. It emphasises the prevention and healing of injuries to the muscles and tendons and is ideal for people with chronic pain or restricted range of motion.

To take up this offer, simply book online at <https://www.holcombehealthclinic.co.uk/book-online>. Or call 01634 817242 if you have any questions.





## Parent/carers baby classes

On Monday 4th April, we held a free taster day for our parent/carers baby classes including an infant first aid session with Donna. It was lovely to meet some of you in person and we hope the day gave you a good idea of what is on offer at Holcombe Health Clinic for parents/carers and babies.

Our baby drop in clinic with midwife Maddy which has been on Monday mornings will be changing to the first Friday every month going forward from Friday 6th May. Feel free to call in and stay for as little or as long as you like to weigh your baby, discuss any concerns with Maddy, play, socialise and have a tea or coffee with us. Just a £2 donation towards refreshments.



## Baby massage and reflexology

The next baby massage and reflexology course is starting on Wednesday 20th April 10:00-11:30 and will run for six weeks until Wednesday 25th May. This costs £60 and includes a gift bag with soft fluffy towel, our own organic cold pressed sunflower baby massage oil, printed cards to take home and practise massage strokes and a few other freebies for you. The classes are all very relaxed and totally baby-led so feel free to feed, change or comfort your baby at any point during class. Baby massage and reflexology are great tools for bonding with your baby and helping with sleep patterns, colic, digestive issues, teething and baby's physical and mental development.

Suitable from birth up to active crawlers, but we usually recommend you have had your six week check before starting so you can get the most out of the classes. Following class we always have time for tea, coffee, cookies, cake and random chats!

If you would like to book please click on the link to our website and online booking system.

<https://www.holcombehealthclinic.co.uk/shop/classes/baby-massage-in-the-studio/>



## Baby yoga



Baby yoga will begin again on Thursday 21st April from 11:00-12:30 and again runs for six weeks up to and including Thursday 26th May. £60 including a gift bag with our gorgeous Chilled Cherubs baby yoga vests and other freebies.

Again these classes are about baby's development, physically getting them ready for rolling over, crawling and walking, building neck and core strength, flexibility and even correcting tiptoe walking!

There are a few simple breathing techniques and stretches thrown in for the adults too, to help with those common niggles to the neck, back and shoulders from constant lifting and carrying an ever increasing weight around!

You can practise baby yoga from eight weeks (or 12 weeks if c-section birth) up to active walkers. There is always time to chat over a cup of tea or coffee with cookies or cake after class! To book follow the link below.

<https://www.holcombehealthclinic.co.uk/shop/classes/baby-yoga-in-the-studio/>

## Pregnancy yoga and hypnobirthing



If you have any friends or family who are currently pregnant, let them know about our pregnancy yoga classes - Mondays 18:30-19:30 and hypnobirthing sessions - Saturdays 7th and 14th May 10:00-14:00.

Pregnancy yoga can be booked here. <https://www.holcombehealthclinic.co.uk/shop/classes/yoga-in-the-studio/>

For hypnobirthing, please contact Maddy directly on 07999 781237.

To sum up, we love what we do and want to provide a safe, nurturing space for you and your babies to develop and thrive. Sharing our knowledge in a professional way whilst also providing a relaxed atmosphere and a good few belly laughs is important to us!

If you have any further questions don't hesitate to get in touch via email, on our social media pages or by calling the clinic on 01634 817242.



## Health screenings



Our health advisor, Paul McBride is running a comprehensive health screening service at the clinic.

<https://www.holcombehealthclinic.co.uk/health-screenings/>

Meet Paul: while working in the private health sector, Paul developed many key skills to help his clients maintain a healthy balanced lifestyle through performing non-invasive health screening tests during his health screening checks. Paul has a varied background in the health and fitness industry, starting out as a strength and conditioning coach working at Tottenham Hotspur Football Club, before moving into the fitness industry where he became a qualified personal trainer and fitness instructor.

Working with a variety of clients, he realised some of those clients needed extra attention owing to either previous injuries or medical conditions. This led him to obtaining a first class Msc Honors degree in Sport, Exercise and Physical Activity for Special Populations and Healthy Ageing. Paul enjoys watching his football team West Ham, going for long walks and spending time with family and friends.

### Qualifications:

Bsc Sport Science Strength & Conditioning

Msc Sport, Exercise and Physical Activity for Special Populations and Healthy Ageing

Level 3 Personal Training

Level 2 Fitness Instructor

Level 3 Sports Massage

## Health screening check

The one hour health assessment includes nine core health tests such as:

- height and weight
- body mass index
- body fat percentage
- waist to height ratio
- calorie calculator
- blood pressure monitoring
- musculoskeletal testing
- blood test (cholesterol and diabetes check)
- Q-risk calculator for cardiovascular disease risk and diabetes in the next ten years

An advanced health screening check is also available including kidney and liver function tests as well as full blood count in addition to the nine core tests above.

The health screenings available with Paul at Holcombe Health Clinic can help identify areas to improve your mental or physical health and to maintain a healthy balanced lifestyle. The focus is on making those changes now to ensure you have a healthy future. The health report that is given to you after your assessment is designed to help you understand your current physical and mental well being, and will give you a greater understanding of how you can make valuable lifestyle changes.

For pricing and to book your health check, book online at:

<https://clientportal.powerdiary.com/clientportal/health>