

MORECAMBE BAY PHYSIOTHERAPY

Morecambe Bay Physiotherapy and Sports Injury Clinics

'Helping you achieve your potential.'

AUTUMN NEWSLETTER 2010

01524 426964

Club

Pleased to be a new sponsor of
Morecambe and District Hockey

Well, Summer is over and the darker nights return together with some great sunsets on the bay! This is Morecambe Bay Physio Clinics first newsletter and we hope it is of interest, keeping you up to date with developments within the practice. It has been a busy year with new physios joining us as we grow.

Morecambe Bay Physiotherapy & Sports Injury Clinic is a private physiotherapy clinic based in Morecambe, Lancashire. We also provide physiotherapy clinics in Kirkby Lonsdale and are the physiotherapists for Sedbergh School. The clinic was established in 2007 and has developed a reputation for great quality of service and professionalism for all who receive treatment.

WELCOME TO NEW WOMENS HEALTH PHYSIO!

This September we welcome **Lyn Kneale Jones MCSP**. Lyn is a highly skilled and experienced womens health physio who I am sure many of you may know professionally as she works within the Queen Victoria Centre as the physiotherapy clinical lead in Womens Health Services. Lyn replaces our previous physio Victoria and we look forward to her developing the service further which may be of benefit to many of your patients. I am confident that Lyn will excel in this new and exciting role at Morecambe Bay Physiotherapy & Sports Injury Clinic.

To contact Lyn email: clinic@morecambebay-physio.co.uk

Unique, high quality service, and the only comprehensive Womens Health Service available privately within the Lancaster and Morecambe areas.

We are aware that demand for Women's Health Physiotherapy services within the NHS are high, with the result being longer waiting times than are desired.

We can bridge the gap for those women who want to be seen privately or who were deemed to have more urgent need from a clinical perspective.

As you are often the first contact for these clients we wanted to ensure that you were familiar with the services we can provide, and felt confident in recommending our services to your patients.

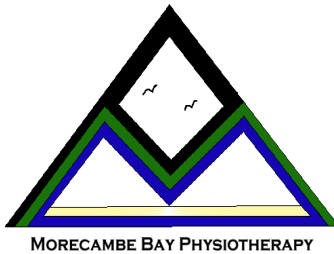
- Physiotherapy assessment and treatment of incontinence and pelvic floor dysfunction
- Clinical EMG and pressure biofeedback to improve treatment outcomes for incontinence problems
- Bladder retraining programmes
- Class based antenatal courses
- Assessment and treatment of pubic symphysis dysfunction both pre and post natally
- Pre and post natal back care and fitness incorporating an individualised motor control and stability retraining approach
- One to one and small group pilates sessions focussing on correct technique and normal movement patterns

Returning staff!

Deborah Longley returns this month after maternity leave. (Good to have you back Debs)! She rejoins Laura Wilcox on the

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administration/business development aspect of the practice.

New Developments

New Professional links:

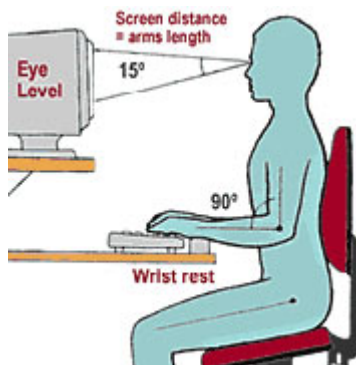
Brain and Spine Centre, Fulwood Hospital, Preston. Our clinic is very pleased to be a recognised partner provider for this innovative new spinal service. This partnership will mean speedier referral and communication between our practice and the neurosurgeons within the Brain and Spine team, ensuring the highest quality of joined-up care for patients suffering with lower back pain. For more information contact Alex 01524 426964

Sponsorship:

Morecambe and District Hockey Club. It is a great pleasure to be a new sponsor for the club. We wish the womens 3rds all the best during the season and hope that we can keep them and their fellow team mates on the field of play!

PHYSIO TIPS AND HINTS! Looking after young backs.

- Protect young peoples backs by using a school back pack with the straps over **both** shoulders.
- Get kids moving - regular weight bearing exercise not only reduces the chance of obesity but improves bone strength, flexibility and develops muscle tone that helps prevent back problems in adolescence and for life!
- Posture! Posture! Posture! Try to encourage them to adopt a relaxed but correct posture.
- Limit the use of computer to 30 minute sessions, ensuring that the screen height is at eye level and the mouse and keyboard are in line with the elbows (see diagram below).



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