

IN A NUTSHELL



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Volume 5, Issue 2

February 2012

Who's Who?

Osteopathy

Zara Ford
Alex Prince
Sam Maddock
Kathryn Harper
Steve Harper
Annastasia Fraser

Chinese Medicine/Acupuncture

Dr Zhang Tong

Holistic Massage

Michelle Jenkins

Physiotherapy

Linda Isaacs
Tanya Hewitt

Hypnotherapy/ Psychotherapy

Gary Condon

Psychotherapy

Claire Semple

Homeopathy

Wendy Heath

Nutritionist

Philippa Parish

Orthotics

Lisa Williams

Pilates

Sue Gilbert
Justine Blaber

Alexander Technique

Bethan Evans

Yoga

Deborah Clarke

Clinic Manager

Pat Baines

Reception

Sheelagh, Raffy,
Sue & Carole

Physiotherapy and Whiplash

Whiplash is a common injury in which the soft tissues in the neck are sprained as a result of the body being moved backwards and forwards by an unexpected, strong impact. Symptoms often include stiffness in the neck and back of the head, and headaches. Some people also feel pain in the shoulder, between the shoulder blades, or temporary dizziness.

What causes it?

The 'backwards and forwards' movement that causes whiplash most commonly results from a road traffic collision, but can also be due to a fall, a blow to the head, or a strenuous physical activity such as diving, horse riding or rugby.

How can physiotherapy help?

Physiotherapists are highly skilled at supporting people with whiplash. They will explain how you can manage the pain and contribute to your own recovery.

What will happen when you see a physiotherapist?

The physiotherapist will assess how your head and neck are working and affecting your life. You will be asked lots of questions; she will watch your movements and touch the affected area. Recommendations for treatment depend on the length of time that has passed since the injury.

Any visit is likely to include:

- Exercises to do yourself. Some manual therapy including massage.
- Advice on posture while sitting and sleeping, including practical advice on pillows.
- Lifestyle advice and activities to avoid.

How can you help yourself?

During the first 24 hours after the accident, apply ice to the area (a bag of frozen peas wrapped in a tea towel is ideal), to reduce the inflammation.

Try to keep moving: a quick recovery is more likely if you maintain your normal activities.

Seek early advice from a healthcare professional about how to keep active and to keep your neck moving.

Take simple regular pain relief, following the instructions on the packet. If you need something stronger, see your GP.

Set your car headrest at the right height for you, to reduce injury from any future collisions.

Linda and Tanya are physiotherapists at Walnut Grove Clinic.

Please ask reception for more information.

Active during winter

Make sure you see exercise as an opportunity. Anything that we do during winter is going to benefit our body - but not only our body but also our mind.

Start small. Don't go hard too early otherwise you might get injured and you're back to square one again.

30 minutes is what we're trying to achieve every single day in physical activity. We want to be active in as many ways as we can, little blocks throughout the day. A 10 minute walk at lunchtime, walking up and down the platform of the train station while you're waiting for the train to arrive. Little things throughout the day can add up to your 30 minutes.

Look for 10,000 steps every day as well. See exercise as an opportunity.

Try and pair up with someone - a work mate, a neighbour, a family member. If you're active with someone else, you're certainly going to help each other be more motivated and active during these winter months.

Most important thing about exercise is finding something that you enjoy. Not everyone likes going out for a run - so why not go and try something new - increase your flexibility and decrease your stress levels.

The most important thing to remember, especially during winter - just get out and be active in as many ways as you can. Don't feel as though you have to go and do a gym class for an hour. 30 minutes of accumulated physical activity is what we should be aiming for each day. 5 minutes here, 10 minutes there - it all adds up and it's going to benefit not only your body, but also the way we feel during these colder months.



Winter Defences

Winter is a time of colds and 'flu as well as a general feeling of malaise and apathy, if not full blown SAD (Seasonal Affective Disorder).

Here are a few ideas to help you pass the winter months more healthy, happy and energetic.

Eat 5-10 portions of brightly coloured vegetables and fruit. These contain vitamins and minerals that help boost your immune system.

Wholegrain foods (wholemeal bread brown rice and pasta, oats, pulses and lentils) are digested slowly and so provide you with a constant energy supply. Reduce your intake of sweets, fizzy drinks and refined carbohydrates (white bread, cakes, biscuits, white rice and pasta) as they reduce the efficiency of your immune system. Caffeine (strong tea, coffee and colas) create glucose peaks and troughs, which can lead to slumps in energy and mood. Limit to 2 a day. Alcohol is an extra tax on our overburdened livers, reduces our immune function and affects blood sugar levels.

Keep yourself hydrated by drinking 6-8 glasses of water a day. Dehydration may lead to tiredness and irritability. Boost your levels of serotonin (a brain chemical that helps us feel happy). The best natural sources are fish, turkey, chicken, bananas, milk, eggs, nuts, and avocados. Reduce your intake of saturated fats found in chips, crisps, bakery goods, pies and red meat. Make sure you get adequate, good quality sleep. Our bodies carry out its repair work at night. Try a warm bath with lavender oil and a small whole grain snack before bed.



Stupid Cupid?

I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon. ~Author Unknown

Knock, knock.
Who's there?
Frank.
Frank who?
Frank you for being my friend!



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