



Autumn Newsletter

It's that time of year when I put pen to paper and update you all on what's been happening at the practice and my personal life.

I'm sorry it's been so long since I last made contact but things have been incredibly busy.

As some of you may know, the late comedian Ronnie Corbett was a dear patient of mine. I was humbled to be invited by Ronnie's wife Anne, to attend a memorial service at Westminster Abbey to remember the life of this fine man.

It was a surreal experience being in the company of the good and the great from the thespian world including David Walliams and a patient even called to say they had spotted a picture of myself and Christine out of the abbey, on a newspaper website.

With regards to my personal health, I've thankfully not had any further surgery although the new hip has had some issues so I've been struggling with it a fair bit.

Work-wise, the practice has been busy and I've been approached by the academic profession to write two further books on Shockwave Therapy, a Non-Surgical treatment for painful disorders. Our Shockwave center of excellence continues to grow with development of my Shockwave research forum and the addition of a new Focused Shockwave Therapy machine at the practice to help with even more joint related problems. Lastly we are just about to launch a new, updated website dedicated to Shockwave Therapy.

October 20th marks World Osteoporosis Day and we're considering holding an osteoporosis open day, where women can come to the clinic, book a bone density scan and receive some free advice in the Pilates studios. If this is something you'd like to see us run, please let us know my commenting on Social Media or by calling the clinic on: 0208 662 1155

That's all for now.

Stay healthy!

Principal Paul

Tips From The Top

'The only bad workout is the one you didn't do' and 'It's not about having time, it's about making time' are just some of the motivational quotes that can be found on Instagram. But if you're after fitness inspiration or training for a competition, our practitioners in the clinic are most definitely the ones to look up to. We currently have three members of staff competing in various Ironman and triathlon events. We're thrilled to have such a dedicated team of practitioners who really do practise what they preach.



Rhea Malkin - Sports Therapist And Pilates Teacher

Congratulations to Rhea, who has just completed her first Ironman in the European Championship in Frankfurt, which saw her swim 3.8km, cycle 180km and run 42km in an incredible 13 hours and two minutes. In the build up to this, Rhea completed the Outlaw half-iron distance event in six hours and three minutes and also finished first in her age group in the Sevenoaks Triathlon. Rhea has also passed out form Stott Pilates with flying colours, which we know is of no surprise to all her clients.

TOP TIP: *"Consistently doing Pilates. twice a week for an hour each session made me feel much stronger throughout the training and racing. It improved my core strength and flexibility all round."*

Meet Our Latest Recruits

Raveena Bakshi

Our new sports massage therapist Raveena has proven a real hit with our patients since joining our practice in May. *"As we get older there's no reason to have muscular (soft tissue) discomfort"* she says. *"Seeing a deep tissue specialist is like taking your car to be serviced."*

Raveena, who has practised sports therapy for nine years, treats people of all ages and stages of fitness. She regularly works on those with muscle trauma, amateur cyclists, runners training for the marathon, mums who suffer from lower back pain, office workers who complain of neck and shoulder ache, sporty young children and those training to be dancers.

Anne Ring

We're delighted to announce that Anne has joined our Pilates team with a special interest in 'elders'. Her appointment brings a further strand of expertise to help us address osteoporosis with a number of dedicated clinics. We're also investigating working with the Buff Bones project, a medically-endorsed system of movement for bone and joint health which leverages bone-strengthening and balance techniques along with Pilates, functional movement, strength training and therapeutic exercise with the aim of helping those who suffer from this silent disease. As well as working with older adults, Anne has undertaken additional training in pre and post natal and pelvic health disciplines. She first qualified as a Pilates Mat teacher in 2011 before progressing to complete studio training under Alan Herdman's studios in London where she qualified to teach on Cadillac, reformer chair, and ladder barrel equipment.

Lydia Armitage - Osteopath

Praise must also go to Lydia Armitage who completed her first Dubai Half Ironman event in impressive six hours and 24 minutes in January 2017. *"I loved every minute of it and blown away by the support from spectators, and other competitors alike."*

TOP TIP: *"I ensure I hydrate well and eat lots of protein, fresh fruit and vegetables. Regular sports massage and osteopathic treatment help in my recovery to release tight muscles and help with the build-up of lactic acid".*

Social Butterfly

As some of you may have noticed, Paul has been getting his head around social media recently. "Getting used to something new is always a challenge," he confesses. "I recently tried a Facebook Live video. Visually, it could have been better as only my chin was on display, though some may prefer it that way! I am improving though."

To follow Paul's social story, please do follow the social media channels on:

- **Facebook:** @OsteopathicClinic
- **Twitter:** @OsteoAnswers
- **Instagram:** @TheOsteopathicClinicCroydon

Mark Bolton - Osteopath

Mark completed a few triathlons this year including a half Ironman. As the season draws to a close, he is targeting the Brighton marathon in April and a couple more half Ironman distance triathlons next summer.

TOP TIP: *"I personally find it hard to get enough nutrients through diet alone, so often take supplements as well as use plant based protein shakes. I find these help fight infection and aid tissue repair. I also do simple body weight routines as well as yoga and pilates to specifically target my core, glutes and shoulder stability as a way of preventing injury. I always listen to my body and ensure I have 1-2 rest days per week to help prevent injury".*



In Pursuit of Excellence

As well as physically pushing his boundaries in triathlons and Ironman events, Mark is also forging ahead with his continuing professional development. He has just finished a phase 7 biodynamic osteopathy course (a course in cranial osteopathy).

He has also enrolled on a functional biomechanics running course in November that provides training in identifying and determining the biomechanical cause of a running injury as well as prevention methods.

Meanwhile, Claire Hollingsworth, Osteopath has completed a second post graduate course at Sutherland cranial college of osteopathy. This five day course means she is further qualified to use craniosacral in her Osteopathic discipline.

New Equipment

Our regular clients may spot a new CoreAlign machine in the Pilates studio. This is used to perform part cardio, and part strength exercises and is ideal for rehabilitation, core work, performance enhancement and regular exercise for a healthy lifestyle. The frame has two tracks and carts, which move independently with smooth resistance (or assistance) created by six elastic resistance tube assemblies on each cart. Developed by physical therapist Jonathan Hoffman, the concept activates core muscles while performing challenging exercises, very deep stretches, and core-controlled aerobic training. It's particularly helpful for those that need functional movement post knee or hip surgery and those that need to move away from reformer work and get active. *"Unfortunately, we see a number of patients on reformers all day and they forget that the most important thing is to move"* Paul explains. *"This extraordinarily versatile machine will bridge that gap and assist them with resistance assistance"*.

This investment, along with new Shockwave equipment and refurbishments at both clinics, is part of our ongoing commitment to providing the best facilities and service to you.

Warlingham Green: Car Park Changes

A reminder that our patients can no longer park in the car park of the doctor's surgery as a controlled parking system is now in place. Fortunately plenty of free parking can be found on the street.

Happy Anniversary

Congratulations to our registered osteopath Mark Bolton who has worked at the practice for ten years! He's opening an additional clinic over at Warlingham Green on a Monday morning with Principle Paul still running a Wednesday afternoon clinic.

It's My Party

Principal P knows how to throw a good party. This summer he welcomed the hugely talented Vince Dunn Orchestra to perform at the Cheyne Walk clinic for staff and patients. There was much merriment, laughter, eating and drinking. Check out the video on our Facebook page.