



Winter Newsletter

Welcome to our Winter Newsletter

I hope you all had an enjoyable Christmas. It's hard to believe that the New Year is already upon us - 2016 certainly ended in somewhat of a blur for me.

This picture was taken at the Christmas staff party where we enjoyed a Bateaux London restaurant cruise on the River Thames. It was a joyous occasion - even though I inherited the '007' name tag for most of the night – and the perfect way to thank everyone for their hard work.

Ironically, I didn't feel invincible last February when I had further surgery on my hip. This was later followed by another operation on my knee in July. The summer was spent recuperating or at least trying to.



I was told to rest but had itchy fingers and ended up penning my first book - 'The Shockwave Solution – The Non-Surgical Answer to Becoming Pain Free'. I'm delighted to say it's out now. And it's free. EMS, one of the main Shockwave suppliers, have now added it to their news list so it's being downloaded all around the world. Many thanks to my business mentor Stuart Bell, director of Manumit Marketing, who helped produce the book. Please drop into the clinic to pick one up or download a copy at www.ShockwaveBook.co.uk.

Health-wise, my body is finally getting back to where it should be. I've been working flat out at the clinic since the autumn. Often my patients describe me as their 'get out of jail card'. Funnily enough, this happened again in the run up to Christmas when I received a last minute call from a Strictly contestant who was in trouble. Late at night I'd waltz – excuse the pun – from the clinic to her house to treat her. This happened on and off for the best part of 12 weeks – so apologies for my dishevelled appearance.

I'd like to close with a friendly word of caution. At this time of year many of us will embark on ambitious new exercise regimes. Please warm up before any activity and stretch afterwards. Always listen to your body.

Frequent aches? Book yourself a sports massage. Not keen on cardio? Book a pilates session. Mechanical niggles? Book an osteopathy appointment. Remember: Life is about balance. Be kind to yourself.

We're here to help.

Here's to a healthy 2017 for everyone.

Principal Paul

Rhea's Return

We're delighted to announce that Rhea Malkin is back teaching in the Pilates studio. She graduated as a Sports Therapist in 2006 following the completion of a BSC Hons at Hertfordshire University. She is YMCA Level 3 Certified in Fitness, and a Keiser Indoor Cycling Instructor. Since taking up Triathlon 6 years ago, Rhea has taken a special interest in the importance of posture, core strength and mobility. She recently completed the STOTT Pilates Essential and Intermediate Reformer qualification. With an Ironman planned for the future, the importance of a fully functional, strong and connected body is a goal Rhea strives for herself, and she is looking forward to passing this new found knowledge onto her patients.

Free Nutrition Talk with Dr Zeeba

January 27th

Resident nutritionist Dr Zeeba Shariff will be holding three health talks over the coming months – perfect for those of you looking to stick to your food-based New Year commitments.

The first kicks off on January 27 and explores what nutrition is and the secret of healthy eating. The second will examine food intolerance and the third will look at the benefits of detoxification. Dates have yet to be set for the final two - please check our Facebook page for updates.

In Pursuit Of Excellence

On the topic of CPD I'm pleased to announce that our staff always go above and beyond the standard requirements. Congratulations to our osteopath Mark Bolton, who has just completed his Phase 6 biodynamic cranial osteopathy course and is now fronting the cranial work at both our Cheyne Walk and Warlingham Green sites. Our sports massage therapist Deniz Ruso has also recently completed additional training in 'soft tissue' techniques. Don't tie yourself up in knots (my jokes don't get any better). Book an appointment today. Call reception on 020 8662 1155.

New State Of The Art Bed Arrives In Clinic

Our brand new split section bed has arrived at Cheyne Walk. This bed gives osteopaths the flexibility to better manipulate patients and make deeper adjustments. It's particularly good for patients who have certain types of joint dysfunction or body builders. Patients find the bed very comfortable and some are already requesting to be treated on this over others. At the moment I am the only one trained in how to use it but our other practitioners will be taught this as part of their continuing professional development package over the coming months.

Open Evening Goes Down An Indian Treat

In September we threw open our doors to introduce GPs, consultants and new patients to the work we do here. Sponsored by my very good friend Vince Dunn, who provided the musical entertainment and with delicious canapés from Rajeev's Indian restaurants, the evening was a brilliant success. The open 'walk in clinic' was popular. Our staff discussed the current trends in the world of sport and osteopathy, our rehab team advised on how pilates can help functional training and Dr Zeeba Shariff has a queue of doctors forming to see her. My wife Christine, who specialises in interior design, also did a superb job of redesigning the clinic to accommodate the event.

Could an Upright MRI Scan Help You?

As many of you know, I've had five operations in three years. It's a lot for this old body to take. Thanks to my new hip, one of my legs is longer than the other. The result is that this offsets my lumbar spine so I had an upright MRI scan at the Medserena Clinic to assess the state of my lower back. I was scanned in a weight-bearing seated position – traditional MRIs are performed lying down in a tunnel. Well, you wouldn't believe it. I discovered that a couple of my muscles were missing and one of those in the base of my spine – which can often go when you have a disc problem – had shrunk. This hadn't shown up on my previous MRI scan which had been performed lying down. The images also revealed a ligament tear at the same level. If you've had an MRI that hasn't given you any answers or not explained your pain it might be worth investigating this as an alternative option. The weight-bearing nature of this technology means muscles are activated which can help identify problems that might otherwise be missed when weight is taken off the feet.

www.mri-london.com / 020 7370 6003

Keep Healthy With Our Exercise Videos on YouTube

If you're glued to your mobile phone or hunched over a laptop all day, remember to take a look at the exercise videos we've posted to our YouTube channel. These demonstrate the correct techniques you can employ to help improve your posture and relieve overworked muscles and joints.

www.osteopathclinic.co.uk/youtube

Warlingham Green: Car Park Changes

A new system is in operation at the Warlingham Green site which means there are now no parking spaces for patients. Sadly, this is entirely out of our control and we're sorry if this inconveniences you. The good news is that there is plenty of parking in the street that runs off the main road. We thank you for your understanding.

Love Us Or Like Us

As you might have seen by my sometimes incoherent ramblings, I'm pretty active on Facebook and really enjoy reading your comments especially when I hear how well you're getting on. Thank you for all your positive feedback.

As the saying goes, there's nothing better than a word of mouth recommendation. In this digital age that means Twitter and Facebook. We would be grateful if you could

share your kind words about the treatment you've received by staff at the clinic and tag us at @osteanswers on Twitter or post to our Facebook page.

How To Find Us

Call:
020 8662 1155

Twitter:
@osteanswers

Facebook:
@OsteopathicClinic



Optimising physical performance
& the interaction between body and mind

Call for an appointment today

020 8662 1155