

## Winter Newsletter

May I begin by wishing you all a Happy New Year.

Like many people, I spent Christmas reflecting on 2015 and what a busy and eventful 12 months it proved to be.

Further surgery on my left hip in April prohibited me from doing hands on work in the clinic, but my brief reprieve was spent developing an educational programme on Shockwave Therapy for EMS.

This has since been adopted by independent clinics around the country and culminated in a visit to the prestigious Harley Street sports rehabilitation centre, Isokinetic, where, as a certified trainer, I was asked to present and teach the Shockwave technique to delegates including orthopaedic surgeons, sports physicians, physios and osteopaths. It was an honour to be in the company of so many well respected professionals who had flown in from around the world, let alone address them at this FIFA Medical Centre of Excellence.

In other exciting news, we've launched our very own YouTube channel [see news]. Here you'll find a selection of videos demonstrating how Shockwave Therapy can be used to treat tendon-related pain.

Although there were a number of highs in 2015, there was also a notable low. Sadly, we had to close the Warlingham Green Pilates studio last year, a reluctant move following changes to the building policy. Needless to say, the closure of this popular facility was a huge disappointment for us, our staff and clients. Fortunately, we are still able to see osteopathic patients in the treatment room, as we have done for the past ten years, and have since created a new Pilates studio at the Cheyne Walk clinic. Offers will also be sent to existing Warlingham Green Pilates students to try our dedicated Croydon-based Pilates rooms.

I'd like to take this opportunity to thank my wonderful team in both clinics for all their dedicated work over the years and to all of our patients who used the studio.

We're looking forward to seeing many of you in Cheyne Walk.

Stay healthy.

*Principal Paul*



**SAVE £5**

through January on

**Sports & Remedial**

**Massage with**

**Deniz Ruso**



### New Year's Massage Deal

Our sports massage therapist Deniz Ruso is offering £5 off any sports or remedial massage booked between now and the end of January. Call reception on 0208 662 1155 to book this great deal.

### New Men's Pilates Sessions

Pilates for men has become a hit in New York especially with professional athletes and those who are serious about sport. Further details will be posted on Facebook shortly as we look to introduce this new class.

## Welcome Lydia Armitage

We're delighted to announce that Lydia Armitage has joined the clinic. Registered osteopath and qualified tennis and ski coach, Lydia can be found working on Mondays, Tuesdays and Fridays. Please call reception to book an appointment.

## Men's And Women's Monthly Health Mot Set To Launch

If you have a personal health concern that you're too embarrassed to discuss with your GP or prostate, testicular, gynaecological or fertility-themed questions that you'd like answers to, we might be able to help. We are in talks to run a gender-specific monthly clinic run by a qualified medical doctor. Your personal consultation will include a health check and advice in safe and comfortable surroundings. We're just finalising the details. Keep an eye on our Facebook page for a launch date.

## Pop In For A Monthly Health Talk With Dr Zeeba

Our nutritionist Dr Zeeba Shariff is to host a monthly health talk covering topics such as healthy living and diabetes. Wholesome food and drink will be provided at each event, which is also a lovely social occasion and an opportunity to mingle with like-minded people. Further details will be announced on our Facebook page in due course

## Principal Paul Becomes A Hit With The Press

December proved a busy month for Paul Morrissey who was featured as an 'expert' practitioner in two publications. Principal P appeared in Golf News, the UK's No.1 Golf Newspaper, alongside an article on Tiger Woods's ongoing back problems. He also contributed to HR magazine, a respected trade title, providing expert advice for employers on ways to manage and overcome poor work-related posture.

## We're On Youtube!

Yes, we've embraced the digital age and now host our very own YouTube channel. Here you'll find videos on the Shockwave Therapy which can be used to treat a number of painful tendon-related conditions including tennis elbow, shoulder tendonitis, achilles and heel problems. If your New Year's resolution is to sort out those persistent aches and pains, Shockwave Therapy could be the answer. Take a look at our channel [www.youtube.com/user/Osteoanswers](http://www.youtube.com/user/Osteoanswers) and book an appointment with reception.

## Spiky Balls & Foam Rollers For Sale

If you're looking to improve your flexibility why not pick up one of our suppleness bundles at reception. Each pack contains a foam roller and spiky balls, to release muscle tension and a resistance band to aid stretching. Please contact reception for prices.

## Stay Social

The best way to stay up to date with our news is by following us digitally. We're on Facebook, Twitter, YouTube, and LinkedIn. The videos posted on our Osteoanswers website have proved really popular – we've exceeded 6,000 views since posting the first one three years ago. Please like, comment and share our posts. As ever, we'd love to hear from you!

## Principal P's Jazz Hands

Principal P is used to hosting talks in clinics but last month his expertise was required at the Hideaway Jazz Club in Streatham. Equipped with his plastic skeleton Dave, Paul taught musicians the importance of improving their posture to reduce upper limb injuries and combat fatigue.



Optimising physical performance  
& the interaction between body and mind

Call for an appointment today

**020 8662 1155**