

Summer Newsletter

May I begin this newsletter by apologising for my absence both in clinic and communication.

As some of you may know the past 18 months have been eventful to say the least. In December 2013 I had surgery to replace one of my hips but suffered a terrible fall while still in hospital. The result? A badly injured knee and hip. Doctors decided I needed yet another operation - corrective hip surgery this time - so earlier this year I went under the knife once again.

There's a saying – 'you can't keep a good man down' and in the words of the Godfather of Soul James Brown, 'I'm Back'.

I'd like to thank you all for the wonderful care and support you've shown during this incredibly frustrating time; it's made the journey much more bearable. Unsurprisingly to many, I've been practising what I preach - routinely following my rehab exercises morning and night. The good news is that I'm back on my feet.

Currently, I'm treating neck, upper back and shoulder injuries. Although my body is not quite strong enough to manipulate lower backs and the lumbar region just yet, it shouldn't be too long and I intend operating a full client list in the coming weeks.

If you have any questions about the treatments we offer, our facilities or simply want to tell us about the progress you've made following a course of treatment, we'd be delighted to hear from you.

Here's to a happy and healthy summer for everyone.



Paul

Mixed Pilates Reformer Class

Due to popular demand, Silvie Salviano is holding pilates reformer classes for a limited time over the summer at the Warlingham Green clinic. The two 60-minute sessions are being held on a Wednesday evening at 6pm and 7pm. There are only four places per class so please book with reception to secure your place.

Twitter-tastic

We have finally joined the Twitter family. Please follow us as @OsteoAnswers where

we'll be tweeting links to the latest news, offers and interesting articles on how to build a healthy body and manage pain. Happy with the service you receive at the Osteopathic Clinic? Please do give us a mention and we'll retweet it. You can also find us on Facebook too: [facebook.com/OsteopathicClinic](https://www.facebook.com/OsteopathicClinic).

Love is in the Air

A warm congratulations to our osteopathy and pilates teacher Lyndsy Mills who became Mrs Mills-Mercer when she married her fiancé in Portugal on 1 June.



New G17, Vibration Training Sessions

- * Toning & Flexibility
- * Sport Specific
- * Injury Rehabilitation
- * Post Natal
- * Core Activation

To find out how Vibration Training
can accelerate your wellbeing and
recovery goals

Call
020 8662 1155



Deniz Ruso Adds Another String To Her Bow

Our sports massage therapist Deniz Ruso has now become a qualified IDD therapist. She joins Rhea Malkin in offering the treatment at our clinics. The non-invasive technique can be used to help problems including herniated, degenerative, or slipped discs, sciatica, and arm pain. For more information check out our new web page at www.croydonbackpainclinic.com

Revamped Shockwave Therapy Website

Are you suffering from tendon-related pain such as tennis elbow, shoulder tendonitis, heel, achilles or knee trauma or degenerative disorders? If so, Shockwave Therapy could be the answer. We have just unveiled our new website featuring the latest research papers and videos of the technique. Why not take a peek at: www.shockwave-therapy.co.uk Last year Principal Paul became the first UK-based certified trainer for the Swiss DoloClast Academy. He now teaches orthopaedic practitioners, sports physicians and physios twice a year in the safe use of the technique. He will travel to Birmingham for one day in September to share his knowledge with medical experts.

Gravity Fit Guru Lends Her Expertise

Dr Carolyn Richardson, the guru behind the concept of Core Stability flew all the way from Australia to mentor our team in GravityFit, an exercise system that specifically targets and strengthens the deep muscles within the body. Carolyn, who has spent the past 30 years at the forefront of musculoskeletal research, spent two days at the clinic training colleagues in the method which people use to reduce the risk of injury, improve general health or maximise athletic performance. We hope to incorporate Gravity Fit elements into our work in the not too distant future. Watch this space.

New Service: Manual Lymphatic Therapy

We're delighted to offer a new therapy known as manual lymphatic drainage. The treatment is designed to improve lymphatic function through the gentle stimulation of the lymph nodes. This profoundly relaxing massage helps boost the immune system, assists in controlling secondary and primary lymphoedema, relieves fluid congestion and can help post operative swelling from fractures, knee replacements and post plastic surgery. To book an appointment with Marguerita Catton, please call reception.

Feel On Top Of The World With Dr Zeeba

If you're feeling under the weather or tired all the time try booking an appointment with nutritionist Dr Zeeba Shariff, who is celebrating her one year anniversary with the Osteopathic Clinic this summer. She says fatigue can be caused by a number of factors including food sensitivity, blood sugar imbalances, under-active thyroid, or adrenal imbalances. "Most people cannot believe how their health can be transformed just by changing their diets and possibly by taking a few supplements," she says. "But it is different for everyone. There is no one size fits all approach and that's what makes nutritional therapy unique." Digestive and bowel disorders, food intolerances, skin problems, fungal infections and poor immunity are among the long list of complaints Dr Zeeba treats.

Stay healthy this autumn. Book an appointment with one of our team today on 0208 662 1155



Optimising physical performance
& the interaction between body and mind

Call for an appointment today

020 8662 1155