

Summer Newsletter

Summer is finally here and I'd like to extend a very warm welcome to you all. Let's hope the sun stays shining and Murray retains his Wimbledon Crown!

As you can see I'm in an optimistic mood. As some of you may be aware, the past few months have not been easy for me. My knee has been particularly troublesome since my operation and I'm now waiting to have a specialised MRI scan, which will hopefully provide some clues as to why I can't load it fully. Despite the niggling pain, I've been working out in the studio twice a week under Martine's watchful eye and I continue to perform other exercises on a daily basis to keep the rest of my body in check.



No doubt many of you will be jetting off on foreign holidays or playing summer sports such as tennis and cricket. If you're looking to shape up for your holidays or simply boost your strength and fitness levels to ward off any injuries that might affect your performance on the field, pitch or court, the Osteopathic Clinic of Physical medicine can help. Since enlisting the services of Dr Zeeba Shariff, a nutritional therapist of ten years, we've been inundated with requests from patients seeking to lose weight or cure problems such as Irritable Bowel Syndrome.

In other news our Cheyne Walk pilates studio has recently been refurbished and we've just imported a new, state-of-the-art piece of kit from the United States that will help improve your body's flexibility beyond all recognition. Read on to find out more!

Stay healthy. *Paul*

Foaming Marvellous

For most of us, brushing our teeth is part of our daily routine. Here at the OCPM we believe that using a foam roller should be too. By rolling on these clever inventions, you can release muscle tightness, increase flexibility and improve posture. It's a simple measure that can be practised every day. And by preventing injury it will ultimately save you money on treatment costs. What's not to love? We sell these rollers price £31.95. Contact reception to order one.

Cheyne Walk Pilates Revamp

We've upgraded the springs in all our equipment in our pilates studio to help you work your legs, bums and tums just that little bit harder. We've also redecorated the walls. As the summer months are the perfect time to see our garden in full bloom, why not book a pilates session today and enjoy the beautiful, relaxing view at the same time?

Shockwave Website

The new website for radial Shockwave Therapy is taking longer than anticipated but should be up and running in the next couple of weeks. Watch this space.

Staff Education Day

Our osteopaths and a pilates teacher spent a Sunday morning in the company of Stewart Corstorphine from Total Golf Analysis, an organisation that offers three-dimensional golf swing analysis. The continuing professional development day saw the OCPM team learn how to understand injuries better by assessing various techniques and the different movements involved in a golf swing.

Cheyne Walk imports innovative TRUE Stretch frame

The natural approach to flexibility training that everyone is talking about has landed in Croydon. We've imported The TRUE Stretch – essentially a steel frame - from the US. The platform stretches the body in all three planes of motion (from front to back, side to side and rotational), while keeping the user in natural upright positions with four points of contact (both hands and feet) for proper body alignment, stability and safety. It eliminates the need for floor-based stretching or leaning uncomfortably over other equipment or an exercise ball. This makes it ideal for all ages and provides a safe platform for comprehensive stretching to increase flexibility. The system was developed by internationally renowned physical therapist Gary Gray, and is used by many professional athletes and can be found in many of the top resort spas around the world. Altogether there are 30 different exercises to choose from.



If you'd like to stretch out body parts you never deemed possible or simply desire improved flexibility contact reception today.

Hello from Dr Zeeba Shariff

Zeeba recently joined the practice and has been inundated with patients seeking help with all manner of conditions ranging from Irritable Bowel Syndrome to Attention Deficit Hyper Activity Disorder. The medical doctor, who has worked as a nutritional therapist for the past ten years and lectures at Mayday Hospital, currently works every Tuesday between 2.30pm and 7pm but has also been treating patients at her home clinic to keep up with demand. *"If you put the right things into your body you can stay away from all sorts of ailments"* Zeeba says. *"I've seen everyone from babies to elderly people and treat things ranging from hormonal and joint problems to diabetes. IBS is the top one and food intolerances. I take a detailed medical history, assess their nutritional needs and give them a management plan. A client*

came to me for help with weight loss and within four weeks she had lost half a stone and hadn't even started the weight loss part of the programme!" To book an appointment with Zeeba contact reception.

Can you guess our most popular video?

It seems our patients are really enjoying the exercise of the month clips on our website- the useful videos can help you build good habits into your day to day routine. Interestingly our most popular footage is the 'workplace video' which offers tips on how to negate problems caused by deskbound work, mobile phone and tablet use. If you've got a niggle in your neck why not take a look?

Incredible response to IDD Therapy

Word is spreading about the IDD (Intervertebral Differential Dynamics) Therapy we offer at our clinic. Last month we performed more than 60 treatments. Many people know we were the first clinic in the country to have this machine and now, due to its success, there are 17 more over here. The therapy is a non-invasive spinal decompression treatment for chronic back, neck and leg pain, herniated discs and sciatica. It has excellent success rates and delivers a precise and more consistent treatment than is possible with the hands alone or with traditional mechanical treatments. The technique is proving so popular it is regularly being featured in women's magazines, national newspapers and medical journals.



Optimising physical performance
& the interaction between body and mind

Call for an appointment today

020 8662 1155