

Spring Newsletter

Thank goodness the rain has finally stopped, the green shoots are coming through and I finally feel like I'm on the road to recovery. I still have issues with my right knee but I've been following the exercise of the month videos religiously. I'd like to thank my osteopathic team for all their help and support, which means I'm now working back in the clinic 50 percent of the time and looking forward to seeing you all in the not too distant future.

With Spring in the air, now's the perfect time to invest in a health MOT. If it's been longer than six months since your last visit, it would be wise to consider an osteopathic review to prevent any aches and pains developing into anything more serious.

If you're currently on an exercise programme it might be an idea to book into see one of our seven pilates teachers who can review your exercise programme, and give you guidance on how to access the right muscle groups at the right time. Please don't have a fright if you see me in the studio next to you - more often than not I'm in there doing my rehab exercises.

Stay healthy.



Sports massage at Warlingham Green

We're delighted to announce a brand new service at the Warlingham Green clinic. Deniz Ruso, a qualified sports massage therapist who trained at the reputable London School of Sports Massage, will be available for appointments one day a week. Deniz understands the importance of massage herself being a triathlete, horse rider and diver. "I'm excited to be joining the OCPM which has a team of experienced therapists and a fantastic reputation." If you'd like to book a session please call reception on 0208 662 1155.

Saturday clinic hotline number

If you're busy in the week and would prefer to be treated on a Saturday then please call 07990 768070, to book an appointment. Clinics will be held at Warlingham Green between 9am-1pm.

Shockwave website revamp

Our official Shockwave website has had a spring clean. We have a fresh new look, a mobile phone app, new information, testimonials and research. Take a look and let us know what you think at shockwave-therapy.co.uk

Welcome Dr Zeeba Shariff

We'd like to extend a warm welcome to Dr Zeeba Shariff, a nutritional therapist of ten years, who has joined the OCPM. Dr Shariff, who qualified as a medical doctor in 1988 and lectures at Mayday Hospital, can help if you're feeling under par. She will take bloods, analyse the results, advise on how your diet may be contributing to symptoms such as PMS, digestive discomfort and long term health issues and devise a plan of action. Consultations take place on a Tuesday afternoon. Please call reception to find out more or book an appointment.

Don't just sit there...

Once upon a time we were told to go to bed if we had a bad back but this is incorrect advice. Over the years thinking has changed and leading experts now say one of the best remedies is to walk. Our bodies, after all, are designed to move and this low impact exercise increases the flow of blood, oxygen and nutrients to the back and discs, which in turn keeps them hydrated and as pliable as possible. At the clinic we've seen a substantial rise in the number of patients with extremely poor posture caused by text neck – where people are hunched over their mobile phones - as well as children playing computer games. Our new website is based around the current trends we've seen and outlines a number of tips to help improve your posture. These include engaging your core by lifting your breastbone, and breathing laterally through your back ribs while subtly contracting your pelvic floor muscles. Practising this four of five times a day seated on the bus, in the office or even when you're playing sport will help. Visit our website and select [Workplace Exercise Videos](#) from the menu for more information.



We're on TV!

The OCPM is now on Golf TV at The Addington Golf Club! We were approached by IDS International, a UK based golf media company, to showcase our services given our specialist expertise in the sport. Our adverts will be aired on each of the four TVs around the clubhouse. In addition, we will pop up on the club's smartphone app, while golf buggies will play our advert on the journey to our sponsored hole. Our adverts will also be appearing at the Westerham, Woldingham, Surrey National and Godstone golf courses, under the auspices of the Altonwood Golf Group. If you're playing a round at any of these venues look out for our ad and let us know what you think!

Exercise of the month video – chest raise

This is the eighth exercise in the series, and is a progression which challenges the abdominal muscles without adding any stress or strain to your neck. Your hands are cradled around the head for support, breathing is slow and controlled, and you unroll your back one vertebrae at a time. This enables improved trunk mobility.

Remember: It's important to keep a neutral spine, whilst flexing the upper back.

Grab a pilates kit and shape up

Modern living can take its toll on our back health but there are ways to combat the inevitable bad posture. A foam roller, two weighted balls, an overs ball and a resistance band, is all you need to set up your at home pilates gym for less than the cost of a month's gym membership. To place your order just call reception. Don't forget to book a review session with one of our pilates teachers, who can develop your very own 'at home' tailored programme.



Optimising physical performance
& the interaction between body and mind

Call for an appointment today

020 8662 1155